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100% Effective Natural Hormone Treatment
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The Benefits Of House Plants

By Jena Luthowski

Whether you live in a city apartment with no space for an outdoor garden, or just want to bring some of the outdoors in, house plants can be a great addition to any home. They are beneficial for your health, can be bought in styles to fit your décor, and generally make your home more pleasant. Read on to learn about all that house plants can do for you.

Many people know that plants give off oxygen. Their respiration is the opposite of us humans, making for a great symbiotic relationship. When humans breathe in, they are supplying their bodies with the oxygen they need to metabolize food, using energy. When they breathe out, they give off carbon dioxide. When plants "breathe" in, they absorb carbon dioxide and give off oxygen. Research has shown though, that not only do house plants absorb carbon dioxide, they can also absorb other pollutants from the air, such as smoke and chemical fumes given off by plastics, hygiene products, and office machinery. Plus, they're much more attractive than those noisy air purification machines. One small study even showed that students pay more attention and are more eager to learn in classrooms that have house plants. Both the presence of and the act of tending to house plants appear to have calming effects on people.

Having green and other colored plants in your home or office can brighten up gray and dark winter days. If you're an avid gardener, house plants mean that you can exercise your green thumb all year long, even when the ground outside is frozen. Sometimes you can extend the life of your outdoor plants by bringing them inside during the winter. You can also get a jump start on the spring growing season by starting seeds or forcing bulbs indoors.

Which plants to choose? As you would when selecting plants for the outside, you need to take into consideration your home's unique environment. Do you have a lot of light, or not very much? Do you keep your house very cool or do you like it warmer? What about the humidity in your house? Properly assessing these conditions will help guide your selection to the best house plants for you. Some plants need more maintenance than others, so if you like the greenery, but don't really want to do much work, make sure you get a low maintenance plant.

Jena Luthowski writes about

The Benefits Of House Plants

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Cultivating Plants in your Garden...what to watch out for.

By Mike Yeager

There are so many plants available for you to choose from that it's hard to know where to start. Are you looking for house plants, tropical plants or some beautiful garden plants? Green plants are not only beautiful to look at they also provide a much needed source of fresh oxygen for our breathing. Nature has a way of providing a balance for everything.

Different plants grow in different ways. Some plants, send out long underground stems that produce new plants, often at considerable distances from the original plant. These plants can form enormous colonies of new plants within just a couple of years. The leaves of some plants produce buds at their edges, which then develop into miniature plants that fall off and take root. Specialists in the fields of agriculture and horticulture take advantage of the regenerative ability of plants to produce new varieties of plants.

Indoor plants allow you to cultivate, enjoy and fuss over their growth and development with worrying about the vagaries of the weather. Indoor plants are also a way to start new growths and give them a better chance of survival. A rewarding and tasty plant to grow are strawberry plants. These can be easily cultivated and expanded so that every summer you can enjoy your own fresh strawberries right out of your own garden.

Unfortunately many plants have natural enemies that attach themselves to the plant. These can be aphids, moss and fungus. It's vital to keep on top of these enemies to your plant.

Take your time and give some thought to what type of plants your looking for and I'm sure you'll be pleased as you see your plant grow and develop.

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Cultivating Plants in your Garden...what to watch out for.

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