



# The Health Benefits of Plants



The existence of plant ecosystems is vital to the continuation of wildlife and human ecosystems. From their importance in the external world as a food source to the purification they provide our internal worlds as houseplants, all kinds of greenery are to thank for sustaining life as we know it.

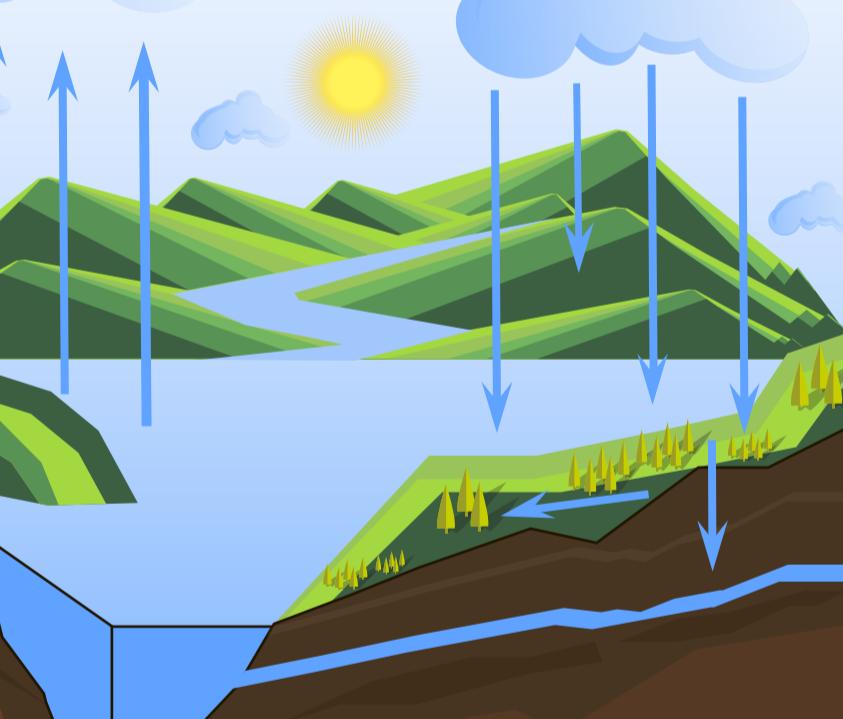
## Plants as Food and Medicine



We've all been lectured on the health benefits of consuming nutrient-rich plants like vegetables – especially homegrown, organic produce. Herbs such as echinacea and chamomile have claimed their place for decades as home remedies to anything from infections to stress to digestive issues. It's also worth noting that cannabis is becoming a more recognized medical treatment for complications such as seizures and chronic pain.

## Under the Sea

Let's not forget about what grows among ocean-dwellers. Plant ecosystems like coral reefs offer food sources, provide a habitat for important fish species, and protect coastlines from erosion and storm damage.<sup>1</sup> Not to mention – did you know plants from the ocean supply most of the air we breathe?<sup>2</sup>



## Plants as Earth's Sustaining Force

Just some of the ways that plants benefit the inhabitants of Earth include:

- Provide **habitats** and fosters **biodiversity** within ecosystems
- Serve as **food sources** to wildlife and humans
- Release **oxygen** into the atmosphere while absorbing harmful carbon dioxide
- **Purify air** by removing toxins indoors
- Regulate the **water cycle** through circulating water from soil to atmosphere and stabilizing bodies of water
- Increase human **productivity**, **healing**, and **energy** and reduce stress and anxiety

## Foliage Facts

- Forests contain 80% of the Earth's terrestrial ecosystems.<sup>3</sup>
- Plants and their soil remove volatile organic compounds (VOCs), such as benzene and formaldehyde, from the air of indoor environments.<sup>4</sup>
- Plants release about 97% of the water they absorb back into the air.<sup>5</sup>
- Hospital patients with plants in their rooms experience less stress, request less pain medication, show lower blood pressure, and are released sooner.<sup>6</sup>



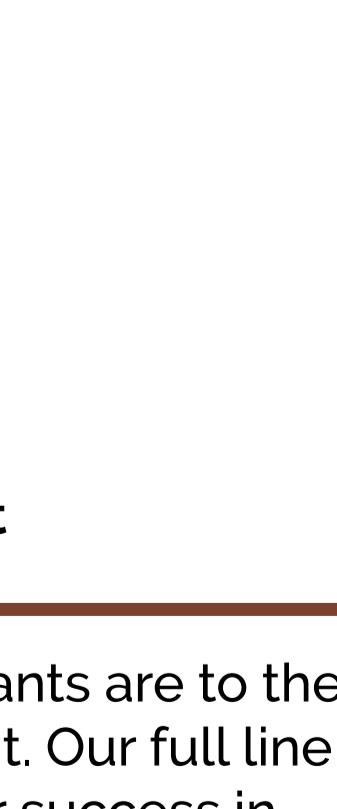
## Plants as a Toxin-Removing Agent



Bamboo palm



Ficus (fig tree)



Pothos



Snake plant



Rubber plant

### Sources:

- [1 https://scripps.ucsd.edu/projects/coralreefsystems/about-coral-reefs/value-of-corals](https://scripps.ucsd.edu/projects/coralreefsystems/about-coral-reefs/value-of-corals)
- [2 https://www.thesill.com/blogs/care-miscellaneous/why-you-need-plants-in-your-life](https://www.thesill.com/blogs/care-miscellaneous/why-you-need-plants-in-your-life)
- [3 https://www.worldwildlife.org/habitats/forest-habitat](https://www.worldwildlife.org/habitats/forest-habitat)
- [4 https://www.biotechadvanced.com/articles/5-benefits-houseplants](https://www.biotechadvanced.com/articles/5-benefits-houseplants)
- [5 https://www.nature.com/scitable/knowledge/library/water-uptake-and-transport-in-vascular-plants-103016037](https://www.nature.com/scitable/knowledge/library/water-uptake-and-transport-in-vascular-plants-103016037)
- [6 https://www.ncbi.nlm.nih.gov/pubmed/19715461](https://www.ncbi.nlm.nih.gov/pubmed/19715461)

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