

guide to wellness and growth

- > the new design congress
- > natal birth chart
- > the rape of proserpina
- > how to think about nature by christian gooley
- > well being and hauora
- > how to think about exercise by damon young
- > nicht-mehr-noch-nicht.werkleitz.de
- > nato grey
- > Deng, Linjing, and Qihong Deng. "The basic roles of indoor plants in human health and comfort." Environmental Science and Pollution Research 25, no. 36 (2018): 36087-36101.

nature

- > philodendron hederaceum
- > monstera deliciosa
- > ficus lyrata

nurture

- > oceanside living + wellbeing
- > meditate
- > exercise and the brain

Humans have a close relationship with nature, and so integrating the nature world into indoor space could effectively increase people's engagement with nature, and this in turn may benefit their health and comfort. Since people spend 80-90% of their time indoors, the indoor environment is very important for their health. Indoor plants are part of natural indoor environment, but their effect on the indoor environment and on humans has not been quantified. This review provides a comprehensive summary of the role and importance of indoor plants in human health and comfort according to the following four criteria: photosynthesis; transpiration; psychological effects; and purification. Photosynthe-