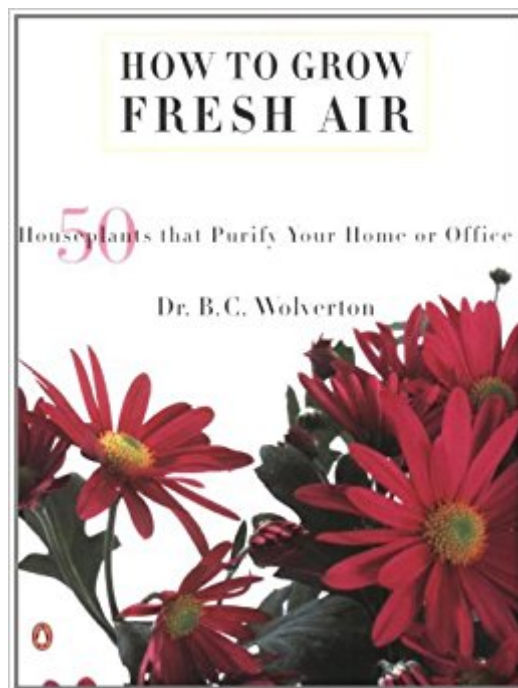




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# How To Grow Fresh Air: 50 House Plants That Purify Your Home Or Office



## Synopsis

How pure is the air you breathe? Plants are the lungs of the earth: they produce the oxygen that makes life possible, add precious moisture, and filter toxins. Houseplants can perform these essential functions in your home or office with the same efficiency as a rainforest in our biosphere. In research designed to create a breathable environment for a NASA lunar habitat, noted scientist Dr. B.C. Wolverton discovered that houseplants are the best filters of common pollutants such as ammonia, formaldehyde, and benzene. Hundreds of these poisonous chemicals can be released by furniture, carpets, and building material, and then trapped by closed ventilation systems, leading to the host of respiratory and allergic reactions now called Sick Building Syndrome. In this full-color, easy-to-follow guide, Dr. Wolverton shows you how to grow and nurture 50 plants as accessible and trouble-free as the tulip and the Boston fern, and includes many beautiful but commonly found varieties not generally thought of as indoor plants. He also rates each plant for its effectiveness in removing pollutants, and its ease of growth and maintenance. Studies show that Americans spend ninety percent of their lives indoors, which means that good indoor air quality is vital for good health. How to Grow Fresh Air will show you how to purify the environment that has the most impact on you.

## Book Information

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## Customer Reviews

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ammonia, formaldehyde, and benzene. Hundreds of these poisonous chemicals can be released by furniture, carpets, and building material, and then trapped by closed ventilation systems, leading to the host of respiratory and allergic reactions now called Sick Building Syndrome. In this full-color, easy-to-follow guide, Dr. Wolverton shows you how to grow and nurture 50 plants as accessible and trouble-free as the tulip and the Boston fern, and includes many beautiful but commonly found varieties not generally thought of as indoor plants. He also rates each plant for its effectiveness in removing various pollutants, and its ease of growth and maintenance.

I really love this book. Most of us are in the dark about growing houseplants, we may get a pothos, abuse it, a ficus, watch it call out to us in vain while on its last legs and that's it. Well i got tired of helplessly watching my plants' sad transformation and got a couple books. This one paired with "35 Plants You Can't Even Kill" have been a godsend for the few plants I had left and armed with my books, I am now knowledgeable when adding to the family. A friend of mine ordered this book after seeing mine since chemicals in the air is an issue at her condo. Sharing the knowledge of this book has been appreciated by my friends! I don't have pets so toxicity is not an issue so take heed that you will have to do your own research on that. Its a beautiful book with two excellent photos of each plant, one detail of each taking up an entire page. Since purchasing this book I am finding plant care research being like any other research and that is that each source has a little something that the other does not. One page is dedicated for each plant. Great info to get you started.

I got this book 2 years back and it led to me purchasing 20 plants for my house. It's got two pictures of each plant and sufficient details on ease of maintenance, resistance to insects, transpiration rate, and effective air cleaning capability of the 50 plants. I took one star off due to it being outdated as it doesn't include the two extremely beautiful indoor plants that I own - Kentia Palm (the most beautiful of all indoor palms) and the Clivia plants (that are so beautiful to look at even without the flowers). Both of these are not only beautiful but are excellent in terms of ease of maintenance and resistance to insects. I guess more and more indoor plant varieties are being sold now and so the author just trying to bank on old research and old set of plants isn't enough. Also agree with one of the reviewer as to lack of information on the size of the plant that was used vs. cleaning effectiveness.

Plants are doing a lot of work for us. We are mostly unaware of it. Plants produce the oxygen we breath, bring moisture into the air and also remove poisons. At the moment the outdoor air quality is

often not very good, low in oxygen and high in pollutants. The indoor air quality however is often worse. Plants can change that. They are making our homes healthier. In the descriptions of all the house plants there are some notes about a small group of plants that also produce oxygen at night. They are therefore very suited for bedrooms. The writer could have given more attention to this group of plants, since we all like fresh sleeping quarters.

This book is fantastic. It is very informative and lets you know everything you need to know about house plants. I was scared to get a house plant because I was terrified of killing it, but this book makes me feel confident about maintaining and selecting the right plant for me!

"How to Grow Fresh Air" is a nonfiction book about plants' ability to remove common office and household toxins from our indoor air. The book had two parts: 31 pages on how plants purify the air and what the research said about which plants are best at removing common air pollutants; and 100 pages with details about the 50 house plants. The first part discussed indoor air pollution and the health problems caused by it (with a chart showing what sources--like carpeting, paint, and plywood--gave what harmful air pollutant). The author then described how plants produce oxygen, put water into the air, etc. He then talked about studies done on the effectiveness of using houseplants to remove harmful air pollutants and what they found. He included charts showing the results for the ability of various plants to remove four different harmful air pollutants and charts for other findings. The last seven pages were a basic plant care guide on light level, planting medium, watering, and pest management. The plant listing had a 2-page spread for each plant listed. The first page had a small, full-view picture of the plant, the plant's name (common and official), and some information about the house plant, its selection, and its care. Along one edge of the page, the following information was briefly given: name; origin; how much light it likes (full sun, semi-shade, etc.); preferred temperature range; pests and problems; care; and what to plant it in. A chart at the bottom of the page rated the plant on its ability to remove chemical vapors, ease of growth and maintenance, resistance to insect infestation, and the amount of water it puts into the air. The second page was a full page, close-up picture of the plant's leaves. I bought this book several years ago because my house just "felt sick" to me. I had only three small house plants since I was growing so many plants outdoors. I found this book very interesting and immediately bought several more houseplants. They flourished, and my house stopped feeling so "sick" to me--plus I stopped getting sick all of the time. So I do think this information helped. I'd recommend it to people who feel mildly sick most of the time or are concerned about their indoor air purity.

Anyone who is interested in the benefits of indoor plants this is the book for you. It explains in detail the research and the workings of plants in creating FRESH AIR. Indoor plants are recommended and are rated on various criteria and then given an overall average score out of 10. If you work in the indoor plant service industry this is a MUST HAVE Book.

This book was nice, but wish it listed more plants and info.

Excellent book. I appreciated it's layout. The first few chapters give you a well balanced introduction to educate you reasonably enough. It's not too elementary as to leave you feeling uninformed; yet it doesn't overwhelm you with information about a new subject so that it goes over your head. The rest of the book gives a nice "handbook" approach of the top air quality plants to choose from while starting out on this adventure of obtaining cleaner air in your home.

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