



LIFE SAVING HEALTH BENEFITS AND MEDICINAL USES OF COMMON INDOOR PLANTS AND HOW TO GROW THEM!

Michael Simpson

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In developed countries people spend 90 percent of their time indoors. Indoor air has been found to be 12 times more polluted than outdoor air in some places. According to a 2002 World Health Organization report indoor pollutants are a serious health risk responsible for 1.6 million deaths every year! NASA with the ALCA, and many other studies have proven common houseplants can eliminate these pollutants! Aside from providing us with clean air many common household plants have a wide array of medicinal uses in modern and traditional medicine! In addition to documenting the various air purifying plants proven in studies by NASA and the ALCA to remove life threatening toxins from the air in our homes and offices, detailed instructions are listed about how to grow, clone, and care for these life saving plants and other medicinal uses for them as well. A must have knowledge for a healthy living!

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