

Lamorinda OUR HOMES

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Irrigation system tips

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Digging Deep with Goddess Gardener, Cynthia Brian

Full house



Spathiphyllum, the peace lily or sail plant, boasts white flowers that resemble a boat sail.

By Cynthia Brian

"Having plants in your house is a natural way to continuously clear yourself!" ~ Doreen Virtue

With another four weeks to go before the start of spring, turning our yearnings for gardening chores to our indoor spaces is ripe with opportunities. For many years we relied on the debunked 1989 NASA report that claimed that houseplants cleaned up to 87% of dangerous VOCs (volatile organic compounds) in our interior air. We thought if we filled our homes with a jungle of plants, we'd breathe easier and even prevent colds. Many scientists still agree that plants do remove pollutants through a process called absorption, although how much is debatable. Recent studies indicate that while a few plants won't do much purification, a full wall of plants will.

The living walls that we witness at airports and fancy hotels are scenic and inspiring as they freshen the air for the numerous clientele that transit. Creating a living wall of plants and flowers in our homes is not feasible



Photos Cynthia Brian

For a bang of color and texture, plant croton and snake plants together. for most of us. Yet, there are other benefits to including plants in our interior designs.

Benefits of Plants Indoors

Aesthetic Appeal: Plants add beauty to any room. Plants create a natural feeling, making the atmosphere more inviting and pleasant.

Elevate Moods: Being around plants helps to reduce stress, improve moods, and boost cognitive function. Plants make people happy.

Increased Oxygen Levels: Through the process of photosynthesis, plants convert carbon dioxide into oxygen.

Therapeutic Benefits: Tending to plants, whether outdoors or indoors, is calming and meditative. We create a healthier environment that is pleasing to the senses.

Enhanced Productivity and Creativity: Studies have shown that plants in a workplace or study area enrich concentration, sharpen attention, and reduce both physiological and psychological stress.

Healing Properties: Looking at greenery when recovering from an illness or surgery helps speed recuperation.

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