



Plants: Why You Can't Live Without Them

By B.C. Wolverton & Kozaburo Takenaka (Authors)

Lustre Press/Roli Books, New Delhi, India. Softcover. Book Condition: New. Though essential to our existence, plants get sidelined in the hustle and bustle of city life. The revolutionary concept of 'eco-landscaping' heralds the effort to bring greenery back into the concrete jungles we inhabit. Plants: Why You Can't Live Without Them explores how our homes and offices can be made healthier and more cheerful with plants. Air-conditioned rooms, synthetic building materials and inadequate ventilation cause numerous respiratory and nervous disorders. The mere presence of plants has been proved to lessen environmental pollution, increase labour productivity and reduce the cost of health-care. Plants also provide medicinal herbs and nutritious food that go a long way in extending our lifespan. From the freshening up of indoor space, to creating a variety of gardens, and to natural methods of waste recycling, Plants elaborates the diverse means by which to enhance our living. Produced after many years of scientific research and data collection, this book is a comprehensive study of the amazing benefits of plants, which are nature's gift to us and provide us sustenance. Printed Pages: 144.



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