

A recent study found that potted plants can improve the health of office workers. Plants reduce stress, thus reducing the number of sick days that the workers take. A good solution if you work in a cubicle that has no light is a small Aerogarden for flowers. Hey, we'd all love to just stay in the garden this time of year, but eventually we have to get back to work

Researchers from the Agricultural University of Norway conducted the survey. Its result serves as yet more evidence that plants in the work place are good for the office environment, and the health of the workers too.

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