

A bunch of good news for your health

An extensive survey, financed by Agriculture and Agri-Food Canada, has shown the numerous benefits of plants, flowers and gardening in general on the environment and on peoples' physical and mental health.

It has been observed, for example, that plants possess anti-stress characteristics. Sure enough, having plants inside the home can lower blood pressure by one to four units.

Another study done in the United States shows that gardening is a hobby which can increase our level of satisfaction with life and improves our general state of health. This research has established that gardeners have a better appetite for life and show

more determination faced with day-to-day problems. Gardeners have better temperaments, are more optimistic and happier. In short, they seem to be much more positive about life than those who do not garden.

Besides which, researchers have found that plants have a calming effect, no doubt because they remind a lot of us of our roots in the countryside. They also help people to renew their bond with nature. Finally, gardening contributes to our physical health as it requires us to walk, change position constantly and expend lots of energy. Keeping physically active by working in the garden has, therefore, a beneficial effect on our general state of health.



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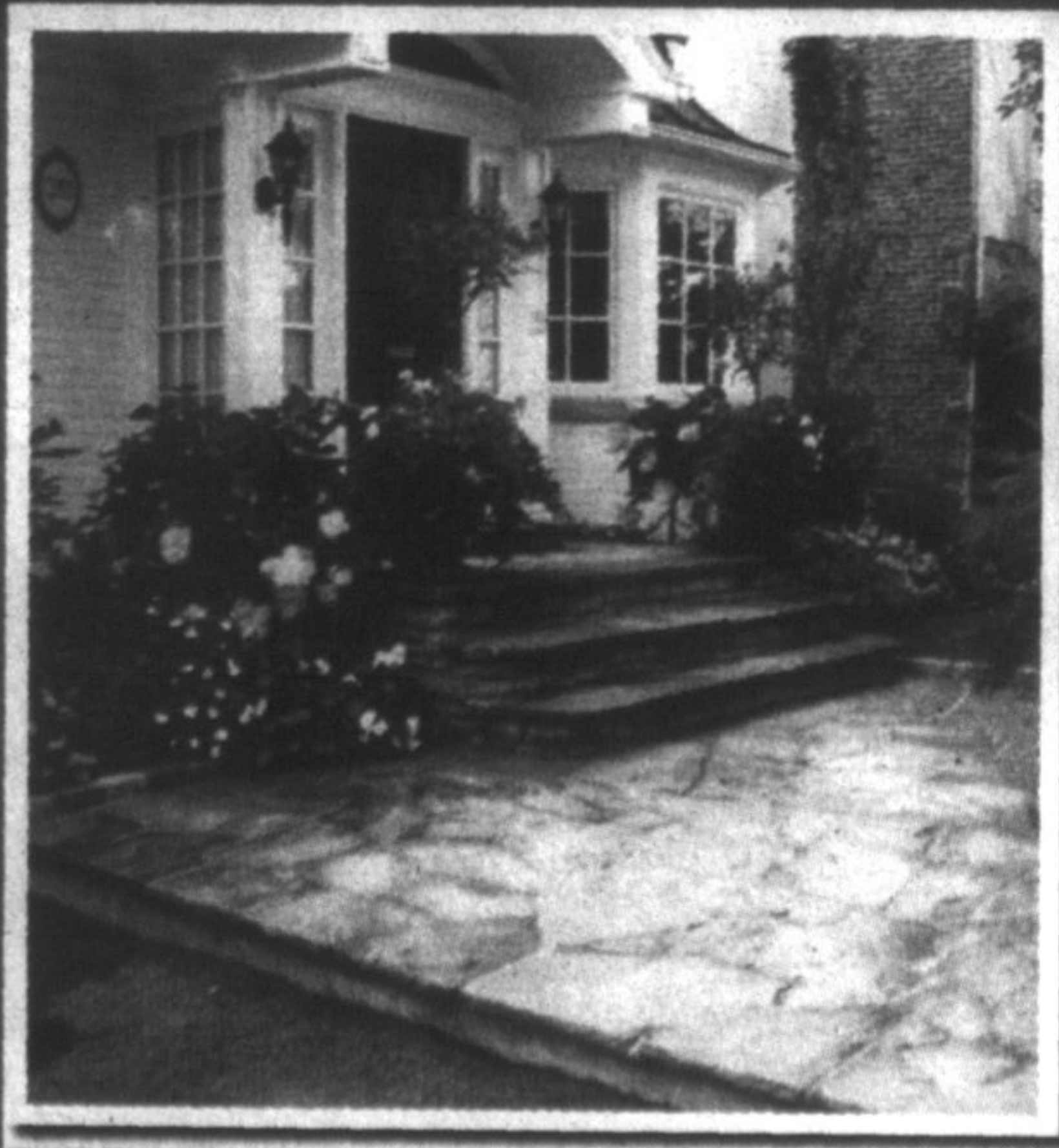
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