

# Manhattan PLANT EXPERTS INC.



Certified  
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## PLANT TECH CORNER

### Oxygen in its Purist Form ...From Your Plants at Work

Not only is Oxygen necessary for us to live, the benefits of inhaling more of it at work has its benefits. They include:

- Increased productivity
- Feeling of calmness
- Reduction of heart strain and prolonged life as a result movement is easier with increase in stamina
- Fewer sick days

Oxygen from plants also Helps with headaches, hangover, migraine, stress, fatigue, cramps, jet lag, heat exhaustion, or minor aches and pains.

~ Ray Emrich



## According to Mayor Bloomberg, Keeping Your Office Green with Plants Should Remain a Priority

Mayor Bloomberg challenged New Yorkers, with his planNYC for a greener, greater NYC to generate ideas for achieving 10 key goals for the city's sustainable future. New Yorkers in all five boroughs responded. The result is the most sweeping plan to enhance NYC's urban environment in the city's modern history. The combined impact of this plan will help ensure a higher quality of life for generations of New Yorkers.

One of the key initiatives was to plant one million trees by 2017 to increase the quality of the air. This initiative recommends an increase of the quantity of plants in work spaces to improve the quality of air and reduce toxic air pollutants, since many plants clean and purify the air.



When cutting back on office operating expenses, we suggest that on top of the list of excess and items that do not support the green campaign, as well as things that induce poor health would include snack, candy, and soda vending machines. Also, the Mayor's plan suggests buying Energy Star® appliances; walking and using public transportation; recycling glass, metal, paper and plastic; using green cleaning supplies at work, and switching to paperless bank statements.

Whatever you do, **DO NOT DISCONTINUE SERVICING YOUR OFFICE PLANTS.** They are a basic need to run your office productively and efficiently and are an integral part of Mayor Bloomberg's plan to make NYC a healthier place to live and work.

**NEW YORK LOTTERY** BACK BY POPULAR DEMAND IS A NYS LOTTERY TICKET. GOOD LUCK!

**PLUS**

A POCKET BIOFEEDBACK STRESS MOOD CARD

PLANTS ARE KNOWN TO REDUCE STRESS AND CALM WORK ENVIRONMENTS

STRESS TEST	
Black	Tense
Red	Nervous 84°
Green	Calm 87°
Blue	Relaxed 91°

## PLANT OF THE MONTH

### Ficus

Purifies and renews stale indoor air by filtering out toxins, pollutants and the carbon dioxide we exhale - replacing them with life-sustaining oxygen!



## OUR GIFT TO YOU!



Plant Therapy