



Pete Alexander

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Founded in 1994, Everything Grows has 13 years experience helping organizations reduce stress and improve productivity of employees through the methodical placement of lush, living plants in work environments. University research shows that living plants:

- improve productivity (12% quicker reaction time on the computer task) and reduce stress (systolic blood pressure readings lowered by one to four units) in the work environment.<sup>1</sup>
- improve the health of employees by reducing fatigue by 30%, headache by 20%, dry throat by 30%, coughing by 40% and dry skin symptoms by 25%.<sup>2</sup>
- absorb, diffract and reflect sound – especially high sound frequencies that cause the most irritation in office environments.<sup>3</sup>
- make buildings look more attractive and welcoming.<sup>4</sup>
- can be used to soften/hide less attractive features (electrical/networking wires, etc.) and break up large open areas.

Free consultations and cost-effective estimates are available. Please contact Pete Alexander at 925-820-6155 for more information.



<sup>1</sup> Virginia I. Lohr, Caroline H. Pearson-Mims, and Georgia K. Goodwin, Department of Horticulture and Landscape Architecture, Washington State University

<sup>2</sup> Prof. Dr. Tøve Fjeld, Agricultural University of Norway, Oslo

<sup>3</sup> Costa, P. and James, R.W. (1995) Environmental engineering benefits of plants. Proceedings of the Workplace Comfort Forum, London, UK

<sup>4</sup> J.V. Stiles, PhD, Oxford Brookes University