

# Humidification: Correcting Dry Conditioned Air at Source

*AC strips moisture. Plants add it back. Comfort is not just temperature.*

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## At a Glance

Air conditioning strips moisture to 30-40 percent relative humidity. Human comfort requires 40-60 percent. Plants add humidity back through transpiration. Comfort is not just temperature. Humidity matters significantly.

## Summary

HVAC systems dry air triggering static discharge, chapped skin, sinus irritation. Dry air reduces airway ciliary function making occupants susceptible to airborne illness. Industrial humidifiers add capital cost and maintenance overhead. Plants restore humidity passively through transpiration returning air to 40-60 percent RH where human comfort peaks. Dry air makes people work slower producing more errors, cost HVAC never calculates. Combined with Thermopod™ Biothermal Microconditioning, humidity restoration is automatic with no side effects. March through November heat stress reduces when humidity is properly maintained alongside temperature. Occupant comfort and health improve measurably. Air quality shows consistent improvement.