

Houseplants that Clean the Air!

Houseplants are good for you! During the late 1980's, NASA began a study of houseplants as a means of providing purer and cleaner air for space stations. What they discovered was that many of the plants filter out certain harmful chemicals and make the air healthier to breathe.

Newer homes and buildings are more energy efficient but can trap more pollutants inside. Harmful pollutants can come from paint, furniture, carpeting, printers, dry cleaned clothes, air fresheners and so much more. Some of the pollutants removed are benzene, formaldehyde, trichloroethylene, carbon dioxide, carbon monoxide, and some molds. Studies have shown that 10-15 plants in an 1800 square foot house, will filter toxins and generate enough oxygen for 4 people.

Houseplants can also cheer you up! They have proven that houseplants will help you be more productive. Houseplants can help to lower your blood pressure, improve focus, improve reaction time, increase alertness, and raise productivity. Plants can improve well-being and lower levels of anxiety with improved air quality. Below is a list of plants that clean the air:

- Bromeliads
- Spider Plants
- Philodendrons
- Chinese Evergreens
- Peace Lily
- African Violets
- Aloe Vera
- English Ivy
- Boston Ferns
- Dracaena
- Pothos
- Bamboo Palms
- Ficus
- Snake Plant or Mother-in Law Plant
- Garden Mums
- Gerbera Daisy