

## Houseplants Can Clear The Air!

During the winter months, we naturally spend more time indoors. Even if the winter is mild, this time of year, we naturally turn our attention to indoor gardening, redecorating, and, if we get bored enough, spring cleaning.

With all this extra time spent inside, I often wonder about the quality of the air we breathe. The tightly sealed buildings we live and work in, the synthetic building materials that are used, and the cleaning products we spray every day in our home all contribute to unhealthy air.

One really good way to help address this problem is with houseplants. Because houseplants breathe in the carbon dioxide we give off, it's pretty obvious that we need them around. But did you also know that many houseplants, through this process, will also work to remove many airborne toxins from the air?

NASA and ALCA conducted a study back in the 80's using houseplants to purify the air in space stations. They concluded that houseplants would actually remove toxins from the air! Harmful elements such as trichloroethylene, benzene, and formaldehyde (yikes! This stuff is in our air!?) were removed from the air just by having houseplants in the room.

Some houseplants are better than others at cleaning the air, but it is clear that some plants are better than none! Read on for a list of the best houseplants for cleaning the air, as recommended by NASA, then stop in and visit with us to help select the right one for your home!

Top Houseplants for clearing the air:

Philodendron (many varieties)

Dracaena (many varieties)

English Ivy

Spider Plant

Golden Pothos

Mother in law's tongue

Peace Lily

Chinese Evergreen

In order to achieve maximum results, the study recommends incorporating 15 different houseplants (each 6" or larger) for a 2,000 square foot home.

[Click here to see more on B.C. Wolverton's study.](#)