

Combat Indoor Air Pollution with These 5 Hardy Air Purifying Plants



Not everyone was born with a green thumb and a knack for taking care of houseplants. Thankfully, there are several popular plants that require very little maintenance to thrive indoors. One of the easiest and most natural ways that you can combat indoor air pollution is by purchasing several of these low maintenance houseplants and placing them in various rooms throughout your home.

These five plants are easy to care for and will work around the clock to help clean your home air by removing toxic pollutants:

Spider Plants

Spider plants have a reputation for being easy to maintain. They also are great at removing formaldehyde, which is one of the most commonly found indoor air pollutants. Formaldehyde is a known human carcinogen; it can cause nasal and eye irritation, increased risk of asthma and allergies, and neurological effects. It is found in numerous household

products such as: paint, drywall, adhesives, cosmetics, disinfectants, wood laminate flooring and furniture, and cigarette smoke.

Peace Lilies

Peace lilies are another hardy plant effective in removing formaldehyde from the air along with the chemical benzene. Benzene is commonly found in exhaust from vehicles, detergents, cigarette smoke, building materials, furniture, as well as heating and cooking systems. Exposure to small levels of benzene may cause dizziness, headaches, confusion, and unconsciousness. Benzene is also considered to be a known carcinogen.

Boston Ferns

Boston ferns help filter out formaldehyde and xylene from the air. Xylene is a poisonous solvent used in paints, nail polish, lacquers, adhesives, rust preventers, thinners, gasoline,

Continued on **2**

and permanent magic markers. Exposure to this chemical may cause dizziness, headache, nausea, and throat irritation. Long term exposure or exposure to larger amounts can result in liver damage, unconsciousness, and respiratory failure.

Snake plants

Snake plants are another low maintenance plant. They are effective in removing formaldehyde, xylene, benzene, and trichloroethylene from your indoor air. Trichloroethylene can be found in wood stains, varnishes, finishes, lubricants, adhesives, paint removers, degreasers, and cleaners. It is a known carcinogen that may cause genetic defects and central nervous system damage. Exposure to lesser amounts of this chemical may cause throat irritation, headache, nausea, dizziness, and confusion.

Bamboo palms

Bamboo palms require minimal sunlight and water but will grow larger when placed in direct sunlight. They have been proven to successfully remove formaldehyde, xylene, and trichloroethylene from the air.