

# The Green Leaf

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## HOUSE PLANTS FOR CLEAN AIR

Stagnant indoor environments allow pollutants to build up and stick around in greater amounts than humans should be breathing in. Living and working in places rife with air contaminants and lacking decent ventilation can cause "sick building syndrome," which can cause headaches, dizziness, nausea, and eye, ear, and nose irritation. To help eliminate such irritants here are some house plants to clean the air.

**Garden Mum:** Helps remove ammonia, benzene, formaldehyde, and xylene.

**Spider Plant:** A great choice for beginner plant growers, this plant helps remove formaldehyde and xylene.

**Peace Lily:** Removes mold spores, formaldehyde and trichloroethylene.

**Fern:** This plant is great for areas with a lot of high humidity.

**Snake Plant or Mother-in-Law's Tongue:** thrives in low light this plant not only helps remove toxic chemicals in the air such as toluene and formaldehyde it is also converts carbon dioxide into oxygen at night. Most other common house plants do this during the day.

**Golden Pothos:** Fast growing and easy to grow. Helps filter formaldehyde, benzene and carbon monoxide. Consider placing this plant near the garage where car exhaust fumes may sneak into the home.

**Lady Palm Plant:** Beautiful and another easy plant to grow, it helps filter ammonia which is often found in major cleaning ingredients and textiles.