

Living Air Purifiers

AKA: Clean Air Indoor Plants

Houseplants are often overlooked helpers ridding the air of pollutants and toxins. It is suggested that 2 - 3 plants contributes to good air quality in the average domestic living room of about 20 - 25 sq. yards.

General Information:

Our space program has led the way to a fascinating and important discovery about the role of houseplants indoors. NASA has been researching methods of cleansing the atmosphere in future space stations to keep them fit for human habitation over extended periods of time. They've found that many common houseplants help fight pollution indoors. They're able to scrub significant amounts of harmful gases out of the air, through the everyday processes of photosynthesis.

The Toxins:

- Benzene-Based Toxins

Where it's Found in the Home:

Detergents, inks & dyes, plastics, rubber products, petroleum products, synthetic fibers and tobacco smoke.

How Benzene May Affect You:

Anemia, psychological problems, drowsiness, loss of appetite and headaches.

- Formaldehyde-Based Toxins

Where it's Found in the Home:

Carpeting, cleaners, foam insulation, furniture, paper products, plywood, particle board, natural gas and kerosene.

How Formaldehyde May Affect You:

Asthma and allergic dermatitis, irritation of the eyes, headaches and irritation of mucous membranes in the throat and nose.

- Trichloroethylene-Based Toxins

Where it's Found in The Home:

Adhesives, printing inks, carpet cleaners, lacquers and paints, spot removers, varnishes.

How Trichloroethylene May Affect You:

Sleepiness, fatigue, headache, confusion.

- Carbon Monoxide

Where it's found in the home:

Gas or propane heaters, stoves, open chimneys or flues.

How Carbon Monoxide may affect you:

Headaches, dizziness, confusion, nausea, impaired vision, poor dexterity and flu-like symptoms. Can be fatal (carbon monoxide detectors are available).

Woodley's Top 10 Clean Air Plants:

- *Areca Palm*
- *Spider Plant*
- *Chinese Evergreens*
- *Boston Ferns*
- *Dracaenas*
- *English Ivy*
- *Snake Plant*
- *Peace Lily*
- *Rubber Plant*
- *Philodendron*

Information obtained from NASA Clean Air plant study, Frugal Living, Think Green. Live Green. As always with any medical condition consult your personal physician.

Living Air Purifiers cont.

NASA Information:

Below are the technical results from the NASA study if you want to learn more about the fascinating study go to NASA.gov.

The Toxins:

- Benzene-Based Toxins

Percentage of toxin removed in a 24 hr. period:

English Ivy:	89.8%
Dracaena:	77%
Chinese Evergreens:	47.6%
Peace Lily:	79.5%
Mother-in-law's tongue:	52.6

* In a sealed chamber

- Formaldehyde-Based Toxins

Percentage of toxin removed in a 24 hr. period:

Ficus:	47.4%
Dracaena:	50%
Gerber Daisy:	50%
Mass Cane (Dracaena):	70%
Mum:	61% ^S

* In a sealed chamber

- Trichloroethylene-Based Toxins

Percentage of toxin removed in a 24 hr. period:

English Ivy:	10.9%
Dracaena:	20%
Peace Lily:	23%
Mother-in-law's tongue:	13.4%

* In a sealed chamber

Other Plants:

Other plants that did well removing toxins are:

- *Banana (Musa oriana)*
- *Philodendron*
- *Golden Pothos*
- *Aloe Vera*