

6 Plants That Help You Breathe Easier

Hardworking houseplants that combat indoor air pollution

By **Hannah Woit** from *Prevention Magazine*



"Leaf surfaces and roots digest contaminants in the air," says Chris Raimondi, a horticulturist in Ho-Ho-Kus, NJ. And they're effective: Studies show people who work near plants are less likely to suffer from fatigue, headaches, and sore throats.

For your *bedroom* **Gerber Daisy** -- near where you air out freshly dry-cleaned clothes. It



reduces levels of benzene, a chemical solvent used for dry cleaning that can compromise your immune system and has been linked to anemia. **Light**

needs: bright light **Humidity:** medium **Temperature:** 45° to 65°F

For your *bathroom* **Dracaena** lowers levels of the toxin trichloroethylene, linked to kidney and liver cancers and lymphoma, according to the Environmental Protection Agency. Often in paints, TCE can also be released into the air if you take a hot shower in TCE-contaminated water. **Light** needs: medium **Humidity:** medium. **Temperature:** 60° to 75°F



For every room in the house or office -- NASA researchers discovered that the Peace Lily is among the best for lowering levels of TCE and benzene, making it a powerful detoxifier for any room.

Place one in a hallway with some light so it can prevent the spread of pollutants between rooms. **Light** needs: medium **Humidity:** medium. **Temperature:** 55° to 75°F

For your *kitchen counter* **English Ivy** -- particularly good at removing formaldehyde, a respiratory irritant, which can enter the air when you use some dishwashing liquids and disinfectants. Pressed-wood products such as cabinets and tables may also emit it. **Light** needs: medium **Humidity:** high **Temp:** 50° to 70°F

For your *laundry room* **Boston Fern** is a detoxing standout is the most effective houseplant for reducing



formaldehyde. Also a possible carcinogen, the toxin is present in some fabric softeners and carpet cleaners and can be emitted by certain wallpapers and paints.

Light needs: medium **Humidity:** high **Temperature:** 50° to 75°F

There is even one for your *garage* **Golden Pothos** or **Dive's Ivy** as it is often called. The green and yellow heart shaped leaves climb and trail easily. It is one of the most popular and dependable houseplants available today and performs well in removing ozone, a respiratory irritant present in auto emissions. Place one of these hardy ivies near the door connecting your house and garage.

Light needs: low to medium **Humidity:** medium.

Temp: 65° to 75°F

