



## FERNS, FICUS and ALOE . . . Oh My!

Can filling your house with plants make you happier and healthier? Here are some benefits of adding “greens” to your home or office . . . Plants can absorb toxins by increasing humidity which dampens down dust which can help reduce irritation to the eyes and skin. Research also shows that plants clean the air of chemicals. When plants transpire water vapor from their leaves, they pull air down to their roots. Any airborne contaminants are also pulled down. Microbes then convert these chemicals into a source of food and energy for the plant. Additionally, keeping a number of plants around your home or office can also give your mood a boost!



Here are some fun leafy suggestions:

**Ferns, ivy and aloe vera** should be placed in the kitchen because they are effective at removing formaldehyde which can be found in gas cookers, ceiling tiles and can withstand very high temperatures. Aloe is also widely used to treat burns, cuts and other skin irritations.

**Moth orchids, areca palm and ficus** should be placed in the living room. Moth orchids remove xylene in the air which is found in electrical equipment such as TV and computer monitors. Areca palm absorbs about one (1) liter of water every 24 hours so it's great to decrease the dryness in the air and ficus removes most toxins found in drapes, wood stains and varnishes.

**The lady palm and dendrobium orchid** are good choices for the bedroom. The lady palm is one of the best plants for removing ammonia found in cosmetics and nail varnish remover and removing toxins. The dendrobium orchid, like fresh cut flowers, absorbs carbon dioxide and releases oxygen at night.

For more information on air-cleaning and poisonous house plants, go to:

<http://www.blankees.com/house/plants/index.htm>

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