

## AIR CLEANSING PLANTS

Off-gassing of synthetic materials in homes can quietly create serious health problems from allergies to cancer. Trichloroethelene (TCE) is a colorless liquid that smells like chloroform. Contained in lacquer and glue, it is thought to cause cancers. Formaldehyde is, among other things, the basic material of synthetic resin and used to glue chipboard. It, too, may cause cancer. Highly toxic, cancer-inducing benzol is the basis of many synthetics.

Here are some plants that can improve the air quality of your home.

<b>PLANT NAME – common name</b>	<b>PARTICULAR MERITS</b>	<b>Available?</b>
Abutilon hybrids – Flowering Maple	Increase humidity	Spring-Fall
Aglaonema (similar to Philodendron)	Reduce benzol	Year round
Aloe barbadensis – <i>same as Aloe vera</i>	Reduce formaldehyde	Year round
Aphelandra – Zebra plant	Increase humidity	
Asplenium nidus – Spleenwort, bird's nest	Increase humidity	Year round
Chamaedorea – 'Bamboo' palm	Reduce formaldehyde and Trichloroethelene (TCE)	Year round
Chlorophytum elatum – Spider plant	Reduce benzol and formaldehyde	Year round
Chrysanthemum morfolium - hothouse Mum	Reduce benzol, formaldehyde and TCE	Nov./Dec.
Cissus rhombifolia - Grape ivy	Increase humidity	Fall-Winter
Cyperus papyrus	Increase humidity	Summer
Dracaena	Reduce benzol, formaldehyde and TCE	Year round
Epipremnum pinnatum – Pothos vine	Reduce benzol, formaldehyde and TCE	Year round
Fatsia japonica – Aralia family	Increase humidity	Summer
Ficus benjamina	Reduce TCE	Year round
Gerbera jamesonii – Gerber daisy	Reduce benzol, formaldehyde and TCE	Spring
Hedera helix - Ivy	Reduce benzol and TCE	Year round
Hibiscus rosa sinensis	Increase humidity	Spring-Summer
Musa oriana - Banana	Increase humidity, reduce formaldehyde	Summer
Nephrolepis exaltata – Boston Fern	Increase humidity	Year round
Pandanus veitchii – Screw Pine	Increase humidity	Can be ordered.
Philodendron (similar to Aglaonema)	Reduce formaldehyde	Year round
Rhododendron-simsii hybrids	Increase humidity	Spring-Summer
Sanseveria trifasciata – Snake plant	Reduce benzol and TCE	Year round
Spathiphyllum – Peace lily	Reduce benzol and TCE	Year round
Schefflera	Increase humidity	Year round
Sparmannia Africana	Increase humidity	Can be ordered