

# Breathe Easier with Houseplants

*Houseplants play an important role in cleaning the air we breathe. Read this article to find out how plants can remove air pollutants from your home.*

Research shows that houseplants play an important role in cleaning the air we breathe. A NASA study concluded that certain houseplants were found to remove up to 87% of indoor air pollutants within 24 hours. The researchers suggest using 1 potted plant per 100 square feet of indoor space in order to be an effective “air cleaner”.

## How do Plants Clean the Air?

Air pollutants are absorbed through tiny openings in the leaves called stomata. The toxins are either broken down in the soil by microbes or destroyed by the plant’s own biological processes. Research shows that the longer we keep our houseplants, the more successful they will be at cleaning our air.

The following houseplants are the most effective in keeping your household air clean and pure:

- Areca Palm
- Reed Palm
- Dwarf Date Palm
- Boston Fern
- Janet Craig Dracaena
- English Ivy
- Australian Sword Fern
- Peace Lily
- Rubber Plant
- Weeping Fig



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