

Is Your House Toxic ??

Research suggests that indoor air can be up to 10 times more polluted than outdoor air!



DEVILS IVY

One of the best ways you can help reduce toxins in your home is to incorporate house plants. Plants and the microbe at their roots can, by their normal photosynthetic process, absorb pollutants and make your home less toxic.

Some of the major toxins found in your house include:

- **Formaldehyde** - Found in pressed wood products, hardwoods, foam insulation (UFFI), tobacco smoke, durable press drapes, carpeting, furniture, and paper products.
- **Benzene** - Found in paint, paint strippers and other solvents, wood preservatives, aerosol sprays, cleansers and disinfectants, plastics, rubber products, synthetic fibers, moth repellents and air fresheners.
- **Trichloroethylene** - Found in adhesives, dry cleaning, inks and dyes, lacquers and paints, and varnishes.

Plants good for removing toxins from formaldehyde include:



PEACE LILY

Bamboo Palm - can grow 3 - 6 feet, requires bright indirect light, keep soil moist and be sure to empty drip tray to avoid root rot

Devils Ivy (also known as Golden Pothos) - prefers bright indirect sunlight but does well in lower light areas, let dry out between watering - this plant is toxic to children and pets

Philodendrons - prefer medium light, will tolerate low light, keep soil evenly moist and allow soil to dry between waterings, mist the plant leaves periodically to keep the pores in the leaves from becoming plugged with dust



PHILODENDRON



SNAKE PLANT



SPIDER PLANT

Snake Plant - moderate light, will tolerate low light, water every 7 - 10 days allow soil to dry thoroughly in between watering

Spider Plant - natural light, not direct sunlight, water weekly and never soak the soil, chemicals in water can cause plant's leaves to turn brown at the tip if this happens use distilled or filtered water

Rubber Plant - medium to low light, water once or twice weekly, keep the soil moist

Plants good for removing toxins from Benzene include:

Chinese Evergreens - Moderate to low light, keep soil slightly dry

English Ivy - moderate to bright natural light, water weekly don't let dry out completely

Gerbera Daisy - 6 or more hours of direct sunlight, soil should be evenly moist but allowed to slightly dry in between watering

Dracaena Jeanny Craig - Bright light but not direct sunlight, soil should be kept evenly moist and allowed to slightly dry between watering plants, left in lower light require less watering

Peace Lily - Prefers bright filtered light, but will survive in lower interior light

Striped Dracaena - Moderate to low light, let soil slightly dry in between watering



CHINESE EVERGREEN

Plants good for removing toxins from Trichloroethylene include:

Dracaena Marginata - full sun to low light keep soil moist, dryer in the winter season

Gerbera Daisy - 6 or more hours of direct sunlight, soil should be evenly moist but allowed to slightly dry between watering

Peace Lily - prefers bright filtered light, but will survive in lower interior light

Not all houseplants are beneficial. Many plants are poisonous or toxic to animals and children. You can take a piece of any questionable plant to your local nursery to determine its safety. In the interest of safety, it is best to teach children and pets to stay away from all plants.