

KEEPING THESE 12 PLANTS IN YOUR HOME CAN IMPROVE YOUR HEALTH AND THEY'RE ALMOST IMPOSSIBLE TO KILL

Eating plants isn't the only way to reap their benefits. Science has shown that keeping a simple houseplant can do wonders for your health. Horticulturist Marc Hachadourian, the director of the Nolen Greenhouses at the New York Botanical Garden, told us that plants benefit both your physical and mental state. "There is actually a lot of scientific evidence that adding plants to any workspace or living environment actually does help to reduce stress,"

Hachadourian said. "There are obviously therapeutic effects of caring for plants and gardening has been shown to decrease blood pressure and reduce stress, so the benefits go beyond [...] helping to clean the air and add oxygen." Certain plants have been found to specifically clean the air of toxic chemicals like benzene, formaldehyde, and ammonia, according to a clean air report from NASA. Hachadourian noted that although this data exists,

whether you can use plants to filter your air totally has yet to be seen. "There is some benefit," Hachadourian said. "I think the debate now is how much of that occurs and whether it is enough to make a significant difference in the overall health and quality of the environment you live in." Although the air-purifying benefits may not necessarily be extremely significant, Hachadourian has found that the other benefits of nature are. He mentioned forest

bathing, the tradition of being in the presence of nature and trees, and it even became part of Japan's national public health program in 1982, according to The Atlantic. It's documented health benefits include lower blood pressure and lower stress hormones. Of course, not everyone has the ability to forest bathe. But, if you're convinced you need more greenery in your life, Hachadourian recommended getting a houseplant that fits your environment and lifestyle. That way, you can

reap all the benefits while actually keeping your plant alive. Here are some of the most popular houseplants that are especially good for your air - and how to care for them. **1. Golden pothos** Although this plant isn't great at removing formaldehyde, it does remove other chemicals like benzene and trichloromethyl from the air, according to the NASA clean air report. Benzene is in glue, paint, and detergent. Golden pothos are also especially hard to kill, according to Rodale's Organic Life, making it a great starter plant for horticulture newbies. **How it grows best:** This plant tolerates low-light conditions and irregular watering.

good for people who are sensitive to smoke, CNN reports. **How it grows best:** Ivy prefers indirect light, and you shouldn't let the plant dry out. **5. Bromeliads** Bromeliads purify the air of benzene and can absorb up to 90% of the chemical, CNN reports. **How it grows best:** Bright and sunny spaces are ideal for Bromeliads. The plant is known to withstand drought so be careful not to over-water, the official website for the plant reports. **6. Ferns** Ferns can increase air humidity, according to CNN. This boost of moisture can help make sure your air and your skin don't get too dry, Health Essentials reports. **How it grows best:** This plant's soil should be wet but never soggy, and it thrives in indirect light, according to Apartment Therapy. **7. Snake plant** The Snake plant is especially perfect for your bedroom. Not only does it remove benzene and formaldehyde, but it absorbs carbon dioxide and releases oxygen at night, HuffPost reports. **How it grows best:** You should let the soil dry between watering and place this plant in indirect light. **8. Philodendron** If you're looking for a long-lasting decorative plant, a Philodendron might be right for you. According to HuffPost, the plant is good at absorbing xylene which is in paint thinner and gasoline. **How it grows best:** This plant needs some sunlight and a moderate amount of water. **9. Spider plant** Spider plants are good at fighting pollutants, HuffPost reports. One type of spider plant- the Chlorophytum comosum - can specifically absorb 90% of formaldehyde and carbon monoxide, two chemicals found in cigarette smoke, CNN reports. **How it grows best:** This plant needs access to indirect light and only needs to be watered once a week, according to Apartment Therapy. **10. Bamboo plant** This plant will bring you more than good luck. According to Healthline, it can eliminate formaldehyde, benzene, carbon monoxide, xylene, and chloroform from the air. **How it grows best:** Indirect sunlight is best for a bamboo plant; however, it will still slowly grow in less light, SFGate reports. You need to change the water once a week. **11. Red-Edged Dracaena** This colorful plant can grow up to 15 feet tall. Not only is it big, but it removes toxins like xylene, trichloroethylene, and formaldehyde from the air, according to HuffPost. **How it grows best:** This plant grows best in bright indirect light. Only water it when the soil is dry. **12. Aloe vera** This plant is a two for one deal. It removes formaldehyde from the air, and the gel inside the plant can help sunburns and psoriasis, according to Greatist. **How it grows best:** Keep this plant in a sunny location and water it every three weeks, according to The Old Farmers Almanac.

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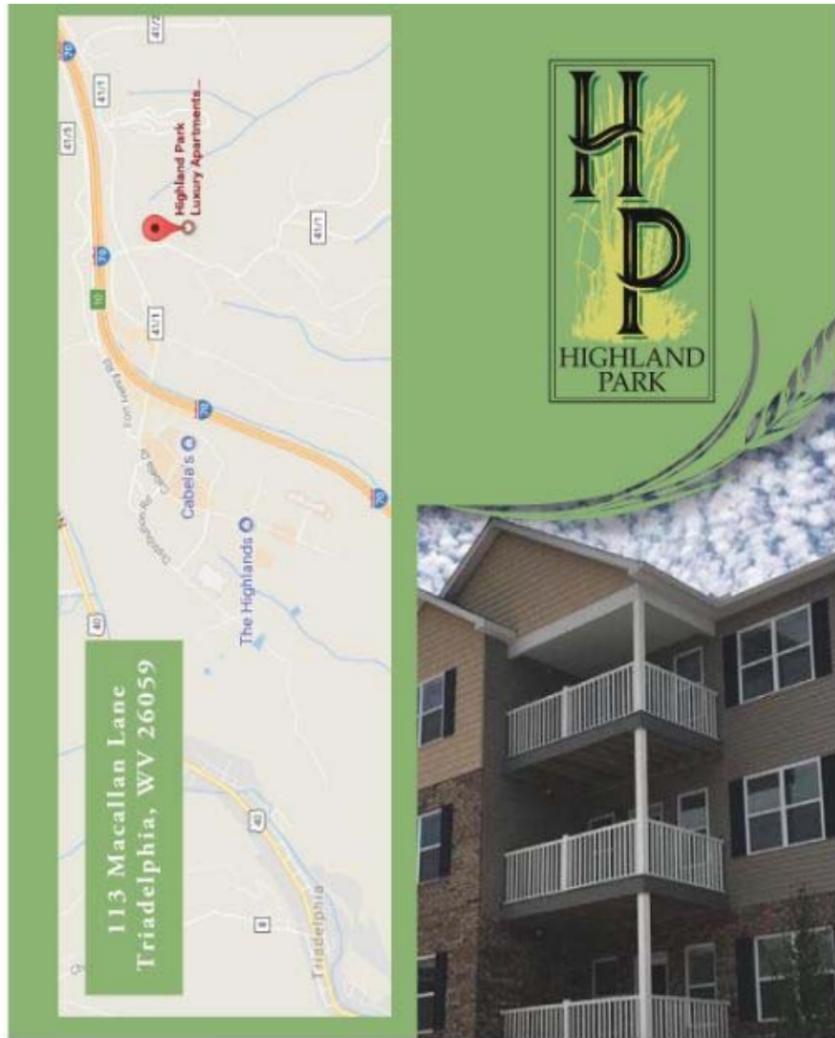
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