HOME

15 Houseplants That Are Good For Your Health

By bestfolkmedicine · 26/08/2020 · 4 min read



According to the NASA Clean Air study, the average home has a lot of toxins, including carbon monoxide, ammonium, formaldehyde, etc.

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We can protect ourselves from the dangerous effects of these toxins in various ways, but one of the best remains indoor plants.

Experts emphasize that some indoor plants are able to absorb up to 90 percent of these chemicals.

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So, choosing quality indoor plants is much more than décor- it helps you purify the indoor air, winch is one of the most important things today if we take into account the low quality of air we breathe.

Below, check out the ultimate list of the 15 best indoor plants that are good for your health and that of your loved ones!

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Best 15 Indoor Plants that Are Good for Your Health

1. **Spider plant**

This plant is able to fight off carbon monoxide, formaldehyde, and other air toxins.

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As it's relatively easy to maintain, it's a great choice for newbies in gardening.

2. **Jasmine**

Did you know that jasmine contains a chemical which can alleviate anxiousness and mood swings?

It's a great plant for our mental health and helps us boost our sleep quality. It's also good for strengthening the immunity and may even help with the libido.

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3.**Snake plant**

This plant is great for removal of benzene, xylene, toluene, and other toxins common in indoor air. To optimize its effects; place several of them in your home.

It's a relatively easy plant to take care of.

4. **Peace lily**

A peace lily won't just bring a beautiful atmosphere in your home, but it will also help you clean the air from pollutants like formaldehyde and ammonia.

Since it produces pollen and has a floral scent, thread carefully in case you have pollen allergies.

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5. **English ivy**

This plant can clean up to 90 percent of the airborne mold that may cause allergies in a lot of people.

It helps asthmatic individuals breathe better at night and help them have a calmer sleep. However, as it's poisonous, make sure you place it away from children and pets.

6. **Rosemary**

This herb is known to better the memory and focus and you can use it to also relieve pain and strengthen the immunity and the blood flow.

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If you love its taste, you can add it fresh to your meals for a wonderful scent and unique flavour.

7. **Golden pothos**

Did you know that this plant helps you get rid of the chemicals present in paint, detergent, and glue?

It's a very strong plant and it's therefore awesome for beginners.

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8. **Lavender**

This is one of the best plants for stress and insomnia, and it can also help with anxiety and depression.

Plus, it looks amazing with its purple flowers and will add a magical vibe to every space.

9. **Aloe vera**

Aloe vera can help you heal your skin faster from burns, psoriasis, frostbites, cold sores, and more.

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Use the gel from its leaves and apply it topically onto the affected area.

10. **Bromeliads**

This plant can absorb toxic chemicals like benzene up to 90 percent- place it in a sunny and bright area.

11. **Rubber plant**

Through its big leaves, this plant will absorb all the toxins from the air.

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Since it grows quite large and has beautiful deep green foliage, it will bring a jungle-like atmosphere to your office or home.

12. **Boston fern**

This natural humidifier will help you clean the air, fight off toxins, and bring a beautiful decor to your home or office. Plus, it relatively easy to maintain and it doesn't like a lot of direct sunlight and enjoys a moist soil.

13. **Gerbera**

NASA claims that this is one of the best plants for removal of benzene from the indoor air and produces oxygen at night.

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It's great for insomniacs and people with sleep apnea.

14. **Philodendron**

This plant is great in filtering out the formaldehyde and xylene from your indoor air.

Plus, it's a low maintenance and it can do well in areas with lower light. Make sure you place it out of reach of children and pets as it's toxic to them.

15. **Azalea**

This wonderful plant with colourful flowers is amazing in terms of decoration, but also absorbs chemicals from the air well.

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Mist it regularly as they love a humid environment.

Sources:

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