



# Clean Your Air and Brighten Your Day with Houseplants

Wednesday, February 11, 2009 by: [\*Tony Isaacs\*](#), citizen journalist

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(NaturalNews) People have long known about the psychological benefits of brightening their homes and offices with decorative houseplants. What many may be overlooking are the physical health benefits of having plenty of these plants to remove harmful pollutants from the air and replace them with fresh oxygen.

Not long ago, indoor air pollution was not considered a health threat; most homes and public buildings leaked so much that air often was replaced every couple of hours. After energy shortages occurred in the 1970s, more and more people began to insulate their houses and office buildings to conserve energy and lower heating and cooling costs. As a result, indoor air might linger for five hours or more allowing pollutants to accumulate. Moreover, synthetic building materials used in modern construction have been found to produce potential pollutants that remain trapped in unventilated buildings. These trapped pollutants can result in what is often called the Sick Building Syndrome.

In the late 1980s, a study by NASA and the Associated Landscape Contractors of America (ALCA) resulted in excellent news for homeowners and office workers everywhere. The study concluded that common decorative houseplants such as bamboo palms and spider plants not only make indoor spaces more attractive, they also help to purify the air. While it's a well known fact that plants convert carbon dioxide into oxygen through photosynthesis, the NASA/ALCA study showed that many houseplants also remove harmful elements such as trichloroethylene, benzene, and formaldehyde from the air. With our ultra modern homes and offices that are virtually sealed off from the outside environment, this study is just as important now as when it was first published.

The NASA study, Foliage Plants for Removing Indoor Air Pollutants from Energy Efficient Homes, was conducted by Dr. B.C. Wolverton, Anne Johnson, and Keith Bounds in 1989. While it was originally intended to find ways to purify the air for extended stays in orbiting space stations, the study proved to have implications on Earth as well.

Under controlled conditions, NASA and ALCA spent two years testing 19 different common house plants for their ability to remove these common pollutants from the air. Of the 19 plants they studied, 17 are considered true houseplants, and two, Gerbera Daisies and Chrysanthemums, are more commonly used indoors as seasonal decorations.

The advantage that houseplants have over other plants is that they are adapted to tropical areas where they grow beneath dense tropical canopies and must survive in areas of low light. These plants are thus ultra-efficient at capturing light, which also means that they must be very efficient in processing the gasses necessary for photosynthesis. Because of this fact, they have greater potential to absorb other gasses, including potentially harmful ones.

NASA found that some of the plants were better than others for absorbing pollutants, with certain houseplants found to remove as much as 87 percent of indoor air pollutants within 24 hours. However, all of the plants had properties that were useful in improving overall indoor air quality. NASA also noted that some plants are better than others in treating certain chemicals. For example, English Ivy worked better than some other plants for treating air contaminated with Benzene. The Peace Lily was very effective in treating Trichloroethylene and the Bamboo Palm worked well for filtering Formaldehyde.

After conducting the study, NASA and ALCA came up with the following list of plants most recommended for treating air pollution. Note that all the plants in the list are easily available from your local nursery.

Heartleaf Philodendron - *Philodendron scandens* `oxycardium`  
Elephant Ear Philodendron - *Philodendron domesticum*  
Cornstalk Dracaena - *Dracaena fragrans* `Massangeana`  
English Ivy - *Hedera helix*,  
Spider Plant - *Chlorophytum comosum*  
Janet Craig Dracaena - *Dracaena deremensis* `Janet Craig`  
Warneck Dracaena - *Dracaena deremensis* `Warneckii`  
Weeping Fig - *Ficus Benjamina*  
Golden Pothos - *Epipremnum aureum*  
Peace Lily - *Spathiphyllum* `Mauna Loa`  
Selloum Philodendron - *Philodendron selloum*  
Chinese Evergreen - *Aglaonema modestum*  
Bamboo or Reed Palm - *Chamaedorea sefritzii*  
Snake Plant - *Sansevieria trifasciata*  
Red-edged Dracaena - *Dracaena marginata*

Here is a list of the pollutants NASA tested for and the plants they found that worked the best for each one:

### **Trichloroethylene (TCE)**

Trichloroethylene is primarily used in the metal degreasing and dry cleaning industries; also in printing inks, paints, lacquers, varnishes, adhesives. In 1975 the National Cancer Institute reported that an unusually high incidence of hepatocellular carcinomas was observed in mice given TCE by gastric intubation and now considers this chemical a potent liver carcinogen.

The NASA study found that *the best plants for removing trichloroethylene* are the Gerbera Daisy, Chrysanthemum, Peace lily, Warneckei, *Dracaena marginata*

### **Benzene**

Benzene is a very commonly used solvent and is also present in many common items including inks, oils, paints, dyes, plastics, rubber, dyes, detergents, gasoline, pharmaceutical, tobacco smoke, synthetic fibers. In addition it is used in the manufacture of explosives.

Benzene has long been known to irritate the skin and eyes. In addition, it has been shown to be mutagenic to bacterial cell culture and has shown embryotoxic activity and carcinogenicity in some tests. Evidence also exists that benzene may be a contributing factor in chromosomal aberrations and leukemia in humans. Repeated skin contact with benzene will cause drying, inflammation, blistering and dermatitis.

Acute inhalation of high levels of benzene has been reported to cause dizziness, weakness, euphoria, headache, nausea, blurred vision, respiratory diseases, tremors, irregular heartbeat, liver and kidney damage, paralysis and unconsciousness. In animal tests inhalation of benzene led to cataract formation and diseases of the blood and lymphatic systems. Chronic exposure to even relatively low levels causes headaches, loss of appetite, drowsiness, nervousness, psychological disturbances and diseases of the blood system, including anemia and bone marrow diseases.

***The best plants for removing benzene*** were determined to be English Ivy, Dracaena marginata, Janet Craig, Warneckeii, Chrysanthemum, Gerbera Daisy, Peace lily

## **Formaldehyde**

Formaldehyde is a ubiquitous chemical found in virtually all indoor environments. The major sources which have been reported and publicized include urea-formaldehyde foam insulation (UFFI) and particle board or pressed wood products used in manufacturing of the office furniture bought today. It is used in consumer paper products which have been treated with UF resins, including grocery bags, waxed papers, facial tissues and paper towels. Many common household cleaning agents contain formaldehyde. UF resins are used as stiffeners, wrinkle resisters, water repellents, fire retardants and adhesive binders in floor coverings, carpet backings and permanent-press clothes. Other sources of formaldehyde include heating and cooking fuels like natural gas, kerosene, and cigarette smoke.

Formaldehyde irritates the mucous membranes of the eyes, nose and throat. It is also a highly reactive chemical which combines with protein and can cause allergic contact dermatitis. The most widely reported symptoms from exposure to high levels of this chemical include irritation of the eyes and headaches. Until recently, the most serious of the diseases attributed to formaldehyde exposure was asthma. However, the Environmental Protection Agency (EPA) has recently conducted research which has caused formaldehyde to be strongly suspected of causing a rare type of throat cancer in long-term occupants of mobile homes, where particle board and other sources of formaldehyde are used extensively.

When it comes ***to removing formaldehyde, the best plant choices are*** Azalea, Philodendron, Spider plant, Golden Pothos, Bamboo palm, Corn plant, Chrysanthemum, Mother-in-law's tongue.

Many people feel that the use of houseplants is not needed if they are using an air purifier. However, research has shown that even if you use a HEPA air filter or an ionic air purifier, there is a lot of difference that can still be made by many common house plants, which act as a living air purifier. With the exception of an ***activated carbon filter***, common indoor air filters, such as HEPA or ionizers, will totally miss the toxic household gases, such as carbon monoxide, formaldehyde, and volatile organic gases (VOG).

According to NASA, one plant should be used for every 100 to 120 square feet of office or living space and the plants should be in at least six inch containers with nothing covering the potting soil. In addition to removing pollutants in your home or office, plants also make for a more pleasant place to live and work - where people feel better, perform better, and enjoy life more. Here are some of the other benefits from having indoor plants:

***Plants are a Source of Oxygen*** - Plants take in carbon dioxide and produce oxygen through the process known as photosynthesis. The more plants you have, the more oxygen you will receive.

***Plants Make You Happy*** - House plants make people feel calmer and more optimistic, says Bruno

Cortis, M.D., a Chicago cardiologist. Interestingly, he says that studies have shown that hospital patients who face a window with a garden view recovered more quickly than those who had to look at a wall.

***Plants Fight Fatigue and Colds*** - According to a University of Agriculture in Norway study, indoor plants can reduce fatigue, coughs, sore throats and other cold-related illnesses by more than 30 percent, partially by increasing humidity levels and decreasing dust.

Plants at the Office - Major corporations and work environments are beginning to catch on that adding plants indoors does wonders for employee health and morale. According to one study published in Rehabilitation Literature, a manufacturing company integrated plants into its office so that no employee would be more than 45 feet from greenery. The result? Company administrators said they noticed enhanced creativity and increased productivity in employees. One popular plant to use in offices is the Dragon Tree plant. Besides being one of the most effective in removing harmful impurities from the air, it's exotic looks adds character to any room.

It is important to note though that not all plants are good as indoor air cleaners and that some plants are poisonous and should be handled with care, or not at all if you have small children. Some examples of ***toxic plants*** include: Nightshade, Creeping Charlie, Foxglove, Oleander, Sago Plant, Privet, Rhododendron, Umbrella Plant, Ivy, Ripple ivy, Sweet Pea, Vinca, Spider Mum, and Poinsettia. Consumers looking for houseplants that purify air should probably steer away from the above named plants if they have young children and indoor pets, as these plants can sometimes be fatal if consumed.

Resources for more information:

<http://ntrs.nasa.gov/archive/nasa/s...>  
<http://www.ssc.nasa.gov/environment...>  
<http://ntrs.nasa.gov/archive/nasa/s...>

Other sources included:

<http://www.coopext.colostate.edu/4D...>  
[www.cleanairgardening.com/houseplan...](http://www.cleanairgardening.com/houseplan...)  
<http://www.zone10.com/technology/na...>  
<http://www.buzzle.com/editorials/6-...>

## About the author

Tony Isaacs, is a natural health author, advocate and researcher who hosts [The Best Years in Life](#) website for baby boomers and others wishing to avoid prescription drugs and mainstream managed illness and live longer, healthier and happier lives naturally. Mr. Isaacs is the author of books and articles about natural health, longevity and beating cancer including "[Cancer's Natural Enemy](#)" and is working on a major book project due to be published later this year.

Mr. Isaacs is currently residing in scenic East Texas and frequently commutes to the even more scenic Texas hill country near San Antonio and Austin to give lectures in health seminars. He also hosts the CureZone "[Ask Tony Isaacs - featuring Luella May](#)" forum as well as the Yahoo Health Group "[Oleander Soup](#)" and he serves as a consultant to the "[Utopia Silver Supplement Company](#)".

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## **Articles by Tony Isaacs:**

### **Use Home Remedies to Quickly and Safely Eliminate Athlete's Foot**

(NaturalNews) Athlete's foot is an infection of the feet caused by a fungus. The affected area is usually red and itchy and the most common symptom is cracked, flaking, peeling skin between the toes. Left untreated, the condition may last for a short...

### **New Study Finds Pesticides Double Risk of ADHD in Our Children**

(NaturalNews) For years environmentalists and natural health advocates have been trying to point out that organophosphate pesticides (malathion, etc.) work by disrupting the neurological systems of insects, and therefore humans who consume them on foods...

### **Eliminate Bad Breath Causes and Use Natural Remedies for Fresher Breath**

(NaturalNews) Bad breath (or halitosis) can have many causes, including bacteria in the mouth, stomach and intestine problems, sluggish bowels, sinus or throat infections, certain foods, and tobacco and alcohol. Fortunately there are many safe and natural...

### **Safely Avoid and Remove Dangerous Man-Made Fluoride, Part II**

(NaturalNews) In the first part of this article, we looked at the dangers of man-made fluoride and some ways to avoid and minimize fluoride ingestion and exposure. Today we will take a look at some of the best and safest ways to remove fluoride from...

### **Safely Avoid and Remove Dangerous Man-Made Fluoride, Part I**

(NaturalNews) Thanks to mass fluoridation of our municipal water supplies and inclusion of man-made fluoride in toothpastes and other dental and consumer products, most of us regularly consume dangerous amounts of a dangerous form of fluoride. Despite...

### **Naturally Prevent and Remove Dangerous**

## **Arterial Plaque**

(NaturalNews) The arteries are major blood vessels that the heart uses to pump blood from the heart to the rest of the body. Over time, arterial walls can become congested with a fatty substance known as plaque. When this happens to a severe point, the...

## **Natural Ways Eliminate and Prevent Painful Kidney Stones**

(NaturalNews) Kidney stones are mineral deposits which are made up of calcium, uric acid or the amino acid cysteine. There are many different theories as to how these "stones" form, but no one seems to know for sure. Regardless of how they form, kidney...

## **A National Outrage: Our Tax Dollars Subsidize Foods that make us Fat and Unhealthy**

(NaturalNews) At the same time that our Surgeon General has declared we have an epidemic of obesity, our government is using our tax dollars to cater to special interests and to subsidize the very foods that are making us fat. Thanks to lobbying, Congress...

## **Note the Tale of Two Pancreatic Cancer Patients: Patrick Swayze and an Eighty Year Old Survivor**

(NaturalNews) When actor Patrick Swayze was diagnosed with pancreatic cancer he decided to follow the advice of his doctors to use chemo and starve out his cancer. He ended up dying of wasting disease. By contrast, an 80 year old man who decided to nourish...

## **Calcium Alone is not Enough for Healthy Bones**

(NaturalNews) Practically everyone knows that calcium is vital for healthy bones. What many people are unaware of is that calcium alone is not nearly enough to insure that bones remain healthy. There are in fact a number of other vital minerals and nutrients...

## **New Study Finds Multivitamins and Calcium**

## **Slash Breast Cancer Risks**

(NaturalNews) A new study presented at the American Association for Cancer Research's annual meeting has found that women who take multivitamins and calcium drastically reduce their odds of getting breast cancer. The study, conducted at the Ponce School...

## **Natural Fruits, Foods and Remedies Give Smoother, Younger Skin**

(NaturalNews) Roll back father time and keep your skin younger, smoother and healthier with these foods, remedies and other tips: Healthy Fruits for the Skin: \* The pomegranate's power comes from ellagic acid, a polyphenol antioxidant found in...

## **How to Safely and Naturally Relieve and Prevent Constipation**

(NaturalNews) Constipation is not a very pleasant subject, but for many people it is an even more uncomfortable condition. The most common symptoms of constipation are irregularity or difficulty in elimination of hard fecal matter. With the use of a...

## **New Study: Four Bad Habits can Shorten Your Life by Twelve Years**

(NaturalNews) Four bad habits can shorten your life by 12 years according to a new study published this week in the Archives of Internal Medicine. The four bad habits are smoking, drinking too much, inactivity and a poor diet. In the study, researchers...

## **Heal and Prevent Heart Disease with Nutrition, Part IV**

(NaturalNews) Previously we looked at some of the most essential vitamins and minerals for heart health. In today's concluding installment we will take a look at some other items which can help prevent and reverse heart disease, including the best herbs...

## **Bananas May Provide Key to Preventing Spread of HIV**

(NaturalNews) Could bananas provide a key to preventing the spread of HIV? A new study published last month in the Journal of Biological Chemistry has found that a lectin compound



known as BanLec found in bananas is as effective in preventing the spread...

## **Heal and Prevent Heart Disease with Nutrition, Part III**

(NaturalNews) The lack of natural nutrition found in our foods today is likely a leading contributor to heart disease. As health author Greg Ciola noted in his article "Whole Food Nutrition to the Rescue", our bodies are intended to be nourished by food...

## **Heal and Prevent Heart Disease with Nutrition, Part II**

(NaturalNews) In the 1960s, the only known consequence of vitamin D deficiency in adults was osteomalacia, a form of bone softening. Abundant evidence now points to numerous cardioprotective functions of vitamin D. Vitamin D deficiency has been shown...

## **Safely and Naturally Heal Cuts and Stop Them from Bleeding**

(NaturalNews) No matter how careful we are, we all get an occasional cut from time to time, and sometimes those cuts can be bad ones. Though serious cuts may require prompt medical attention, there are many good natural ways to disinfect and help heal...

## **Heal and Soothe Stomach Ulcers without Mainstream Drugs**

(NaturalNews) Stomach ulcers are small holes or sores in the gastrointestinal tract which affect millions of Americans every year. The most common major symptom of an ulcer is a burning or gnawing feeling in the stomach area that lasts from half an hour...

## **Make Your Own Safe, Natural and Healthy Toothpastes and Cleansers**

(NaturalNews) Virtually all commercial toothpastes contain one or both of two problematic ingredients: fluoride and glycerin. Fluoride, a mining by-product, is one of the bigger scams perpetrated on an unwitting public. Instead of being beneficial it...

## **Over One in Six Older ER Patients Wrongly**

## **Given Potentially Harmful Drugs**

(NaturalNews) A recent study at the University of Michigan has found that over 1 in 6 older patients receive the wrong medications in emergency room visits. According to the study, which was published in Academic Emergency Medicine, nearly 19.5 million...

## **Heal and Prevent Heart Disease with Nutrition, Part I**

(NaturalNews) Doctors tell us that cardiovascular disease cannot be cured, but instead can only be managed, primarily with drugs such as statins. Likewise they would also have us believe that the best way to prevent cardiovascular problems is through...

## **Central Figure in CDC Vaccine Safety Studies Investigated for Fraud**

(NaturalNews) One of the central figures in the Center for Disease Control's (CDC) claims about vaccine safety is reported to be under investigation by Danish police after almost \$2 million turned up missing that was supposed to have been spent on research....

## **Enjoy Safer Grilling this Year with Rosemary and Cherries**

(NaturalNews) For many of us, spring signals the start of grilling season. Unfortunately, grilling meat and cooking meat at high temperatures result in the formation of chemical compounds which may increase the risk of cancer. This year, if you find...

## **Latest Study: Diabetes Drugs Do Not Work; Diet and Exercise are Still Best**

(NaturalNews) According to a recent study the latest "magic bullet" drug therapy for diabetes and heart disease does not come close to working as advertised. In fact, researchers found that the combination of the high blood pressure drug valsartan and...

## **The Reason You are Sick and Tired may be Fatigued Adrenals, Part II**

(NaturalNews) Adrenal fatigue is a major cause of tiredness, chronic fatigue and increased incidence of illness which affects millions of people. Many of those affected are unaware that

their problems are due to worn down adrenals. As noted in part 1...

## **The Reason You are Sick and Tired may be Fatigued Adrenals, Part I**

(NaturalNews) Are you sick and tired of always being sick and tired? Do you feel tired and rundown most of the time and have problems getting a good rest - and when you are able to sleep it does not seem to help much with how tired you feel? If so, your...

## **Common Seaweed May Provide an Important Cancer Cure**

(NaturalNews) The answer for lymphomas and other forms of cancer may have been found in an extract of common brown seaweed according to research presented this month at the AACR Dead Sea International Conference on Advances in Cancer Research. At the...

## **Natural Help Relieves and Eliminates Hemorrhoids**

(NaturalNews) Hemorrhoids are painful swollen veins in the rectum or anus that plague many men and women. They result from increased pressure in the veins which cause the veins to bulge. Getting hemorrhoids is considered bad news. However, if you do...

## **How to Painlessly and Safely Remove Pesky Splinters**

(NaturalNews) Most of us are familiar with the pain and aggravation that can come from splinters, which are usually small slivers of wood, metal or glass. Splinters can be difficult to remove and sometimes painful as well. If the splinter is not removed...

## **Use These Easy Tips to Abate and Prevent Common Nose Bleeds**

(NaturalNews) Common nosebleeds can be an unpleasant and even alarming surprise. Though they are usually not a reason to be overly concerned they usually can be abated quickly and easily at home. Most often bleeding from the nose comes from trauma caused...

## **Use Natural and Alternative Help for**

## **Fibromyalgia**

(NaturalNews) Fibromyalgia is a misunderstood and frequently misdiagnosed condition. It is characterized by widespread chronic pain involving multiple "tender points" in the upper neck, back, shoulders, and hips. Treatments, such as painkillers, antidepressants,...

## **Use Enzymes for Fibrosis, Scars, Keloids, Lung Disease and Cancer**

(NaturalNews) A primary benefit of natural enzymes is their elimination and prevention of scar tissue and fibrosis. Fibrosis itself is scar tissue. As we age, fibrosis becomes a leading cause of eventual death. Around our late 20's our bodies begin to...

## **Boost Low White Blood Cell Count and Immune Function Naturally**

(NaturalNews) Low white blood cell counts are indicative of a suppressed immune system and can have many causes. Emotional state and stress, an unhealthy diet and lifestyle, and nutritional intake can all cause lower immune system response and low white...

## **Beat and Treat ADD and ADHD without Drugs**

(NaturalNews) ADD (Attention Deficit Disorder) and ADHD (Attention Hyperactivity Deficit Disorder) are similar conditions. ADD is now often known as ADD/WO, meaning "attention deficit without hyperactivity"). Fortunately, such conditions may be prevented...

## **Use Nature and Colloidal Silver to Knock Out the Common Cold**

(NaturalNews) Mainstream medicine tells us that there is little we can do for the common cold other than treat the symptoms and let the cold run its course. To some extent, a cold does have to run its course, but what many do not know is that nature...

## **Naturally Reduce Your Chances of Getting Cancer, Part I**

(NaturalNews) Mainstream health experts have estimated that up to 40% of all cancer could be prevented with more immunizations against diseases that increase cancer risks and with healthy

changes in diet and lifestyle. Many natural health experts believe...

## **Naturally Reduce Your Chances of Getting Cancer, Part II**

(NaturalNews) While most people can greatly reduce their chances of getting cancer with healthy changes in diet and lifestyle, others with higher cancer risk factors may wish to take additional steps to have the maximum chances. People at higher risk...

## **Ten Easy and Natural Ways to Keep Your Brain in Top Shape**

(NaturalNews) Keeping your brain sharp and preventing mental decline involves more than just the brain itself. Healthy practices in many areas of life will help you keep your brain, as well as your body, in top shape. Here are 10 easy and natural ways...

## **How to Prevent and Eliminate Fibroids Naturally**

(NaturalNews) As women near the onset of menopause, hormonal changes increase the likelihood of fibroid development. Lower amounts of progesterone and increased amounts of estrogen can cause fibroids, which can lead to menstrual problems, anemia, dizziness...

## **Build a Good Natural Foundation for the Best Health and Longevity**

(NaturalNews) Whether you want to live longer and healthier or you want to address a specific health concern, building a good healthy natural foundation is essential. Just like you cannot expect to get good results from patching a roof on a building...

## **Unwitting Public Consume More GMO Foods while Evidence of Harm Continues to Mount**

(NaturalNews) Most Americans do not want genetically modified foods and consider them dangerous. Because the U.S. does not require manufacturers to disclose genetically modified (GM or GMO) ingredients on the product labels, the public is largely unaware...

## **Mainstream Drugs are Neither Safe nor Effective, Part I**

(NaturalNews) For generations we have been told by mainstream medicine that their drugs are safer and more effective than natural alternatives such as those man has used for healing for thousands of years. Similarly, we have been told that herbs and...

## **Mainstream Drugs are Neither Safe nor Effective, Part II**

(NaturalNews) Mainstream medicine assures us that their drugs are more effective than nature and that they have been scientifically proven to be both effective and safe. What mainstream medicine does not tell us is how they have rigged studies, withheld...

## **Mainstream Drugs are Neither Safe nor Effective, Part III**

(NaturalNews) Over 95% of the 24,000 plus FDA approved medicines have side effects. In many instance those side effects lead to further conditions requiring still more drugs with more side effects in a never ending cycle. Millions of serious adverse...

## **Natural Remedies Help Ascites**

(NaturalNews) Ascites, also known as dropsy or abdominal dropsy, is a physical disorder where someone suffers from accumulation of fluid in the abdominal cavity. Ascites can be caused by liver disease and is a common side effect of alcoholism, chronic...

## **More Bad News for Paxil: New Study Says Antidepressant Drugs Next to Worthless**

(NaturalNews) A new study published in the Journal of the American Medical Association found that the antidepressant drugs paroxetine and imipramine do not help patients with mild, moderate and even severe depression much more than an inactive placebo. "They...

## **Natural Help for Sinus Infections**

(NaturalNews) As fall allergy season heads into winter cold season, many of us are prone to suffer from sinus infections. Symptoms of sinus infections, or sinusitis, are similar to a common cold, but last longer. If symptoms last longer than two weeks,...

## **Breast Cancer Deception Month: Hiding the Truth beneath a Sea of Pink, Part VI**

(NaturalNews) As we near the end of Breast Cancer Awareness Month, once again our country has been awash from shore to shore in a sea of pink - from pink ribbons and donation boxes to pink products, charity promotions, celebrities by the score and even...

## **Breast Cancer Deception Month: Hiding the Truth beneath a Sea of Pink, Part V**

(NaturalNews) As we near the end of Breast Cancer Awareness Month, once again our country has been awash from shore to shore in a sea of pink - from pink ribbons and donation boxes to pink products, charity promotions, celebrities by the score and even...

## **Breast Cancer Deception Month: Hiding the Truth beneath a Sea of Pink, Part IV**

(NaturalNews) As we near the end of Breast Cancer Awareness Month (BCAM) most people are unaware of the dark history of BCAM and of the players past and present who have misused it to direct people and funds away from finding a true cure, while covering...

## **Breast Cancer Deception Month: Hiding the Truth beneath a Sea of Pink, Part III**

(NaturalNews) As we near the end of Breast Cancer Awareness Month, once again our country has been awash from shore to shore in a sea of pink - from pink ribbons and donation boxes to pink products, charity promotions, celebrities by the score and even...

## **Breast Cancer Deception Month: Hiding the Truth beneath a Sea of Pink, Part II**

(NaturalNews) It's Breast Cancer Awareness Month again and from shore to shore the country is awash in a sea of pink - from pink ribbons and donation boxes to pink products, charity promotions, celebrities by the score and even pink cleats on NFL players....

## **Breast Cancer Deception Month: Hiding the Truth beneath a Sea of Pink, Part I**

(NaturalNews) It's Breast Cancer Awareness Month again and from shore to shore the country is awash in a sea of pink - from pink ribbons and donation boxes to pink products, charity promotions, celebrities by the score and even pink cleats on NFL players....

## **Questionable Motives: Mainstream Medicine Attacks Colloidal Silver**

(NaturalNews) Prior to the advent of patentable and more profitable antibiotics, medicines containing silver were the most widely prescribed infection fighters by doctors and there were no fewer than 34 different approved prescription and over the counter...

## **Activist Groups that Fund Pharma Try to Regulate Silver as a Pesticide (Opinion)**

(NaturalNews) It was revealed that a handful of the activist agencies which were behind the petition to the EPA to regulate nano-silver as a pesticide received funding from pharmaceutical giant Merck, which annually has hundreds of billions of dollars...

## **Merck Blockbuster Diabetes Drug: Januvia Linked to Pancreatitis**

(NaturalNews) U.S. health officials said on Friday they suspect Merck's blockbuster diabetes drug Januvia to be linked to pancreatitis, a potentially fatal condition marked by serious inflammation of the pancreas. As might be expected, Merck company...

## **Patrick Swayze Dead at Fifty-Seven after Placing False Hopes in Chemotherapy**

(NaturalNews) Patrick Swayze, the star of movies such as "Dirty Dancing" and "Ghost", died Monday at age 57 after a 20 month battle with pancreatic cancer. Although Mr. Swayze outlasted his original prognosis of only having a few months left to live,...

## **Chemo Does Not Cure: Often It Inflicts Damage and Spreads Cancer**

(NaturalNews) For years now, many of us who advocate natural health and natural approaches to beating cancer have warned against the dangers and the ineffectiveness of chemotherapy. The following report presented at the 27th Annual San Antonio Breast...



## **Fatal Allergic Reactions Triggered by Common Chemotherapy Drug**

(NaturalNews) A new study presented at the 45th Annual Meeting of the American Society of Clinical Oncology held in Orlando, reported that a chemotherapy drug intended to help save cancer patients' lives instead often resulted in life-threatening and...

## **Stopping to Smell the Roses Really can Relieve Stress**

(NaturalNews) Feeling stressed? Stop and smell the roses. Or perhaps get a good whiff of lavender, lemon, mango, mint, coriander or other fragrant plants. We've all heard the old adage that we should take breaks and "stop and smell the roses" to relieve...

## **Digestive Enzymes are Important for Health and Longevity**

(NaturalNews) During a recent natural health seminar in Utopia, Texas Naturopathic Doctor Ken O'Neal gave a presentation on digestive enzymes and the vital role they play in our health and longevity. As Dr. O'Neal explained, until the advent of modern...

## **Cayenne Pepper is the King of Herbs**

(NaturalNews) Cayenne pepper has been called "the king of herbs" with good reason, as it has been prized for thousands of years for its healing powers. Folklore from around the world has recounted amazing results in its simple healing of baffling health...

## **How to Beat and Prevent Osteoporosis Naturally**

(NaturalNews) As we age, our bones begin to erode, which to some extent is normal and a natural result of aging. However, some of us lose so much bone that our skeletons become weakened and deformed and in severe cases we incur loss of bone density in...

## **Cancer is Getting Harder to Beat and Avoid**

(NaturalNews) In recent years, statistical cancer death rates have been showing decreases for some cancers in some parts of the world, which has led some people to optimistically report that cancer is getting easier to beat. Nothing could be farther...

## **The Father of Oleander Soup - Part 2 of the Oleander Series**

(NaturalNews) In the earlier article "An Amazing Discovery in Turkey", the first of this series of articles about oleander, I described how Doctor H. Z. Ozel discovered an age old remedy for cancer and other conditions in rural Turkey in the early 1960`s...

## **Prostate Screening Can Lead to Unnecessary Treatment and Risks 95% of the Time**

(NaturalNews) Two large studies published recently in the New England Journal of Medicine found that the PSA blood test used to screen for prostate cancer saves few lives and can lead to risky and unnecessary treatments for 95% of the men who are screened. Dr....

## **Common Chemicals may Delay Pregnancy and Inflict Much Worse**

(NaturalNews) A new study suggests that chemicals known as perfluorinated chemicals, which are pervasive in food packaging, pesticides, clothing, upholstery, carpets and personal care products, may delay pregnancy. Other studies and evidence have indicated...

## **Clean Your Air and Brighten Your Day with Houseplants**

(NaturalNews) People have long known about the psychological benefits of brightening their homes and offices with decorative houseplants. What many may be overlooking are the physical health benefits of having plenty of these plants to remove harmful...

## **Magnesium is Vital for Good Health**

(NaturalNews) Very few people are aware of how vital magnesium is for overall health. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies, activating over 300 different biochemical reactions necessary...

## **Black Cumin Seeds for Cancer, Autoimmune Disorders, Asthma, and More**

(NaturalNews) This article is no longer available.

## **Modern Medicine, Part I: How Healing Illness Became Managing Illness**

(NaturalNews) For over 6000 years, man looked first to nature to heal illness and maintain wellness. As a result of a deliberate and often sinister plan, the past century and a half has seen curing illness with nature replaced with managing sickness...

## **Natural Help for Ovarian Cancer**

(NaturalNews) Ovarian cancer is a nonspecific term for a variety of cancers that originate in the ovary. There are about 20 microscopically distinct types. Though difficult to detect in the very early stages, once diagnosed ovarian cancer is often easy...

## **Common Sense Revisited: Looking for a Few Good Men and Women**

(NaturalNews) Over two centuries ago, what would become our fledgling nation stood at a crossroads - poised to either submit to continued tyranny by an oppressive and unresponsive government or else bravely rise up and declare their freedom and refusal...

## **Winter Sun Makes it Difficult to Get Essential Vitamin D Naturally**

(NaturalNews) As the days grow short in winter, your body may be missing invaluable Vitamin D needed for optimum health and disease prevention, according to Creighton University researcher Joan Lappe, Ph.D. During the summer, the body can convert...

## **Action Alert: Stop EPA from Eliminating Access to Colloidal Silver**

(NaturalNews) Urgent Action Needed - Petition Seeks to Have Nano-Silver Regulated as a Pesticide. A coalition of environmental and activist groups have been inundating their members with emails and other messages to garner support for a misguided petition...

## **OIG Reports FDA Approved Drugs without Following Federal Safety Laws**

(NaturalNews) The Office of Inspector General (OIG) has just released a damning report on the FDA's drug approval process which provides clear evidence the FDA has approved drugs

without following required legal procedures. Specifically, the Food and...

## **Patrick Swayze's Misguided Faith in Mainstream Medicine**

(NaturalNews) Millions of people tuned in to watch the Barbara Walters interview with Patrick Swayze which centered on his fight against pancreatic cancer. It was wonderful to see Swayze so fired up and hopeful and to his credit, he has refused to accept...

## **Unraveling the Mysteries of the Cancer Fighting Oleander Plant**

(NaturalNews) The major active compound in the amazing cancer fighting and immune boosting oleander plant is felt to be the cardiac glycoside oleandrin. However, the opinion among those who have studied oleander is virtually unanimous; it is a synergistic...

## **The Latest Brainless Idea: Brain Drugs for Healthy People**

(NaturalNews) In a commentary in the latest edition of the journal Nature, several scientists make the dubious claim that healthy people should have the right to boost their brains with pills, like those prescribed for hyperactive kids or memory-impaired...

## **Bone Drugs: The Latest Skeletons in Big Pharma's Closet**

(NaturalNews) Bisphosphonate bone drugs have been in the news recently, and if you look outside the mainstream media you will find that the news is not good at all. Instead of a product that actually cures illness or corrects deficiencies, bisphosphonates...

## **Economy Woes Ignore True Health Concerns**

(NaturalNews) Last Wednesday's New York Times featured a story with the headline "In Sour Economy, Some Scale Back on Medications", which lamented the fact that "for the first time in at least a decade, the nation's consumers are trying to get by on..."

## **Spinning the Truth About the Halted NCI Prostate Cancer Study**

(NaturalNews) The National Cancer Institute has announced a halt to its \$114 million study of whether vitamin E and selenium can prevent prostate cancer, saying that they cannot and that they might even cause slightly elevated risks for more prostate...

## **Overcome Helpless Over-Eating With These Healthful Tips**

(NaturalNews) If you believe that you are a helpless over eater whose attempts at dieting are doomed, you may actually have already taken an important step towards success in overcoming your problem. Admitting that you have the problem is a big first...

## **Yerba Mate: South America's Health Drink**

(NaturalNews) More than a drink, Yerba Mate (pronounced "yerba mahtay") has become a cultural phenomenon throughout South America and its use is rapidly spreading to the United State. Its benefits are obvious. In Buenos Aires, where people carry their...

## **The Addictive Nature of the Pain Killer OxyContin - One Man's True Story**

(NaturalNews) Last year, it was reported that the maker of OxyContin was fined \$644.5 Million for misleading the public. That is a steep fine, but when you look at this young man's story and think of all the other stories of struggle and heartache that...

## **Natural Remedies for Yeast Infections and Candida**

(NaturalNews) Yeast infections are caused by an overgrowth of yeast which can affect the skin (yeast rash), mouth (thrush), digestive tract, esophagus, vagina (vaginitsis), and other parts of the body. Yeast infections occur most frequently in moist areas...

## **Natural Remedies for Treating Parasites**

(NaturalNews) According to the World Health Organization, 3.5 billion people suffer from some type of parasitic infection. Not all of these people live in third world countries; many in the developed world have any number of parasitic infections, some...

## **Natural Remedies and Repellents for Biting and Stinging Insects**

(NaturalNews) It's summer time and not only is the sun out in abundance, so are the bugs -- and some of them come with a bite (or a sting). The good news is that there is plenty of natural relief for such annoying bites and stings. First, however,...

## **Health Freedom Is Part of a Larger Battle Begun Long Ago**

(NaturalNews) The vitally important erosion of our health freedoms is but a part of the overall erosion of the God-given unalienable rights declared by our founders in the Declaration of Independence and secured by the Constitution. In order to secure...

## **The Cancer and Disease Fighting Plants of the Rainforest**

(NaturalNews) One of my all time favorite websites is Dr. Leslie Taylor's Rain-tree.com and my favorite section of the website is the plant database she has painstakingly compiled. It is a database of the many plants and herbs used by indigenous peoples...

## **A Small Supplement Company's Fight for Health Freedom**

(NaturalNews) For the past five years, the Utopia Silver Supplement Company has been waging a battle for health freedom against the giants of the State of Texas and the FDA -- one which may have major implications for all of us regarding the freedom...

## **Family Love and Medical Greed Can Be a Deadly Combination**

(NaturalNews) For many generations now, we, our families and our doctors have been taught to forget mankind's 6000 year history of preventing and treating illness naturally and to believe that the only real medicine comes in a brown bottle and that the...

## **Mushrooms That Fight Cancer and Boost the Immune System**

(NaturalNews) In the world of natural health, "medicinal" mushrooms are known as some of the most potent immune boosters and disease fighters. Perhaps the most potent of all is the Agaricus Blazei Murrill mushroom, known in its native Brazil as "The..."

## **Choose Nature Instead of Prozac for PMS and PMDD**

(NaturalNews) Thanks to a recent question in the Ask Tony Isaacs Curezone forum, I discovered that it appears to be common to prescribe the dangerous drug Prozac for PMS -- at least in the United States, that is. Not only that, but it is evidently often...

## **The Recipe for Oleander Soup - Make Your own Cancer and HIV Remedy (Part 1)**

(NaturalNews) In a recent series of articles here on Natural News I have traced the history of the wondrous oleander plant and how it is a potent remedy for cancer and HIV -- the most potent I know of, in fact -- and have noted that oleander is available...

## **The Recipe for Oleander Soup - Tips and Advice (Part 2)**

(NaturalNews) Following are the tips and advice gathered from some of the most experienced herbal oleander soup makers in the world. This is the second article in a two part series on making oleander soup as a remedy for treating cancer and HIV. Please...

## **Forget the Headlines - Keep Taking Your Vitamins and Minerals**

(NaturalNews) A "new" study condemning the use of vitamins and classifying them as ineffective and potentially dangerous is generating headlines throughout the mainstream media in the United States and Europe. Apparently generating headlines was the...

## **Natural Remedies for Poison Ivy and Poison Oak**

(NaturalNews) Spring has sprung and summer seems to be barreling along too -- at least here in the south Texas hill country I call home these days. Besides the abundance of human friendly flora bursting upon our landscape, there are also some that are...

## **Bromelain - The Wonder Supplement**

(NaturalNews) I first experienced bromelain several years ago when I was bitten by a brown recluse spider on the front of my upper left leg - in three places no less. This was the second time

I had been bitten - the first time I was bitten resulted in...

## **Mainstream Studies on Vitamin Efficacy Flawed**

(NaturalNews) Recent headlines from an Oregon State University study asserted "Vitamin E trials fatally flawed" and the following story detailed how most studies on Vitamin E have been flawed to the point of being essentially worthless. Here are some...

## **Hiding the Truth About Losing the War on Cancer**

(NaturalNews) For well over half a century we have been promised by mainstream medicine that a cure or major breakthrough for cancer was just around the corner. Every year we see promising new drugs and therapies announced. Yet every year we also see...

## **Clinical Study of Oleander for HIV Is Successful (Oleander Series Part 6)**

(NaturalNews) In the previous installment of the "Oleander Series" (Success Against HIV and Cancer in South Africa), I reported how the oleander based Sutherlandia OPC supplement designed by South African HIV and cancer crusader and researcher Marc Swanepoel...

## **Our Disappearing Minerals and Their Vital Health Role (Part 1)**

(NaturalNews) Dating back to the beginning of the last century, mineral depletion in our soils, and thus in the food we eat, has been horrendous -- and it has gotten much worse in recent decades, as we strip the top eight feet of soil throughout the...

## **'The Best Years In Life' Diet Plan - Reach Your Optimum Weight and Health**

(NaturalNews) Excess weight and obesity has become a problem of epidemic proportions over the past few decades, thanks in part to declining physical activity and large part to changes in the foods we eat - as well as the foods we don't eat - as part...

## **Success Against HIV and Cancer in South**



## **Africa (Oleander Series Part 5)**

(NaturalNews) Years ago, when I first began research into the amazing oleander plant, I ended up as a member of two Yahoo Health Groups about oleander. One was named "Anvirzel" (after the patented Oleander medicine which had passed FDA phase 1 trials...

## **The Unforeseen Dangers of Coconut Oil Tanning Lotion (humor)**

(NaturalNews) I have learned in recent years that suntan oils and lotions may contain dangerous chemicals, like so many things in life do these days. I can also tell you from experience that sometimes even natural ingredients can have unforeseen consequences....

## **A Plan for Living a Long and Healthy Life (Part 2)**

(NaturalNews) In part one of "A Plan for Living a Long and Healthy Life" we concluded with the good news that it is never too early or too late to begin living a healthy lifestyle, regaining lost youth and energy and adding many healthier and more enjoyable...

## **Oleander Induces Cell Death in Pancreatic Cancer - Part 4 of the Oleander Series**

(NaturalNews) In a study published recently in peer reviewed journals, an aqueous extract of the oleander plant was found to induce and increase autophagy in pancreatic cancer cells. Autophagy is a process in which a cell destroys proteins and other...

## **Mainstream Vaccination Support: Another Chapter in an Old Story**

(NaturalNews) Despite a mounting and impressive body of evidence of the dangers and harm associated with vaccinations coming from both within and outside the mainstream medical community, much of mainstream medicine and the agencies that serve it continue...

## **Natural Remedies for the Treatment of Diabetes**

(NaturalNews) Diabetes is a metabolic disorder in which blood-sugar (glucose) levels are above normal "either the body doesn't produce enough of the hormone insulin, which breaks down

sugar in the blood, or it cannot utilize its own insulin properly....

## **How to Beat and Prevent the Avian Flu and Other Influenzas**

(NaturalNews) Are you worried about the possible outbreak of the Avian Flu among humans? Perhaps you should be! I hope that all of the publicity about the Bird Flu proves to be a false alarm, as well as the theories that it may be a deliberately engineered...

## **Diet and Epilepsy: A Natural Approach to a Vexing Problem**

(NaturalNews) Over two million people in America have epilepsy of one kind or another - a disorder characterized by recurring seizures. While most of those who suffer from epilepsy use various medications to attempt to control their seizures, many have...

## **Whenever a Government Becomes Destructive, Health Freedoms Diminish**

(NaturalNews) Every week seems to bring yet another new issue calling for action to stop the FDA from taking one step after another which will further erode our safety and restrict our access to products and information we should have a Natural God given...

## **Natural Remedies for Treating Arthritis**

(NaturalNews) Arthritis is a disease that causes pain and loss of movement of the joints. The word arthritis literally means joint inflammation (arth=joint, ritis=inflammation), and refers to more than 100 different diseases. One Highly Effective...

## **A Plan for Living a Long and Healthy Life (Part 1)**

(NaturalNews) Life is a gamble, and right now, chances are that the odds are very much stacked against you. The contamination in the air you breathe, the water you drink, and the highly processed and additive-filled foods you eat all combine to work...

## **An Amazing Discovery in Turkey - Part 1 of the Oleander Series**

(NaturalNews) My search for a possible cancer cure began in late 2004 when I found out that my cousin, lifelong friend and running buddy, Jeff Johnson, had been diagnosed as having stage-three melanoma. The cancer had appeared out of nowhere and so it...

## **The Father of “Oleander Soup” - Part 2 of the Oleander Series**

(NaturalNews) In the earlier article "An Amazing Discovery in Turkey", the first of this series of articles about oleander, I described how Doctor H. Z. Ozel discovered an age old remedy for cancer and other conditions in rural Turkey in the early 1960's...

## **A Brief History of the Wondrous Oleander Plant - Part 3 of the Oleander Series**

(NaturalNews) In the Bible, the oleander plant is referred to as "the desert rose". Perhaps the name given this remarkable plant was no coincidence. Those of you who have read Dan Brown's entertaining combination of fact and fiction, "The Davinci Code",...

## **The Hepatitis Epidemic and Natural Remedies That Can Help**

(NaturalNews) Hepatitis C is considered an epidemic and is now killing more people than Aids/HIV - 30,000 a year and it's going to get much worse. Right now, 5 million Americans are infected with Hepatitis C - and most of them don't know it. That is...

## **The Four Horsemen of the Health Apocalypse**

(NaturalNews) A dark plague has crept across the land, operating largely in shadow for generations and set upon us by an evil master whose footsteps have fouled the earth for as long as man has walked upon it. Led by four evil horsemen who have been...

## **Healing Illness - A Natural Anti-Cancer Protocol**

(NaturalNews) Western medicine treats the body as a collection of parts instead of as a synergistic organism. When it comes to treating broken bones and injured body parts, mainstream Western medicine is unequalled. When this same approach is used to...

## **Naturopathic Rights Were Included in the**

## **Founding of America**

(NaturalNews) The FDA, AMA and other powers in mainstream medicine would have us believe that it is their legal and moral duty to protect us from nature and naturopathy and determine which drugs and treatments we are allowed to have. Just the opposite...

## **Modern Medicine Versus Nature in Treating Cancer**

(NaturalNews) In contrast to at least 6000 years of the practice of natural medicine, Western medicine treats the body as a collection of parts instead of as a synergistic organism. When it comes to treating broken bones and injured body parts, mainstream...

## **Colloidal Silver Has Mainstream Medicine Singing the Blues**

(NaturalNews) The recent widespread mainstream media coverage of the "blue man" Paul Karason and his rare skin condition known as Argyria is the latest in a series of largely misleading and sensationalized scare stories about the dangers of colloidal..