



January 2010

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Message from IBE's Director, Michael Conn

So, what's the big IBE news of the new year? More people than ever are seeking us out, that's what. Way more people.

Our [January Membership Drive](#) for 2010 launched last Wednesday, and the response has been fabulous. Scores of new members are joining our Healthy Home & Workplace Coalition every day, for as little as \$45, and they're earning (during January only) a free one-year membership for a friend or family member.

Our website's all-new Members Only page is drawing a crowd! Are you there yet? And if you're an active BBEC, you can access our all-new BBEC Only page, with its wealth of downloadable IBE PowerPoint presentations, whitepapers, and protocols, by clicking the BBEC link on our Members Only page.

Our first two seminars for 2010 are filling fast, but there's still room for you. And time is running out to save \$100 during our early registration. Learn the methods, principals and strategies of Natural Building at [IBE 213, Natural Building](#) (15 through 19 February, in Rancho Cucamonga, California); learn to identify and mitigate toxins in our indoor air, tap water and building materials from two of our leading American and Canadian Experts at [IBE 211, Indoor Air & Water](#) (17 through 21 May, in Battle Creek, Michigan).

The general public is welcome at both seminars, and those of you pursuing your certification or updating your CEUs will earn forty unforgettable hours.

Lastly, please join me in welcoming Alex Stadtner, BBEC, owner of Healthy Building Inspections, as our Newsletter editor, and in offering a huge Thank You to our departing editor, Melea Lemon, BBEC, owner of Comfortable Home Solutions, who is graciously assisting Alex with his transition.

And remember, IBE is a 501(c)(3) not-for-profit. Your membership is tax deductible. Help us make 2010 the year our mission touches the lives and improves the health and wellness of more people than ever before. Our Healthy Home & Workplace Coalition needs you!

*Next month look for an article from Diana Schultz, BBEC with the facts about Compact Fluorescent Blubs*



With your help we can all live in a healthier built environment. Join for 2010.

Become an IBE Member

- Basic member \$45
- Advanced Member \$100
- Lifetime Member \$1000

Sign up today on our membership page to start making a genuine sustainable difference.

**Become a Member Page**  
[IBE Membership](#)

For more information on **Building Biology** and **The International Institute for Bau-Biologie & Ecology** please visit our website <http://www.buildingbiology.net/>

## Calendar of Events

[Managing Environmental Illness Research Project](#). To read more about The Science and Public Policy Institute's (SPPI) ongoing study and get involved -- [click here \(pdf document\)](#)

### Official IBE Training Seminars 2010:

[IBE 213 - Natural Building](#)  
February 15-19 (NOTE: Date Changed), Rancho Cucamonga, California -- [click here](#).

[IBE 211 - Indoor Air & Water](#)  
May 17-21, Battle Creek, Michigan—[click here](#).

[IBE 212 - Electromagnetic](#)  
August 16-20, Nashville, Tennessee—[click here](#).

## IBE now has a Fan Page on FaceBook!



## Inside Scoop: IBE Behind the Scenes

*There are many exciting changes happening at the International Institute for Bau-Biologie & Ecology and many new projects have been launched.*

Our interactive, BBEC Locator Map, displaying all Active BBEC Members across the continent, and their contact info, launched on our website, under "Find An Expert", on 31 January!

IBE is now on FaceBook. Visit our page, become a Fan, post your photos, your thoughts, your videos; share links to your favorite websites and blogs, let all of us know about environmentally important programs, events, books, and DVDs. Our page is newly up, it's a nearly blank slate, write yourself large! Here it is! – [click here](#).

AND check out IBE on web TV:  
[www.ibeontv.com](http://www.ibeontv.com)

This innovative web TV “station” is being used by many interested people for learning the basic information needed to begin creating their own healthy home and workplaces.

## Volunteers Needed:

### IBE Webmaster:

We're looking for a new Webmaster (PHP expertise required). We will swing our doors wide to the qualified volunteer, provide free courses, free membership, and deeply discounted seminars and 2010 Conference attendance. Please contact Michael Conn, at: [mconn@buildingbiology](mailto:mconn@buildingbiology)

### BBEC PowerPoint Opportunity:

We're looking for a BBEC to prepare a Home Assessment PowerPoint for BBPs to use in earning extra revenue with their certification. This is a revenue sharing opportunity for the BBEC Please contact Michael Conn, at: [mconn@buildingbiology](mailto:mconn@buildingbiology)

### REVIEWERS FOR IBE COURSE MATERIAL:

We're looking for people interested in reviewing course material currently in development.

Please contact Outreach:  
[outreach@buildingbiology.net](mailto:outreach@buildingbiology.net)

## Readers Corner:

**Suggested Children's Book:**  
[My Body My House](#)  
by Lisa Beres



The Body and The House lived together happily until The Body made some bad choices and brought toxic chemicals to The House. The Body got sick from them, but with The House's advice got well again. In the end, The Body learned that it had to keep The House healthy in order for it to stay healthy, too.

This is the tale of *My Body, My House* – it's a story for children as well as adults that explains the balance of health and living in a healthy environment.

Author Lisa Beres has combined a valuable lesson about making environmentally healthy choices in the home. Both children and adults will marvel at the lighthearted nature of Beres' book, which is vibrantly illustrated and fun to read.

*My Body, My House* takes a cheerful, fun approach to teaching people of all ages that they have to make healthy choices in their home to stay well themselves.

[Link for reviews and to purchase](#)

Do you have an article you would like to submit for a future issue? Please submit articles to:  
[outreach@buildingbiology.net](mailto:outreach@buildingbiology.net)

## Clean Air and Good Health

by Lawrence Gust

You will eat two to three pounds of food and drink one to three quarts of water today. But you will breathe 1500 quarts of air. A little bit of air pollution may have a big effect on health.

The EPA studied life span in a number of cities as related to the amount of fine dirt particles in the air. Results indicated significantly shortened life spans in cities with dirtier air. Surprisingly, EPA studies also show that home air is often 6 to 10 times more polluted than outdoor city air.

Home air is contaminated by organic and inorganic particles and toxic gases.

Organic particles can be mold and mildew spores, dust mite parts and feces, animal dander, fabric dust and tobacco smoke.

Inorganic particles include very fine soluble and insoluble dusts generated by industrial processes which are carried everywhere by the wind and find their way into homes.

Toxic gases include leaking natural gas and volatile organic compounds (VOCs) produced by man-made and natural sources. Particleboard, new furniture, carpet pad, and new permanent press clothing release formaldehyde, a potent allergy sensitizer and known carcinogen.

People most at risk from indoor air pollution are newborns, young children, elderly, heart patients and those with bronchitis, asthma, and allergies.

### Eliminate as many pollutant sources as possible from your indoor environment by considering the following:

1. Eliminate vinyl flooring, shower curtains and waterbeds that release phthalates that are known to be estrogen mimics.

2. Eliminate chemical air fresheners including plug-ins that use neurotoxins. Studies show exposed mice exhibit nerve damage and even death.

3. Air out dry cleaning in the garage before moving to closet.

4. Read labels on cleaning products. If it says 'Use in well ventilated room' it means that breathing the vapors can be unhealthy. Look for alternate products at your health food store or contact *Harmony* 800-869-3446 ([www.gaiam.com](http://www.gaiam.com)).

6. If your garage is below an occupied area, leave the door open until the car engine cools off or install an exhaust fan. Get oil and gas leaks fixed.

7. Store gasoline cans and equipment with gas engines in an area separated from the house.

8. Eliminate toxic gases from new permanent press clothes. Soak in the wash machine with two cups of powdered milk for 4 hours and then washed normally.

9. Molds produce spores, gases and sometimes toxins all of which can be detrimental to health. Therefore, mold growth in living areas is to be avoided.

10. During times of high humidity, indoor conditions become ripe for growth of mold, and dust mites. Mold growth accelerates above 70% RH. Molds are normally microscopic. When you can see there is an advanced infestation.

Suggestions to prevent fungal problems:

- *Maintain air circulation in the house.*
- *Move furniture away from wall to allow air circulation.*
- *Keep closet doors open to allow air circulation.*
- *Make sure closet is not packed tight to allow air circulation.*

• *Place a low wattage bulb in closet. Shield bulb & keep away from clothing.*

• *Clean infected areas with a ½ tsp detergent & one cup bleach to one gallon of water. Wear rubber gloves and eye protection.*

11. Water leaking into the house and plumbing leaks can have serious health consequences. Within 24-36 hours wet porous materials must be removed and other areas must be dried. After this rapid fungal growth creates masses of spores and gases. Make sure your insurance company pays for a proper clean up by a certified remediator.

12. Air filters that remove fine particles and/or gases are available as room filters or as whole house filters.

The best type of air filter is the true HEPA (high efficiency particulate arrester), which removes 99.97% of particles if the filter is not a true HEPA it does not remove the finer and more harmful particles which make up 92% of the dust in the air. Standard furnace filters are useless in protecting you from fine particles. Replace with 3M *Filtrete* filter model 1250 from Home Depot or Lowes or call 800-388-3458.

13. Standard vacuum cleaners return 70% of the dirt right back into the air. Vacuums with a true HEPA filter are available. Do a web search.

Dirty air stresses the body and takes energy away from rejuvenation. This is particularly true during sleep time when your body is repairing itself to come back to fight the ravages of another day in this polluted world. Clean air is great health insurance!

*Lawrence Gust is a practicing Building Biology Environmental Consultant in southern California, and President of the Board of International Institute for Bau-Biology & Ecology.*  
[www.healbuildings.com](http://www.healbuildings.com)