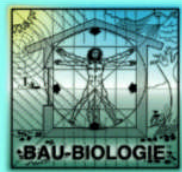


February 2009



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With your help we can change the environment. Join for 2009.

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[IBE Membership](#)

* Membership dues above \$65 include a subscription to Natural Life Magazine

Thank you for your support

We want to take this time to thank all those who have renewed their membership for 2009. Special thanks to Paula Baker-Laporte and Stephen Collette, our instructors for December 2008 class, IBE 213 Natural Healthy Building in Clearwater, FL.

In 2009, our vision is to make it easy for everyone to get the right answers to their questions. Like you, we want every man, woman and child to live, work and play in the healthiest environment possible.

With this in mind and with your continued support, we are changing our “look.” In March 2009, we plan to launch the first phase of our new website (see page 4 for a sneak peak). The website will include courses ranging from introductory to standard to advanced courses. There will also be a range of prices with several free courses for the general public. Our hope is that there is something for everyone.

We will continue to offer the Building Biology Practitioner and Environmental Consultant Tracks, just in a different package. For those who have previously purchased the IBE correspondence course, we are offering a [limited 40% off](#) for any on-line course you wish to take.

Confessions from an Outreach Provider

The Outreach Program is set up to provide a link between local experts and those in their community.

For further information, contact Peg Donahue (IBE Outreach Program Director) peg@fengshuiconnections.com

EcoDwell: What is the most requested topic you speak about?

Diana: Going beyond green, beyond the “greenwashing,” and helping them with facts and research and resources that can help them make decisions. They want a trusted source, a guide, and they like the holistic view of the Building Biologist.

EcoDwell: What are the main points you focus on when speaking?

Diana: Indoor air quality, healthy building materials and furnishings, and electromagnetic radiation. I use triggers for discussion about each one of those topics – carpets, particulates, flame-retardants, ozone emitting air purifiers, dryer sheets, etc. Common questions are about mold, high-tension power lines, granite countertops and much more.

EcoDwell: What are the 3 main remediation suggestions you share?

Diana: Simple – turn off or distance from electrical & RF sources, including cell phones, and open windows every day, even if just for a few minutes. I always talk about compact florescent light bulbs, the mercury and electromagnetic radiation from the ballasts, breakage and disposal. I also offer my latest research on LED lighting. And I always remind everyone gently, that once we know about issues we may have in our homes, we can only make changes --- as we can. Any reduction of exposures is worth doing. Mother Nature is the ultimate guide.

Diana Schultz, BBEC
Green and Healthy Homes
A Diana Schultz Décor, LLC Co.
Orlando, FL 407.859.0006
www.greenandhealthyhomes.net

Calendar of Events

February 28, 2009 [extended]

Recertification Deadline for BBEC

Apr 9-10, 2009 [register by Mar 20]

Intro to Building Biology for Builders and Designers

Durham, Ontario [Riverstone Centre]

<http://www.naturalbuild.ca/register.html>

(by Paula Baker-Laporte an IBE

Approved Provider – IBE CEUs)

May 16-19, 2009

IBE 313 – Natural Healthy Building, Summertown, TN (space is limited, register now)

May 21 – 25, 2009

IBE 211 – Indoor Air Quality Seminar, Clearwater, FL

Aug 20 – 24, 2009

IBE 212 – Electromagnetic Seminar, Clearwater, FL

December 3-7, 2009

IBE 213 – Natural Healthy Building, Clearwater, FL

Each month IBE will provide excerpts from their well-researched course material to empower you to take control of your indoor environment and building.

Building Biology Course Material: Ventilation

With winter in full swing it is important to remember to continue to have fresh air ventilation inside your home or office.

Air is the breath of life. We can survive weeks without nourishment and days without water, but, deprived of air or exposed to lethal toxins in the air, life can end in minutes or even seconds.

In enclosed spaces, the breathing of humans causes carbon dioxide levels to increase and oxygen levels to decrease. At rest, humans breathe about 500ml of air per breath. Exhaled air contains about 16% oxygen and 4% carbon dioxide in contrast to the inhaled air with 21% oxygen and 0.03% carbon dioxide. Sensitive brain cells are the first to be affected by a lack of oxygen and an excess of carbon dioxide.

A supply of fresh air should be ensured for the following reasons:

- To provide sufficient oxygen
- To avoid increased levels of carbon dioxide and other air pollutants
- To regulate indoor air humidity (except in a hot, humid climate)
- To avoid odor pollution
- To reduce levels of microorganisms
- To supply negatively charged air ions

Increase in Oxygen = Increase in Quality of Life, Health and Regeneration

Increase in Carbon Dioxide = Increase in Discomfort, Illness and Degeneration.

Older houses: the building is not sealed and, therefore, drafty. This natural ventilation has many air changes per hour and a minimum amount of materials off gassing.

Modern houses (less than 30 years old): are sealed houses combined with the increased use of contaminated materials that off-gassing volatile organic compounds (VOC's) leading to high indoor pollution.



How to Grow Fresh Air
50 Plants that Purify your Home or Office
By D.B.C. Wolverton

We would not drink used water, but daily we expose ourselves to used, stale air.

1. Open windows more often to ensure a generous helping of fresh air.
2. Choose places with trees for your daily walk.

Inside Scoop

By Melea Lemon

I was first introduced to Building Biology by watching “Creating a Healthy Home 2005” DVD series from Dr. Dietrich Klinghardt. When the Building Biology segment came on, I immediately knew that Building Biology would be my new career path.

I have been a successful residential real estate salesperson for 18 enjoyable years and I was ready to provide the public with the knowledge of Building Biology. The concept of the home being our “Third Skin” while our clothes are our “Second Skin” was powerful for me.

I had worked for years to find the perfect home for so many families with regard to the “right” price, color, lot configuration, neighborhood and location, location, location. I was now ready to help those same families look at those homes with a new eye --- how to make them “HEALTHY” and create a nourishing environment. Two weeks after my discovery of Building Biology I was sitting in a classroom in Clearwater, FL learning about Indoor Air Quality.

I have always been a health conscious eater, plenty of exercise and fresh air, wearer of natural fiber clothing and now adding the 25 Principles of Building Biology to my life has been so rewarding. I am eager to share the knowledge I am continuing to learn with everyone who is willing to listen.

The students of the Building Biology programs come from backgrounds as varied as the general population: stay-at-home moms and dads, architects, builders, interior designers, engineers, students, health care providers, health department inspectors, Realtors, home inspectors, chemists... The students' goals are as varied as their backgrounds; some will start environmental consulting companies, some will enhance their current careers, and all will help their friends and family live healthier, happier lives.

Please refer to our website for more information on the IBE courses and seminars, IBE online study courses and IBE certification tracks

www.buildingbiology.net

Are We Unwitting Guinea Pigs?

by Paula Baker-Laporte

Reprinted courtesy of Santa Fe Real Estate Guide

Just as post WWII petrochemical industry has revolutionized food production and transformed the Standard American Diet, it has dramatically changed the palette of materials and production methods of the Standard American Home. In fact, how we now make homes has very little in common with how our civilization has historically created shelter. In this same brief time span that we have gone from an agrarian society to one of nutritionally challenged urban and suburbanites, we have parted ways from the communities of craftsman who knew how to build and maintain home from local resources in response to the local environment.

Just as we have been seduced and misguided by the clever marketing of the prepared food industry, we as a culture, exhibit the misplaced nostalgia for the feeling of home which has lead to a profusion of “old-fashion looking, mass-produced, house-icing”. In New Mexico, a production home may look superficially like a real adobe home but it no better satisfies our longing for the real thing than a freezer-to-micro-wave-apple pie is a satisfying substitute for mom’s home cooking and the nurturing family gathering of our fondest memories or imaginings.

Many of us have made the journey to more meaningful food. The popularity of farmers markets and the authentic food movement is a testimonial to a realized need unmet by the food “industry”; but

what does the journey to authentic meaningful home look like? I would offer that an authentic home would be one that nurtures the health and well-being of its occupants while stewarding the environment. This special home would use benign, non-toxic construction materials that are locally and sustainably harvested. The home would be built by a community of proud craftsman to last for centuries. It would require little energy to live in comfortably and would reinforce the occupant’s health and connection to nature.



Unfortunately, homes do not have labels revealing their ingredients. If they did, then this list would be far more disturbing than the fine print on a box of frozen junk food desert because it would expose the use of carcinogens and neurotoxins. What goes into our homes in the way of chemical additives is virtually unregulated. The EPA lists more than 88,000 chemicals in common use today and to quote the Environmental Working Group:

“As amazing as it may seem, there are no mandatory pre-market health testing or approval requirements under any federal law for chemicals in cosmetics, toys, clothing, carpets or construction materials to name just a few obvious sources of chemical exposure in everyday life.”

(www.chemicalindustryarchives.org/factfiction/facts/1.asp)

How has this affected us?

- Allergies have gone from 1 in 30 (3%) people in 1950 to 1 in 2.5 (40%) today and much of this increase has been attributed to poor indoor air quality.
- Asthma cases have doubled since 1970, most among young children.
- Prevalence studies have indicated that as much as 18% of the population knowingly suffers from chemical sensitivities.

Eliminating the toxins in building materials should become a minimal mandated standard. This would decrease suffering from building related illness. However absence of poisons alone will not satisfy our longing for an authentic home. It would be comparable to the pre-packaged frozen pie that one can now buy at the health food store. The list of ingredients would be shorter, many of the chemicals will have been removed, but the trail from farm-to-table is still long and we who purchase and consume it remain perpetrators of an environmental problem.

Paula Baker-Laporte, FAIA, is an architect and a certified building biology practitioner. She is the principle of Baker-Laporte and Associates and EcoNest Design. She is primary author of “Prescriptions for a Healthy House” and co-author with husband Robert Laporte of “Econest-Creating Sustainable Sanctuaries of Clay, Straw and Timber”

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www.econest.com

paula@econest.com

Readers Corner:

Suggested book from IBE:

[Prescriptions for a Healthy Home](#)

By Paula Baker-LaPorte

Suggested Website:

www.safelivingtechnologies.com

Please submit articles to outreach@buildingbiology.net for future issues.

Home (page)

FIND AN EXPERT

Find a Building Biologist to help you!

Environmental Consultants/Inspectors Building Biology Environmental Consultants have completed extensive training and can help you during building, remodeling, or to improve the quality of an existing home.	Architects & Builders IBE Architects & Builders are committed to applying the Building Biology Principles in the construction or remodeling of your natural, healthy home or office.
IBE Program Providers Need a Program? Locate a trained individual in your area who can provide a highly educational program for your conference, meeting or seminar.	Products & Supplies From furniture, to building supplies, to cleaning products - these vendors offer products that abide by the Building Biology Principles.

*This is a courtesy listing only. IBE does not endorse, nor are they responsible for any action or product by individuals/companies provided here.

What is a Building (or Bau) Biologist?

A Bau-biologist is a researcher, architect, engineer, and doctor, all in one. He or she offers a preventive and healing medicine and a creative and unifying influence. A Bau-biologist is a worker in the global effort to solve the problems that come from modern ways of building and settlement planning—ways that disregard nature and human culture.

To work for a better and more beautiful world is an extraordinary, necessary, and satisfying job. The goals are:

- to regain order and harmony in our surroundings,
- to restore the balance between nature, our buildings, and ourselves
- to help build bridges for the realization of a world that is ecologically oriented.

This is a creative and harmonizing work, and as such, should be carried out without violent

Find an Expert (page)

New IBE Website

The next phase of the IBE website is scheduled to launch in March 2009. The completed site (Nov 2009) will provide a wealth of information ranging from introductory to standard (BBEC) to advanced courses.

The courses will include updated versions of the “old” IBE correspondence course, as well as new course material developed both by the institute and by IBE approved providers. If you are an IBE approved provider and have a course idea, please contact outreach@buildingbiology.net -- for details. This could be a way to market your business as well as to make some money for the course material you’ve developed over the years.

There will also be a Forum for discussion of issues related to Building Biology.

Available Courses (page)