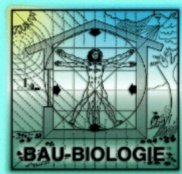


Sept 2009

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

Thank You:

IBE wishes to thank Susannah Ziehe for her years of service and to wish her the best in her retirement. For those that don't know her, Susannah is the wife of Helmut Ziehe, the IBE Founder and former Executive Director. Over the past several years she has spent hours upon hours as the IBE Operations Director.

Both Helmut and Susannah would like to thank all of the many volunteers that have contributed time and money to make IBE what it is today. They recognize that without the help of these volunteers, it would not have been possible to provide the public outreach that it has.

You may contact Helmut and Susannah at sziehe@buildingbiology.net.

Inside Scoop: Attention & Action

(Reprinted from the IBE Newsletter
Vol 2 #1, 1990)

by Helmut Ziehe

Working in the field of Bau-Biologie for the past 5 years where education has been the major component, it is very interesting to observe the reaction of people to the issues of health, proper working conditions, non-toxic building materials, healthy interior climates, full spectrum light - just to mention a few and doing something about it.

The majority of people are not aware of the seriousness of our survival chances. They are involved in making the money to pay the rent and buy the food for the next month, and if they are a little better off they are figuring out how to spend the

money on things that are essentially unnecessary but perhaps nice to have.

These nonessential things are often detrimental to health. In schools, nobody learns how to live in a way that our survival is not endangered. Manufacturers of products have only two major guidelines: profit and technology (performance).

In order to achieve such goals, lakes and rivers are polluted, huge areas are deforested, the air is filled with toxic substances, fields are sprayed with pesticides, houses are built with materials that slowly kill their inhabitants.

When I approach architects and builders or developers proposing that at least one person in their offices should be educated in the art of creating healthy homes and workplaces, I get all sorts of excuses why it could not be done. If these people would understand the seriousness they probably would do something about it.

Maybe regulations and standards set by OSHA such as HC52FR31852 will result in some **attention and action**.

The intention of the [IBE 101, Natural, Healthy Home](#) correspondence course is "to ensure that employees are aware that they are exposed to hazardous chemicals, that they know how to read and use labels and material safety data sheets and that, as a consequence of learning this information, they are following the appropriate protective measures established by the employer."

(cont on page 2)

Calendar of Events

Sept 30, 2009

IBE 112 – Building Healthy In Today's World, San Francisco, CA

Oct 1-3, 2009

West Coast Green Conference, San Francisco, CA

December 3-7, 2009

IBE 213 – Natural Healthy Building, Clearwater, FL

Stay tuned for other events including programs in your area by approved providers.

(Inside Scoop – cont from page 1)

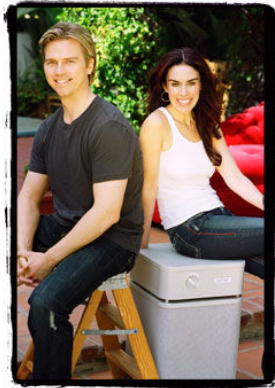
An architect may face \$10,000 fine and six months in prison if he doesn't meet these newly revised federal regulations.

If such measures could be taken in regard to building materials, manufactured and used, it would attract their **Attention** and result in **Action**.

IBE New Members: Board of Directors

The IBE Board of Directors wishes to welcome its two newest members **Lisa Beres** and **Jeanne McLaughlin**. Lisa replaces Jennifer Marshall who resigned due to pressing business issues. Jeanne takes the place of Helmut Ziehe who has finished his four-year term. Helmut moves into the newly created Ex Officio position to provide institutional memory.

Lisa Beres, IBE Board Member (2009)



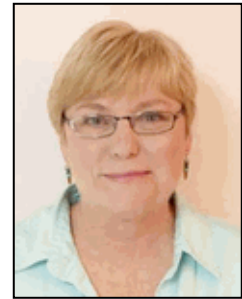
Lisa is a Building Biology Environmental Consultant, BBEC, and a Certified Green Building Professional.

As founder of [Green Nest LL](#), she and her husband Ron Beres are authors of the CD's: Learn to Create a Healthy Home! and the 9 to 5 Greened: 10 Steps to a Healthy Office. Lisa is also the author of a children's book entitled MY BODY, MY HOUSE to add parents in teaching children the importance our choices have on health and the environment.

Lisa and Ron Beres' have helped numerous clients through home consultations, testing and remediation, and Lisa has been a guest on Martha Stewart Living Radio and is a regular green correspondence for the Sally Jessup Raphael radio show. Lisa and Ron have appeared on Fox and Friends, the Today Show with Matt Lauer, and Chelsea Lately on E! Together they serve as advisory board members for Cal State University Fullerton's green building program.

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

Jeanne McLaughlin, IBE Board Member (2009)



Creating healthy spaces naturally, using the principles of Building Biology and Feng Shui for residential and commercial building evaluations. Jeanne offers EMR testing, RF testing and mitigation consulting.

www.cleaningwithvodka.com

Jeanne is certified with International Institute for Bau-biologie and Ecology, (IBE) as a Building Biology and Environmental Consultant, and by Feng Shui Institute International as a Feng Shui Practitioner. She is also a Certified Laugh-a-Yoga Leader by Integral Yoga Institutes, because laughing is healthy.

Jeanne worked in a family owned hotel chain in Western PA, where I was the VP of Purchasing for 7 hotels, I also managed a hotel, golf course, and indoor waterslide park for over 30 years. I used to buy chlorine bleach by the pallet every week and was a Certified Pesticide Applicator, that was before being reborn into a Building Biologist.

I have served on the Easter Seals/Lifesteps of Butler County Board of Directors for over 20 years, have served on the Butler County Chamber of Commerce Board, the Butler County Travel and Conventions Bureau Board of Directors. I am also on the Feng Shui International Institute Board of Directors.

Health Challenges and Dangers in Today's Indoor Environmental Climate - Part 3

(Part 2 appeared in Aug 2009)

by Stephen Chu, BBEC
Wilmington, NC

fengshui8889@yahoo.com

The intrusion of moisture can play a major role in the health of a home and the human occupant.

Common places are:

bathrooms, kitchens, under sinks, improper heating, ventilation and air conditioning (HVAC) units, leaking roof, condensation on interior surfaces, rainwater and improper drainage.

Health issues can arise due to the lack of attention and foresight. High humidity, condensation and moisture damaged building materials can create an environment which supports the rapid and continuous growth of mold and bacteria.

Continued exposure to microbiological mold and bacteria can lead to allergic asthma, hypersensitivity, pneumonitis and chronic allergy symptoms and systematic poisoning.

Moisture control is vitally important but we also need to be realistic in our day-to-day life. There are various ways to detect moisture in a home:

- Look for ceiling spotting (it could be you're A/C condensate pan is blocked or there is a leak from upstairs bathroom or roof)
- Leaky roof obviously needs to be repaired
- Mildew on bathroom wallpaper or shower curtain means too much humidity (wallpaper is never a good idea in a humid environment), always use the exhaust fan
- Condensation on your HVAC supply vents could mean you're a/c is too large or leaky ductwork (correct the size of you're a/c unit by performing

a heat load test and seal up your leaky ductwork)

- Condensation on windows (this could be telling you that the humidity level in the home is too high or the window is of poor design). Open windows and circulate the air to reduce humidity.

A sign on mold is never good on the walls in the heating and cooling seasons. This indicates high indoor humidity and you must find and eliminate the moisture source, improve your ventilation and clean with a natural mold and anti-microbial solution.

If there is inadequate ventilation in your closets, interior walls or your furniture is too close to an exterior wall and the humidity is high you may see mold start to foster.

- try louvered doors on closets
- increase ventilation
- use lighting to reduce humidity.

If you see the typical signs of mold on framing or trim of windows, you need to reduce the humidity level or increase circulation.

You will notice a common thread:

Adequate ventilation and proper circulation of air

Many times the answer is to open the windows or use the exhaust fan for at least 20 minutes after shower or bath. The key is not to have the excessive moisture sitting around and growing an unwanted problem.

Maintain a 30-40% humidity level in winter and less than 65-70% level in summer.

In today's fast-paced society having a healthy home is rare.

Look at your sleeping environment and see what you are exposing your self to during the time your body naturally "heals" itself.

Do you have any of the following items in your bedroom:

- air fresheners
- scented candles
- synthetic fabrics
- pressboard furniture
- coiled mattress
- electric blanket
- cordless phone
- cell phone
- lamps, TV, stereo
- carpeting

All of these items contribute to an unhealthy sleeping environment.

The simplest and easiest solution is to stop for a second and think. Open windows for fresh air and circulation, remove artificial scents, use natural materials and let the house breath.

Remember that *Nature* is the ultimate goal. Any reduction of pollutants is an improvement.

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

Reader's Corner

Featured Course: [*IBE 101 Natural Healthy Bldg](#)

Suggested Book:

[Toxic Deception](#), by Dan Fagin, Marianne Lavelle and The Center For Public Integrity

Suggested Website:

http://www.buildingscience.com/documents/insights/bsi-017-blame-it-on-star-trek2014solving-iaq-problems?full_view=1

Suggested Conference:

[West Coast Green](#)
Pre-Conference Workshop, Sept. 30, 2009. Conference Oct. 1 - 3, 2009. San Francisco, CA