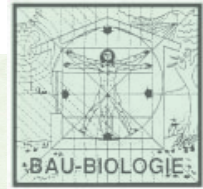


August 2008

# EcoDwell

THE HEALTHY HOME PERIODICAL FROM BAU-BIOLOGIE



## Director's Corner



### August's radiating times

by Valerie Tourangeau

The Dog days of summer are quickly coming to an end; fall is just around the corner and for the Institute that means preparing for the August EMR class and several upcoming conferences

The August EMR class filled up quickly this year so IBE is exploring holding west coast classes 2009. Not an IBE student yet? Call the office because our programs are better than ever. Remember in 2009 the BBP program will be a pre-requisite to enter the

BBEC program and as of July 2008 it is an entirely distance learning course.

Are you a member of IBE? Are your membership dues paid for this year? Membership fees are due each January so if you haven't paid for 2008 this is a gentle reminder to get your check in the mail. Members receive a free subscription to *Natural Life Magazine*. BBECs who are delinquent paying their membership dues will be automatically removed from the IBE website so it's important to maintain your dues.

Our next issue of Eco Dwell will be chocked full of holiday ideas so stay tuned and enjoy the fall colors for me. We get a bit short changed in AZ when it comes to the fall season.

Have a Naturally Healthy Day.

## Getting to know BBEC's

Jenny Michalak, editor of *EcoDwell*, is a certified Bau Biologist with the Institute of Bau Biology since February 2007. She focuses on helping others create a healthy home environment. Her business, Healthy Home Arts, LLC evaluates clients' space in terms of indoor air quality and EMF issues. She also sources green, sustainable and healthy materials. She sits on the board of the Chesapeake Sustainable Business Alliance and coordinates Baltimore's Green Gatherings. Other organizations she belongs to include the United Plant Savers and On Purpose Networking for Women.

Jenny has helped research and open bluehouse, Baltimore's eco-friendly home furnishing store. Prior to that she worked at the Baltimore Sun as a

page designer and won several awards. She holds a BA from the University of Michigan in English and a MA from the University of Missouri - Columbia in Journalism. She is married and has three children.

Jenny is a detailed oriented person and focused on project management. Her experiences range from design to retail to event planning. She is creative and resourceful. Her awards were in the fields of research and design.

In her spare time she likes to garden, work on arts and crafts and spend time with her family and their pet dogs. She is also a Brownie Troop leader.

To reach Jenny regarding *EcoDwell* or other issues please email her at [jenny@healthyhomearts.com](mailto:jenny@healthyhomearts.com)



## Bio Healthy Living

### Balancing our bodies, our buildings and our eco system

by Dr. Caroline Bearss

*Dr. Caroline Bearss has been a practicing Naturopathic Doctor in Ontario for 8 years. She runs a multidisciplinary natural health clinic in Muskoka and provides education to the general public about health and wellness. She serves on the Board of Directors for the Institute of Building Biology and Ecology and is in the process of becoming certified as a Bau Biologist. She also holds a Bachelor's degree in Arts and a Masters in Education.*

Often, as a Naturopath, when I see clients for the first visit, they are what I would colloquially describe as 'out of balance'. What I mean by this is that they are out of alignment with how their bodies are, by nature, designed to work. Similar to systems such as our respiratory and cardiovascular system, we are born with a system to maintain a healthy state of overall physiological balance or homeostasis. When toxicity in the form

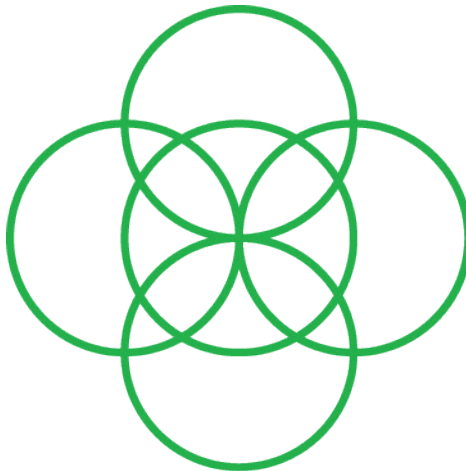
of chemicals, heavy metals, and pesticides from our environment block this system, we develop symptoms. If symptoms of any kind persist - from digestive, to hormonal, to chronic infection, to inflammation - we know that our homeostasis system is no longer functioning to facilitate optimal health and well being.

So often I hear from people that they thought they needed to accept and live with uncomfortable symptoms for reasons such as one's age, gender or hereditary predisposition. Pharmaceutical medications, geared at removing symptoms, come with the consequential risk of producing other symptoms or side effects in the process. Although sometimes it is necessary to approach medical issues in this way, especially during medical emergencies, this approach to healing can be described as palliative and mechanistic - ie. if one's knee hurts one takes an anti-inflammatory - natural or pharmaceutical. Issues of liver function, essential fatty acid deficiency and diet are not consid-

ered as potential causes for the knee inflammation. In contrast, this approach would be considered holistic or systems based as it considers the entire human biological system, recognizing that symptoms are simply red flags for underlying dysfunction. Once underlying causes are addressed, the whole system functions more efficiently, our homeostatic auto correcting system works again and symptoms no longer persist

The causes for why our body's natural healing system is not working are often related to the environment where a person lives and works. Oxygen levels, humidity, charged ions and particles, dust mites, molds, and chemical cleaners can all contribute to our health. The approach is the same for the human body as it is for our homes - remove the cause and the symptoms will abate. So, if a house has high electro magnetic fields, which are contributing to sleep disturbances, hormonal problems and headaches, one needs to have the home assessed and mitigated for these causes. In Building Biology it is described that our skin defines our first environment, our clothes (or lifestyle) represents our second skin and our homes and buildings function as our third skin. All directly affect our state of health.

The same thought can be applied to our Eco System. We are all aware of how out of balance our environment is - the water, climate, soil, plant life, animals and human beings. We know that we have collectively contributed to the state of the health of this planet. I think many of us feel at a loss for what to do about it. This is not my area of expertise, however, I can not help but think that if we apply the same systems-based thinking we apply to our bodies, lifestyle and buildings, our environment can, over time, regain health. Like all organisms, it too has a system to maintain homeostasis. But how can we, in our daily lives, help the greater eco system? I think part of the problem is that for the most part we, as humans, feel *Continued on page 3*





# Happenings at IBE

## Congratulations

Congratulations to Scot Appert who has been awarded the designation of BBEC.

## IBE Courses and Seminars

Currently, there are two study options for students who wish to obtain a Building Biology Practitioner (BBP) Certificate. This course benefits home dwellers, as well as architects, interior designers and other building professionals and this course is a building block to becoming a Building Biology Environmental Consultant. A student who completes this course has general knowledge of Bau-biologie® principles, gains practical information on how to detect problems, what to do about them and how to solve them.

Students wishing to become a BBP are required to take IBE Course 101 plus a choice of two tracks:

Option I. Complete Natural Healthy Building: Introduction to Bau-biologie® (IBE 101) and complete the Online Study Course for either Electromagnetic Radiation (IBE 204.1) or the two Indoor Environment courses: Indoor Climate (IBE 204.2) and Natural Colors and Finishes (IBE 204.3). Students who choose this option can achieve certification entirely by distance learning.

Option II. Complete Natural Healthy Building: Introduction to Bau-biologie® (IBE 101) and complete one of the following seminars : Building the

Natural Healthy Way (IBE 111), or Healthy Building Seminar (IBE 112). The later courses is being offered at West Coast Green Conference, September 2008, insane Jose. ; or IBE 211 - Indoor Air Quality Seminar, IBE 212 Electromagnetic Radiation Seminar; IBE 213 - Natural Building Remodeling Practices. (The 200 level seminars are part of the BBEC program). This option has the benefit of giving students hands-on experience in the process of learning how to create natural healthy buildings.

Since it has been challenging to provide 1 or 2 day workshops in various locations, option I now provides a way to achieve the BBP certification totally distance learning. Combining the home study Natural Healthy Building (IBE 101) with the Online Study Course Packs makes BBP Certification accessible to many more people. This change better meets IBE's mission to informing people how to create natural healthy homes and workplaces.

-Anne Stewart, Program Director

## Resources

### Bioinitiative report

The BioInitiative Report is a paper whose goal is to define public exposure levels for electromagnetic fields, including extremely low frequency and EMR. The report has its own website and anyone can read it. The website address is <http://www.bioinitiative.org/index.htm>. The report recommends exposure levels for EMR and magnetic fields. It is being cited by a variety of specialists around the world and well

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## Bio Healthy Living

*Continued from page 2* separate from the eco system, as if we are here on some kind of working vacation, temporarily using the space for our own respective hopes for gain...when in fact each individual is part of the whole system. This can be a lot to grapple with being mindful of our daily business. Something I find useful for guiding myself, is the question: "Is the choice I am about to make moving myself in the direction of health and balance?" This is such a simple question to keep in mind when choosing what to eat, what to drink, what products to buy, how we renovate and build our homes,

what medications to take, and whether to use my cell phone 3 hours a day. If your answer is yes, it is likely a choice that will move you, as well as our environment, in the direction of health. This approach doesn't negate that we may need to live very differently in the future to continue to live in this eco system, but it does begin to get us thinking and acting holistically, from a systems approach, about our own health and balance and indirectly about our entire eco system, recognizing that just as one part affects the whole, the whole affects all of its parts.

# Making a case for biologically based EMF exposure standards

by Elizabeth Kelley, MA  
Managing Secretariat,  
International Commission for  
Electromagnetic Safety, Venice, Italy

The International Commission for Electromagnetic Safety (ICEMS) is engaged in confirming the existence of non-thermal effects of electromagnetic fields (EMF) on living matter. While there are those who believe these effects exist, the detailed explanation for how living systems respond chemically, biologically and physically to weak low intensity electromagnetic fields has yet to be fully understood or accepted. The current EMF exposure standards, adopted by most countries of the world<sup>1</sup>, are based on protection against acute, thermal exposure conditions, not protection against chronic exposure to low intensity emissions that are now part of our everyday lives. These EM fields, from wireless transmitters and personal mobile devices to power lines interact with and affect our body. This is a matter of enormous controversy today among scientists who are engaged in researching the relationships between biology and electromagnetic fields.

ICEMS was founded in February, 2003 for the purpose of “promoting research to protect public health from electromagnetic fields and to develop the scientific basis and strategies for assessment, prevention, management and communications of risk, based on the precautionary principle.”<sup>2</sup>

“The core value that brings concerned scientists together is a common understanding, based on their combined research experience in bioelectromagnetics, that “biological effects can occur from exposures to both extremely low frequency fields (ELF EMF) and radiofrequency fields (RF EMF)<sup>3</sup>” and, at low intensity exposure levels. Concerned, peer reviewed scientists in the field of bioelectromagnetics convened in December 2007 in Venice, Italy, at an international scientific workshop, entitled. “Foundations of bioelectromagnetics: towards a new rationale for risk assessment and management.” In June 2008, The Venice Resolution<sup>4</sup> was released, stating the current view of the evidence based on reviews of EMF science. The

resolution states, “the evidence confirms the existence of non-thermal effects of electromagnetic fields on living matter, which seem to occur at every level of investigation from molecular to epidemiological.” This resolution, which has thus far been signed by over 54 scientists and medical doctors worldwide, “takes exception to the claim of the wireless communication industry that there is no credible scientific evidence to conclude there is a risk.” The scientists call for biologically based standards to be developed that would take various physiological conditions into consideration, e.g., pregnancy, newborns, children, and elderly people. The emerging health condition, known as electro-hypersensitivity, now estimated to affect 2% of the world’s population, that can cause functional impairment, loss of worker productivity and increased national health care expenditures, is pointed to as a clear example of an emerging health problem.

Prof. Livio Guiliani, ICEMS Spokesman, who also serves as a Deputy Director at ISPESL, the Italian Health Ministry’s prevention and worker safety program, in releasing this resolution, stated, “Fundamentally, our research shows that nonthermal EMF biointeractions have been proven both for extremely low frequency fields (ELF) and high frequency fields. These outcomes are not negligible and require EMF risk assessment and protection against potential EMF hazards related to future developments in medical diagnostics and therapeutics.”

The Venice resolution concludes by stating: “We recognize the growing public health problem known as electro hypersensitivity; that this adverse health condition can be quite disabling; and, that this condition requires further urgent investigation and recognition. We strongly advise limited use of cell phones, and other similar devices, by young children and teenagers, and we call upon governments to apply the Precautionary Principle as an interim measure while more biologically relevant standards are developed to protect against adverse effects of EMF signals on biochemistry, physiology and electrical biorhythms.”

For more information, see [www.icems.eu](http://www.icems.eu).

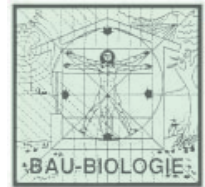


1. Countries that have set lower thresholds for EMF exposure include China, Italy, Switzerland, Russia, Poland and Salzburg, Austria, based on the Precautionary Principle. Also, the Bioinitiative Report ([www.bioinitiative.org](http://www.bioinitiative.org)) and the International Institute on Building Biology have set lower thresholds based on the same principle.  
2. See the ICEMS statutes in a PDF file at <http://www.icems.eu/organization.htm>.  
3. See The Benevento Resolution, issued September 2006, at [www.icems.eu/benevento\\_resolution.htm](http://www.icems.eu/benevento_resolution.htm).

# Mommy, I don't feel well...

by Valerie Tourangeau

on by the wireless age.



Crayons and pens, paper and notebooks, new school clothes, wondering how healthy school lunches will be and knowing that once again our kids will be exposed to colds, the flu and other illnesses. Summer is over and another year of studies begins but what may be making your child sick may not just be the flu.

Toronto's Canada's department of public health has recently advised parents of teenagers and young children to limit their use of cell phones to avoid potential health risks. Cities across the country, from Oregon to New Jersey are lobbying to stop cell towers from being erected in near schools and winning.

Have you ever considered that the school building may be making your child sick? In Arizona and other states school buildings have been making the news in a less than positive light for a few years. According to reports, it appears that besides the 3 Rs our children are being exposed to mold, high CO2 levels, pesticides, and toxic cleaners. Our homes may be free from these exposures but the schools, where our children spend 9 months of the year may not be.

No state or Federal agency is responsible for ensuring that children are protected from unhealthy indoor air or exposure to electromagnetic radiation in schools. Children can't solve this for themselves and they deserve a healthy place in which to learn. Aside from making the school lunches healthier and ensuring our children always wash their hands what else can be done? Here are a few suggestions:

If your child has symptoms that include nasal congestion, flu-like symptoms, headaches, and fatigue and in some more serious cases dizziness, chest tightness or joint pain, environmental factors in the school such as indoor air quality may be to blame.

The US EPA does have some tools available for diagnosis and remediation of school buildings. To read more about the resources available in the United States by the EPA please click here: <http://www.epa.gov/ebtpages/humachildrschoolenvironments.html>

- Monitor your child. Do symptoms occur more frequently during the school year?

- Find out if your child's classroom is adequately ventilated.

- If new carpeting, flooring or furniture is purchased for the school recommend brands that are formaldehyde free.

While indoor air quality may be a source of concern in many school districts, Building Biologists believe that there needs to be serious consideration about both electric/magnetic fields and radio-frequency fields emitted from computers, fluorescent lights and cell phones. Power lines and cell towers which are may be built on school property also are of concern.

- Reduce volatile organic compounds (VOCs) commonly found in paints, copiers, and even art supplies by choosing low VOC options.

- Assist your school in replacing pesticides with Integrated Pest Management and cleaning supplies with healthier alternatives.

The American Cancer Society's website states that "because the [cell tower] technology is still relatively new, we do not yet have full information on health effects." Most scientists agree that it could take up to 20 years to really know the health impact of cell phone and wireless technology. If your child is experiencing chronic fatigue syndrome, insomnia, headaches and memory disturbance wireless technologies like cell phones may be a contributor. Immune system challenges and exposure of the protective blood-brain barrier which may eventually lead to brain tumors and cancer are also considered to be health factors brought

- Move all electrical devices (computers, copiers) as far from the desks as possible.

- Use power strips rated at least 45db and make sure all electric cords with 2 prong plugs are plugged into grounded power strips

- As a parent educate yourself so you understand the risks you child is exposed to daily.

Our children deserve not only a happy and productive school year but a healthy one!