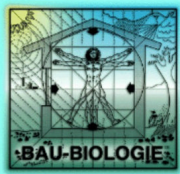


March 2009

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

New Look – Same Focus

We want to take this time to thank all those who have renewed their membership for 2009. With your continued support we are able to launch the new website committed to making it easy for everyone to get the information they need to live, work and play



in the healthiest environment possible.

Also – each month we will include a featured course in the [Reader's Corner](#) of the newsletter that we will offer at a discount for a limited time.

Electromagnetic Radiation - How "Bad" Is It?

by Rob Metzinger

Technology is changing at a staggering pace. We are now exposed to forces and energies that did not exist decades ago. Many new diseases and sicknesses have developed since our parent's generation including electromagnetic hyper-sensitivity and new types of cancer. Both may have links to long-term, low level, exposure to AC Electromagnetic Radiation (EMR) and Radio Frequency waves/microwaves (RF).

EcoDwell: What 3 detection devices are the most helpful for a homeowner to use to determine their exposure levels to EMR and RF?

Rob: For a homeowner to conduct a thorough evaluation the following would be required: An Electric Field Meter, A Magnetic Field Meter/ Gauss Meter/ Tesla

Meter and a Radio Frequency Detector /Analyzer. A body voltage meter would also be an asset and can be helpful in determining electric field exposure.

EcoDwell: What are the 3 most important actions a person can take to reduce their AC Electrical Field exposure in their home office?

Rob: The reduction of AC electric fields in the home office can be challenging. Electric fields are primarily generated by live electrical wires which are required to power the home office. The first step in reduction would be to visually identify the location of sources such as live power cords, power bars and electronic equipment including the computer and monitor. Maintaining a distance of 6 feet from the source is recommended but rarely possible so the further the better. Convert standard and ungrounded power cords to shielded grounded power cords. Use a good quality power bar that offers EMI and RFI protection. If using a laptop or notebook ensure it uses a 3 wire grounded power cord. Additional sources would be from the electrical wiring in the ceilings walls and floors and can be reduced by converting to shielded electrical cables or by turning off circuit via demand switches.

The expansion of wireless technology in the home office is also a concerning issue. Wireless internet sharing devices and cordless telephones can constantly transmit high levels of RF throughout the office and also infest the living space. Installing a hard wire internet connection and a corded telephone would be a significant step in the right direction.

Rob Metzinger
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519-240-8735

Calendar of Events

April 3 - 4

[12th Annual Bioenergetic Conf](#)

Scottsdale, AZ – V. Warren speaking

April 6 - 10 [register by Mar 20]

[Intro to Building Biology for Builders and Designers](#)

Durham, Ontario [Riverstone Centre]

(by Paula Baker-LaPorte and IBE

Approved Provider - IBE CEUs)

May 16-19, 2009

IBE 313 – Natural Healthy Building, Summertown, TN for practicing BBEC's and Natural Builders (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

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

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 Materials: Body Voltage

One procedure known as Body Voltage measurement was developed and used by Building Biologist who are trying to determine when a space has Electric Fields present and what can be done to mitigate them. The Body Voltage measurement procedure is only an indication of Electric Field exposure. It is not a direct measurement of the Electric Fields; however, it demonstrates how the body is affected when exposed to high electric fields. Ideal measurement is under 10mV.

Step 1: Recommend using a 10 Megaohm input resistance and less than 100 Picofarad input impedance voltmeter, insert the earth rod and test the earthing circuit.

Step 2: Turn on all appliances within the room and within adjacent rooms that may contribute to electric fields within the bedroom.

Step 3: Set up the test equipment (earthing rod, person, voltmeter). The test subject should lie on the bed where they sleep and hold the handgrip/

Step 4: Use a voltmeter to measure the AC voltage between the subject and the earth rod. Record this starting level.

Step 5: Repeat after UNPLUGGING lamps, appliances. If there is still Body Voltage above the ideal level, then the dominant source is wiring in the wall.

Step 6: Shut off all the circuit breakers. Measure Body Voltage. Record this as a base line. Is this less than 10mV?

Step 7: Turn one circuit on. Measure BV and record. Does this circuit have a large impact?

Step 8: Turn off the first breaker and turn on another circuit. Measure and record.

Step 9: Repeat 7 & 8 for all circuits.

Step 10: The final reading should be made when ONLY the circuits that have a large impact are off.



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

Inside Scoop by Diana Schultz

Finishing that last formatted version of my Final Project was a celebrated event! And I knew that my business would have to hit the ground running as soon as I became Certified, so I began outreach efforts in my local community months before I completed the program. My initial strategy has been simple; talk to as many like-minded people as possible, including interested individuals, groups, service providers, educators and the general public

Where to begin? We have a monthly Green and Drinks meeting, and after meeting me, the organizers asked me to be the upcoming guest speaker. The owner hosts a local weekly radio show and invited me on the show for an interview.

I found warm groups, like-minded folks, my Green Team at church, my Women's group, and gatherings of friends. These free presentations that I conducted led to a number of others.

I will be presenting at the Holistic Moms Orlando Chapter, Sierra Club, Keep Seminole Beautiful LEED Group, and on our local NPR station 'Intersection'.

A number of these presentations have generated scheduling of upcoming Home Assessments and I am finding the reception and responses amazing. I think the key is to keep it simple and to remember not to be an alarmist and to present the good news that with this important information we now have choices.

As a new Building Biology Environmental Consultant, I am very excited about growing my new company, continuing to increase my knowledge base, and sharing experiences with other students and graduates of Bau-Biologie programs.

Diana Schultz, BBEC, owns Green and Healthy Homes, A Diana Schultz Décor, LLC Co., Orlando, FL.
<http://www.greenandhealthyhomes.net/>

Essential Elements: Earth, Air, Water, Fire

by Paula Baker-Laporte

Reprinted courtesy of Santa Fe Real Estate Guide.

Human beings are particularly unsuited for survival in the elements. We are relatively hairless, we can't fly, and we don't tolerate large temperature swings. Luckily we are inventive and we do have opposable thumbs... assets that have enabled us to create shelter. In fact, mankind had successfully built enduring homes for millennia before the advent of petrochemical toxins, industrialized building systems and patterns of habitation that have resulted in house that harm our health and the environment.

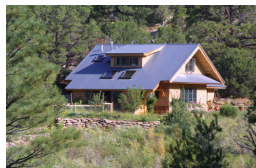
It is not that I harbor a misplaced longing for "the good old days" of tuberculosis and excessive smoke inhalation, nor am I advocating a return to the days before indoor plumbing was invented. We have made noteworthy advances in the comfort, convenience and cleanliness of our homes. However, at some point during that transition from there to here, we missed the opportunity to fine-tune our inventiveness to the task of creating buildings that are supremely healthy for humans and regenerative to the surrounding natural environment. This would seem to be a small feat for a species that has already safely transported beings to the moon and back.

Whether one views the home, as modern architecture has, as a "machine for living in" or, as Building-Biology does, as an "organism interacting with the natural environment", the purpose of our homes is threefold (Clark Snell www.thinkgreenbuilding.com).

First, a home must be designed to protect us from excessive exposure to the elements-air, water, earth and fire. Second, it must reintroduce these same elements, all essential for our well-being, into our homes in a useable, safe and convenient form. Finally, the home must reintegrate these elements as waste stream back into nature. The ideal home would

do no harm, and even better would enhance the natural environment, at each stage of its production, occupation and final dissolution.

If we are to solve climate change, then we need to change the way we build our buildings. This truth has been eloquently driven home by Santa Fe architect Ed Mazria (architecture2030.org) and has spawned a significant green building movement.



We have all heard that a problem cannot be fixed from within the paradigm in which it was created. The answer may not lie fully within the confines of a building industry that has turned its attention... or at least its marketing... to all things "green". Perhaps we cannot consume our way out of an impending environmental catastrophe brought about by our over-consumption in the first place. In our transition to industrialized housing and to bigger and "better", did we somewhere along the way happen down the wrong fork in the road of human survival?

Perhaps we need to retrace our steps back to a point in time where we did build in harmony with our natural surroundings. Some valuable solutions can be found in the way we once created our shelters. While technology is rapidly evolving, the laws of nature remain immutable and will, whether we heed them respectfully or not, be the final determinant of the success or failure of our inventions. Some of our product "advancements" have endured and enhanced our lives. So many others that have passed all the laboratory tests that only big industry can afford and looked so promising on paper then ultimately caused harm.

With nature and its test of time as the gold standard for the most vital human environment and true sustainability, a thoughtful synthesis of our historical wisdom and our technological inventiveness may be a more prudent path than a rush to embrace all things newly labeled green.

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"

EcoNest® Design

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Tesuque, NM, USA 87574
Office: (505) 989-1813

www.econest.com
paula@econest.com

Readers Corner:

Featured Course:

[IBE 204.5 Light & Lighting](#)

This NEW IBE course focuses on the use of natural and artificial light in a biologically and ecologically supportive method. Course discounted by 40% for a limited time offer.

Suggested book:

[Homes that Heal and those that don't](#)
by Athena Thompson

Suggested Website:

www.scorecard.org
The Pollution Information Site

Suggested Conference:

12th Annual BioEnergetic Medicine,
Scottsdale, AZ
April 3 - 4, 2009
www.integratedacademy.com

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

IBE 211

Indoor Air Quality Seminar

Topics include:

- ❖ Biological contaminants i.e., mold, bacteria etc
- ❖ Volatile organic compounds (VOC's), such as formaldehyde
- ❖ Pesticides
- ❖ Combustion gases, such as carbon monoxide
- ❖ Water pollution
- ❖ Dust and particulates
- ❖ Environmental stressors, such as humidity and temperature

Presenters:

- **Michael Weston, BBEC** - Credentials include: IAQA: CIE, CMR, CRMI; NEHA: Radon-Measurement, Mitigation Speaker; ASPREI: CEHI; Level 1 Thermographer; State of Michigan: Licensed Builder, Asbestos-Inspector / Management Planner, Lead Paint Inspector/Risk Assessor, Well/Septic Inspector, Pesticide Applicator. Mike is a building consultant and educator. As a life long tradesman he understands the interactions of location and design on the built environment.
- **Anne Stewart, BBEC** – professional member of the Canadian Institute of Public Health Inspectors. Anne's professional background includes public health investigations for eight years. She has inspected restaurants, investigated communicable and infectious diseases, and investigated all types of health hazards (mould, chemical spills, sewage, air quality...).

May 21-25, 2009 (8:30 AM - 4:30 PM)

Moccasin Lake Nature Park

A Natural Park in Clearwater, FL

Registration \$1375 (Early Bird before 1 Apr save \$100)

**For additional information or to register please contact:
727.461.4371 or www.buildingbiology.net**

This seminar is part of the requirements for the Building Biology Environmental Consultancy (BBEC) Certification. For those in the certification program, successful completion of a seminar exam is required.

This seminar will earn 40 CEUs for IBE, AmlAQ and AIA requirements.

The International Institute for Bau-Biologie® and Ecology presents

IBE 313

Advanced Natural, Healthy Building

Topics include:

- ❖ Bau-Biologie® Design within the current building culture
- ❖ Building Physics (Science)
- ❖ Biologically sound building materials and strategy
- ❖ Designing for climatic environment

Presenters:

- **Paula Baker-Laporte, FAIA, BBP** - Lecturer and Author of “*Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners*” and “*EcoNest*”, and hailed by Natural Home Magazine in 2005 as one of the top 10 green architects in the US. www.econest.com
- **Stephen Collette, BBEC, LEED AP** – a natural builder specializing in straw bale construction. He works with the Canada Green Building Council’s guidelines and method to ensure a quantitative approach to building green. www.yourhealthyhouse.ca

May 16-19, 2009 (8:30 AM - 4:30 PM)

EcoVillage Training Center at The Farm
A Natural Building Center in Summertown, TN

Registration \$775 (Early Bird save \$50)

**For additional information or to register please contact:
727.461.4371 or www.buildingbiology.net**

**This seminar is open to Building Biology Environmental Consultants (BBEIs/BBECs) or Builders & Architects experienced in Natural Building.
This seminar will earn 28 CEUs for IBE and AIA requirements.**

The tuition includes room and board for 4 days and 4 nights. Room accommodations are dormitory style at the [Eco-Hostel](#) of [The Farm](#). (space is limited so [register](#) early)

Seminar Fee: \$775 (after April 1st)
\$725 (before April 1st)