



ecodwell™

GOING BEYOND GREEN™ — HEALTHY HOME MONTHLY

presented by INTERNATIONAL INSTITUTE FOR
BUILDING-BIOLOGY® & ECOLOGY

FEBRUARY 2019

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With your help we can all live in healthier indoor environments. Make your personal commitment to sustainable design and indoor vigilance: Join us today.

Become an IBE Member

- Basic Member \$55
- Advanced Member \$145
- Lifetime Member \$1750
- Member Bennies Galore!

View our membership page for more information on the benefits of membership. **Sign up today** to start making a real sustainable difference in global indoor environments.

[Click Here To Join Us!](#)

Spark Burmaster is stepping down from co-instructing our Advanced Electromagnetic Radiation Seminar, IBE 312. Those who know Spark and those who attended his lectures and labs were privileged recipients of his vast knowledge as an electrical engineer, and his field experiences gleaned from serving countless agricultural and industrial clients, as well as individual homeowners. Spark will continue his decades-long service as an IBE board member, and provide invaluable input and services for our EMR instructors and support teams.

Our 2019 seminars are scheduled differently than in prior years. Check out the new dates for our first three on page 2 of this issue. Our venue and all it offers remains the same as always.

Building Physics/Building Biology, our first seminar of the year is coming up soon, and filling faster and sooner than ever. We have just three seats still available and attendance is strictly limited. Also, we're expecting an important guest from our sister institute in Pune, India, who'll be bringing his extensive knowledge of Vastu Architecture principles and methodology. So [click here](#) to enroll or submit your deposit (refundable up to 30 days before the first day of classes) and join our instructors Paula Baker-Laporte and Stephen Collette for our most unique IBE 213 ever.

This is getting serious: our website's Find an Expert pages continue to set new activity records. The past thirty days has brought just over 3,000 unique visitors to those pages, each of them a potential new client for those of our certified alumni who maintain the IBE Professional Memberships in good standing. Are you among them? Many of our certified alumni are not, and are they ever missing out! Just a year ago, those pages were seeing 700 to 1,00 visitors per month, and with the coming launch of our new website our current record of over 3,000 unique visitors is sure to soar. For more info, or to purchase or renew your Professional Membership, [click here](#).

Have you been to our Facebook Fan Page, lately or ever? More than 3,800 people follow it, and our page's likes are piling on too. We post new articles several times per week, and the latest one has so far reached nearly 9,000 environmentally curious readers. Get onboard by [clicking here](#).

Michael Conn, IBE Executive Director



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Beyond Green

Only a few seats left for IBE 213 Building Physics/Building Biology, to be held April 8-12



Join us from April 8-12 2019 for IBE 213: Building Physics/Building Biology. Open to all, from working professionals to the general public, this foundational seminar benefits architects, interior designers, indoor air quality consultants, home inspectors, home dwellers, and other building professionals. Filled with brand new information on the interrelationship between the built environment and human health, the seminar includes visits to homes built according to Building Biology principles. [Click here for info and to enroll.](#)

Do we need warnings on Wi-Fi?



by Joanne Zuhl for streetroots.org

A few lawmakers in Salem are choosing to err on the side of caution. Three bills in the Oregon Legislature would lay down new rules to better inform Oregonians about the radio frequencies from (wireless) devices and help limit their exposure to children in schools.

State Sen. Laurie Monnes Anderson (D-Gresham), along with Reps. Alissa Keny-Guyer (D-Portland) and Carla Piluso (D-Gresham), have sponsored Senate Bill 283, which would require the Oregon Department of Education and public and private schools to distribute information about the potential health risks of wireless network technology. The information would have to be distributed to employees, students and parents or guardians of students.

Read the full article by [clicking here.](#)

Calendar of Coming Events

Upcoming IBE Events: 2019

[IBE 213 Building Physics/Building Biology](#) – 8 through 12 April, 2019, at IHM Retreat & Conference Center, Santa Fe, New Mexico.

[IBE 211 Indoor Air Quality](#) – 3 through 7 June, 2019 at IHM Retreat & Conference Center, Santa Fe, New Mexico.

[IBE 212 Electromagnetic Radiation](#) – 23 through 27 September, 2019 at IHM Retreat & Conference Center, Santa Fe, New Mexico.



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Building Biology Partners with Algonquin College



We are excited to announce that the *Interior Design Degree Program* at *Algonquin College*, in Ottawa, Ontario, will be offering its students a *Building Biology Advocate* (BBA) certification upon successful graduation from the program.

Bobby Ilg, a part-time professor at Algonquin College and a soon-to-be BBNC graduate, has integrated the BBA certification education material into the 4 year Interior Design curriculum, resulting in a partnership between Algonquin College and Building Biology.

All professors that are part of the Interior Design program at Algonquin College will be required to obtain their BBA certification and attend a seminar held by Building Biology educators, 'Educating the Educators'. This will be part of the new education stream, Building Biology Education Specialist (BBES) certification. Not only does this provide Interior Design students with a unique opportunity to obtain an additional certification upon graduation, it introduces a continuing new audience to Building Biology.

This collaboration will hopefully set a precedent for other similar College/University and BB collaborations in the future. The goal is to create an on-line platform for all future associated students and professors to one day share and collaborate ideas related to Building Biology and the health surrounding buildings.



The BBA Certification program aims to provide an introductory level course of study suitable for people from varying backgrounds who have an interest in the built environment and its effect on the health of people and the natural environment. It is a supplement that complements careers in Architecture, Engineering, Interior and Landscape Design, Green Building, City Planning, Natural Health and Social Work. It can also suit people coming from a personal point of view, whether to improve their own health or to build or direct the building of their own home.

The BBA coursework is intended to challenge and change the way the students live and work in the world, fostering a respect for living in harmony with the natural environment. The benefits of such a lifestyle change affect not only the students themselves, but also their families, the people they work with, and of course the natural environment.

For more information on BBA certification, [click here](#).

For more information on Algonquin College, [click here](#).



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Finding a New Healthy Home for Your Family



by Oram Miller,
BBEC, EMRS

Introduction

Are you chemically sensitive or do you know someone else who is? If you are and if you're looking for a new

home, here is a list of criteria that you and your real estate agent should have in mind when you look at homes to buy or rent. You can also discuss these points with the prospective seller of a home you might buy or the property manager of a potential rental unit. These suggestions will help you avoid some of the common pitfalls that MCS people encounter. It is better to avoid these problems ahead of time than to try to remedy them once you are in the home.

This list is by no means complete, nor entirely effectual. It does provide a solid starting point for determining your search criteria.

1. The home should preferably be older than 15-20 years. This usually means it will not have plastic vapor barriers in the wall that can trap moisture and cause mold.
2. Hardwood floors are best. If carpeting is present, it cannot be newly installed and it should be in relatively good condition. You can have carpeting cleaned using [Zero Rez](#). To find a local franchisee in your area, click [here](#) (866-937-6739). They use no chemicals or soaps and instead use high-pressure water.
3. The interior (and exterior) of the house should not have been recently painted, even for "touch-ups." Also no recent remodeling, including new flooring.

4. Absolutely no recent application of pesticides or insecticides. Contact [Biocontrol Network](#) for non-toxic alternative approaches (800-441-2847).

5. You should make it clear to the seller or the property manager of a rental that you will provide all cleaning supplies or that you or someone you know will do the cleaning. They should not do any of the cleaning, even if they assure you they will use non-toxic materials. Too many times what is considered "non-toxic" to them can be intolerable to you.

6. The house should be devoid of any noticeably visible mold or water leaks. There should also be no recent history of water intrusion, leaks or mold treatment, particularly with traditional fungicides.

7. The house must have good rooftop rainwater drainage around the foundation. The gutters and downspouts need to be in good working order. The downspouts need to draw rainwater away from the foundation. The soil right around the foundation needs to slope away from the foundation or at least be flat. No sloping of the ground towards the foundation, which causes pooling of rainwater against the house. Good rooftop rainwater management is the single most important thing you can do to help insure a dry basement, which will help keep the mold levels down throughout the house.

8. The house should have no "knob and tube" wiring, particularly in and around the bedrooms.

9. The house should be located well away from overhead high-tension electric power transmission lines. Also, the house should not be located directly under electric distribution lines. If possible, check the magnetic field exposure levels in the house, particularly in the bedroom, with a Gauss meter. You can purchase the Gauss Master for approximately \$35 from [Less EMF](#) (518-432-1550; 888-537-7363). The levels should



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be at least below 2 milliGauss, but ideally be below 1 mG.

10. The house should be located away from all major roads and highways.

11. The house should be located well away from industrial factories, dry cleaning plants, auto service stations and other sources of air pollution.

Links to Websites with Useful Information on Chemical Sensitivities:

[Chemical Injury Information Network](#)

A resource for and by Chemically Injured individuals.

[Environmental Health Center](#)

Founded by **William Rea, MD**. A world renowned center for the diagnosis and treatment of environmental illness (EI). Located in Dallas, Texas; (214) 368-4132.

[Safer Chemicals](#)

A complete website on the dangers of pollutants and toxins in the home, and their effects on your health. Has one of the most complete links pages on the web on resources for chemical sensitivities.

Oram Miller, BBEC, EMRS is IBE's Director of Learning & Development, a position created expressly to take the fullest possible advantage of his skills, his passion, and his dedication to our institute and its students, and to educating the public at large. Based in Los Angeles, Oram provides on-site healthy home and office evaluations for clients throughout Southern California and nationwide. Oram also consults on the healthy design and construction of new and remodeled homes. He is co-author of "Breathing Walls," featuring protocols for the design of a healthy new or remodeled home without mold or chemical outgassing. His website is www.createhealthyhomes.com.

Are You Getting Found?



The [Find an Expert](#) page on our website attracts up to 3000 unique visitors per month, and has been climbing monthly!

If you are an IBE-certified Building Biologist (BBEC, EMRS, BBNC) and you are not listed on our site, with a link that takes users to a full page dedicated solely to you and your business and services, there is no doubt that you've

been missing out. Some of those dedicated pages are seeing dozens of visits per month, generating business opportunities and new clients for someone other than you!

Your dedicated page can contain as much information about you and the services you provide, written by you — a dedicated marketing page for your business — along with your logo, your photo, and any other graphics you'd like to include. The cost is an annual purchase of an [IBE Professional Membership](#) (\$145.00), and includes all the other benefits of being an IBE Professional Member. Let us know you're interested, reach out to us with your questions. Land a single client from your new listing, and you'll way more than pay for your annual membership. Contact Erik Rosen, Director of Operations, at erosen@buildingbiology.net.