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PREScriptions FOR
**A Healthy
House**

*A Practical Guide for Architects,
Builders and Homeowners*

4TH EDITION

Paula Baker-Laporte, FAIA
and John Banta, CIH

Prescriptions For A Healthy House

Laura Anderson, AI



Prescriptions For A Healthy House:

Prescriptions for a Healthy House Paula Baker-Laporte, John Banta, Erica Elliott, 2022 Four years in the making this 4th edition of *Prescriptions for a Healthy House* is a comprehensive update addressing the latest in an ever changing landscape of health research and building practices This edition is greatly expanded from the previous editions with new sections on furnishing and maintaining a healthy home and many other topics never before covered Paula Baker Laporte an architect and John Banta an Industrial Hygienist and mold expert have put together a veritable treasure trove of useful and often difficult to find information The recommendations are based on research and decades of experience in the trenches The book is pertinent to anyone interested in building or remodeling a home or workplace that is not only beautiful but also durable and health enhancing Although there is nothing complicated about constructing healthier homes building for health is still not standard practice and in fact there are many aspects of conventional home construction that are detrimental to human wellbeing From foundation to rooftop to home care and repair *Prescriptions for a Healthy House* takes the mystery out of healthy house building renovation and maintenance by walking the owner architect builder team through the entire construction process

Prescriptions for a Healthy House Paula Baker-Laporte, Erica Elliott, John Banta, 1998 It has been said that we shape our buildings and then our buildings shape us When considering the fact that average Americans spend 90% or more of their lives indoors the significance of this statement becomes apparent In the current era of unprecedented technological advancement it stands to reason that we would use our knowledge to create indoor environments to enhance our health and sense of well being Yet this has not been the case [Prescriptions for a Healthy House 4th Edition](#) Paula Baker-Laporte, John Banta, 2022-05-25 This leading healthy home guide is indispensable in your quest for a healthy house Incorporating the principles of Bau biologie building biology *Prescriptions for a Healthy House* will help you make your home a healthier living environment This new updated and expanded 4th Edition includes the latest information and product recommendations plus completely new content with contributions from North America's leading building biologists

Prescriptions for a Healthy House Emerson Holt, 2017-05-02 The authors take the mystery out of healthy house building by walking the reader through every step of the construction process explaining the pitfalls of standard building practices what to do differently and how to obtain alternative materials and expertise [10 Prescriptions for a Healthy Church](#) Bob Farr, Kay Kotan, 2015-04-21 Ten *Prescriptions for a Healthy Church* offers prescriptions for the top ten issues seen during church consultations Bob Farr and Kay Kotan share their expertise from working with churches across the country detailing the most common concerns and obstacles and then go straight to the point What to change and how for positive results They offer a helpful approach to fixing common problems and strategies to help congregations achieve success in specific areas of ministry Proven success stories offer practical application inspiration and hope I love the way this book addresses issues of mission vision worship hospitality outreach and other important matters and offers concrete pragmatic practices to fulfill

these without compromising the gospel This is a refreshing new guide for pastors and laity Tex Sample Robert B and Kathleen Rogers Professor Emeritus of Church and Society Saint Paul School of Theology Bob and Kay have so much experience They get it the types of changes most churches need are not new The pathway to health is not flashy Basic steady strong That is what you find in this very useful material Cathy Townley Worship and Church Planting Consultant and Coach Minnesota Annual Conference UMC Bob Farr is a powerhouse of a leader who has a great grasp on what it takes for a congregation to discover the path toward vitality and health As you read the prescriptions in this amazing book you will see a catalyst for Jesus Christ Bob Crossman New Church Strategist author Committed to Christ Six Steps to a Generous Life Nobody is better than Bob and Kay at explaining the concept and the specifics of Prescriptions than can improve local church health Very few people have spent more hours in church basements parlors and sanctuaries across the country helping churches diagnose and overcome the real life problems they face Leveraging years of experience and insights this book is an easy to use instrumental tool for clergy and laity in churches that are willing to take definitive steps toward a new future Jim Ozier Church Consultant Coach Speaker author Clip In Risking Hospitality in Your Church The Rehab Guide ,1997

Econest Paula Baker-Laporte,Robert M. Laporte,2005 The editor in chief of Natural Home Garden magazine introduces the Laportes as leaders of the green building movement A holistic biologist and builder team they present healthy building principles techniques for econest design and construction and answers to common questions **The Rehab Guide: Kitchens & baths** ,2000 Yoga Journal ,2003-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Intentional Healing** Jennie Sherwin,2012-05-16 Intentional Healing is a story of transformation It is the story of a conservative Western educated woman confronted with debilitating and bizarre symptoms that no one can explain No one that is until she meets a diagnostic detective Dr Leo Galland in New York City who refers her to a pioneer in environmental medicine Dr William J Rea in Dallas Texas He in turn refers her to Deborah Singleton founder and director of A Healing Place and her healing team who introduce her to the possibility of healing from within With their guidance she begins the process of expanding her consciousness and understanding the real roots of illness Her journey which included initiation into Reiki channeling and healing from Navajo hataali takes her from dark nights of the soul to not only freedom from illness but also the discovery of her own healing abilities In her energy practice in Santa Fe New Mexico she now teaches others the healing approaches that brought her to wellness and spiritual growth *Sick Building Syndrome* Laura Anderson,AI,2025-02-21 Sick Building Syndrome explores the pervasive issue of poor indoor air quality and its impact on health It examines how modern tightly sealed buildings while energy efficient can trap pollutants leading to symptoms like headaches and fatigue Did you know that

the average person spends approximately 90% of their time indoors making indoor air quality a critical determinant of overall well being The book uniquely integrates building science with practical strategies addressing not just symptoms but also the root causes of SBS empowering readers to create healthier environments The book begins by defining Sick Building Syndrome and differentiating its symptoms from other conditions then progresses to explore causes like inadequate ventilation and chemical contaminants It also provides diagnostic methods from DIY tests to advanced monitoring before offering actionable solutions such as improving ventilation systems and selecting low VOC materials This approach ensures a comprehensive understanding helping building managers HR professionals and concerned individuals proactively manage their indoor environments

The EcoNest Home Paula Baker-Laporte, Robert Laporte, 2015-07-20 Step by step instructions to build your own beautiful environmentally friendly healthy natural home

The Healthy House John Bower, 2001

When Technology Fails Matthew Stein, 2008-08-18 There s never been a better time to be prepared This book is an indispensable basic manual for the real life issues that await us in the decades to come A treasure trove of practical wisdom James Howard Kunstler author of *The Geography of Nowhere* Matthew Stein s comprehensive primer on sustainable living skills from food and water to shelter and energy to first aid and crisis management skills prepares you to embark on the path toward sustainability But unlike any other book Stein not only shows you how to live green in seemingly stable times but to live in the face of potential disasters lasting days or years coming in the form of social upheaval economic meltdown or environmental catastrophe *When Technology Fails* covers the gamut Inside you ll learn The basics of installing a renewable energy system for your home or business How to find and sterilize water in the face of utility failure How to keep warm if you ve been left temporarily homeless Practical information for dealing with water quality issues Alternative health and first aid techniques Each chapter describes skills for self reliance in good times and bad Chapters Include A survey of the risks to the status quo Supplies and preparation for short and long term emergencies Emergency measures for survival Prepping water food shelter and clothing First aid low tech medicine and healing Securing energy heat and power Metalworking Utensils and storage Low tech chemistry engineering machines and materials Fully revised and expanded *When Technology Fails* ends on a positive proactive note with a chapter on Making the Shift to Sustainability which offers practical suggestions for changing our world on personal community and global levels *When Technology Fails* is a massive project done well First the book gives a superb presentation of WHY one should be more aware and prepared and then HOW one should go about this The scope of this book is thorough John McPherson author *Primitive Wilderness Living and Survival Skills*

The Solar House Daniel D. Chiras, 2002 While heat from sunlight and ventilation from breezes is free for the taking few modern architects or builders really understand the principles involved Yet natural conditioning Heating and cooling with passive solar techniques is a viable alternative to fossil fuels Acknowledging the good intentions of misguided solar designers in the past the author highlights certain egregious errors and shows how to avoid them The author shows

how to select a cost effective energy efficient and environmentally friendly backup heating system how to preserve indoor air quality in an airtight energy efficient home and ways of employing green building materials in a naturally conditioned home

The Peaceful Nursery Alison Forbes, Laura Forbes Carlin, 2009-11-04 As a new parent the nursery is the most important room in your home and designing this special space is also an opportunity to prepare mentally and physically for the changes to come In The Peaceful Nursery home and lifestyle experts Laura Forbes Carlin and Alison Forbes show you how to apply the best principles of home decorating Feng Shui and healthy living as well as their own parenting experience to create a warm and welcoming environment for your new baby Also included 12 Steps to Clearing Clutter Tips for storage and organization Colors that soothe Arranging parent bedrooms and much much more Featuring dozens of color photographs and helpful diagrams plus a Quick Tips section at the end of each chapter The Peaceful Nursery Preparing a Home for Your Baby with Feng Shui is the ultimate guide to creating beautiful and nurturing surroundings for you and your baby *The Natural Plaster Book* Cedar Rose Guelberth, Dan Chiras, 2003-04-08 For builders of natural homes straw bale cob adobe rammed earth and other natural materials this unique step by step guide takes the confusion out of choosing mixing and applying natural plasters From principles to practicalities and with every stage of the process illustrated The Natural Plasters Book details the entire process of plastering with earth lime and gypsum for a long lasting and durable finish Starting with an overview and history of the natural building movement the book handles a wide variety of topics including earthen plaster versus cement stucco tools and techniques of the trade plaster recipes and pigmenting plaster or painting walls with natural paints First time builders will appreciate tips on common mistakes and how to avoid them discussed at each stage of the plastering process Special focus is paid to the importance of planning and designing for earthen plasters before building begins The only comprehensive guide available on natural plasters this book is written for the growing number of people who have decided to build their own natural homes as well as for professionals Heavily illustrated with practical drawings and photographs it also includes an extensive resource guide listing books magazines videos builders and suppliers

Eco-Conscious Home Charisse Marei, 2018-03-28 This whimsical yet informative guide is not just your typical design book it was created to help you unveil your unique personal style and authentic flair Author Charisse Marei helps you focus on achieving the home of your dreams starting with creating a sanctuary in one simple room the bathroom where you begin and end each day With its interactive workbook and countless eco tips recipes and shopping lists this book will gently encourage you to Remove toxins from your life Design with purpose Declutter organize and tidy to create harmony Manifest a treasure chest of well being Do breathe able cleaning Share stories Welcome greater purpose Along the way to self discovery you will acquire the tools of the trade to be the interior designer and client of your own project discover new words to replace the negative word stress and uncover the five keys to staying on the clutter free path Transform your wishes and desires into an action inspiring journey to Release Renew Revitalize 3 Rs yourself your home your furry friends and our Earth **More**

Straw Bale Building Chris Magwood, Peter Mack, Tina Therrien, 2005-03-20 A completely rewritten and updated edition of this straw building classic Straw bale houses are easy to build affordable super energy efficient environmentally friendly attractive and can be designed to match the builder's personal space needs esthetics and budget Despite mushrooming interest in the technique however most straw bale books focus on selling the dream of straw bale building but don't adequately address the most critical issues faced by bale house builders Moreover since many developments in this field are recent few books are completely up to date with the latest techniques More Straw Bale Building is designed to fill this gap A completely rewritten edition of the 20 000 copy best selling original it leads the potential builder through the entire process of building a bale structure tackling all the practical issues finding and choosing bales developing sound building plans roofing electrical plumbing and heating systems building code compliance and special concerns for builders in northern climates New material includes more extensive sections on electric wiring and plumbing updated sections on bale finishes and finishing a section on prefabricated straw bale walls a wider selection of case studies photographs and illustrations a section on common mistakes budgeting for low medium and high cost projects and new testing data that is in no other straw bale book Down to earth and complete More Straw Bale Building makes the remarkable benefits of straw bale building available in the most comprehensive and practical book on the subject to date

Shelter Wayne Bingham, 2014-10-02 After practicing conventional glass steel and concrete architecture for more than thirty years an award winning architect discovers the concept of sustainable living and embarks on a journey that ends with his own strawbale home at the foot of the Grand Tetons A complete source of information for sustainable and off the grid construction Shelter explores the principles of sustainable living and then illustrates actual execution of those principles in the author's strawbale home Both an exploration of sustainability from an architect's point of view as well as a practical reference for home builders Shelter is an indispensable resource to those interested in leaving a smaller foot print on the environment Follow the author from the beginning idea through the planning designing and constructing to the realities of living in his strawbale dream home

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