



# ecodwell™

GOING BEYOND GREEN™ — HEALTHY HOME MONTHLY

presented by INTERNATIONAL INSTITUTE FOR  
BUILDING-BIOLOGY® & ECOLOGY

## MARCH/APRIL 2018

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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

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- o Advanced Member \$145
- o Lifetime Member \$1750
- o 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.

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**I am very pleased to announce that Dr. Joseph Mercola, D.O.** has joined IBE's Advisory Board. Dr. Mercola's decades of devotion to complementary and alternative medicine combines with that of Advisory Board Member Dr. Karl Maret, M.D., M.Eng. to fully enrich the wealth of knowledge available to our board of directors from their advisors: health care, environmental health advocacy, holistic nutrition, sustainable design, philanthropy, and university-level academic standards. Dr. Mercola's bio will soon be posted to our website's Advisory Board page ([click here](#)), but most of you are already among the nearly two million monthly visitors to Dr. Mercola's [website](#).

**A few seats are still available for IBE 211, our Indoor Air Quality Seminar.** The dates are 07 through 11 May 2018, the venue is IHM Retreat & Conference center, in the beautiful foothills overlooking Santa Fe, New Mexico. IBE 211 co-instructors Stephen Collette and Alex Stadtner are looking forward to leading you through five days of lectures, a fabulous field trip for on-site training and hands-on labs, and classroom discussions and demonstrations. [Click here](#) for all the details, to download the seminar syllabus, to enroll, or to submit \$350 deposit to secure your seat.

**Electrohypersensitivity in a Technological World:** IBE alumnus and certified Electromagnetic Radiation Specialist™ Lucy Sanford will be presenting this inspirational workshop. Mark your calendars for 04 July 2018. [Click here](#) for further details regarding this dynamic presentation.

**Our Electromagnetic Radiation Seminar, IBE 212, fills up sooner** and faster every year, and this year is no exception. Class size is strictly limited, and this year's seminar is already more than half full. The dates are 27 through 31 August 2018, the venue is IHM Retreat & Conference center, in the beautiful foothills overlooking Santa Fe, New Mexico.

**We're doing it again! Our back-to-back Healthy Design Seminars, IBE 214 and IBE 215,** were such a huge success (December 2017) that we've decided to hold annual sessions. For more information, please inquire at [outreach@buildingbiology.net](mailto:outreach@buildingbiology.net); download the BBNC Prospectus by clicking here, or visit the [IBE 214](#) and [IBE 215](#) web pages by clicking the individual seminar links.

Michael Conn, IBE Executive Director



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## Beyond Green

### IBE 211: Indoor Air Quality is on deck!

### How Big Wireless Made Us Think That Cell Phones Are Safe



Join us from May 7-11 for our Indoor Air Quality seminar. This totally rewritten and reorganized course will put the information at your fingertips to learn throughout the classweek about: Indoor environmental concerns, where they come from within the built environment, how to measure them, and how to mitigate them. Instructors Stephen Collette and Alex Stadtner will make this course accessible to Building Biologists of any and all professional certification streams, as well as to environmentally curious homeowners. [Click here for info and to enroll.](#)

The Nation magazine conducted a special investigation into the disinformation campaign—and massive radiation increase—behind the upcoming 5G rollout. Beginning in January 1993, when David Reynard sued the NEC America Company, claiming that his wife's NEC phone caused her lethal brain tumor, and tracing corporate obfuscations to the current day, the report is a stunning, troubling indictment of the FCC, corporate America, non-existent oversight, and our troubling propensity to adopt new technologies without asking if they cause personal or environmental harm. [Click here to read the full article.](#)

## Calendar of Coming Events

### Upcoming IBE Events: 2018

[IBE 211 Indoor Air Quality](#) – 07 through 11 May, 2018, at IHM Retreat & Conference Center, Santa Fe, New Mexico.

[IBE 212 Electromagnetic Radiation](#) – 27 through 31 August, 2018, at IHM Retreat & Conference Center, Santa Fe, New Mexico.



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## April is Autism Awareness Month

### The Autism Epidemic Can End Today

By Peter Sullivan, IBE Advisory Board Member



There are simple steps we can take today to reduce the rate of autism and end the autism epidemic. This does not require waiting for more research or a new drug. But it does require that we take action to avoid harmful exposures in our environment.

The first step is preventing exposures that cause genetic mutations. Many children with autism are found to have genetic mutations that they did not inherit from their parents.[1] These are called de novo mutations and usually come from the father's side. Being an older father is usually associated with a higher risk for genetic mutations in sperm cells[2], but older age can also mean longer environmental exposures. Environmental exposures that decrease fertility and are known to damage sperm should be avoided.[3] One rising

environmental exposure is wireless radiation from laptops and cell phones near reproductive organs. Wireless signals have been found to cause sperm and DNA damage.[4][5] Men carrying their cell phone in their front pocket prior to conception are at greater risk for sperm damage and de novo mutations.[6]

A researcher at Stanford studied twins, including some cases of identical twins, where one child had autism and the other did not.[7] He found that genetics alone only accounted for 38% of the factors that contributed to autism. The remaining 62% came from environmental factors.

The two environmental factors that leading doctors and researchers are most concerned about are glyphosate and wireless. Both are relatively new to our environment, and our exposures to them have risen exponentially. Glyphosate is the active ingredient in the herbicide RoundUp. It is extensively used with GMO "RoundUp ready" crops and is also used as a drying agent on wheat to speed the time to market.[8][9] Glyphosate exposure can be avoided by switching to organic foods since the organic standard bans the use of glyphosate.

Wireless use and exposures have been rising dramatically since cell towers and networks were rolled out around 1980. The rise of digital (DECT) cordless phones in the mid-1980s, and later, baby monitors and Wi-Fi, as well as computer use, have brought these exposures closer to our bodies and to our children. At this point, most people are surrounded by these signals that penetrate our bodies 24 hours a day. None of these products were safety tested prior to being released into the market, even though harm, including DNA damage,





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has been found by researchers.[10] A two-part paper on EMF (electromagnetic fields) and autism published in 2013 examined the published research on the biological effects of wireless and EMF exposures and found that the known symptoms of exposure matched the primary symptoms of autism.[11][12] Many parents are reporting steady and sometimes rapid improvements in their children after reducing sources of constant wireless exposures in their homes, especially when these exposures are reduced during critical sleep hours.[13]

Many other factors are already known to increase the risk of autism.[14][15] Until we have absolute proof that suspected environmental factors are not driving the epidemic, we should take action to avoid exposures, until products are tested and shown not to be associated with autism or biological harm.

Carefully review your home, food, water, and air quality, as well as the products that you buy.[15] Look for household and personal care products that are EWG verified[16] to be free of known toxins. Even if you already have a child on the autism spectrum, improving food quality and your home environment can decrease symptoms, and in some cases, the child can recover.[18][15]

Until we have a full and systematic review of all the environmental factors that can contribute to autism, we must, as responsible parents, take action to avoid exposures that are known to be harmful or are untested, especially ones that are rising dramatically, like glyphosate and wireless. This will require some vigilance on our parts, but nothing new is required and we don't have to wait to act. We simply have to restore the health of our homes so that our children can be healthy, thrive, and reach their full potential.

## References

- [1] O'Roak, Brian J., et al. "[Sporadic autism exomes reveal a highly interconnected protein network of de novo mutations.](#)" *Nature* 485.7397 (2012): 246-250.
- [2] Kong, Augustine, et al. "[Rate of de novo mutations and the importance of father's age to disease risk.](#)" *Nature* 488.7412 (2012): 471-475.
- [3] Kinney, Dennis K., et al. "[Environmental risk factors for autism: do they help cause de novo genetic mutations that contribute to the disorder?](#)" *Medical hypotheses* 74.1 (2010): 102-106.
- [4] Houston, B. J., et al. "[The effects of radiofrequency electromagnetic radiation on sperm function.](#)" *Reproduction* 152.6 (2016): R263-R276.
- [5] Sepehrimanesh, Masood, et al. "[Proteomic analysis of continuous 900-MHz radiofrequency electromagnetic field exposure in testicular tissue: a rat model of human cell phone exposure.](#)" *Environmental Science and Pollution Research*(2017): 1-8.
- [6] [Phones Carried on Belt or in Pants Pocket May Harm Reproductive Health](#)
- [7] [Non-genetic factors play surprisingly large role in determining autism, says study by group](#)
- [8] [EU on brink of historic decision on pervasive glyphosate weedkiller](#)
- [9] [Dr Bush - Why Are Children Sponges for Toxins? Science of the Microbiome & the Extracellular Matrix.](#)
- [10] [EMF Portal: Search 25,703 publications and 6,069 summaries of individual scientific studies on the effects of electromagnetic fields.](#)
- [11] Herbert, Martha R., and Cindy Sage. "[Autism and EMF? Plausibility of a pathophysiological link—Part I.](#)" *Pathophysiology* 20.3 (2013): 191-209.
- [12] Herbert, Martha R., and Cindy Sage. "[Autism and EMF? Plausibility of a pathophysiological link Part II.](#)" *Pathophysiology* 20.3 (2013): 211-234.
- [13] Facebook [Autism and EMF Group](#)
- [14] [Top 5 Autism Suspects and How to Avoid Them](#)



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[15] [Autism and Your Home](#)

[16] [EWG Verified](#)

[17] [EWG's Healthy Home Guide](#)

[18] Faber, Scott, et al. "[A clean room sleeping environment's impact on markers of oxidative stress, immune dysregulation, and behavior in children with autism spectrum disorders.](#)" BMC complementary and alternative medicine 15.1 (2015): 71.

## About the Author



Clear Light Ventures is a social venture founded by [Peter Sullivan](#) in 2007. The company's mission is to improve human health and performance by removing widespread environmental health threats.

Past projects have focused on toxic metals screening and supporting mercury policy in the United States and internationally.

Current projects are focusing on EMF - electromagnetic field safety and awareness and environmental factors in autism.

Peter's work on detoxification and EMF have been featured in the book "[Toxin Toxout: Getting Harmful Chemicals Out of Our Bodies and Our World](#)", the book [The Out of Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Adult Years](#), and CNN's [Morgan Spurlock: Inside Man](#) and [Mother Jones Magazine](#).

Peter serves on the [advisory board for the International Institute for Building-Biology & Ecology](#) and on the board of [Pure Earth](#). He is an executive producer for the documentary film [Generation Zapped](#) (2017).

Wireless Safety	
Sources	Solutions
Baby Monitor	<ul style="list-style-type: none"> <li>● Turn off</li> <li>● Move far away from child</li> </ul>
Wi-Fi Router	<ul style="list-style-type: none"> <li>● Replace with wired Ethernet</li> <li>● Turn on only when needed</li> <li>● Turn off at night</li> </ul>
Cordless Phone	<ul style="list-style-type: none"> <li>● Replace with corded phone</li> <li>● Turn off main base station at night (unplug or timer)</li> </ul>
Cell Phone	<ul style="list-style-type: none"> <li>● Use airplane mode</li> <li>● Carry and use away from body and head</li> </ul>
Laptop	<ul style="list-style-type: none"> <li>● Use Ethernet cable and turn off Wi-Fi and Bluetooth</li> <li>● Move off lap to table top</li> </ul>
iPad/Tablet	<ul style="list-style-type: none"> <li>● Use Ethernet cable and turn off Wi-Fi and Bluetooth</li> <li>● Move off lap to table top</li> </ul>
Smart Meter	<ul style="list-style-type: none"> <li>● Opt-out, use analog meter</li> <li>● Shield from wireless signal</li> </ul>
Cell Tower	<ul style="list-style-type: none"> <li>● Live at least 1/4 mile away</li> <li>● Shield from wireless signal</li> </ul>
● Safe	● Reduced Exposure

*Reprinted courtesy of Peter Sullivan*