

**-INSIDE-**

Message from the Director <i>Michael Conn</i>	1
Calendar of Events	2
Beyond Green <i>Inside Scoop</i>	2
Links We Like <i>Solaripedia</i> <i>Greenopia</i> <i>USDHHS chemical database</i>	2
Recommended <i>Plan B, 4.0</i>	2
Going Beyond Green <i>Earthing:</i> <i>interview with Clint Ober</i>	3



Our 2011 Conference, "**Solutions for Creating Healthy Buildings**," will be held at the Marriott University Park, directly adjacent to the beautiful University of Arizona campus, in Tucson, 16 through 20 September. This weekend of Building Biology speakers, panel discussions and demonstrations, and advanced networking will be preceded by pre-conference workshops on Friday featuring a team led by Earthing expert and author Clint Ober, and followed Monday and Tuesday by a certification course for grading homes against IBE's Healthy Home Standard 2011, taught by Dan Stih and Will Spates. Attendance at each of these five days will convey Continuing Education Credits (CEUs), accepted by AIA, ACAC, and InterNACHI.



Early registration (early-bird discounts) for the Saturday and Sunday conference and its three optional workshop and coursework days will commence in March. Additional discounts will be offered to IBE students, IBE Basic and Advanced Members whose 2011 dues are paid in full, and Lifetime Members. Special pricing will also be available for attendees registering for all five days.

[Our Membership Drive for 2011 launches today!](#) Be among the first twenty-five to purchase or renew a Basic Membership (\$45) and you'll receive a coupon good for a free Basic Membership that you can give to a friend, colleague, or family member. Better yet, be among the first twenty-five to purchase or renew your Advanced Membership (\$100) and you'll receive a free copy (shipping included) of Dr. Ann Louise Gittleman's dynamic new book, **Zapped**, where you'll learn the 1,268 ways to outsmart the hazards of electronic pollution. And a Lifetime Membership (\$1,000), if purchased by April 1st, will include free admission to all five days of our 2011 Conference!

Remember, an Advanced or Lifetime Membership grants you a page for your business on our all-new (soon to launch) website's **Find an Expert** feature. In the first twenty days of February alone, over 500 visitors to our current website clicked on Find an Expert. . . did they find you there? Your membership dues help strengthen our efforts to draw the environmentally conscious public into the Building Biology sphere, broaden our new media exposure, and build a global village of awareness of the vital and complex relationship between human health, the built environment and planetary ecology.

[Click here](#) to purchase or renew your membership today.

*Michael Conn, IBE Director*  
[outreach@buildingbiology.net](mailto:outreach@buildingbiology.net)

With your help we can all live in a healthier built environment. Take your commitment to sustainable design to the next level. Join for 2011.

Become an IBE Member

- Basic member \$45
- Advanced Member \$100
- Lifetime Member \$1000

View our membership page for more on the benefits of membership. Sign up today to start making a genuine sustainable difference.

**Become a Member Now:**

[IBE Membership](#)

## BEYOND GREEN: THE INSIDE SCOOP

*Building Biology Blog Blasts off* Have you been to our Building Biology Blog yet? With over two thousand page views in its first few weeks, it boasts a breadth of topics for discussion, with dozens of contributing comments already posted. Check out [buildingbiologyblog.com](http://buildingbiologyblog.com), see what's new, post your comments and suggestions, and return often to participate in this fun and informative forum. Our blog is open to all Building Biologists everywhere, as well as the general public. Step on up and strut your stuff!

*Deep Dive Seminar* There are just three seats left for our first seminar of 2011, Natural Healthy Building & Remodeling Practices, IBE 213.

This deeply informative 5-day exploration of the inter-relationships between human health and the built environment will run from 28 February through 4 March, in Austin, Texas. [Click here](#) to view and/or download the seminar's syllabus, and easily register for the seminar with two simple clicks. Your tuition also includes three prerequisite online

VOLUNTEER

### SOCIAL MEDIA ADMINISTRATOR

Help drive the outreach of IBE's digital presence as IBE's Social Media guru. Your commitment: one to two hours a week. Please contact our Executive Director, at: [mconn@buildingbiology.net](mailto:mconn@buildingbiology.net)

### GRAPHIC DESIGNER

Create the look for the annual IBE Conference 2011 – the marketing campaign, the conference brochure, and supervising the brochure's printing. Please contact the Planning Committee at: [outreach@buildingbiology.net](mailto:outreach@buildingbiology.net)

courses and daily organic lunch; all students will receive a 1/3 discount on overnight accommodations at the beautiful, eco-friendly Habitat Suites.

*Welcome New Students!* In the past month we've welcomed eight new students to our BBP and BBEC programs, matching our unprecedented monthly enrollment from the preceding thirty days, a continuing sign that IBE's uniquely holistic approach to the inter-relationship between human health, the built environment and planetary ecology is reaching an ever broadening audience.

## CALENDAR OF EVENTS

### IBE Training Seminars 2011:

- IBE 213 - Natural Healthy Building & Remodeling Practices  
February 28 through 04 March 2011, Austin, Texas
- IBE 211 - Indoor Air & Water Quality; May 16 through 20, Battle Creek, MI
- IBE 212 – Electromagnetics; August 04 through 08 2011, venue TBD
- IBE 312 Advanced Electromagnetic Exposure Detection & Remediation  
Dates and venue to be announced

## RECOMMENDED:



### "Plan B 4.0: Mobilizing to Save Civilization"

by Lester Brown; available on [Amazon](http://Amazon), about \$10  
review by Future Watch Writer

This is the best book in print that provides a comprehensive global solution to today's environmental problems. Too many environmentalists have great visions of doom but few practical solutions. I think Brown is overly optimistic but he at least does have a plan that is connected to reality. The most important part of the book is Part III, The Great Mobilization. Specifically, America needs to do a total mobilization of its economic resources as it did for World War II. Nothing less will be adequate. Only [sic] a global level he has compiled a budget for what is needed which you can read on page 263. You should read the footnotes for this to see how he got this.

### LINKS WE LIKE

[solaripedia](http://solaripedia)

[greenopia](http://greenopia)

[USDHHS chemical database](http://USDHHS.chemicaldatabase)

The IBE will soon be launching a new certification program on Earthing, also known as grounding: a simple concept that is fundamental to electricians, but revolutionary when considered as part of a healthy lifestyle. Clint Ober is the man who realized that modern people are disconnected from the Earth and theorized that there may be a health benefit to reconnecting. EcoDwell invited Mr. Ober to explain further.



## Going Beyond Green: Earthing

*Interview with Clint Ober*

*Co-Author of Earthing:*

**The most important health discovery ever?**

*[Institute website for complete information], we've seen positive effects on nighttime cortisol levels (stress hormone), localized and general reduction of pain, improvements in sleep quality, and improved blood viscosity – which is becoming recognized as a good indicator of cardiovascular health.*

The human body is protected from EMI when grounded – historically, that was by walking barefoot and/or sleeping directly on the ground. As Mr. Ober observed, modern people don't live that way anymore. In addition, we're exposed to far more environmental pollution than ever before in history; electro-magnetic fields (EMFs) emitting from devices all around us clearly affect our own electrical systems – to what extent is almost completely unknown. On top of these electrical stressors, our bodies are also subject to our lifestyle choices like diet and relationships (emotional stresses).

Mr. Ober's early experiments were open-ended: what happens if we're grounded? When he fell asleep on his make-shift grounded bed pad, he personally experienced a noticeable improvement in sleep and reduction of aches and pains he had historically felt upon waking for many years. After more informal experiments, the anecdotal evidence suggested a radical hypothesis: there is a strong health benefit from being grounded. He then embarked on discovering why Earthing had this effect, and what other benefits Earthing may have on our health.

Understanding how the immune system uses positively charged free radicals to engage in self-healing, and is sometimes harmed by the very same process, is key to realizing the potentially revolutionary impact of regular exposure to negative charges through Earthing.

*ED: What's the connection between Earthing and the green building movement?*

*CO: The science that supports Earthing clearly indicates contact with the Earth is an essential part of a healthy environment, and is currently not easily available in our living / work spaces. For example, we are constantly exposed to electrical fields in our homes and offices. Conventional wood framing is totally isolated from the Earth, as well as the furniture we sit on and flooring we walk on. These examples are industries that need to become aware of the issue and act on the facts - and historically it's taken public demand to make it that kind of change.*

Today, Mr. Ober is eagerly awaiting the publication of several important longer-term clinical studies, due to be published this year.

*ED: How do you respond to the confusion and misinformation that is out there about EMF, and Earthing's connection to it?*

*CO: The scientific research we're conducting proves the validity of the theory while clarifying how Earthing works. Also, becoming grounded is something anyone can do, with no special equipment and without spending a dime, and feel results in as little as 30 minutes. It's not voodoo or quasi-physics; it's very straightforward. These studies provide much needed clarity on the topic.*

*For more information see the book, "Earthing: The most important health discovery ever?" available on the [Earthing Institute](http://www.earthinginstitute.com) website. - Suzanne Drake, EcoDwell editor ❖*

*Mr. Ober's comments are the result of paraphrasing and interpretation by Editor. Any errors or misrepresentation are the sole responsibility of the Editor.*

*ED: What is Earthing all about?*

*CO: Earthing is fundamental to natural health; educating people about the issue of "electron deficiency" needs to come first.*

*ED: Why offer training through the IBE?*

*CO: I've known or worked with IBE members for years; I first met Helmut Ziehe, Spark Burmaster, and Larry Gust around 2001. The highest priority of the Earthing Institute is education, so the partnership with the IBE is perfectly aligned.*

People (all mammals, in fact) have naturally-occurring electrical systems in their body which are widely recognized by Western medicine, eastern healing practices, and indigenous cultures around the world. Our brains and hearts are just a couple of examples that use electrical signals for communication within the body.

As electricians have long known, electrical systems benefit from being grounded – that is, connected to the earth's natural negatively charged field. The grounding wire (or third prong on standard plugs) protects against electrical shock, provides a path to the earth in the case of lightning strike, and provides shielding from interference (noise) – as evidenced by the absence of static on your television, for example.

*ED: What biological processes are affected by electrical interference?*

*CO: According to the studies completed to date [see the [Earthing](http://www.earthinginstitute.com)*