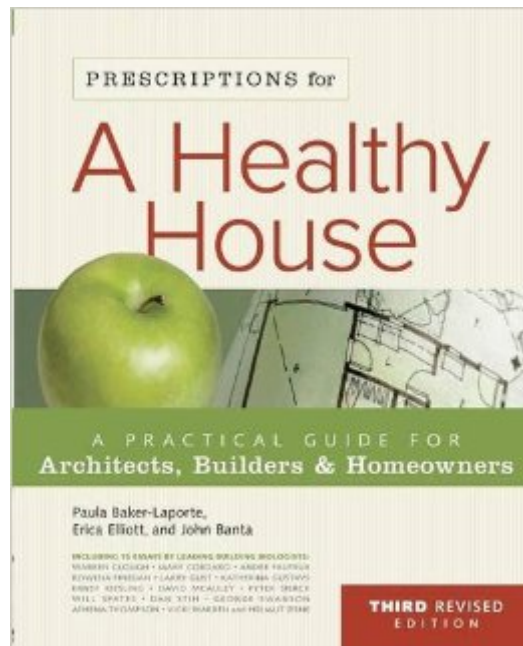


The book was found

Prescriptions For A Healthy House: A Practical Guide For Architects, Builders And Homeowners



Synopsis

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. Chapters include: Frame construction alternatives Thermal and moisture control Finishes Flooring Furnishings. The authors -- an architect, medical doctor and restoration consultant -- bring a singular combination of expertise and perspectives to this book. The result -- now in its third completely updated edition -- is a unique guide to creating healthy indoor and outdoor spaces, including many new resources, as well as specialized knowledge from several nationally recognized experts in the field of building biology. This unique guide will appeal to architects, designers, contractors, medical professionals and homeowners. Paula Baker-Laporte is a Fellow of the American Institute of Architects and is considered one of the leading proponents of healthy building in North America. After struggling with Multiple Chemical Sensitivities and regaining her own health, she became deeply interested in creating the most health-enhancing built environments possible, eventually turning to the European-based study of Bau-biologie or Building Biology. Together with Robert Laporte, Paula created the EcoNest concept and she has worked as the architect for the EcoNest Company for nearly 2 decades. She is the author of *Prescriptions for a Healthy House* and the co-author of *Econest: Creating Sustainable Sanctuaries of Clay, Straw and Timber*. John C. Banta is a senior indoor environmental consultant for Restorations Consultants, Inc. Erica Elliott MD is a medical doctor specializing in environmental medicine and family practice.

Book Information

Paperback: 354 pages

Publisher: New Catalyst Books; Revised edition (October 9, 2014)

Language: English

ISBN-10: 189740820X

ISBN-13: 978-1897408209

Product Dimensions: 7.5 x 0.7 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #120,840 in Books (See Top 100 in Books) #35 in [Books > Arts &](#)

Photography > Architecture > Sustainability & Green Design #95 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Home Repair #303 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Design & Construction

Customer Reviews

This book is a much needed resource for anybody remodeling or building a new home that cares about the health of its inhabitants. While I am moderately interested in using renewal materials, my main focus in building our new house was the health of my family, particularly in the use of lo/no VOC materials, avoiding petrochemicals to improve indoor air quality, and removing the sources of chemical sensitivities. All the other books in this area of "green" construction are either focused on using recyclable materials or just a useless lists of materials suppliers, while this book directly addressed these issues and provided useful and specific materials recommendations. This book is truly unique in this regard, I could find no others whereas there should be many. It is not perfect as it is too concerned about extreme cases of chemical sensitivity in places and not concerned enough in others (it "approves" petrochemical spray foam insulation which has all sorts of indoor air quality issues) but is 5 star in that it is uniquely focused on health issues with specific recommendations, which no other book does.

I have recently received this book and have not yet had a chance to follow the guidelines yet, but it is full of sensible ideas for people that want a healthy environment. They understand multitude of health and environmental issues including mold, EMFs and MCS. Every time I pick this book up I gain a little knowledge. Very happy with this purchase.

Paula Baker-Laporte is a super star in this arena. This book is very detailed and is an excellent reference. I'm really glad I bought it and I plan to refer to it often as I transition to healthier living.

Fantastic book! As someone who got seriously ill from mold, this book is a valuable resource.

Awesome book! Much needed!

[Download to continue reading...](#)

Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners The Law of Florida Homeowners Associations (Law of Florida Homeowners Associations (Paperback))

Builder's Greywater Guide: Installation, Standards, and Science for Builders, Landscapers, Regulators, Policymakers, Researchers, and Homeowners- ... to the book "Create an Oasis with Greywater" Doc Halligan's What Every Pet Owner Should Know: Prescriptions for Happy, Healthy Cats and Dogs Designing Healthy Cities: Prescriptions, Principles, and Practice Rails 4 Test Prescriptions: Build a Healthy Codebase Structural Elements for Architects and Builders: Design of Columns, Beams, and Tension Elements in Wood, Steel, and Reinforced Concrete, 2nd Edition Simplified Engineering for Architects and Builders Dream Homes Colorado: An Exclusive Showcase of Colorado's Finest Architects, Designers and Builders Dream Homes New England: Showcasing New England's Finest Architects, Designers and Builders Tiny Houses: Tiny House Plans, Woodworking on a Tiny House and Living Mortgage Free (Tiny Houses, Tiny House Living, Tiny House Plans, Small Homes, Woodworking Book 1) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) The Complete Spa Manual for Homeowners: A Step-by-Step Maintenance and Therapy Guide The Complete Guide to Building Backyard Ponds, Fountains, and Waterfalls for Homeowners: Everything You Need to Know Explained Simply (Back to Basics) The Essential Guide for First Time Homeowners: Maximize Your Investment and Enjoy Your New Home The Complete Guide to Home Carpentry : Carpentry Skills & Projects for Homeowners (Black & Decker Home Improvement Library) Black & Decker Codes for Homeowners, Updated 3rd Edition: Electrical - Mechanical - Plumbing - Building - Current with 2015-2017 Codes (Black & Decker Complete Guide) Pocket Atlas of Tongue Diagnosis: With Chinese Therapy Guidelines for Acupuncture, Herbal Prescriptions, and Nutri (Complementary Medicine (Thieme Paperback)) Fast Metabolism Food Rx: 7 Powerful Prescriptions to Feed Your Body Back to Health The Crystal Healer: Crystal prescriptions that will change your life forever

[Dmca](#)