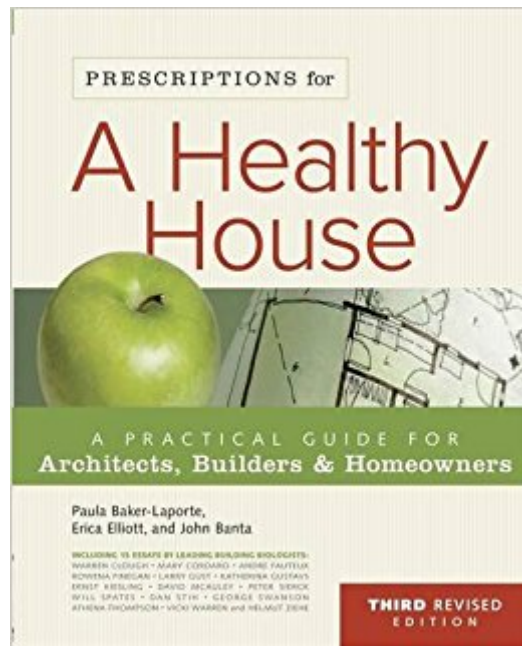


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# Prescriptions For A Healthy House: A Practical Guide For Architects, Builders And Homeowners



## 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

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## 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!

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