

## 25 Principles of Building Biology

1. A building site shall be geologically undisturbed.
2. Residential homes are best located away from industrial centers and main traffic routes.
3. Housing shall be developed in a decentralized and loose manner interlaced with sufficient green space.
4. Housing and developments shall be personalized, in harmony with nature, fit for human habitation and family oriented.
5. Natural and unadulterated building materials shall be used.
6. Walls, floors and ceilings shall be diffusible and hygroscopic.
7. Indoor air humidity shall be regulated naturally.
8. Air pollutants need to be filtered and neutralized.
9. An appropriate balance of thermal insulation and heat retention is needed.
10. The air and surface temperature of a given room need to be optimized.
11. A heating system shall feature radiant heating using as much (passive) solar heat as possible.
12. The total moisture content of a new building shall be low and dry out quickly.
13. A building shall have a pleasant or neutral smell. No toxins shall outgas.
14. Light, lighting and color shall be in accord with natural conditions.
15. Protective measures against noise pollution as well as infrasonic and ultrasonic vibrations need to be human oriented.
16. Only building materials with little or preferably no radioactivity shall be used.
17. The natural balance of atmospheric electricity and ion concentration shall be maintained.
18. The Earth's natural magnetic field shall not be altered or distorted.

19. Man-made electromagnetic radiation shall be eliminated (or reduced as much as possible).
20. Cosmic and terrestrial radiation is essential and shall be interfered with as little as possible.
21. Interior and furniture design shall be based on physiological findings.
22. Harmonic measures, proportions and shapes need to be taken into consideration.
23. The production, installation and disposal of building materials shall not contribute to environmental pollution and high energy costs.
24. Building activities shall not contribute to the exploitation of non-renewable and rare resources.
25. Building activities shall not cause a rise in social and medical costs.