

Creating New Life in Existing Buildings

Case Study: Renovation of an Existing Building with Bau-Biologie™ and Feng Shui

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Introduction

- Client health history
- Requirements for new space
- Choice of materials
- Creating new, healthy interiors

Bau-Biologie™ / Feng Shui Renovation Goals

- Healthy, organic, breathable interior
- Increased sales
- Harmony and balance

Topics of Discussion

- Understanding a building
- Renovation considerations
- Materials
- Choosing helpful people

Understanding A Building

- History
- Review the site
- Check for elevated electro-magnetic radiation
- Air Quality issues
- Review the Building Materials
- Review the Feng Shui components

Renovation Considerations

- Updating or Replacing Systems
- Interior Renovations
- Exterior Repairs or Replacements
- Landscape

Material Selections

- Local
- Organic, Recycled
- Air Quality impact/Zero VOC's, eliminate chemicals, toxins, particulates
- Building Materials
- Lighting Quality

Finding qualified contractors

- Willing to create a healthy space
- Contracts
- Interviews
- Referrals
- Local Green Building Resources

Commercial Case Study

- Breezy's: electronics/ alternative healing
- Early 1900's construction, filled with 'stuff'
- East 'sitting' supports owners/business
- Many buildings/creative 'deal'

Commercial Case Study (Continued)

- Showroom: gut, insulate, ceilings
- Replace garage door with windows
- AC Magnetic Fields

Commercial Case Study (Continued)

- Update lighting
- Add bathroom
- Insulation
- Healthy walls
- Healthy flooring
- Insulated west facing windows
- Natural, no VOC finishes
- Trees for shade and protection from building across street

Commercial Case Study (Continued)

- Zoning approvals
- Create offices in Mountain area of space
- Remove partition walls, remove all panels and ceilings
- Open ceilings, full spectrum lighting
- Fire and Earth for support

Commercial Case Study (Continued)

- Organic sheep wool carpet
- Blue jean insulation
- American Clay and Bioshield paint applications
- Regional PA Slate flooring

Commercial Case Study (Continued)

- Local art
- Colors encourage sales, and support owners and corporate entity

- Organic linens, organic mattresses, organic showroom
- Prototype for franchise

Keys to Success

- Passionate commitment
- Financing – Green & SBA Loans
- Team open mindedness
- Dedicated research
- Thinking outside the box

Result: Safe Surroundings

Renovation Checklist

- Learn about your building history
- Repair or replace defective or unhealthy structural systems
- Sun pattern effects on heating and cooling
- Feng Shui analysis: color, shapes, placement
- Local suppliers
- Contractors
- Research new materials
- Commit to healthy and healing environment

Reference Materials

- *A Healthy House – A Practical Guide for Architects, Builders & Homeowners*, Paula Baker Laporte, Erica Elliott, M.D. & John Banta
- *Natural Remodeling for the Not-So Green House*, Carol Venolia & Kelly Lerner
- *Green Spec® Directory*
- *Environmental Building News™*
- *The Healthy School Handbook*, Norma L. Miller

Resources

- International Institute for Bau-Biologie & Ecology www.bau-biologieusa.com
- Green Builder www.greenbuilder.com
- Building Green, Inc. www.BuildingGreen.com
- U.S. Green Building Council www.USGBC.org
- International Feng Shui Guild www.internationalfengshuiguild.org
- Carol Cannon Group www.carolcannongroup.com