

Natural Building = Healthy Living

Building Materials

- Natural and unadulterated
- Natural regulation of indoor air humidity through humidity-buffering materials
- With a pleasant or neutral smell and without outgassing toxins
- Low radioactivity
- Maintaining the natural electromagnetic background radiation
- No build-up of static electricity
- Building materials preferably from the local region without promoting exploitation of scarce and hazardous resources
- Causing no environmental problems



Sleep Environment

- Anatomically correct support
- Comfortable heat retention
- Breathable bedding and beds
- Absorbing and wicking away perspiration (e.g. sheep wool)
- Nontoxic natural materials
- No metal parts
- Optimal ventilation choices

Indoor Climate and Heating

- Optimal surface and air temperatures
- Energy-efficient system
- High proportion of radiant heat (e.g. radiant wall heating, masonry heater)
- Little convection
- No thermal monotony
- Utilization of renewable energy sources (e.g. solar energy)
- Good indoor air quality with natural ventilation

Housing Development Style

- Human-oriented communities with sufficient green space
- Neutralization of air pollutants with vegetation (trees, green roofs and facades)
- Natural, personalized, family-oriented housing
- Building without causing social and ecological burdens

Building Techniques and Components

- Humidity-buffering indoor surfaces
- Low total moisture content of new buildings that dry out quickly
- Well-balanced ratio between thermal insulation and heat retention
- Appropriate noise protection including infrasound and vibrations
- Utilization of passive solar energy
- Lowest possible interference with the natural balance of background radiation
- Causing no environmental problems
- Lowest possible levels of fungi, bacteria, dust and allergens

Water

- Best possible drinking water quality
- Stainless steel drinking water piping
- Water-efficient fixtures
- Utilization of rainwater
- PVC-free drainage piping
- Water is one of the four elements. Integrate it so it can be experienced (e.g. pond, fountain, water sculptures)

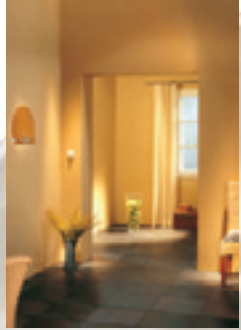
Interior Design

- Harmonic measures and shapes that match the proportions of the human body
- Flexible
- Stimulating touch/haptic experiences



Furnishings

- Solid wood furniture (also rattan, bamboo) with natural color, lustre and texture effects
- Without surface treatments or only with natural finishes (e.g. beeswax, linseed oil)
- Accident-proof

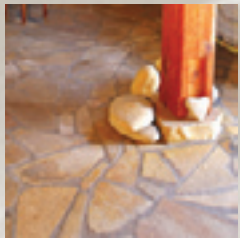


Light and Color

- As much natural daylight as possible
- Avoid electromagnetic pollution
- Natural lighting conditions and color schemes
- Predominantly bright colors
- Consideration of color psychology (green=calming, yellow-orange=invigorating, etc.)

Electrical Wiring

- No emissions of electromagnetic and radiofrequency radiation (e.g. cordless phones, wireless local area networks)
- Underground feeder cable
- Star-like wiring pattern
- Shielded wiring or demand switch
- Consideration of the "Standard of Building Biology Testing Methods" (SBM)



Seating

- Ergonomically designed seating that matches body size and workplace height
- Adjustable seating height
- Frequent changes of the sitting posture (dynamic sitting)
- Breathable covers (wicking away perspiration)
- Non-toxic natural materials

Building Site

- Without natural anomalies or human-made disturbances
- Away from industrial centers, airports, highways, RF transmitters, high-tension power lines, etc.
- Solar exposure and wind protection
- Dry building site

