

BUILDING BIOLOGY TESTING GUIDING PRINCIPLES

Building Biology Testing is about the professional assessment of crucial indoor risk factors and how to minimize them within an individual's framework of feasibility.

Guiding Principles of Building Biology Testing:

- Based on the current **Standard of Building Biology Testing Methods SBM** including the accompanying **Guideline Values** for Sleeping Areas and **Testing Conditions**
- Thorough **training**, regular **continuing education** and practical **experience**
Basic, advanced, expert, practical seminars, correspondence course, in-person training, examinations, quality assurance... Decades of experience are the driving force: pragmatism, knowledge, testing, analyzing, exploring...
- **Holistic approach**
All Standard points – physical factors (electric, magnetic and electromagnetic fields, radioactivity, geological disturbances, sound, light...), chemical and indoor air climate factors (indoor toxins, pollutants, particles and fibers, humidity, air ions, oxygen, carbon dioxide, odors...) and biological factors (molds and yeasts, bacteria, allergens...) – should be considered using a skillful combination of the many diagnostic methods to identify, locate and assess risk factor sources to help create a living environment that is as healthy, unpolluted as possible.
- **Feasibility and prevention**
Any risk reduction is positive besides all exposure limits and guidelines. Prevention is better than cure.
- **Nature**, the ultimate standard
In indoor spaces, conditions should resemble those of the surrounding, largely unpolluted natural environment. If in doubt, in the absence of exposure limits, too little experience, contradictions... nature provides essential guidance. The German building code states: "Buildings shall not disturb or endanger the natural basis of life."
- Supported by **natural sciences**
Collaboration between natural and empirical sciences. In an ideal scenario, building biology with its practical experience and natural sciences with its scientific research share information and inspire each other.
- **Independent**
Independent of industry, politics, economy, authorities, media, lobby groups, fads, zeitgeist, commissions and sales interests... and those parts of science with conflicts of interest and dependence.
- **Cooperation** and knowledge sharing with **physicians**, therapists, naturopaths and others
Building biology is an indispensable part of medicine, in particular, holistic, naturopathic, complementary and environmental medicine, and medicine is one of building biology's most important partners.
- **Transparent** and **reproducible** and also **simple** and easy-to-understand
Testing and analysis results, measuring instruments used, procedures, evaluations, recommendations, observations, agreements... recorded in writing: competent, objective and reproducible. Measurements instead of assumptions: no radiesthesia, no dowsing or using a pendulum, no EMF-harmonizing devices.
- **Remediation recommendations** for testing results outside the normal range
A comprehensive diagnosis serves as the cornerstone for an appropriate, safe and successful therapy, just as it does for targeted building biology-based solutions and improvements.

The Guiding Principles of Building Biology are primarily based on the thoughts and guidelines of Prof. Dr. Anton Schneider †; Wolfgang Maes † and the SBM Standard Committee further developed and condensed them.

www.SBM-Standard.de The current Standard of Building Biology Testing Methods, Building Biology Evaluation Guidelines for Sleeping Areas, Testing Conditions, Guiding Principles and additional information, texts, presentations... (also in English and other languages). Training, continuing education, quality assurance... available through the Institute of Building Biology + Sustainability IBN (www.baubiologie.com) and the building biology associations VB (www.verband-baubiologie.de) and VDB (www.baubiologie.net).