

Building Biology News, September 2024



Visit to the Research House 4 in Bad Aibling – Winfried Schneider, IBN, and Dr. Böhm, B&O

"Architecture begins where indifference ends."

giuannaarchitektur.ch

Dear readers,

After our vacation in August, the IBN team is back and ready for action, and we are looking forward to new projects and events.

*This weekend in Rückersbach near Aschaffenburg, Germany, the **In-person Training I** for the Building Biology Correspondence Course will take place, and in Loheland near Fulda, the **Advanced Practical Training Course** on building biology testing methods for Category A "Fields, Waves, Radiation" will be held.*

*We are very pleased that after years of volunteer work by the SBM Standard Committee, the **new Standard of Building Biology Testing Methods SBM** is now available. A big thank-you from us to all those who made this independent, holistic, and important work possible by selflessly sharing their professional expertise (more below). Also read ChatGPT's answer to our question "What do Building Biology Testing Specialists IBN measure?"*

After relaunching our German website, we completely redesigned and updated our English website buildingbiology.com, along with our flyers, roll-ups, and posters (more on this below).

*We are also concerned about the recent **election results** in Germany. The numbers point to a growing number of people who experience insecurity, struggle with existential fears, and feel left behind. Building biology can and should contribute to resolving this situation. After all, building biology is also about sustainability and **social** responsibility. There are ways to create homes that are both simpler and more affordable. We can strengthen a sense of belonging, including neighborhood and community projects. When we prioritize local products and craftsmanship, we create value from and within the region and meaningful and secure jobs, and so much more. Please join us in making our society more just, more caring, and more peaceful!*

We hope you enjoy reading our September newsletter.

Winfried Schneider & the IBN Team

Missed a newsletter?

Past issues are available in the [Newsletter Archive](#).

August topics: affordable housing, solar panels for apartments, straw bale guesthouse, architectural psychology, Seven Theses on the Building Revolution, and much more.

From the Building Biology Magazine

Interview with Péter Bíró – Building Biology Consulting Office IBN



Péter Bíró introduced modern clay construction to Hungary. His conferences and workshops are attended by experts and nonexperts alike. His company, Biokay, uses mineral-based and renewable materials to create new buildings and renovate existing ones.

Achim Pilz asked the questions.

[Find out more](#)

NEW: Standard of Building Biology Testing Methods SBM-2024



Nine years after the last edition, a new Standard of Building Biology Testing Methods (SBM) has been completed, along with all other Standard documents:

- Building Biology Evaluation Guidelines
- Building Biology Testing Conditions, Instructions and Additions
- Guiding Principles of Building Biology Testing Methods

Author: Dr. Manfred Mierau

[Find out more](#)

How to become a Building Biology Consultant IBN



Are you looking for a training course to help you navigate information jungle of healthy and sustainable building and renovating?

You've come to the right place!

Since 1977, our **Building Biology Online Course** has proven itself and it is constantly updated.

In Germany, this online course is certified by AZAV, which means that course participants can [be reimbursed](#) for up to 100% of the course fees – this applies not only to job seekers but also to employees who want or need to continue their education.

[Click here](#) for full details of what is included and how to register. If you register as a guest, you can also access selected [course modules](#) for free to see if this course is right for you.

Good to know

Research House 4 in Bad Aibling, Germany

Dr. Ernst Böhm, one of B&O's founding partners (see photo at the beginning of this newsletter), recently showed us the newly built Research House 4 in Bad Aibling. All four houses were built with the same goal in mind: simple, cost-effective, and sustainable construction. For House 4, the focus was on further reducing gray emissions from the building and building services systems. They combined wood with clay and straw and used reclaimed materials, among other things. We will soon report on this impressive building from a building biology perspective.

[Find out more](#)

Open letter by the IBN to insurance associations

In June, together with the German Building Biology Association (VB) and the German Society for Environmental and Human Toxicology (DGUHT), we joined forces to write to the umbrella organizations of the German **National Association of Statutory Health Insurance Fund (GKV)** and the German **Association of Private Health Insurance Providers (PKV)**. We suggested that both associations do a better job of informing their members about the quality of their indoor environment. For example, we

suggested that they reimburse or at least subsidize initial consultations with a building biology professional as a voluntary additional benefit. Unfortunately, we have not yet received a response.

Because we firmly believe that this "lever" could help many people become and stay healthy, while at the same time significantly reducing the costs of health insurance companies, we are publishing our letter. In doing so, we hope to motivate other people and institutions to actively support us in this matter.

[Letter to GKV and PKV](#)

Building biology in the light of case law

In order for building biology – the healthy and sustainable way of building and renovating – to be truly successful and to increase its relevance in case law, appropriate legal background knowledge is indispensable.

Author: Dr. Elmar Liese

[Find out more](#)

Casa Rossa – an apartment building from the Wilhelminian Era saved

By restoring the original qualities of the apartment building from the beginning of the 20th century in Chemnitz, the architectural firm has done an impressive job. The holistic and sustainable approach that guided the renovation made this old building look beautiful again. The raw brick facade of the Casa Rossa now attracts everyone's attention.

Author: Margot Allex-Schmid

[Find out more](#)

Mental illness = cause of 19% of hospitalizations of 10- to 17-year-olds

In 2022, mental and behavioral health conditions were the second most common cause of inpatient hospitalization among children and adolescents, after injuries and poisonings. More than 81,000 of the approximately 435,900 hospital patients between the ages of 10 and 17 were treated as inpatients for mental and behavioral illnesses. As reported by the Federal Statistical Office (Destatis), this corresponds to 19% of all hospital treatments in this age group. Girls are more likely to be hospitalized for mental illnesses and behavioral disorders. While this diagnosis accounted for just under a quarter (24%) of all treatment cases for girls, the figure for boys was 13%. Overall, the proportion of children and adolescents receiving inpatient treatment for mental and behavioral health conditions has been increasing for several years. In 2012, this applied to just over 79,300 or 13% of the approximately 589,900 clinic patients between the ages of 10 and 17.

Buildings can also contribute to mental illness.

Explore additional articles on this subject in the Building Biology Magazine:

- [Mental health problems in city children](#)
- [Mental stress in the construction sector](#)
- [Architectural psychology and design theory](#)
- [The semantic differential – a case for conscious spatial awareness](#)

[Find out more](#)

Ninety percent of ventilation and air-conditioning systems waste energy unnecessarily!

In old systems, there was a potential to reduce energy consumption by an average of 40%, and in one system by as much as 88%. This also has a positive effect on operating costs. For large air-conditioning systems, the savings often range between €10,000 and €50,000 per year.

[Find out more](#)

Timber building systems of Simon Haus und Holzbau GmbH have been recertified by the IBN

Congratulations to Simon Haus und Holzbau GmbH for the successful recertification of their timber building systems "Holzrahmenbau Natur-Pur," "Holzmassivbau Natur-Pur," and "Blockbau." Since 2016, customers of Simon Haus can trust that the timber building systems are healthy and sustainable.

[Find out more](#)

Question for ChatGPT:

What does an Building Biology Testing Specialist IBN measure?

Answer from ChatGPT: "They measure various environmental factors that could potentially affect the health and well-being of building occupants. The measurements aim to identify pollutants, electromagnetic fields, and other influences that could lead to health problems. The main areas of measurement include: electromagnetic fields and waves | radioactivity and radon | air quality (solvents, formaldehyde, mold spores, fine particulate matter, etc.) | mold and moisture | sound and noise | light and lighting | water quality. The goal of the Building Biology Testing Methods is to create the healthiest and most natural living environment possible by minimizing potential hazards and promoting optimal conditions."

Answer was abridged. ChatGPT is a so-called chatbot that uses artificial intelligence (AI) to communicate with users through text-based news and images.



The IBN has deleted its X account (formerly Twitter)

We have left X because we believe that X has developed increasingly negative practices, including providing too much space for hatred and hate speech, among others. We ask for your understanding.

You can still find us on Facebook, Instagram, and LinkedIn.



Tip: articles from the Building Biology Magazine in other languages

Would you like to read or recommend articles from our website or the [IBN Information Portal](#) in another language? Then use the translation function offered by all common browsers such as Chrome, Safari, or Firefox. The translation quality is often be surprisingly good.

Innovative products

NEW: GFM thin installation panel with a thickness of 22 mm (slightly less than 7/8")

Until now, GFM has offered a 30 mm thick glue-free diagonal bracing mass timber installation panel and, if required, also airtight if required. Now, the product family of glue-free diagonal bracing mass timber installation panels has a new addition with a thickness of only 22 mm. This is a more cost-effective way to build wooden houses without the use of glue, building membranes, or adhesive tapes, while still ensuring an airtight home enclosure.



[Find out more](#)

In our "Innovative Products" section, we inform you about products that are of interest to the building biology community. This is not (paid) advertising.



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