



FOR IMMEDIATE RELEASE

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IMPORTANT TIPS ON HEALTHY HOMES NOW AVAILABLE ON WEBSITE

(Clearwater, Fl)—The International Institute for Bau-Biologie® & Ecology (IBE) introduces their new website, www.buildingbiology.net, with tips on how to build and maintain healthy homes and buildings.

"Bau-Biologie's main goal and role is to empower people in their own environments," says Vicki Warren IBE Executive Director. "The new site promotes the use of building materials that are non-toxic—materials that nourish its inhabitants not deplete them. Nature is Bio-Biologie's ultimate guide."

"We are proud to announce the launch of this new website that will provide visitors tips to feel healthy and nourished with their enter their homes," says Helmut Ziehe, IBE Founder and board member. "In order for us to be truly natural and healthy, our homes need to supply us with adequate opportunity to rest and relax, they need to nurture, as it is only through that, that we can truly recuperate at the end of the day and recharge with the strength to deal with the next day's emotional and physical stresses."

Through online videos, courses, correspondence courses, hands-on seminars, and certification tracks, IBE offers a variety of courses suitable for a range of interests from the homeowner to the professional. Course lengths and costs vary with several offered at no charge.

From designing a community to the selection of household cleaners and furniture, IBE course subjects include building materials, healthy nurseries, wall finishes, furnishing, home design, and even electromagnetics.

The course and seminar material, developed and taught by experts in the field, is based on scientific research that supports the "precautionary principle." That is, if there is enough scientific evidence to indicate a potential problem, then we encourage you to avoid it. The Environmental Protection Agency (EPA) has classified our unhealthy indoor environments as one of the top five health risks facing Americans today.

Bau-Biologie

Bau-Biologie® is the holistic study of the man-made environment, human health and ecology. The intrinsic aspect of IBE is to hold nature as the golden principle. Bau-Biologie®, or Building Biology, is not a narrowly specialized subject, but is a living subject that brings together fields of study that are otherwise only taught in isolation. IBE was started in North America in 1987, with a mission to raise awareness that buildings can abide by the laws of nature. The principles of Bau-Biologie, or Building

Biology, & Ecology are based on the premise that what is healthy for the occupants (biologically compatible) will also be good for the environment (ecologically sustainable). These principles which emerged in Germany due to problems with post-war housing construction are relevant today.

Visit <u>www.buildingbiology.net</u> to sign up for the e-newsletter for information on creating healthier homes.

INTERVIEWS AND IMAGES ARE AVAILABLE UPON REQUEST

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