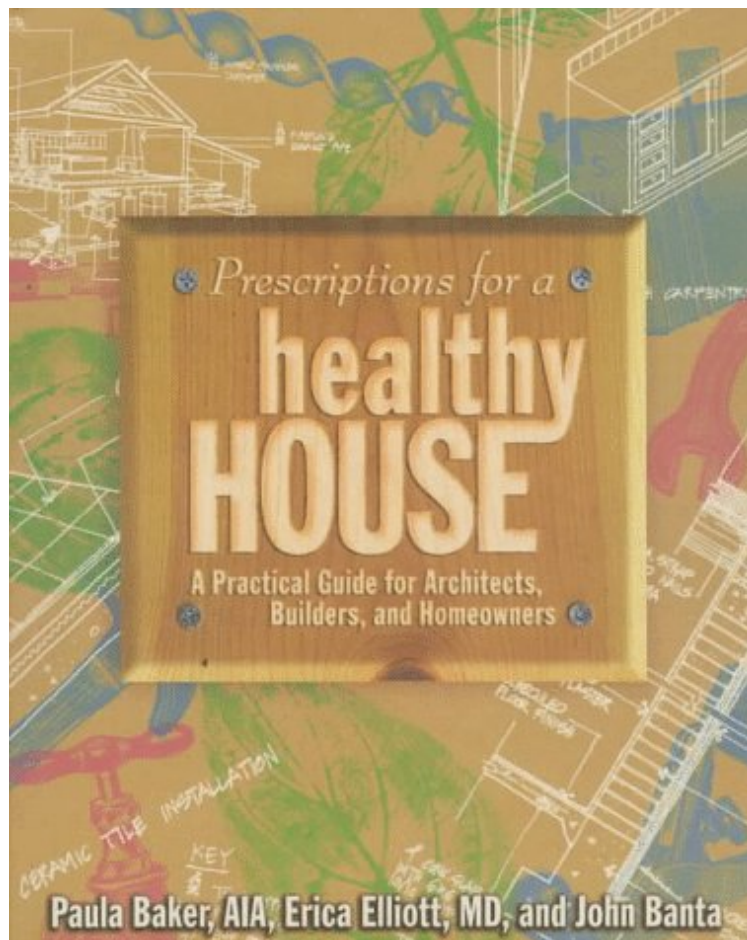


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## Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners

*Paula Baker, Erica Elliott, John Banta*  
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**Paula Baker, Erica Elliott, John Banta : Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners:

1 of 1 people found the following review helpful. Great book. It gives you information about building materials ...By JMRGreat book. It gives you information about building materials and their toxicity. Also gives suggestions for healthier solutions with references to where to buy them. A lot of information about that in this book, but some of the references may be out of business. I am not sure because I have not tried to contact them yet. Also has short stories throughout the book about problems homeowners faced when using new carpet, headboards made out of granite, etc. Those short stories might shed light on any health issues you have now. Overall, good book if you want to build a

healthy house. I recommend reading it. 2 of 2 people found the following review helpful. Every time I pick this book up I gain a little knowledge. By Christy I have recently received this book and have not yet had a chance to follow the guidelines yet, but it is full of sensible ideas for people that want a healthy environment. They understand multitude of health and environmental issues including mold, EMFs and MCS. Every time I pick this book up I gain a little knowledge. Very happy with this purchase. 2 of 2 people found the following review helpful. Excellent resource. By Egirl Paula Baker-Laporte is a super star in this arena. This book is very detailed and is an excellent reference. I'm really glad I bought it and I plan to refer to it often as I transition to healthier living.

[body] For people who are concerned about exposure to toxins found in conventional building materials and practices, *Prescriptions for a Healthy House* shows how to design interior and exterior space, and select construction materials that enhance and promote physical well-being. This invaluable guide explains where and why standard building practices are not healthful, what to do differently, and how to obtain alternative materials and expertise. Includes a trove of manufacturer, service provider, and catalog resources plus a description of MCS (Multiple Chemical Sensitivity disorder). Paul Baker specializes in residential architecture for chemically-sensitive homeowners. Erica Elliott is a physician trained in environmental medicine. John Bantra has over a decade of trouble-shooting experience detecting indoor environmental problems.

null (2008-05-23) Although there is nothing complicated about constructing healthier homes, building for health is still not standard practice, and in fact there are many aspects of conventional home construction that are detrimental to human wellbeing. From foundation to rooftop, to home care and repair, *Prescriptions for a Healthy House* takes the mystery out of healthy-house building, renovation and maintenance, by walking the owner/architect/builder team through the entire construction process. Chapters include: Frame construction alternatives Thermal and moisture control Finishes Flooring Furnishings The authors—an architect, medical doctor and restoration consultant—bring a singular combination of expertise and perspectives to this book. The result—now in its third completely updated edition—is a unique guide to creating healthy indoor and outdoor spaces, including many new resources, as well as specialized knowledge from several nationally recognized experts in the field of building biology. This unique guide will appeal to architects, designers, contractors, medical professionals and homeowners. (2007-11-27) About the Author Paula Baker-Laporte specialises in residential architecture. She has been diagnosed as chemically sensitive and is intimately aware of the health threat of many construction materials and methods. Erica Elliott is a physician trained in environmental medicine. John Banta has over a decade of trouble-shooting experience detecting indoor environmental problems. Excerpt. Reprinted by permission. All rights reserved. null (2008-05-23)