



Healthy Green Building

Green is the way to go to protect our environment

Green building is also known as "environment building" or "sustainable building". Green building is the building of structures with concern for the health of the environment. It's when we use "renewable" resources and supplies that are common and easily supplied, and are able to be maintained without destroying the balance of nature.

Features of a Green Building:

- Energy efficiency= a tight house with energy efficient appliances, windows, Cooling/Heating units and ventilation systems. Fresh air system installed to support flow of good quality indoor air.
 - The building lot itself is in a sustainable manner, preserving trees and using draught tolerant plants. No pesticides used in or around the building at any time.
 - Using recycled materials and low volatile organic compound (VOC), non-toxic materials used.
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- Locally produced goods are used, reducing the pollution of transporting materials over long distances.
 - Low water usage will help, and using a water filtration system.
 - Use of carpets is reduced or eliminated.

Yours for health naturally,

Dr B

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