

BUILDING BIOLOGY TESTING GUIDING PRINCIPLES

The professional assessment of critical environmental risk factors in buildings and their minimization within an individual's framework of feasibility, that's what Building Biology Testing is about.

Building Biology Testing

- Is oriented towards the current **Standard of Building Biology Testing Methods SBM** including its **Guideline Values** for sleeping areas as well as the **Testing Conditions** and additions
- Is based on thorough **training**, regular **continuing education** and practical **experience**
Basic, advanced, expert and practical seminars, correspondence course, examinations, quality assurance...
Decades of experience are the driving force: empiricism, pragmatism, knowledge, testing, analyzing, exploring...
- Fulfills the demands of **holism**
The goal is to consider all Standard categories including physical factors (electric, magnetic and electromagnetic fields and waves, radioactivity, sound, light...), chemical and indoor air climate factors (indoor toxins, pollutants, particulates, humidity, air ions, oxygen, carbon dioxide, odors...) as well as biological factors (fungi, bacteria, allergens...) and to use an expert selection of diagnostic options to be able to identify, locate and assess the sources of abnormalities to help create a living environment with as few detrimental exposures as possible.
- Strives for **feasibility** and exercises **prevention**
Any risk reduction is positive in addition to all exposure limits and guidelines. Precaution is better than cure.
- Uses **nature** as the standard
In indoor spaces, conditions should be similar to those of the surrounding and largely unpolluted natural environment. If in doubt, in the absence of exposure limits, too little experience, contradictions...nature provides essential guidance. The building code: "Buildings shall not disturb or endanger the natural basis of life."
- Is supported by **natural sciences**
Natural sciences in collaboration with empirical sciences: ideally, Building Biology with its practical experience and scientific research work together, exchange information, confirm insights and inspire each other.
- Is **independent**
Independent of industry, politics, economy, authorities, media, lobby groups, fads, zeitgeist, commission and sales interests... and those parts of science that are frequently conflicted by interests and dependencies.
- Strives for **cooperation** with health care professionals: **physicians**, therapists, naturopaths...
Building Biology is an indispensable part of medicine, in particular holistic, natural healing, complementary and environmental medicine and, in turn, medicine is one of the essential companions of Building Biology.
- Is **transparent** and **reproducible** as well as simple and easy-to-understand
Testing and analysis results, measurement devices, procedures, evaluations, consulting, impressions, conditions... are taken down in writing. The goal is to work in a competent, objective and reproducible manner. Measurements instead of assumptions: no radiesthesia, no dowsing or using a pendulum, no harmonizing devices.
- Provides **recommendations** for each conspicuous testing result outside the normal range
Thorough diagnostics is the foundation of an appropriate, safe and successful therapy, that is, accurate Building Biology solutions and improvement measures.

The Guiding Principles are primarily based on the thoughts and input of Prof. Dr. Anton Schneider (†) and were supplemented and condensed by Wolfgang Maes and the SBM Standard commission.

www.SBM-Standard.de The current 'Standard of Building Biology Testing Methods', 'Building Biology Evaluation Guidelines for sleeping areas', 'Testing Conditions, instructions and additions', 'Guiding Principles' and further information, texts, presentations... regarding the Standard at www.SBM-Standard.de (also in German). Training, continuing education, quality assurance... at the Institute of Building Biology+Sustainability IBN (www.baubiologie.com) as well as the Building Biology associations VB (www.verband-baubiologie.de) and VDB (www.baubiologie.net).