











# The 25 guiding principles of building biology

Building biology is about creating healthy, beautiful, and sustainable buildings in ecologically sound and socially connected communities. In the selection of materials and the design of living environments, ecological, economic, and social aspects are considered.






## HEALTHY INDOOR AIR

-  Supply sufficient fresh air and reduce air pollutants and irritants
-  Avoid exposure to toxic molds, yeasts, and bacteria as well as dust and allergens
-  Use materials with a pleasant or neutral smell
-  Minimize exposure to electromagnetic fields and wireless radiation
-  Use natural, nontoxic materials with the least amount of radioactivity






## THERMAL & ACOUSTIC COMFORT

-  Strive for a well-balanced ratio between thermal insulation and heat retention as well as indoor surface and air temperatures
-  Use humidity-buffering materials
-  Keep the moisture content of new construction as low as possible
-  Prefer radiant heat for heating
-  Optimize room acoustics and control noise, including infrasound






## HUMAN-BASED DESIGN

-  Consider harmonic proportions and forms
-  Nurture the sensory perceptions of sight, hearing, smell, and touch
-  Maximize daylighting and choose flicker-free lighting sources and color schemes that closely match natural light
-  Base interior and furniture design on physiological and ergonomic findings
-  Promote regional building traditions and craftsmanship

## SUSTAINABLE ENVIRONMENTAL PERFORMANCE

-  Minimize energy consumption and use renewable energy
-  Avoid causing environmental harm when building new or renovating
-  Conserve natural resources and protect plants and animals
-  Choose materials and life cycles with the best environmental performance, favoring regional building materials
-  Provide the best possible quality of drinking water

## SOCIALLY CONNECTED & ECOLOGICALLY SOUND COMMUNITIES

-  Design the infrastructure for well-balanced mixed use: short distances to work, shopping, schools, public transit, essential services, and recreation
-  Create a living environment that meets human needs and protects the environment
-  Provide sufficient green space in rural and urban residential areas
-  Strengthen regional and local supply networks as well as self-sufficiency
-  Select building sites that are located away from sources of contamination, radiation, pollutants, and noise

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In real life, all criteria cannot always be met. The goal is therefore to optimize each criterion within an individual's framework of feasibility.