



HEALING
ARCHITECTURE

the power of environmental medicine



THE 6 PILLARS OF HEALING ARCHITECTURE

2. Holistic Sustainability

by Lydia Yiannoulopoulou, 2017

Through this synthetic process we deliver specific information to improve your space.

Sustainable is the development capable of meeting the needs of the present in such a way that the ability of future generations to cover theirs will not be compromised. Holistic sustainability aims to take into consideration other parameters in building design, apart from the minimization of the energy demand, that are equally central for people and the environment.

Firstly, the sources that cover our energy demand, fossil fuels, constitute the main cause of environmental pollution. Furthermore, they are not sustainable as their quantities are limited and non-renewable. The introduction of alternative energy sources which are less aggravating is a necessity.

The choice of building materials is an important parameter, whilst looking at their whole life cycle: extraction, collection, transportation, construction, use and demolition. Some materials are extremely destructive for the environment, due to the production process and the production of large waste quantities among others. It is important that all the criteria in relation to building materials' specifications are taken into consideration.

The building is a living organism, and has specific water consumption levels. Water is of vital importance to all organisms. The quality and source of water are very important criteria, as well as its recycling and conservation. Moreover, waste management is one of

the most polluting factors nowadays, as it creates water contamination in a planetary scale; a sustainable solution is extremely crucial.

The quantity of waste worldwide has risen exponentially, and buildings constitute its major source. Sustainable waste management and recycling are a priority for the planet and humanity. The use of permaculture principles – designing with nature, rather than against it- can lead to addressing everything as a whole, and as such the preservation of biodiversity, ecosystems and ecological restoration are promoted.