



HEALING  
ARCHITECTURE

the power of environmental medicine



# THE 6 PILLARS OF HEALING ARCHITECTURE

## 4. Building Health

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

The building envelope functions as our third skin, that is to say it constitutes a limit-filter to the passing elements and our contact with the external environment. Therefore, as a skin, it has to function as a temperature regulator, to be able to inhale and exhale, to produce energy through solar radiation, to have protection mechanisms, to filter the air, and to dispose of heat (transpiration).

The selection of building materials can play a significant role with regards to human health, as the building is our third clothing layer. It has been concluded through various studies, that the modern construction techniques can lead to the sick building syndrome, that is to say bad indoor air quality, caused by the volatile

compounds' emissions of materials and finishes, bad design of ventilation systems, the existence of some devices and the use of certain cleaning products.

An architect should be – amongst others- a building doctor: to be able to comprehend the way in which the building affects people, and how the environmental conditions affect the building. It is important that he can design buildings aiming at user's optimum health, and also to be able to diagnose in an existing building the sick building syndrome aiming at its remediation.

The goal of a building doctor is to heal buildings, but the improvement of environmental conditions can also lead to the improvement of the user's wellbeing.

Like a human does, a building also has vital signs, as: temperature, humidity, mold, radioactivity, radon, dust, bacteria and electromagnetic fields. The preservation of a healthy building, like the preservation of a healthy body, requires preventive medicine and regular maintenance. A toxic building environment, as seen in research, can lead to multiple chemical sensitivity, environmental sickness, sick building syndrome, autoimmune disease, disease of nervous system and even cancer.

The goal of building health is to provide the most natural specifications for the building as well as for the interior spaces, as straying away from the natural point of reference constitutes a building unhealthy.