

British Society of Dowers Training Programme Workshop- Technopathic Stress (EE6)

Tutored by external experts on this specialist area in single day format, 12 hours or separate sessions

Aim

- To educate dowers (those working with sick buildings in areas of importance separate from geopathic stress) to be aware of the potential dangers and protocols for shielding / curing.

Objectives: At the end of the workshop the students will be able to demonstrate a working understanding of assessment and treatment of:

- Light Quality
- Air quality
- Sound quality
- Electromagnetic fields

Introduction and overview

Sick Building Syndrome

- The World Health Organisation estimates that 30 % of all buildings are “sick buildings” based on the criteria that 20% or more of the occupants are experiencing health or comfort problems.

Education and practice in assessment and treatment

Sick building syndrome has several possible sources, any of which may be present either alone or in combination. These include:

Air Quality

- Relative humidity
- Relative acidity / alkalinity
- Temperature regulation or variability
- Biological contaminants
 - Mold spores
 - House dust & dust mite
 - Animal dander
- Non-biological contaminants
 - Solvents, cleaning agents, perfumes
 - Petrochemicals, paints and thinners
 - Construction & fabric adhesives, fire retardant treatments
 - Back-draughting from fire or furnace
 - Combustion products of gas cookers
 - Radon gas or other soil contamination (underground storage tank leaks)

Light Quality

- Adequate exposure to natural sunlight necessary, or otherwise replaced by full-spectrum “daylight bulb” indoor lighting during natural sunlight hours.

Sound Quality

Electromagnetic Fields

- DC standing waves from metal objects – beds, mattress springs, radiators, beams, etc.
- 50Hz power frequency sources
 - High-tension power distribution networks
 - Building wiring
 - Appliances
- Communications frequency sources
 - Radio sources

Cellular telephones & masts

Portable telephones & base-units

- Electrical Hyper-Sensitivity (Powerwatch)
- Resources- gadgets, meters etc

Contemporary Building Ecology

- Principles Of Building Biology
- Building Materials
- Passive Solar Design
- Solar Architecture
- Solar Heating - heat pumps, solar air heaters, solar water heaters, solar cookers, heat storage
- Energy conservation & insulation, including earth & turf covered

Water turbines, Wind generators, Batteries & storage, sell to grid, Biomass – methane, methanol, Wood, coppicing, Compost toilets