



NEWSLETTER

Autumn 2011

Ph: 1300 889 845 / Email: info@aces.edu.au / Web: www.aces.edu.au

WHAT'S NEWS?

Welcome

- 1 New Building biology course
- 2 Updated Feng Shui Course
- 3 Two case studies
- 4 Three book reviews
- 4 About ACES

Welcome

Welcome to the first edition of the Australian College of Environmental Studies Newsletter. In this issue, we have two case studies, three Book Reviews and the latest ACES news.

We would love to know what you would like to read about and would welcome your article contributions. Please send your feedback and contributions to info@aces.edu.au

Happy reading!

Did you know?

Cocamidopropyl betaine or coco betaine commonly found in 'natural' shampoos, body washes, hand soaps and laundry products was **voted allergen of the year** in 2004 by the American Contact Dermatitis Society. 'It is not used in any of the Abode Cleaning range.

Would you sell your house to follow what you believe in? We did!

Launched at the end of 2010, the **Abode cleaning products** have taken the health food industry by storm. Now located in almost every health food store in Victoria, they were painstakingly formulated over 4 years to ensure that they worked as well as the leading brands, but were also as safe for your family as they could be.

EXCLUSIVE OFFER: **20% off** any Abode product purchase with your first order in April.

New Building Biology Course!

Passionate about the environment?

Want a rewarding career helping people and generate a good income within 12 months?

As a result of public demand and the growing concerns about the health impacts of mould, chemical products, and electromagnetic fields arising from mobile phones and wireless technologies, the course has been revamped as a **Certificate IV in Building Biology** (22141VIC). Consisting of 8 subjects (includes 2 electives), students can complete the course within 12 months. Government funding (Austudy) available to eligible students.

Updated Feng Shui Course!

The new **Certificate IV in Feng Shui** (22140VIC) consists of 6 subjects (includes 1 elective). New students can chose from Business Skills OR Chinese Astrology as their elective – a great choice if you are doing the course out of self interest.

Phone: 1300 889 845 Website: www.aces.edu.au

CASE STUDIES

Despite the fact that most of us spend 90% of our time indoors, there is no legislation governing the presence of hazards that affect indoor air quality.

Case study 1: Mould Testing Anomalies

Written by Raphael Siket

There was a mould issue in a home where no visible mould was present but the smell was very musty and the employee was suffering classic symptoms of mould exposure. Her symptoms were:

- o Sore throat
- o Itchy eyes
- o Rash
- o Shallow breathing
- o Running nose
- o Fatigue
- o Headache
- o Sore gums and teeth
- o Tight chest

The sampling was conducted and the results all reflected acceptable levels of mould spores. Bewildered I called the Mycologist in during the discussions I mentioned that the carpets had been replaced 6 days before the sampling had been done. Apparently research papers have been written on the fact that new carpets act as a mould spore sink and attract the spores because of the static. This means that it is quite common to get low spore counts soon after new carpets are laid. However I wrote a report explaining this and the fact that I suspected hidden mould in a wall in the office that had guttering running above it on the outside. On inspection of the gutters as recommended in my report they found extensive damage and leaks everywhere. The employee suffering the symptoms has moved out and is working partly from home and partly from a separate office being set up on the site. It is a heritage listed building and so works will get underway to repair, remediate and restore to a good condition.

Case study 2: A leaking gas stove

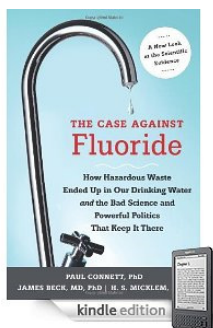
Written by Marianne Baker

Since moving into their new home, Maria and Geoff and their two children had regularly experienced respiratory and flu-like symptoms. Previously, they had all enjoyed quite good health. As they wanted to determine whether anything in the home could be contributing to their health issues, they asked Building Wellness to conduct an assessment to identify any health hazards that may require either further investigation or remediation.

After dowsing for geopathic stress, testing EMF and radio frequency levels at all positions where family members spent the most time, looking for signs of moisture incursion and mould growth and testing for general indoor air quality and leaking natural gas, the only hazard identified was leaking gas near the cooking stove in the kitchen and near the hydronic heating unit outside one of the bedrooms.

As exposure to high levels of natural gas can result in health concerns, including asthma, other respiratory issues and general ill health due to compromised immunity, the occupants were advised to have a qualified tradesman inspect the gas appliances in the home and fix the leaks as soon as possible. They were grateful for this finding, for while they had sometimes noticed the smell of gas in the kitchen, they had not realized that exposure to these fumes may have been adversely affecting their health.

BOOK REVIEWS *now available from the college shop...*



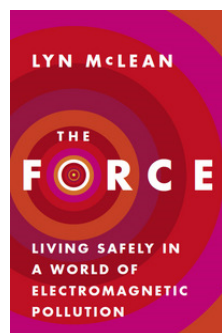
The Case Against Fluoride

(2010) Worth It. USA. 372 pages

Written by Dr Paul Connett

RRP \$39.95

Paul Connett, along with James Beck and H Micklem investigate the validity of water fluoridation, questioning the research behind its ability to prevent tooth decay. Now six decades on, they examine the mountain of evidence between fluoride and its devastating impact on the brain, endocrine system and bones. They look at how hazardous waste ended up in our drinking water and the bad science and powerful politics that keep it there. Easy to read and well researched citing hundreds of scientific papers, this book provides the final nail in the coffin for fluoride. So why do we continue to fluoridate our water supply?



The Force

(2011) Scribe Publications. Australia

Written by Lyn Mc Lean

380 pages RRP \$34.95

Technology infiltrates our lives so rapidly that few of us stop to consider the potential health implications. Yet could the technology designed to improve our lives actually be making us sick? Scientists have long believed that there is a link between health problems and radiation from mobile phones, wireless connections, powerlines, and electronic devices. Radiation has been linked to issues such as depression, fatigue, miscarriages, childhood leukaemia, and even brain tumours. Lyn McLean shows why electropollution is among the most important health issues of our time. Examining research from around the world, she explains how and why we are all at risk and offers practical, easy-to-understand advice for homeowners, parents, and employees wanting to reduce their exposure at home and in the workplace.



Healthy Home Healthy Family

(2010) Joshua Books. Australia

Written by Nicole Bijlsma

336 pages. RRP \$29.95

What can be more important than the health of your family?

Melbourne-based Building Biologist Nicole Bijlsma uncovers the sources of toxicity in our homes - mould, dust, electromagnetic fields, plastics, chemicals, water and more - and, substantiated by credible sources such as the WHO, links them to the rapid increase in illness in her new book, *Healthy Home Healthy Family*. Free checklists will enable you to assess your own home.

"In the past twenty years childhood allergies and Attention Deficit Hyperactivity Disorder have increased by 400%, one in four children have asthma, breast cancer has more than doubled since the 1960s, the age of puberty is dramatically declining, sperm count has dropped by 50% and IVF is where you go to have children. Could these conditions be linked to our homes? Building Biologists (investigators of the health hazards in and around the built environment) certainly think so!"

About Australian College of Environmental Studies

The Australian College of Environmental Studies was established in 1999 and offers the most amazing and innovative courses in creating healthy buildings anywhere in the world. Whether you are looking for a career in Feng Shui or building biology, seek to create a better environment or simply want to create a healthy home for you and your children, we have a course for you! Our Feng Shui course and Building Biology course are the first government accredited courses in Australia. We offer 12 ground breaking subjects covering everything from toxic mould, healthy building materials, electromagnetic field testing to feng shui, colour therapy and astrology training (just to name a few).

Phone: 1300 889 845 Website: www.aces.edu.au