

## Part One. INTRODUCTION

We begin this manual with a brief exploration of Building Biology®, the discipline providing the scientific justification for building homes with “breathing walls.”

At the outset of Part [One](#) (chapter [1](#)) we present a very brief history of twentieth-century construction in North America. This illustrates how, as society abandoned time-honored natural building materials and methods in favor of new technologies that significantly altered the physical characteristics of the structure (notably its “tightness” or “breathability”) as well as the chemical composition, residents increasingly experienced significant health problems.

Next we briefly document the origins of “Baubiologie” in Germany in response to similar health challenges followed by the import of and rise of the Building Biology® profession in North America (chapter [2](#)).

As explained in chapter [3](#), building biologists have much to offer homeowners and the building trade, including education and consultation on how to design and construct a healthy home. This process can be done affordably, with lasting benefits in reduced operational costs as well as high initial and retained market value.

We close our overview of Building Biology® with a discussion of how the profession’s emphasis on promoting *healthy, biocompatible* technology complements and reinforces the “green building” approach to protecting the environment (chapter [4](#)). We mention just a couple of instances where our recommendations differ from those commonly given by proponents of green building.

Finally, we summarize the twenty-five principles advanced by the founders of Building Biology® to guide the work of practitioners in the field (chapter [5](#)).