

## Your Building Biology WA Combined Mould and EMF Audit

Addressing both mould and EMF together is the best way to encourage recovery from mould/biotoxin exposure. Most clients that are susceptible to mould are also electrically sensitive to some degree. Many progressive doctors especially throughout Europe and the States will not treat patients who have not addressed both factors, this is due to the impact that electropollution can have on the parasympathetic nervous system which is required for healing and regeneration.

Please find a description of the two audits below.

A **mould** audit involves a comprehensive assessment of active, dormant and possible mould sources in the build, discussion of associated health concerns and detailed remediation recommendations.

As opposed to an Environmental Scientist or Industrial Hygienist, Mould Testing Technicians and Building Biologists measure exposures within the built environment (such as in the home) against a set of standards that have been developed independent of industry and are both health and scientifically based. Building Biology Standards accommodate for sensitive individuals, from infants to the elderly and those in poor health, and take into consideration factors such as prolonged exposure, synergist and cumulative effects.

The purpose of the mould assessment is to identify and determine sources and possible sources of mould, by undertaking the following:

- Visual inspection of both internal and external areas using the NIOSH mould and dampness tool as well as a comprehensive investigation of all surface areas.
- Moisture mapping for moisture content in building materials and additional infrared imaging.
- Assessment of ventilation, vapour movement and indoor air parameters.
- Laboratory testing\* of mould load in the residence.
- Evaluate mould exposure levels.
- Advise of remediation, if required.

\* No charge is added for the taking and packing of samples, however additional charges will be added at the rate of the laboratory charge.

An **Electrobiological (EMF)** audit involves a quantified measurement of electropollution, assessing its impact on human health and providing detailed recommendations to reduce exposure specific to your home or commercial space.

Your residential/commercial audit covers the 4 parameters of electropollution. The following 3 parameters mainly result from, or are a result of, the generation or use of electricity.

- **Low Frequency AC Magnetic Fields** – These fields are created as a result of current FLOWING through a conductor. The more power you are drawing, the bigger the magnetic field. A device must be plugged in and IN USE to create a magnetic field. These fields are measured in milligauss (mG) or nanotesla (nT) and can penetrate most things.

- **Low Frequency AC Electric Fields** – These fields exist due to the electrical pressure found in electrical appliances and household wiring, and are there provided power has access (leaked electrons). They exist even when the appliance is off, provided it is still plugged in and on at the switch, and extend up to around 1.2m from the source. These fields can easily reflect and refract and are measured in V/m.
- **Dirty Electricity (DE)** (also known as dirty mains, dirty power, or electrical pollution) is a term that describes the problem of electromagnetic noise on the mains wiring of a house. DE occupies a part of the spectrum in-between the power frequency fields created by powerlines and substations, and the microwaves produced by mobile phone masts and other wireless devices. This is measured in millivolts (mV) or Graham Stetzer units (GS units).

The fourth parameter, and by far the most controversial, is **Radiofrequencies (RF)**. RF are any of the electromagnetic wave frequencies that lie in the range extending from around 3 kHz to 300 GHz, which include those frequencies used for communications or radar signals. This category contains exposures from sources such as mobile phones, base stations, various communication devices, smart meters, gaming devices, computers and all other things wireless.

Each parameter is measured in a particular way, against a health-based standard for that type of exposure, and carries with it its own health concerns, unique to the way it interacts with the human body and environment. Each parameter is remedied separate form another.

The purpose of the audit is to identify and measure sources, and possible sources, of EMF and RF exposure, discussion of associated health concerns and detailed remediation recommendations.

### **What to Expect**

After your initial phone or email conversation, you will receive a set of questionnaires, to be completed and returned within 3 days of the audit. From the questionnaires, the Mould Testing Technician or Building Biologist will assess your current health concerns, behaviour in relation to the presence of moisture and the build itself.

We ask that for mould assessments, the house be kept closed up for 48 hours prior. It is ok to enter and exit the premises, however the windows and doors should remain closed so as to limit any outdoor air exchange.

**On the day of your audit**, your Mould Testing Technician or Building Biologist will arrive at the agreed time. There will be time, at the beginning of the audit, to discuss any questions you may have had in regard to the questionnaire and discuss any other relevant concerns.

The onsite component of the audit will take approximately 4 hours, depending on the level of moisture, mould and/or water damage, and the build itself.

After the audit, the Mould Testing Technician (or Building Biologist) may provide some feedback and suggested practices or recommendation to start with in the interim, before your report is received.

Your invoice will be issued post completion of your audit and requires payment prior to the release of the report.

**Your (standard) report** will be provided approximately 10-14 *business* days of your onsite assessment, depending on the type of laboratory samples taken (if any). Your report will contain a brief summary of exposures (which can be emailed separately if passing on to a referring specialist or practitioner), background and additional information around each of the environmental exposures assessed, the findings and quantified exposures, associated health concerns and a full list of recommendations and remediation outcomes, as well as a link to the photographs taken onsite. (A formal, more comprehensive report can be prepared, on request. Please note that additional charges apply for a formal report and requests need to be made prior to the audit commencing.)

Building Biology WA wish to make sure that you fully understand the contents of your report and how to implement the recommendations suggested, to create a safe space for you and your family. For this reason, we encourage clients to email us their queries once they have read their report, if there is anything they don't understand.

\* All costs except laboratory tests are included in the cost of the quoted audit.

\* Laboratory tests are kept to a minimum, unless requested by the occupant. The number of tests recommended will be discussed with you at the time of the audit, prior to these costs being incurred.

*IT IS A BUILDING BIOLOGISTS JOB NOT TO ADD TO THE BODY'S LOAD (MEDICINES AND SUPPLEMENTS),  
BUT TO TAKE AWAY FACTORS/TOXICANTS THAT BURDEN THE BODY.*