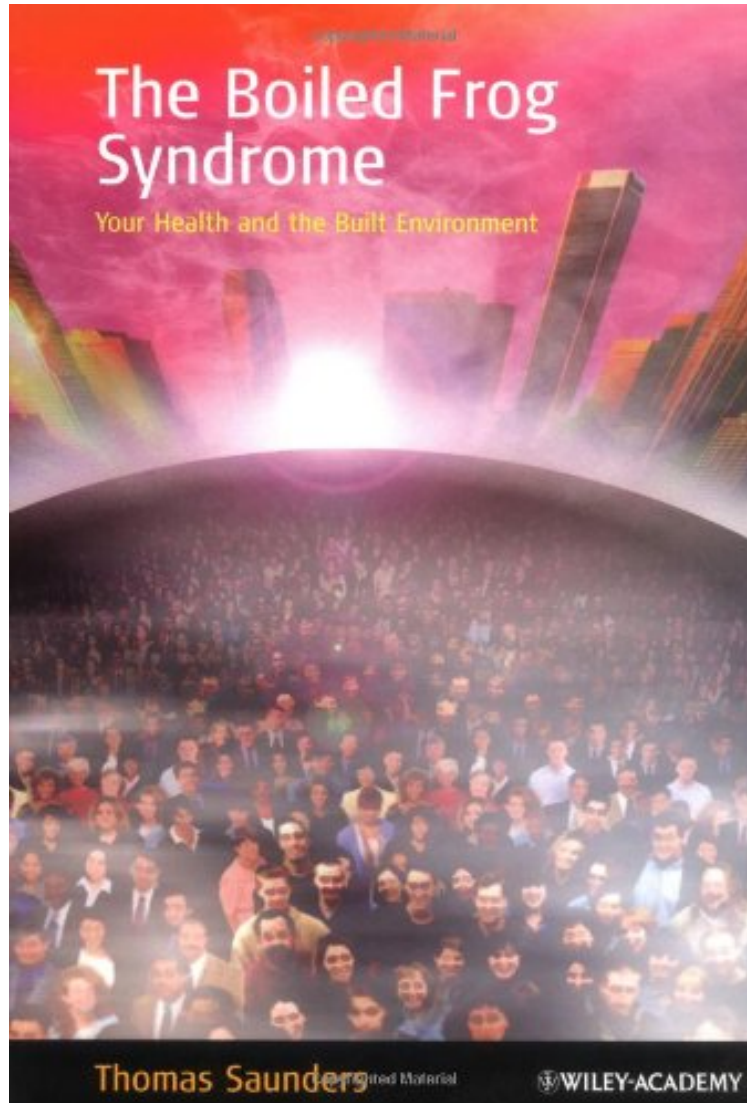


The Boiled Frog Syndrome: Your Health and the Built Environment

Thomas Saunders

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Thomas Saunders : The Boiled Frog Syndrome: Your Health and the Built Environment before purchasing it in order to gage whether or not it would be worth my time, and all praised The Boiled Frog Syndrome: Your Health and the Built Environment:

0 of 0 people found the following review helpful. A very interesting book with lots of information.By carolina katzI liked the title and the cover, and the inside did not disappoint me. If one has electrosensitivity it has quite some informational gems in it backed up by good references. It also makes one look at architecture and city planning from a more Bau Biology perspective.In short it makes you think and it is good to read it twice.0 of 0 people found the

following review helpful. This is an amazing book which reveals how location, orientation, sacred geometry, and so much more contribute to the health of a structure and those who enter it. 0 of 0 people found the following review helpful. Fantastic! By Francisca Right now we are living in a temporary apartment in Switzerland, a very modern, state of the art place, which would make all the green fanatics proud! Indeed something to show off but whether it is suitable for human accommodation I am not sure about but you be the judges of that! The insulation is superb.... So good that we didn't need heating the whole winter (and it gets bitterly cold here....). Better than that... we didn't heat it at all and still we were feeling quite hot most of the time, especially at night! The bad part is that sleeping is difficult, even with thin covers and we didn't get to enjoy the underfloor heating or the warm towels in the bathroom. There doesn't seem to be any heat source but the apartments upstairs also have underfloor heating, could that be the problem (the ceiling is high, we can't reach it)? But heating goes up, not down.... Down from us are cellars and those are not heated. The bottom line is that we had to keep the windows regularly open the whole winter and even then it was quite warm inside. When we first arrived at the beginning of the winter the temperature without heating was usually between 23°C and 26°C. As the winter progressed it was never under 22°C. We have recently been away for a week and left one window open. When we came back we were happy to see that the temperature was down to 19°C for the first time but it has climbed back up again, although April has been quite cold. This all to tell you why I decided to read this book! What on earth is going on here? And what are the repercussions on the human health? I started hearing about the Sick Building Syndrome many years ago but back then it seemed to apply only to office buildings, till we became so obsessed with saving energy that they started applying the norms to any building. These are buildings where no air circulates and you notice that if you leave for a while and come back into a room that seems to have been closed forever, instead of maybe a couple of hours. Keeping the windows open too long during the winter is a problem as the air inside becomes too dry, now the weather is getting better it is quite warm inside but also very humid. I think that there aren't many people living in this type of buildings yet, although there are many working in them so the effects are not known but just think.... People will be living in such an environment and working in a similar one as well, it can't be good.... This is a very comprehensive book about all kinds of hazards you can come across in modern buildings, how we used to build, how problems were solved in the past and about architecture through the millenniums. Now we even have the Sick Plane Syndrome! Sickness all around! Read about the "conditioned" air we breathe (even when no airco is needed!), negative ion depletion, noise, light and colour, geopathic stress, etc, and every time the author suggests how to avoid these problems. He also gives you lists of further books you might be interested in. There is a very interesting chapter about Electromagnetic radiation. Within it the bit about Energy Fields and "sacred" sites is fascinating. Luckily people are becoming better informed and there are already a lot of people who won't buy a house under power transmission lines, for example, but after reading this book I think that all of you will come to the conclusion that we don't know enough about all the dangers surrounding us, and if we are not informed we can't avoid them! Read about risks associated with modern day gadgets and how to minimize them, maybe that will convince you that you actually don't need quite a lot of them or else, if you are addicted you will know what you are doing to yourself and especially to your kids, because they suffer even more than us adults, sometimes paying with for it with their own lives! This is a book any parent should read! There is also quite a bit of history about the master builders of the past and a chapter that will fascinate a lot of you but which was lost on me: The Mystical Language of Numbers! I am sure my husband will thoroughly enjoy it! This book was a true revelation, very well written, sometimes scary but very necessary! And what is the Boiled Frog Syndrome? If you drop a frog in a pan of hot water he will get used to the temperature more and more till he ends up cooked. We are a bit like that.... We get used to more and more hazards, nothing seems to hurt us till one day it is finished, how bodies can take no more!

The last century saw a dramatic increase in urban-related illnesses. Poor office design, glaring lights and bad ventilation, gave rise to the condition "Sick Building Syndrome", and heavily polluted, built-up environments, resulted in the growth of allergies and asthma. The aptly titled Boiled Frog Syndrome presents a vital, urban survival guide, offering solutions and remedies to our inner-city malaise. This volume is an essential guide for architects and urban planners. The book offers innovative design solutions to combat the negative effects on occupants' health, enabling the architect to design and build healthier and stress-free urban environments.

"hellip;a thoughtful, important and timely book which can help to reconnect us with forgotten truths whilst moving forward to a healthy and delightful experience of architecturehellip;" (Building for a Future, Autumn 2002) "hellip;this book is significant for facilities managers and other professionals who have to address organisational healthhellip;" (Facilities, Vol.21, No.1/2, 2003) "hellip;thought-provokinghellip;" (Environmental Health Journal, March 2003) "hellip;fascinating bookhellip;" (HD (The Journal for Healthcare Design and Development) May 2003) From the Back Cover A frog jumps into a pot of water which is gradually being heated. As the water gets warmer, the frog adjusts its body temperature and continues to adjust to the increasing water temperature until, ultimately, the frog is boiled alive. Like the frog, we keep adjusting and reacting to the increasing health and ecological hazards to satisfy our

expectations and demands for more comforts, greater convenience and easier living. Despite our Western materialism, few people seem to be satisfied and content. The Boiled Frog Syndrome presents compelling evidence to show that the source of the majority of the Western diseases of civilisation that have multiplied over the past 100 years, ranging from cancers to debilitating sicknesses and allergies, can be traced to the modern built environment, our increasing exposure to electromagnetic radiation and the indiscriminate use of untested advanced technology. It is also due, in part, to the 20th century's repudiation of perennial wisdom. Our physical, mental and spiritual wellbeing will depend on our endeavours to bring about fundamental changes to combat the hazards. But how can this be done? And what can we - the so-called ordinary people - do about it? The text explores how our subtle energy sensitivities respond to the external environment and suggests the steps we can take to ensure our homes and workplaces are safe and conducive to our continued good health. For this it draws on common sense and the author's personal experience as a practising architect and consultant. It is also based on the wisdom and teachings of the past, gleaned from those who knew how to create a healthy, harmonious environment. This book provides the reader with the 'ammunition' to challenge the attitudes of the practitioners and their teaching institutions who are engaged in the built environment. "A tour de force. This book is both visionary and immensely practical, giving advice from which we can all benefit." David Lorimer, Project Director, Scientific and Medical Network "This book demands attention from first to last page, and will undoubtedly prove to be a formative and informative influence on every reader." Roger Coghill, Director, Coghill Research Laboratories "Thomas Saunders' book could not come at a more relevant moment when events remind us that we must have respect for the environment in which we live - otherwise we will cease to live. A complex, fascinating, always open-minded attempt to show us how to challenge the Establishment." Maureen Lipman, actress "An eye-opening, life-enhancing book." Neville Hodgkinson, formerly medical and science correspondent to The Sunday Times "A fascinating book. Whatever your views, prejudices or assumptions, Thomas Saunders brings new perspectives to important global environmental and design issues affecting the future of our planet." Robert Rowland, former Editor of the BBC's 'Money Programme' and 'Panorama' and Head of BBC Open University Production Centre "Thomas Saunders' fascinating new book offers us all a wake-up call for the way we are living our lives. He convinces us that we can play a part, however small, in changing both our personal and global environments. The Boiled Frog Syndrome is a book that can truly make a difference." Les Dennis, entertainer "Thomas Saunders effectively links the seemingly mutually exclusive worlds of ancient arts and skills, modern sciences, humanity and design to weave a compelling story that makes these arcane subjects accessible to all. This book is suitable for general reading and should also become a standard text for architecture and design students and other professionals. After reading The Boiled Frog Syndrome we will never look at the world in the same way again." Peter Ullathorne, JP RIBA AADipl. FRSA AAIA, Vice President, HOK International, London