Chapter 1: Why we need to act
- The true cost of progress
- The four dog defence
- Genetics loads the gun, the environment pulls the trigger
- Why we need to act
- What we need to do
- What is Building Biology?

Chapter 2: Allergens
- Allergies and the gut microbiome
- Allergens in the home
- House dust mites
- Pet allergens
- Pest allergens
- Plant allergens
- Chemicals that may trigger allergies
- Mould, biotoxins and water-damaged buildings
- Disease causing germs
- Creating a low allergy home
- Identify the source of exposure
- Lower humidity levels
- Reduce the dust load
- Improve ventilation
- Use radiant heat to warm the home
- Use an allergy friendly vacuum cleaner
- Use an air purifier
- The role of plants

Chapter 3: Chemicals (toxicants)
- Toxins are everywhere, and in everyone
- Chemical testing and exposure standards are inadequate
- Who is susceptible to toxicants?
- Health effects attributed to toxicants
- Toxicants in the home
- Air fresheners, fragrances, perfume and incense
- Baby bottles, sippy cups, dummies and teats
- Bedding
- Building materials
- Cleaning products
- Clothing
- Cookware
- Environmental tobacco smoke (ETS)
- Food packaging and bottles
- Furnishings
- Hair products
- Heating sources
- Kettles and urns
- Makeup
- Personal care products
- Pesticides
- Dealing with pests in the home
- Plastics
- Sunscreens
- Tanning agents
- Tattoos - Think before you ink
- Toys
- Vehicle exhaust

Chapter 4: Electromagnetic fields
- Terrestrial radiation versus man-made radiation
- The electromagnetic field debate - friend or foe?
- Types of electromagnetic fields in the home
- Exposure standards and why they are inadequate
- How electromagnetic fields affect the body
- Health effects attributed to electromagnetic fields
- Who is susceptible to electromagnetic fields?
- Testing electromagnetic fields
- Sources of AC electromagnetic fields in the home
- Sources outside the home
- Sources inside the home
- Sources of radiofrequencies
- Sources outside the home
- Sources inside the home
- Radioactivity
- Nuclear testing in Australia
- Radon gas
- Health effects attributed to radioactive particles
- Sources of radioactivity in the home
- Testing for radioactivity
- Tips to reduce your exposure to radon gas
- Sacred sites and geopathic stress
- Geopathic stress zones
- Health concerns
- Signs of geopathic stress
- Testing for geopathic stress
- Solutions

Chapter 5: Drinking water
- Tap water
- Aluminium
- Asbestos
- Chlorine and its by-products
- Copper
- Fluoride
- Lead
- Microorganisms
- Pesticides
- Polyvinyl chloride
- Recycled waste water
- Water filter systems for tap water
- Tank water
- Contaminants in tank water
- Choosing a water tank
- Water filter systems for tank water
- Bore and well water
- Contaminants in bore/well water
- Water filter systems for bore/well water
- Bottled water
- Concerns with bottled water
- Water filters - are they necessary?

Chapter 6: Building and renovating
- Key principles to building a healthy home
- Location, location, location
- Identify health hazards before renovating or demolishing
- Asbestos
- Synthetic mineral fibres
- Lead paint
- Treated timber
- Prevent condensation and mould-related problems
- Minimise exposure to harmful electromagnetic fields
- Minimise exposure to harmful toxicants
- Choose heating and cooling systems suitable for allergy sufferers
- Choose healthier lighting options
- Implement integrated pest management control
- Tips before you move into your new home

Chapter 7: Checklists to assess the home
- Table 1: Site (land) checklist
- Table 2: Allergy checklist
- Table 3: Electromagnetic field checklist
- Table 4: Drinking water checklist

Useful websites
References