



# The Living Elements of Healthy Building Design

*Janus Welton AIA BBEI Architect*

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Based on 15 years of wide ranging study, THE LIVING ELEMENTS OF HEALTHY BUILDING DESIGN is the first in a series of guidebooks that accompany workshops of the same name to educate and clarify the impact of current building practices and materials on the indoor environment and human health in a form accessible to laypersons and professionals alike—from homeowner to non technical designer. To simplify and substantiate this wealth of information, the author organizes the material through the lens of the Living Elements: Earth, Metal, Water, Wood, Air, and Fire—emphasizing the interrelationship between human life, the earth, and the cosmos. This reference and its companion volumes (soon to be published) supports the concept of "Conscious Architecture", an innovative and integrated model of architecture and design that inspires harmonious structures, where natural elements purposefully intermingle with form, color, light, and sound to create holistic and healthy buildings that contain and reflect the wholeness of nature and its expression in the human spirit.

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