

## Well Building Standard

00;00;00;00 - 00;00;19;20

Karen Brown

Does your home contribute to your health? Or does it contribute to allergies? Or maybe sleep disruption? Is it a place of relaxation where you can see green spaces? Or is your view concrete towers? It all matters and the International Well Building Institute provides a standard to guide us in making changes to support our health. It's called the Well Building Standard.

00;00;19;27 - 00;00;42;19

Karen Brown

Today's guest is Linda Kafka, and among her many other talents and credentials, she is a well accredited professional. Today, we are absolutely thrilled to welcome back Linda Kafka. If you didn't catch our previous podcast with her, look back over our podcast because you will love that one. But today we're going to talk about the Well Building Standard. What is that?

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Karen Brown

Well, Linda is going to tell us if you could give us the Well Building Standard 101 and tell us a little bit about it, that would be just terrific. Linda.

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Linda Kafka

Hey, Karen, it's great to be back. Thank you for having me. And yes, I am, Well AP accredited. And, this is not a term that the average consumer would know about. It's really a trade term or, something that the trades, especially interior designers and architects, use in building. And so what it is, it's really about how the elements within the building and I'm talking commercial buildings at this point, or health care or hospitality or educational, any public type of buildings.

00;01;22;03 - 00;01;48;14

Linda Kafka

How do those elements affect us as human beings and our 11 body systems, and why I study this and why I became while AP is there's so much information in the world building standards that I can take to the residential environment, I truly believe everything happens at home. Everything begins at home. And so, you know, if you've got bad indoor air quality, poor lighting, you know, acoustics, it's going to affect you.

00;01;48;14 - 00;02;02;10

Linda Kafka

And then you go out into the world. And as we all know, and I don't really need to repeat this, but I'm going to say it for argument's sake. We spend a significant amount of time indoors. We spend more than 90% of our time indoors. So think about it.

00;02;02;13 - 00;02;04;29

Karen Brown

Some would say too much.

00;02;05;02 - 00;02;29;01

Linda Kafka

Yeah, too much. You spend it inside your home, you spend it inside vehicles. Because most of us live in very car centric, environments or cities or, you know, even, suburban urban, like, they're very car centric. You've got, offices that we work in, schools that we go to, shopping malls that we, we, spend our money in entertainment places.

00;02;29;04 - 00;02;55;23

Linda Kafka

We're constantly in the built environment. And so the Well Building, I decided to pursue the Well Building standards and become accredited in that because I wanted to really understand how these various elements within our space affect us. And unfortunately, we don't I mean, it's just really coming, you know, into play now, but we really never had a focus on residential.

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Linda Kafka

It was always really about commercial. And so when you think about this, we go around the world, they make these buildings better for us to to work in or to or to thrive in. And then we go home and we come into an environment that is not so healthy. So in a nutshell, the Well Building Standards was really developed to look at how the built environment and the elements in the built environment affect our body and our body systems, including our mind.

00;03;23;18 - 00;03;43;15

Linda Kafka

And so we look at in the Well Building Standards, we look at seven concepts. I believe it is. So we're looking at the water, the water quality. You're looking at the lighting, you're looking at the air. Nourishment is one and I'll explain that one. We've got fitness within those buildings. So you know, the walkability to the buildings.

00;03;43;17 - 00;04;03;01

Linda Kafka

use the use of stairwells, use of stairs as opposed to elevators and then we also talk about comfort in mind. So let me give you an example. Air, light probably the lard and water, probably the largest of the categories. I want to look at air to to begin with. We've got we bring into our environment a lot of pollutants.

00;04;03;04 - 00;04;24;26

Linda Kafka

Everyone of you listening knows that we bring in a particulate matter, a very small or slightly larger sizes. it comes in all shapes and forms. We poison the air in so many different ways. A great example, and many people can really relate to this. Is that new car smell? Oh my God, my mother, she said she loves the new car smell.

00;04;24;26 - 00;04;26;29

Linda Kafka

And I say, you do realize how toxic that is.

00;04;27;03 - 00;04;34;04

Karen Brown

You can buy spray to spray in your car that mimics the new car smell. I know, even worse, right?

00;04;34;06 - 00;04;59;20

Linda Kafka

Great! Even worse. Because now you're putting all those little particulate matter in the air. What's happening is we're breathing it in. And so so the Well Building Standards, what it does, is it, it's a building assessment, that if you follow, whether you're renovating the building or you're building new, if you follow these standards, you can receive, you know, a silver or gold or platinum, certification on the building to say that this building is well certified.

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Linda Kafka

And we've taken into consideration all these different things that can affect the human. We don't yet. I want to say we don't we aren't really pushing that in the residential sector. So we are exposed to a lot of different things that that we bring into our homes or things that we, you know, like light, that are already existing in our home that affect our hormones, affects, you know, our recovery if we're ill, affects our immune system, affects our nervous system, you know, in very small ways.

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Linda Kafka

But over time, it adds up and so when you're doing renovations and why I like to have this conversation with people, especially aging in place, you know, when you're when you're doing renovations, for instance, you're really degrading the air quality within your space, your, perhaps, you know, breaking through walls that God knows what's in them and, and God forbid, I hope there's no asbestos in those walls.

00;05;53;15 - 00;06;23;29

Linda Kafka

But, you know, which you would have to do some type of mitigation for. But you're bringing that drywall dust, you know, you've got the, off gassing of, of flooring, you've got the off

gassing of paints, you know, all the materials, everything has an off gassing to it. And so if you're working with renovators, you want to really make sure that your renovator is cognizant of the fact that that all of these products, I mean, they they're aware of the fact that they off gas, but you want to make sure that they're cognizant of the fact that, you know, you don't want that happening within your space, especially if you've got somebody that's got

00;06;24;02 - 00;06;45;14

Linda Kafka

respiratory problems or other allergies or so on. And so you want to know their cleaning protocols, you know, if they're, if they're, creating any kinds of dust in your, in your environment, how are they mitigating that or reducing that. How are they cleaning up afterwards? Are they even, going so far as to clean the filters in the furnace to make sure that it's not just, you know, recirculating through your space?

00;06;45;16 - 00;07;04;27

Linda Kafka

So there's a lot of things that you want to consider. And, and when I look at the Well Building Standards, why it's important to me too, is that it also identifies what body system it affects. So if you look at, for instance, lighting and lighting is, oh my God, lighting is so complicated. It's even complicated for people that work in the industry.

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Linda Kafka

But we've got so many new products out there, the LED lights that, that emit, a blue light and blue light suppresses our melatonin, affects our hormones. We don't we can't fall asleep. We need that melatonin. think of think of the way the sun works. Circadian lighting, you know, early in the morning comes up at peaks at lunchtime and then at dinner time starts to move towards rests and put our body into that restful state.

00;07;27;28 - 00;07;50;19

Linda Kafka

And we're producing melatonin. So that we can fall asleep. Now you've got, you put blue light or, lighting into your space. That is disrupts your, your sleep patterns. It's going to be harder to fall asleep and to stay asleep. And so you've got a whole bunch of problems that can arise. And so by understanding the, well building standards, you can take a lot of this information.

00;07;50;25 - 00;08;22;19

Linda Kafka

And by the way, it's downloadable for free. So you just have to type in Well Building Standards and look at some of the things that they're doing in the commercial spaces and bring that into your own home, or at least have that conversation with your renovator. How are you actually, you know, looking at our health and our wellbeing with this aging in place renovation that we're doing, because it's not just, isolated aging, a place, zero threshold showers, wide doors, put lever handles, and it's also about our health and our wellbeing.

00;08;22;22 - 00;08;30;00

Linda Kafka

And so what are you doing to make sure that you're not introducing problems that I'm going to have to deal with at a later date?

00;08;30;02 - 00;08;51;23

Karen Brown

The first time I remember hearing about the importance of air and light in our environment was at the LivAble Design Summit, which Linda founded. For those of you who don't know tremendously educational platform, but over the space of a couple of years, the first year I heard about it, I heard about it, and I thought, well, isn't that interesting?

00;08;51;26 - 00;09;14;22

Karen Brown

The second year, though, I really took it in and there was a really good talk. I'm sorry. I don't remember the name of the individual who gave it, but it was about air quality. And I very quickly, while he was talking, did some research on air filters. At the time, I was

living in a condo and all I could think of was, I'm breathing the same air as all these people in the condo.

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Karen Brown

It's not just me, it's everybody who lives in this condo. And I ran out at the end of that day's events to Canadian Tire, and I bought two of the air filters that were highly recommended and brought them home. And I noticed a difference by the next morning, and I just went, so much better. That Hepa filter.

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Karen Brown

Very important right.

00;09;37;06 - 00;10;01;05

Linda Kafka

Now. Very important because you've got filters that will filter out different scents and smells. You've got other ones that will filter out the tiniest particulate matter. you know, we introduce the most the most toxic, room in our home is the kitchen. It's the most polluted thing. Like, why why would that be the most polluted? Depending on the device that you're cooking on, it's depending on, on oils and the foods that you're cooking.

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Linda Kafka

You're releasing a lot of carbons and brown carbons into the air toast, for instance. Just toast in the toaster, brown carbon coming into your air. You've got, cleaning supplies. You've got human beings in there. We emit formaldehyde off of our bodies and others, like, there's so many things that are coming into that one little space that is so toxic.

00;10;19;02 - 00;10;39;14

Linda Kafka

And so one of the things that's really important within that space is making sure that when you go to replace your appliances, that you're not just looking at the actual, hey, this great stove and range in this great refrigerator, in this microwave, in this



dishwasher. But the vent hood and there's some really great products out there. And if I'm allowed, am I allowed to mention a brand name?

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Karen Brown

Sure. Go ahead. Because we link to things that people recommend.

00;10;43;20 - 00;11;04;09

Linda Kafka

Go ahead. Okay. So one of my favorites is Fotile. It's a brand that comes out of China, the research and development, all in German, out of Germany. And then they have their own pristine facilities in China that actually build these, these, they, they do they have multiple products, appliances for the kitchen, but their range hoods are incredible.

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Linda Kafka

And what I love about them is they have a VOC that would be, volatile organic compounds. Those are those off gassing that we, we smell, the new car smell. It can detect if there's an elevation in VOCs or, toxins in your space and it will automatically turn the, fan on, so you don't even have to think about it.

00;11;29;08 - 00;11;48;07

Linda Kafka

It does all the thinking for you. And that's the kind of products you want in your space because you can't smell. You don't know when you're breathing in all this particular matter. Yes, you might be able to identify a new car, smell, but you've got, you know, you know, dust and debris and things that come in, you know, just on the bottom of your shoes, onto your carpet area.

00;11;48;07 - 00;12;06;23

Linda Kafka

If you're the kind of person to walk in your home that way, you're introducing so many different things into your home, you don't know how polluted your area is. And that's what I like about these



devices that are constantly monitoring the air quality and then automatically turn on to, to clean the air for you.

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Karen Brown

Just a little side note, Fotile makes an absolutely amazing in-sink dishwasher. So for right, isn't it great? So for anybody who wants to age in place and that bending to get at the dishwasher under the counter, I mean, you don't really have to put dishwashers on the floor. They can be raised up. But let's skip by that if you if that becomes too difficult for you, this dishwasher I love it.

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Linda Kafka

I know, I know and I'm so excited. It does more than just that. So it literally is a sink and a dishwasher. And it sits right into the counters. One unit. And so the dishwasher itself will hold up to four place settings. But this is the part I really like.

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Karen Brown

Me too. I know what you're going to say and I love it too.

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Linda Kafka

Most people don't know about this. It has a feature on the dishwasher that actually you can put your fruits and vegetables in it, and it will clean the pesticides off of our fruits and vegetables. And so that setting is superb. It's not it's not a big unit, but it's a good size unit. So you've got your sink on one side, your dishwasher, your dishwasher.

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Linda Kafka

That also, can clean the pesticides also, and sterilize, you know, fruits, vegetables. It depends on the setting you put on bottles, all kinds of things. And so I think you've got like you've got that three and one that's really going to, support your health and wellness journey and your aging journey.

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Karen Brown

The one downside of it is that if you are somebody who cooks a lot with pots and pans, there really isn't enough room for it. But I think the plus minus on that with the if you get the, the ramped up model, there are two models at least the last time I looked there were two models. There's the basic just does your dishes, the ramped up model does the fruits and vegetables and the plus minus on that model - I,Äll wash pots and pans.

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Linda Kafka

Yeah. You know what? also, you have to remember, when we had that, when we did our podcast about aging in place and I talked about, the different things that you need to do before you actually go through your renovation.

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Karen Brown

Absolutely.

00;14;11;03 - 00;14;30;13

Linda Kafka

That part of that conversation is about how much more am I going to be the entertainment home. As much as we want to keep tradition, at some point you have to say, you know what? It's time to pass that baton on to my daughter in law, or my daughter, or my son, or my son in law or my, you know, my other family members, my my, my sisters or siblings.

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Linda Kafka

It's time to pass it on. And let other people do that heavy cooking. And how often do we really do it? Like, you know, you've got how many holidays are you really cooking for? And so you're right, the offset of that is, you know, you've got the advantage of of a great dishwasher. It's easy to reach, no bending.

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Linda Kafka

You can take the upper, upgraded model, have that, three in one where it's cleaning your fruits and vegetables so you're not constantly eating toxins and poisons, which were, you know, our, our producer is covered with them. you can have that, and, you know, as opposed to having to cook the, the meals and do the big pans and all that stuff, like it's a point where you stop doing all that stuff and you let you let others do it right.

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Karen Brown

And and back to stoves for a minute. When I moved into the house I'm in now, I so desperately wanted a gas stove because I love cooking on a gas cooktop, but I paid attention to all the stuff that was being talked about at the summit and I got an induction. I have a gas barbecue out on the patio outdoors.

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Karen Brown

I can you can actually, I've cooked pies on a gas barbecue before. I mean, you can do anything out there on a gas barbecue that you can do indoors. I love my induction stove.

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Linda Kafka

It,Âs, you know, it's so important. About five years ago, I was talking to a, an appliance dealer, a retailer about, gas stoves. And we at that time, we were already hearing from California that they are looking to ban the gas stoves because they emit so much carbon and there's so much pollution that comes off of them, and they're not good for the environment either.

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Linda Kafka

And so, so I really got you know, I kind of that was their number one seller. So you know to hear that this is not good and you should not be selling these and you should be moving towards other appliances. And and it did not that conversation did not go over well. But having said that, I still stand by the fact that, you know, introducing and I had a gas stove.

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Linda Kafka

My son was he was going through culinary and chefs prefer to cook on gas. And I loved the idea, not just the cooking on the gas, but I also love more that whenever there was a power failure, my gas stove would always work. So that's one of the main reasons why I got it. And and but it does pollute the kitchen.

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Linda Kafka

And you have to be aware and if you are going to keep your gas stove, which is aging in place, it's not a good product. Induction is much better. But it's true. But make sure you've got, a hood fan that really does extract the pollutants that come off of gas cooking.

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Karen Brown

Absolutely.

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Linda Kafka

It's learned that in the Well, like you learn, you won't learn per se about residential appliances in the world building standards, but you'll learn enough about the air pollutants and how to mitigate that and the results of what it actually does to our bodies. And so that's why I like the Well Building Standards, because it gives me some kind of framework or guideline to work with.

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Karen Brown

Right. So once you understand some of the guidance that's being given, you can apply that to the residential environment. Now you talked also about lighting and the importance of that. And and I agree, as I get older lighting becomes increasingly important.

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Linda Kafka

Yeah. You know what we have one almost every home you go into, every environment you go into, there's one kind of one setting on and off on your lighting. yes. People have dimmable switches.

They kind of, you know, create those for mood. And, you know, in the evening you want to kind of have it a little bit more, a darker.

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Linda Kafka

And, you know, if you're entertaining, it sets the mood or whatever. But here's the thing. Here's the thing that, you know, that's really important is that we're moving towards circadian lighting. And as I said earlier, circadian lighting is a rhythm. It's a rhythm within our our bodies, our circadian rhythm. It moves with the sun. So as the sun comes up it's at its peak.

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Linda Kafka

It starts to go down. We get ready for sleep, and then the cycle starts all over again. And what we're seeing is more and more companies starting to introduce circadian lighting systems. So they're available in the home and through the well building standards. there is a lot of discussion on light, and it talks about artificial versus natural light.

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Linda Kafka

So we really want to encourage natural light wherever we can within our spaces. So if you can add those skylights or you can widen or increase the size of windows, it's not just the light coming through, but it's also the views that you might be able to get the views of nature if you're fortunate enough and you don't live in a concrete city or a glass city, as Toronto has become.

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Linda Kafka

But, that's really important. And as a matter of fact, I'm heading to Sweden at the end of, the summer to study the impact of darkness on the human. And so what better country than the Nordic? Because they they have a lot, less light, and they spend a lot more time in darkness or have a lot more dark hours.

00;19;31;14 - 00;19;43;11

Linda Kafka

And it can affect your mood. It can cause depression. There's so many, issues that come with poor and, bad lighting and especially artificial lighting.

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Karen Brown

Right. And now you're talking about affecting mood. Do I remember correctly that emotions are one of the categories of the Well design, built building standard, or how things affect your emotions?

00;19;59;11 - 00;20;24;00

Linda Kafka

Well, actually, you know what? That's really more. And then on a future podcast, as I talked about neuroesthetics, okay. And you know, and and how, you know, that was kind of, a journey that I had gone on educational wise. And as I teach interior designers and design professionals and renovators about our built environment, emotions and how we connect to our space is is very much important.

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Linda Kafka

And it's we are in the century of biology now. And yes, the well building standards is starting to recognize and look at neuroscience. So that's our brain. I look at neuroesthetics. So our brain on beauty. Beauty obviously is subjective, but there are elements to create environments that are beautifully, esthetically beautiful. Nature is probably one of the best examples.

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Linda Kafka

We have, a balance of organized complexity. We've got fractal patterning for those that don't know fractals, and we'll talk more about this if if you'll invite me back, I'd love to do a presentation on biophilic design.

00;20;58;02 - 00;20;59;26

Karen Brown

100%. We'll have you back. Yeah.

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Linda Kafka

We'll talk more on that one. But, the idea here is to see, you know, you want to. It's not just how we like aging in place. If I had to bring it down to the most basic, like, I mean, like simplest terms, it's really about vertical and horizontal circulation and range and reach. So how we get into a space, how we maneuver on that ground floor horizontally, how we get up to other levels if we're down to the basement, the range and the reach that we have, whether it's up or down, I'm crossing my, you know, across this way or whatever, outlets, you know, you don't want your outlets to be too

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Linda Kafka

low to the ground. You want to raise them up so you're not having to bend down and reach, think of yourself in a chair position. If you had to reach up to touch the thermostat or turn lights on. So that's kind of aging in place. Then we move towards the Well Building Standards, which is about how our body systems, whether it's our endocrine or, you know, like our the glands in our body or the organs in our body that our skin, our respiratory or even our, brain nervous system, there's 11 of them.

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Linda Kafka

How they all react to what we've brought into those environments. And that would be, like I said earlier, the water, the light, the air, you know, it's looking at all those and how it affects us. And then the next phase that I've gone towards, the final phase is how do we emotionally connect to our spaces. So yeah, emotions is part of it.

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Linda Kafka

And so in the Well Building Standards we look at emotions could affect everything. So acoustics for instance, they've done a lot of research. in the commercial world or the, the workplace world that, you know, employees have stated that, you know, one of the



biggest stresses that they have is acoustics when they're working in an open floor plan and hearing conversations, being distracted, people overhearing them noise, it's happening down there.

00;22;58;26 - 00;23;22;08

Linda Kafka

That all, affects your stress levels. And so that affects your, your mood and so on. And, and your hormones. So you're increasing your, your, your cortisol. So that's your, you know, that, that that's the negative one. That's the kind of fight flight freeze. We want to be an arrest and digest where we're really feeling calm within our environment, lowering our blood pressure and so on.

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Linda Kafka

And so you're right. it does affect our our emotions and our emotions. And there are physiological responses to our environments. So what we want to do is we want to strive to have, better environments that not only we move through, not only, you know, support all of our body systems, but also support our emotions. And so you'll see that in the Well Building Standards.

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Linda Kafka

But there's a lot more beyond the Well Building Standards that talks to that.

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Karen Brown

I wonder, as I was listening to you talking about that and office spaces and people in little pods next door to each other, you know, during Covid, people started working in many industries at home, and now offices are wanting to bring them back and people are resisting. And I'm sure that it's partly because it's more convenient for them.

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Karen Brown

They don't spend money on transportation and clothing quite the same way, but I wonder if subconsciously there's something that in

their minds that understands that they are far more relaxed in an environment that isn't just cluttered and noisy.

00;24;30;21 - 00;24;52;05

Linda Kafka

Yes, because we're human beings, right? You know, we found it where we came from 40,000 years ago. Where were we 40,000 years ago? We were in nature. We were living in nature, and we evolved from nature and our bodies and our brains, you know, evolved over time. We have a natural affinity to places that make us feel.

00;24;52;05 - 00;25;10;03

Linda Kafka

We seek pleasure and we avoid pain. And, you know, to go to the office and you're in a space that has fluorescent lighting, no views out the window, you know, why is the the president always get the office with the windows and everybody else doesn't? Because there's a limited amount of windows and buildings. And so, you know, you're on the bottom of the totem pole.

00;25;10;03 - 00;25;31;24

Linda Kafka

You're getting the worst office. But I remember working, in an environment where, we were constantly moving our offices because we were leasing out the spaces that we would occupy, we'd renovate them for ourselves, and then we'd end up leasing them. And I remember one of the units that we were in, had fluorescent lighting. And 3:00, I mean, you could almost set your clock to it, around 3:00, 230, 3:00, 330.

00;25;31;24 - 00;25;53;27

Linda Kafka

We were all complaining about, headaches, and we were in a closed environment. We didn't know what time of day it was, you know? And so it really suppresses our, instinctual or, you know, our, our, our evolutionary inheritance of being connected to nature. And that's what we need to look at. We're in the century of biology, human biology.

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Linda Kafka

We're looking at so much research. I just got back from Boston studying emotions where we were looking at eye tracking, facial expression analysis, galvanic skin responses. and using that, how do we design better, have better design outcomes for health and well-being in the built environment. And so what you're finding is the trades, architects are certainly leading this.

00;26;19;21 - 00;26;48;21

Linda Kafka

Interior designers are getting behind it. product specialists, I mean, we're all starting to look at the built environment differently. Unfortunately, residential is the last frontier. That's the last place we look. Why? Because there's so many variable factors. Firstly, its budget, whether it's a new home build or it's your home that you're renovating, you know, DIY projects, you know, lack of knowledge of the new products that are coming out.

00;26;48;21 - 00;27;05;19

Linda Kafka

You know, there's so many reasons why, you know, the homes don't get. We don't have we're not up to speed in our homes is the way we are in the commercial world. But we're certainly consumers are starting to pay attention to this. You know, why do I feel really great in this particular room or in this particular environment?

00;27;05;19 - 00;27;33;29

Linda Kafka

And then when I go to my home or other places in my home, I'm not feeling so great. We look at, the function of your spaces. Everybody, you know, before Covid wanted all open concept. You tear down the walls, make it all open. And I'm not saying don't do that, but there's a downside to it. Now, during that pandemic time, we found ourselves working at home schooling at home, learning at home, entertaining at home, like cooking at home, all of those things.

00;27;34;01 - 00;27;56;13

Linda Kafka

And and we found that maybe it's not so good to put all those walls down because we don't have private zones. And remember, everyone in the family is functioning at a different level. So what motivates you might not motivate your your children or motivate your husband. And so we look at spaces. I'll give you another example. Like for instance, if you're creating an office at home, you might need it to be really focused.

00;27;56;13 - 00;28;34;26

Linda Kafka

So what does that mean in terms of temperature, lighting, colours, ergonomics of that of the furnishings, sit stand desk, so on. If laundry is a task that you absolutely hate to do, which some of us guilty, I hate to do, it piles up and piles up. maybe, you know, having it really a motivational brighter colors or favorite imagery or things that really make me excited to want to go into that space, even if it's just opening closet doors and the inside is painted in a in an exciting color, that kind of makes me jump.

00;28;34;29 - 00;28;59;15

Linda Kafka

you know, there's things we can do in our spaces to really help us from an emotional perspective. And although Well Building hasn't, really, I think the next versions will start to include more of that. There is a whole movement in neuroesthetics that I am, that I teach in and that I'm learning myself in, but I'm also teaching in on how we emotionally connect.

00;28;59;18 - 00;29;11;08

Linda Kafka

Right. So how do we and how do we improve our health and well-being? Our heart rate, our blood pressure, you know, just reducing our stress and that that's important. So that was a good question to ask, Karen. Thank you.

00;29;11;10 - 00;29;28;07

Karen Brown

I, you invited me to be part of the eye tracking study, and it was fascinating. It's very brief, but it was fascinating. And it wasn't hard

to see where my eye, and I'm sure most of the participants eyes would go. It was, you know, the outdoor elements, right?

00;29;28;09 - 00;29;50;27

Linda Kafka

Absolutely. So that happened to be a biophilic so bio meaning, nature philic meaning love. Love of nature. That's what biophilia is. And so what we're doing is we're bringing into, not just our homes, but into the built environment offices to to lure people to come back to work. More natural elements, more rounded curves. Remember, there are no right angles or very rarely do we see right angles in nature.

00;29;50;29 - 00;30;16;11

Linda Kafka

And so, that whole idea of, of, you know, linear and there's a lot of research on, on this linear lines. If you're staring out a window and you're looking, let's say, at a glass tower, because your condo happens to face that way or your office. there is research that demonstrates that looking at, at, parallel lines for a significant period of time will actually cause headaches and increase depression.

00;30;16;13 - 00;30;46;00

Linda Kafka

So again, it's really about us as human beings from nature, parallel lines, cancel themselves out in nature. So we don't have that same harsh look of those lines. So these are the things that we're studying. We're researching. And that biophilic study that you participated in was to demonstrate, on a smaller scale, to design professionals, how important it is, to take to create human centered design.

00;30;46;00 - 00;31;08;05

Linda Kafka

Look at the human, the humans that are occupying that space, whatever reason they're there, whether it's, you know, in a residential space, whether it's the, the area you cook, the entertainment, the sleep sanctuary you have, and not just create it,

you know, create it really for that individual or for those individuals so that they can thrive in that space.

00;31;08;05 - 00;31;27;01

Linda Kafka

And so all of these biometric research tools help us to validate, design outcomes or, help us to improve design outcomes and validate, you know, a lot of the decisions that might be made for that space. So that's that's what we were doing with the biometrics.

00;31;27;03 - 00;31;39;00

Karen Brown

It was fascinating, as is everything to do with the Well Building Standard. And I know that we could probably go on and on and talk for hours about it, but, we will link it's free.

00;31;39;00 - 00;32;01;18

Linda Kafka

It's a free download. Put that link in there. It's a free download. Now I have to print it out, but, you know, it just reads. Now you don't need every single like there's sections in there on fitness. There's sections on nourishment. So the sections on nourishment would be say, say I want to get our, our office tower, Well Certified and we have a cafe on the lower on the ground level.

00;32;01;20 - 00;32;23;04

Linda Kafka

how does the food that they're serving in that cafe. So think of check out. Often at check out, you see the gum, the chocolate, the potato chips, the junk food, all the stuff we love. maybe it's replacing it with under nourishment category. It would be replacing it with, an apples, bananas giving you know, it's called architecture of choice and giving choices that are more healthy.

00;32;23;07 - 00;32;53;21

Linda Kafka

So that, concept in the well building standards might not apply to you as residential, comfort in mind. It there is elements and comfort in mind that would be like thermal comfort mind, biophilic design, views of nature. So there might be some takeaways there,

but ultimately it's a great reference if you just want to get a little bit of an understanding of how these different elements like light and air and, you know, and you learn things I want to share.

00:32:53:21 - 00:33:22:06

Linda Kafka

One thing is a good tip for your, listeners. When you when you purchase, let's say a, an air purifier in your room, ask or find out if it's emitting ozone. Now, up until the Well Building Standard, I always thought ozone was something that kind of protected the Earth. I was, you know, oblivious to the fact that that equipment actually emits ozone.

00:33:22:09 - 00:33:44:20

Linda Kafka

But what happens is that if you are in enclosed environment and you've got devices that are emitting ozone, it will deteriorate your lung capacity. So a good example is photocopier machines. Photocopier machines. I used to have my own printing business. We had photocopier copiers. It was a closed environment. And if you're working in that, what's happening is the ozone, is being emitted off of those machines.

00:33:44:20 - 00:33:59:20

Linda Kafka

It's going to affect your lungs at some point long duration. It's going to affect your your lungs and you're going to have reduced lung capacity. I'm not I don't want to scare you to think that that one air filtration system that you're putting in your bedroom is going to have the same effect as a whole bunch of photocopiers in a room.

00:33:59:22 - 00:34:20:02

Linda Kafka

But, you know, you want to mitigate any possible potential things that's going to affect the quality of your life. And so you should know or ask or read, the packaging. Don't just buy it because it looks pretty or it's got lots of reviews, like take that extra step. And that's what the well building standards did for me.



00;34;20;02 - 00;34;36;28

Linda Kafka

I didn't even know about that until I did the Well Building Standards. It's going to give you insight and moments. The filters you should use, the lighting you should use. Again, it is focused on the commercial and public spaces, but there's so many good takeaways for residential, so don't discount that.

00;34;37;01 - 00;34;59;14

Karen Brown

And it's free. It's free. Yeah. Well thank you so much Linda for joining us on this podcast and explaining all of that to us and for our listeners and viewers. I will include links to all of that in our show notes. And I will also include a link to Fotile, because you've got to check that out.

00;34;59;16 - 00;35;11;14

Karen Brown

Thank you very much for joining us. And please join us again for the next episode of Real Life Renos : The Podcast.