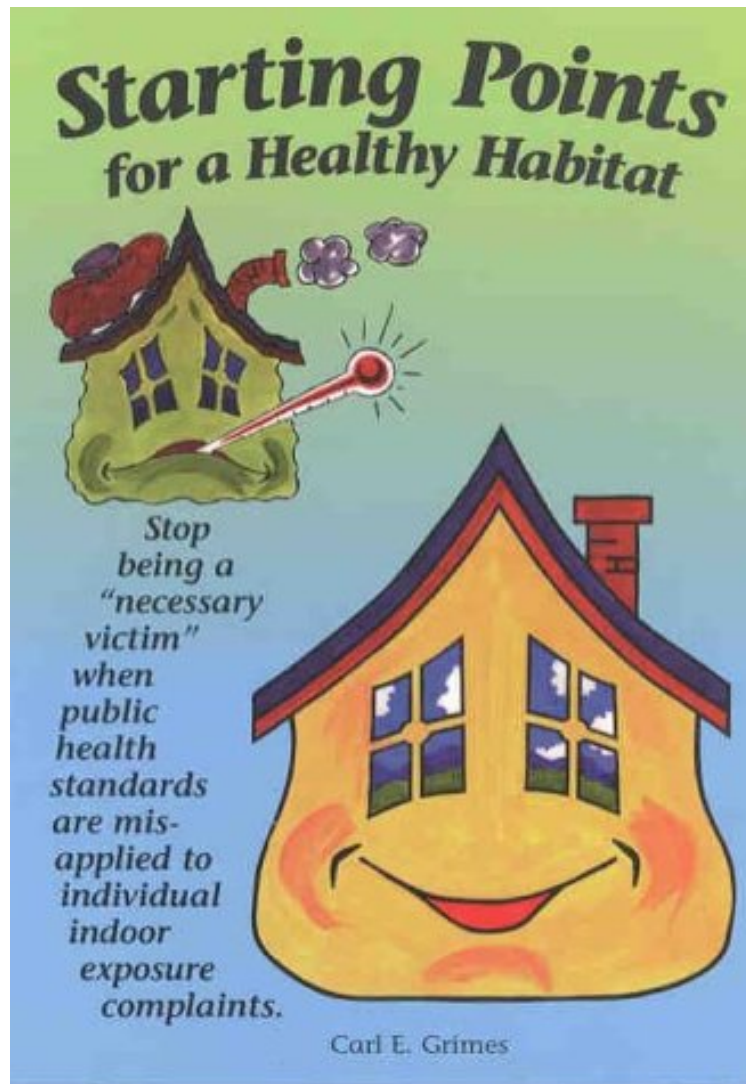


(Download free pdf) Starting Points for a Healthy Habitat

## Starting Points for a Healthy Habitat

Carl E. Grimes

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**Carl E. Grimes : Starting Points for a Healthy Habitat** before purchasing it in order to gage whether or not it would be worth my time, and all praised Starting Points for a Healthy Habitat:

10 of 10 people found the following review helpful. Life altering, life correcting, life saving.By A CustomerI suffered a three-strike attack on my health several years ago, first with a dangerous gas leaking into an office building, then with a massive plumbing flood that combined with the gas to generate incredible amounts of mold/fungus, etc., finally with a mix of kerosene/jet fuel and heavy perfumes applied by others to mask all of the above. Despite my spending incredible amounts of time and money on every top-dollar doctor in Colorado, Carl Grimes was the one who personally figured out everything that had happened and helped steer me to solutions beyond anyone else's grasp. This

book is surely the world's best distillation of knowledge in these areas at its current peak, and I heartily recommend it to anyone... not just with healthy habitat issues, but anyone with a habitat... so that when/if you should suddenly have a horrible surprise happen to you, or to a friend, you will have a strong knowledge base to survive the unexpected change in your world.0 of 1 people found the following review helpful. "Starting Points for a Healthy Habitat" by Carl E. GrimesBy Anonymous!!Written by a very knowledgeable individual who knows understands the industry its associated problems involved with maintaining a healthy habitat. Thank you, Carl!7 of 8 people found the following review helpful. An Essential Reference BookBy A Customer"Starting Points for a Healthy Habitat" provided me with insight as to why my daughter wasn't healing, when I thought she should have been better. I found the book supportive, encouraging and helpful for anyone who has experienced the frustrations of living with environmental illness. The appendices alone, which include both books and internet web sites are a valuable reference tool.

Do you feel uncomfortable or ill while indoors? Do you feel better when you go outside? Various experts have estimated that as few as 10% to as many as 60% of the population feels "sick" while indoors--but quickly feel better once they leave their office, home or school. If this is true for you, the first thing you must understand is that conventional tools and procedures for identifying and stopping exposures to indoor contaminants are not helping you. If they were successful, then your complaints would already be solved and you wouldn't be looking for this type of book. The best efforts of modern medicine, advanced technology and professional products and services have not solved the problems of Sick Building Syndrome, toxic exposures, allergy reactions, chronic sinusitis and asthma triggers. Their lack of success is not because of a scientific failure or personal fault. Rather, the academic training and professional focus of both the medical treatment professionals and the exposure control experts are based on old ways of thinking about a new phenomena. "Starting Points for a Healthy Habitat" builds the bridge from the old to the new. It shifts the old focus from solely on the environment (the operation of the building structure and systems) to the new focus on the occupants (their experiences while inside those environments). The old way excludes the occupants. The new way includes both the occupants and their environment. This simple shift requires no new technology, no breakthrough prescription drug and no high-tech equipment. All that is required is a slightly different way of understanding what happens and how to respond. That shift generates new information in a way that you can understand and trust for making choices about what to do about any indoor habitat that is making you feel ill. The breakthrough concept of "Starting Points for a Healthy Habitat" is simple yet powerful. It not only solves more problems for more people, it also acts as the catalyst for integrating professional products and services, medical treatment and advanced techniques of identification and measurement. The results have such clarity and simplicity that nearly any individual can be successful. In fact, they usually accomplish their goals in ways that no outside expert can. In a sense, the victim becomes the expert for which they had previously been searching. The current multitude of books about unhealthy indoor environments and sick buildings are still useful. In fact, they are more important than ever. Most of these current resources--whether scientific, academic, medical or popular press--have critical facts and insights that work and that you should be familiar with. But they treat the issues as if everyone were the same. These public health standards, while necessary and very powerful for large groups of people, are not always applicable to individuals. Do you have to do everything the experts suggest? What can you leave out? What if their recommendations don't apply to you, or perhaps make you more ill? How do you decide who to trust and what is best for you? Once you ask these questions, you have moved from the venue of the health and safety of the general population (the objective public standards) to the realm of personal health and safety (the individual). "Starting Points for a Healthy Habitat" is specifically designed to be your personal guide for becoming your own expert. It teaches you how to generate the answers to your dilemmas in a way you can both understand and trust. It is your resource and support system for making better choices, even in the midst of authoritative beliefs, conflicting claims and increasing fears--which usually polarizes all those involved to the compulsive extremes of pretentious denial and hysterical hyper vigilance. Unchecked, this game typically ends with the victim being blamed and further harmed instead of being helped and healed. "Starting Points for a Healthy Habitat" shows you how to begin with whatever knowledge you already have, and then generate new information so you can best meet your individual needs for stopping indoor exposures and feeling well again. It provides a detailed, personal plan that will generate, specifically: What to do. What to avoid. How to interpret the results. What to do next (your next starting point). You will learn two new tools for determining which of the three most common exposure categories apply to you and how to prioritize your actions. Then you will learn how to evaluate products and services so you can successfully and safely remove those sources. You will also discover that you are neither alone with your difficulties and complaints, nor in the minority. In fact, the number of people feeling "sick" indoors seems to be increasing faster than our advanced technology can generate names, let alone solutions, for all these newly emerging "illnesses." "Starting Points for a Healthy Habitat" is an alternative to a private, on-site consultation by traditional experts--a consultation that typically costs from \$200 to \$5000. A consultation that is usually conducted "their" way, ignoring your experience and needs in deference to the measurements of technological instruments and the legal demands of regulatory compliance. This book, however, is structured for you to solve your complaints your way--while still implementing the experts--just like the thousands of

clients the author has guided since 1987.

As you point out, some issues such as "Multiple Chemical Sensitivities," or newly termed "Idiopathic Environmental Intolerance" are still controversial... (the) recently revised Position Statement/Guideline by the American College of Occupational and Environmental Medicine...recommends an approach for physicians which is very similar to the one you recommend for lay persons in your book. -- Jonas Kalnas, M.D., M.I.H., M.Sc., Occupational and Environmental Medicine Consultant.Environmental control in my medical practice has, thus, become a powerful tool in the longer-term management of the chronically ill individual. Mr. Grimes has carefully outlined his theories and techniques in this absolutely phenomenal book. ... I would highly recommend that each physician who deals with these problems to read this book and to recommend it to their patients. END -- Nicholas G. Nonas, M.D., Medical Director, Integra Health Associates of Colorado and American Whole Health Littleton Center.Starting Points for a Healthy Habitat is an excellent guide for anyone committed to taking responsibility for their own health. A healthy indoor environment is an essential but largely ignored aspect of optimal health. In writing this ground-breaking, authoritative and extremely practical resource, Carl Grimes has presented us all with a gift. [...] -- Robert S. Ivker, D.O. author of the best-selling "Sinus SurvivThis book is not a rehash of techniques and goals for managing indoor exposure complaints with one-size-fits-all recommendations. Instead, Grimes stresses the individuality of complaints and solutions...Best of all, this book contains several tools to help the individual reader evaluate which exposures affect him or her the most--and to create, manage, and execute a customized plan..[...] -- Julie McMaine Evans, The Human Ecologist, Spring 2000.[..]But after I retired I developed fatigue, tinnitus and I had a difficult time concentrating. After about two years, simple tasks like balancing a checkbook and organizing my next day's activities became overwhelmingly difficult. I just assumed it was old age and post- retirement syndrome. Fortunately, my doctor was well versed on the effects of indoor exposures and referred me to Carl Grimes. [...]I am back to living a productive life and I have a new career as a pilot for a major airlines. -- B/General George A. Franzen, USAF Ret'd.As an Air Force GeneralAbout the AuthorIn 1985, Carl Grimes became aware that something was very wrong with his health. Yet standard medicine insisted that he was healthy. As his condition worsened to the point of losing his marriage and business and being unable to work for two years, his medical doctor made an unusual and controversial referral--to an M.D. who recognized his symptoms as a natural reaction to unhealthy exposures. This new starting point for the author resulted in renewed health by identifying and then stopping the exposures to a variety of indoor contaminants--which then allowed the medical treatment to work more effectively; several life altering experiences about what was "safe" and who to trust; and a new career as a consultant helping others in similar situations. Carl Grimes offers much more than just his personal journey and tales of tragedy--although those are included. He presents a model and a specific plan that anyone can follow. It is based on what he has learned from consulting with experts in many related fields--medicine, toxicology, industrial hygiene, architecture, construction, law, chemistry and microbiology--plus the experience of and his service to his clientele for over a dozen years--what they taught him about what works, what doesn't and how to succeed.