Prescription for a Healthy House
A Special Interview With Paula Baker-Laporte
By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. Dr. Mercola helping you take control of your health. Today, we are joined by an incredible guest who is an expert in helping you understand what it takes to live in a healthy house or even, ideally, build a healthy house. She has written a book called "Prescription for a Healthy House." Some of you may wonder if the background behind me is like Paula's background, which appears to be real. It's not a virtual background. Those are real books, right, Paula?

Paula Baker-Laporte:

Sure are.

Dr. Joseph Mercola:

All right. Well, so is mine. This is not virtual. So, this goes here in my bookshelf with the rest of the books.

Paula Baker-Laporte:

All right.

Dr. Joseph Mercola:

It's a good book. It's a great book. It's a book that you would benefit from reviewing if you're interested in building [a] house. Be aware of all the different concerns and pitfalls that can come, because when you live in an unhealthy house, it's a prescription for health disaster because of so many things that can go wrong. Paula is going to go into that great detail like she did in her book. It's a very good book and really one that you would seriously consider as a resource if you're going to be in the process of building or even remodeling the current home.

So, why don't you tell us a little about your background. I think you were ill in the past from multiple chemical sensitivity syndrome, MCCS for short. MCSS. Sorry. You're from Canada. You specialize in this field. So, why don't you tell us your educational background and your journey that got you into this field?

Paula Baker-Laporte:

Sure. I graduated from the University of Toronto, and then shortly after, moved to Santa Fe and was living in a home that was far from ideal. It was new. There was a lot of formaldehyde in it and I didn't know what was happening to my health. I just knew it was going downhill and I started to get pneumonia, then double pneumonia, then fluorescein pneumonia like every year. When we closed the house down, I got sicker and sicker and moved from that house. But the health problem still plagued me, but I didn't make the association. Then my doctor who was trying to help me and I was designing a house for her, she was getting progressively ill. That's

when she discovered multiple chemical sensitivities.

There was nothing in either her medical education or my architectural education that would even clue us into the fact at that time that there was a connection between health and where we live. Once she found out the cause of her ill health, which she was working in a clinic that's pesticided and she was getting the aldehydes from the sterilized equipment. Once in a while when conditions were right, they would suck them into her office. So, she was getting progressively unhealthy and she called me up one day and said, "I know what's wrong with you finally. It's wrong with me, too, and we've got to do this house differently."

That was the start. That was in 1991 or '92, I guess. We did her house with the best information we could find at the time, no internet. There were only really two books out there on how to build something that began to be healthy. One was from John Bower who was a pioneer in the field and that was the most comprehensive. So, that was the beginning of the journey. Yeah.

Dr. Joseph Mercola:

So, would it be fair to state that you asked John in providing a comprehensive treatise of how to go about building a healthy house?

Paula Baker-Laporte:

We did the best we could with that first one. It turned out it worked well for her to recover in that house. I just never stopped researching, because I don't know how word got out back then without the internet, but there was a rumor, wild rumor spreading that there was a doctor and an architect working together on the issue of multiple chemical sensitivity. People started calling us up. So, I thought we knew a lot and I should write a book. That was the first version of "Prescriptions for a Healthy House."

As you probably know, when you begin to write a book, you realize how much you don't know, how much research you have to do. That book has been through four editions because it keeps going out of date. We keep learning more. The situation changes. So, here I am over 20 years later with the fourth edition.

Dr. Joseph Mercola:

Yes, in 30 years since you started your venture. What would you say are some of the biggest changes that have occurred from the first time you wrote your first book to [the] current one? What have you learned and some of the most important updates?

Paula Baker-Laporte:

Besides our experience over the years accumulating, the scene has changed. More people are asking for a healthy house than before. There are more materials available that are better materials because of things like the lead innovation. So, a lot of things have gotten better and then some things have gotten worse. Certainly, when we wrote the first book, there was no wireless communication going on a mass scale and being imposed on people who were sensitive to it or maybe we're all sensitive to it, but that was not an issue. I'm seeing a lot more mold

issues, which I think were in the making even back then, but they're surfacing more now. Some people are talking about the connection between mold and electromagnetics even.

Dr. Joseph Mercola:

Sure. Why do you think that is? Typically, mold is due to a result of water intrusion into the home space in some ways. So, you think it's just the buildings have gotten older? As a result of plumbing leaks or roof leaks, they've acquired water into the interior space and caused mold growth or is there another factor?

Paula Baker-Laporte:

I think there are many factors. The big one that I see in North America is code-required vapor barriers meant to keep water out of the wall. But since water is highly intelligent and so is condensation, if the water gets in the wall, it has no way to escape. So, I have tended in our own architectural practice to do what's called “vapor flow through walls” or what building biology refers to as a “permeable wall” or a “breathable wall.” I just want to be clear, that doesn't mean it's a source of oxygen exchange, it means it's permeable to vapor and it has enough robustness and the materials don't get moldy, but it can breathe, expire moisture to both sides. So, I've had a lot more long-lived building health in that way now. Leaks happen.

I think the population, they recognized connection between Lyme disease and mold illness. It's just much more prevalent now. So, yeah, people who come to us for renovation purposes because they're ill, it's usually a combination of mold and some people [are] highly electromagnetically sensitive. It used to be just people with multiple chemical sensitivities. So, some good things are, it's easier to build a safe, chemical-free house. It's harder with conventional construction as we do it in this country and with the electromagnetic issues to get homes that are free of mold and electromagnetic issues. Those two topics aren't really addressed too much in the prevalent “green point” systems that are out there now.

Especially electromagnetics, the world is silent on that one, the world of health. We see the extent of the mold issues for people far greater than you would think it'll be front page on all architectural magazines. That's not mentioned.

Dr. Joseph Mercola:

No, I agree. I wrote a book on that too, “EMF*D,” which goes into great detail. So, I'm quite familiar with it. Is it your belief that the mold issue is more prevalent than EMF (electromagnetic field) or is EMF more prevalent or pervasive? I guess, maybe, probably EMF is more pervasive, but I mean in your experience, what typically causes more problems?

Paula Baker-Laporte:

All we know is the people who call us, so we see quite a cross-section actually. I would say it's 50/50 and now more than ever people are saying mold and EMFs are their problems. Some of those people don't even report chemical sensitivities. I said, "Well, we'll do safe materials too."

Dr. Joseph Mercola:

Yeah, for sure.

Paula Baker-Laporte:

You're vulnerable now. Even if chemicals didn't bother you in the past, you need to be really careful now.

Dr. Joseph Mercola:

Are there any simple solutions? It seems like this vapor material, vapor-free or-

Paula Baker-Laporte:

Permeable. Yeah.

Dr. Joseph Mercola:

Permeable. Yeah, they banned that. So, aside from implementing that system back in, are there other things you can do to the walls like use permeable walls like some of the ancient cultures did with building out of dirt would seem to be a useful strategy? Maybe not as practical in many communities, but a certain possibility.

Paula Baker-Laporte:

Yeah, there are several vapor-permeable or flow through wall systems available. Natural building, which is how I've lived and what I prefer and follows the principles of building biology most closely, are not available to many people, but there are-

Dr. Joseph Mercola:

What would those be?

Paula Baker-Laporte:

Faswall Blocks.

Dr. Joseph Mercola:

Faswall?

Paula Baker-Laporte:

Faswall Block.

Dr. Joseph Mercola:

What is that?

Paula Baker-Laporte:

It works like a concrete block, but it has insulation inserts. We can get formaldehyde-free inserts. It's made out of recycled wood chip that has been demineralized through a clay process and then made into a cement-based block. So, that handles moisture beautifully. There's Faswall in the U.S. There's Nexcem in Canada, are two manufacturers in North America. Then the other one is autoclaved aerated concrete. Are you familiar with that one?

Dr. Joseph Mercola:

No.

Paula Baker-Laporte:

It's a lightweight block. One of the manufacturers is in Florida, so we visited their factory there, but it's an excellent material. It is great for Florida where you have things like termites and a lot of moisture to handle. We have used it throughout the country.

It also comes from Mexico, which is from a European [company] called Hebel. It's much more prevalent in Europe and in Japan than it is here. A wood frame home is both the most vulnerable and the easiest to build, the most understood and the least expensive. So, if I can talk someone into the health beauty of having some of these more robust materials, then that's what we work with. In our own design process, if we're the architects, we'll only work with one of these alternative systems or one of the natural systems like adobe, rammed earth, straw clay and hempcrete. Those are all available to certain people, certain mentalities, certain parts of the country. So, there are alternatives.

There are also much better ways to build frame construction. We now have vapor-permeable membranes that serve as the vapor barrier. There are vapor barriers in the winter when the [vapor] drive is in a cold climate into the wall, but they allow the home to dry out in the summer where the vapor drive is in the other direction. So, there's some pretty sophisticated systems all coming from Europe that are available.

Dr. Joseph Mercola:

Clearly, these are options for someone who's building a home. With the recession coming strongly in at this point, thanks to the pandemic and the money inflation supply that they've created, there's not a lot of people building new buildings now. So, what are the options for someone who's wound up with one of these or is in the process of considering remediating their home?

Paula Baker-Laporte:

Well, along with the mold problems have come with a lot of remediators, along with electromagnetic situation have come a lot of specialists in that area. For someone who's renovating, we need to really take a medical case history, almost, to find out what is making them sick. If they don't know, then there's some great ways to diagnose. Now, my co-author, John Banta, has come up with a pathways testing. You do a number of inexpensive tests to find out where in the walls the mold is, because usually, it's in the walls if it's not an obvious source.

So, you just start where you are and there are solutions for everything. Some of them though, if you're living in direct line of a cell tower and you're sensitive or you have the smart meter and you're sensitive or if your house has endemic mold throughout it, the easiest solution, if you can, might be to move, because that house is going to be very difficult to make it serve your health.

Dr. Joseph Mercola:

I suspect that recommendation comes from many, many years of experience with people who may not have heeded that device and then suffered the consequences of seeking to remediate unsuccessfully.

Paula Baker-Laporte:

Yes, it's a case-by-case basis. If the cause of the mold is endemic throughout the building, then you can chase that mold for years. If it's because it was a plumbing leak in a vent, it's much easier. Same as if you just have a site that's just getting bombarded with electromagnetics. You can live in a Faraday cage. You can shield your building, but it's got to be done very carefully. There are always other consequences, every intervention. It's almost like pharmaceutical medicine. It may control a symptom, but then when you look at the side effects, you wonder, is this really worth it?

Dr. Joseph Mercola:

From my experience, one of the big issues is magnetic fields, which are typically result of improperly grounded electrical systems, which is typically due to inept electricians. It's surprisingly common. I mean, what is your experience? How often have you seen that?

Paula Baker-Laporte:

It's surprisingly common. When I first learned about magnetic fields, I went around with a gauss meter and found lots of problems in my new house. So, it's common. I think that's the low-lying fruit in terms of being, correctible usually, compared to sources that come from the outside and invade our homes.

Dr. Joseph Mercola:

That is probably why the simplest solutions for seeking a new shelter or home or a renting space, and I've done this with many friends who evaluate a place to live. It's just you go in there with a battery of instruments to measure it before you even consider purchasing it, because it is so much easier to find a home that's acceptable than it is to remediate one that you may like but is going to give you a heartache of health issues and make a real dent in your pocketbook if you try to remediate it.

Paula Baker-Laporte:

Yes. The same is true of chemicals and mold. I always advise people if they haven't already bought the house, to at least get some general air testing done and make sure it passes those tests before buying it.

Dr. Joseph Mercola:

What's the best way to do that?

Paula Baker-Laporte:

Again, this has gotten better over the years, but there are several labs that you can collect air samples or people who are industrial hygienists or have a background in this can collect a single

series of samples and get back hundreds of parameters. They'll show mold in the air, which is not always. It is just a snapshot of a room in a time, but it will show a lot of information. Which chemicals are prevalent and where they might be found in the home and is there a higher mold count? Then if there is, then you need to do more detailed exploration, but they're a helpful tool for purchasing a home. A home inspection is part of every purchase. They want to make sure the home doesn't have termites and it's not falling apart, but this should be standard practice.

Dr. Joseph Mercola:

So, what is the majority of your professional career look like? Is it more focused on remediating existing homes or consulting with people who are building new homes?

Paula Baker-Laporte:

I would say it's 50/50 now. Yes.

Dr. Joseph Mercola:

Okay. What was it before? Was it mostly new construction?

Paula Baker-Laporte:

Well, as an architect, I was mostly doing new construction or renovation. That was our bread and butter, and that's our joy. But the demand for this is just growing exponentially for people who are already in a home or building a home. So, we love to work with other architect builder teams and owner teams to help solve those problems, because it's a service. We can be helpful to these people. We have a weird set of specialized knowledge that can be helpful.

Dr. Joseph Mercola:

So, though a large percentage of your clients come proactively, there's no problem existing? They just want to make sure it's a really healthy home, or is it because they brought up against a problem?

Paula Baker-Laporte:

Well, a large percentage of our consulting clients are because they have a problem. When I started doing healthy housing way back when, 30 years ago, I thought, "Well, I'll offer this to clients who want it and we'll do the other kind of housing, normal housing for clients who don't want it," because I didn't want to ruin my business. I found out two things. Number one, I never had anyone say, "No, we don't want the healthy housing option."

The common question is, “How much more is it going to cost?” Number two, I couldn't in all consciousness with what we know now, offer a standard house to anybody anymore. I couldn't offer the toxic one that had been my bread and butter before. Our clients are either people who have found us because they want a new healthy house or because they understood what we were explaining to them and just decided it was worth investing in.

Dr. Joseph Mercola:

Yeah. So, are there other professionals like you out there that focus on this and is there [a] network or resource that people could find someone local to them or most of this specialty or expertise confined to a few individuals and a lot of the consulting is done virtually?

Paula Baker-Laporte:

Thanks to COVID, most of our consulting is done virtually and we're able to do the consulting virtually. I like to think there's an up-and-coming generation of architects who are not because they're teaching at an architecture school so much, but through the Building Biology Institute, I've been faculty with them for the last 18 years. When I get another architect or builder come through and they're interested, I really try to be a personal mentor. So, it's not like you can look up a healthy home architect in your city. You'd be very lucky to find one, but there are people across the country now. One of the first places I always go is to the Find an Expert page on the Building Biology website to see who's located, where this person is calling from.

Dr. Joseph Mercola:

That's a good strategy. You mentioned the cost earlier. How much more does it typically cost to integrate some of these solutions into the house?

Paula Baker-Laporte:

Well, the answer as with everything is, it depends.

Dr. Joseph Mercola:

It depends.

Paula Baker-Laporte:

Yeah. I'll put some explanation on that. I know you sell a lot of products for health and people pay money for them, realizing that the loss of that illness and loss of quality of life the illness brings is not worth saving money on. It's very expensive to get ill. It's just very expensive.

Dr. Joseph Mercola:

It's the most common cause of bankruptcy.

Paula Baker-Laporte:

I believe it. So, preventative medicine in the biggest picture possible, so if I can educate, that's great. So, the other thing, if we're the architects, as you know, a lot of homes are very large and there's a lot of wasted space. So, if I can go through the process with someone who has a limited budget and wants a health sanctuary, the first process if we are the architects is finding out, “How much space do they really need?” I used to have fun with this because I had my office and then my house was up the hill and people would come to it and I'd say, "How much space do you need?" They say, "3,000 square feet."

Then I take them to my house and show it to them and they'd say, "How big is this one?" I'd say, "1,400 square feet." They say, "Wow, I just need one more room." So, then we have a basis of cutting out several hundred square feet through good design. That's one way to approach it.

Dr. Joseph Mercola:

Then the production cost from eliminating that extra space could more than compensate for the healthy building concepts, I would say.

Paula Baker-Laporte:

Yes. So, we like to say we can show someone how to maintain the quality of life without as many square feet in a well-designed place. Then the last parameter is, yes, if you're trying to renovate a mobile home to be a healthy space, it's going to cost double the price. If you already are building a high-end home, as most people know, you probably know this, you can get a light fixture that's $1,000 or you can get the $100 knockoff. You can get two faucets, one by Delta and one by some high-end European company that have the same ceramic valves.

So, most people spend more on fancy finishes than investing in health. If they had the same house, the same footprint, the same budget, and it was a good budget, the cost to do a healthy home and maybe sacrifice on some of the other things, which in the end is not a big sacrifice because of the variety of stuff that's available out there, then the cost difference is negligible.

Dr. Joseph Mercola:

They may even save something because they're building less space.

Paula Baker-Laporte:

Yeah.

Dr. Joseph Mercola:

So, that's an interesting concept for sure.

Paula Baker-Laporte:

Certainly, it takes client education to understand, because I've never seen a bid come back on any house, high-end, low-end, where the owner said, "Oh, good. This came in lower than I thought it would." You've been through the process, so I'm sure you had a similar experience.

Dr. Joseph Mercola:

Well, I've actually never built a home before.

Paula Baker-Laporte:

Oh, okay.

Dr. Joseph Mercola:

Moved into existing homes, but thankfully, I've been EMF reader for a long time, so I've been able to screen those and remediate them when there was an issue. Then obviously, I've regularly

encountered homes with mold because of water intrusion typically from the outside, either a leaky roof or a foundation it was leaking through, but thankfully, those have been able to be remediated. So, we talked about mold and the plumbing can be a contributor, but are there any things that you find important to recommend or be careful about, just conventional plumbing?

Paula Baker-Laporte:

Oh, sure. One of the things we recommend and we list products in the book are whole house water protection devices. So, there are devices out there that either can detect minute leaks or if there's extra flow in a place and shut it off. Because as you probably know, a lot of the damage occurs with plumbing leaks when someone's out of town. Of course, we've isolated the ones that don't have to be wireless, because most of them are. There's that thing, lining the bottom under a sink or putting a detection device, putting better hoses on laundry machines, putting some floor drains where you really need them.

So, we're pretty detailed on that throughout the book since I've had the pleasure of working with a mold expert who sees buildings after they've failed. He's been doing that for 30, 40 years. We learned from the mistakes he's found and see what to do proactively. The book has a lot of information on how to prevent mold.

Dr. Joseph Mercola:

That's terrific. So, makes no sense to reinvent the wheel and make the same mistake someone else has when it's already known and identified as an issue and learn from others, others' challenges. So, that's one of the reasons why your book is so excellent because it provides this massive encyclopedia of valuable information that you can learn from that has taken you literally decades to compile.

Paula Baker-Laporte:

It's the last time I plan to write it. I'm getting old.

Dr. Joseph Mercola:

Yeah. So, how long have you been living in your house?

Paula Baker-Laporte:

Our current home, we've been in for 12 years or so. Then I was in our home in Santa Fe for almost 15, 18 years, which for me is staying in the same place for a long time.

Dr. Joseph Mercola:

So, where's your current home?

Paula Baker-Laporte:

We're in Oregon, in a little Shakespeare town called Ashland, Oregon. It's just above the California border. So, it's a little less challenging climate than you have in Portland where it's so wet.

Dr. Joseph Mercola:

Yeah, for sure. Typically, Pacific Northwest was somewhat of a challenge during the COVID crisis. So, did you fare well in your community as a result of that?

Paula Baker-Laporte:

We did wonderfully well. I learned more technology than I thought I'd have to. Now, I love this Zoom thing we're doing. Building was challenging because pricing was a wild card. Supply was a wild card. So, anyone building during that time was very, very challenging. There was a lot of demand. People saw it as a time to move. From the consulting end of things, it was something we could do because we all worked in one office and now we all work remotely. We decided not to go back to being in one crowded space, but this is how we work. But the consulting, people were stuck in their homes and they were getting sick from their homes. So, our phone was ringing off the hook through all of the whole COVID crisis.

Dr. Joseph Mercola:

Have you been able to get through that backlog?

Paula Baker-Laporte:

Could you say that again?

Dr. Joseph Mercola:

Were you able to get through the backlog?

Paula Baker-Laporte:

Yes, we handled it. I'd say it accelerated our learning process too and gave us the skills to work remotely. So, I have terrific, two long-term employees, architects who've now become partners and they were just hard workers.

Dr. Joseph Mercola:

Good. That's what it takes to get things done for sure.

Paula Baker-Laporte:

Yes, yes.

Dr. Joseph Mercola:

Yeah. How long does it typically take for your participation in the project? Is it a matter of [a] few weeks, a few months, longer?

Paula Baker-Laporte:

It's all over the board. Some people call us when the project is already designed and drawn and then we produce a document for them and never hear from them again. Don't know how much of our recommendations they've followed. The best ones are when we get them before they've chosen a site or when they have a site in mind and stay with them through the construction.

Dr. Joseph Mercola:

That's ideal.

Paula Baker-Laporte:

Well, we can make the most positive impact for their health when we stay with them.

Dr. Joseph Mercola:

Okay. Great. Ideal. All right. So, what would you say would be some of the most valuable lessons you've learned over your consulting career?

Paula Baker-Laporte:

Well, that a healthy home is not doing one or two things, big things right. It's about doing hundreds of small things right if you want to especially build a home that's going to remain a health sanctuary throughout time. As an architect, we see brand-new buildings and we would take our photographs and walk away, maybe hear from that client for a few years. We still have tea there, but we rarely have the ability to see what's happened to our buildings 30 years later. I think if we did, we would do many things differently. That's another takeaway.

The insanity that building for health is not the norm where we have such a high standard of living, it's as insane as people not knowing about some of the many beautiful health alternatives that you've presented to the world. You wonder why aren't people living this way instead of getting sick and having to depend, in your case, on the pharmaceutical world, in our case, on a better conventional building.

Dr. Joseph Mercola:

So, in the medical model, there's been more than a century of brainwashing propaganda that self-services the industry. So, they attempt to discredit any alternatives. Is there something comparable in the architectural industry, a desire to preserve the standard and not rock the boat?

Paula Baker-Laporte:

We have something called the building industry, which I always draw the parallel between the food industry, the building industry and the medical industry.

Dr. Joseph Mercola:

Is that what it's called, the building industry?

Paula Baker-Laporte:

Yes. It's called the building industry. It includes design professionals, building professionals and building inspectors. Codes change very, very slowly. In my lifetime, I've done some work with codes, for example, to get light straw clay accepted into the residential code, which we succeeded, but I got to see the inside of the process. If you are trying to get a commercial building change, there's going to be lobbyists at that meeting to make sure nothing changes, because it's a very profitable, established industry. The same as the medical [industry], I don't know if you call it the medical industry, but they're very parallel.

Dr. Joseph Mercola:

I used to live in Chicago and Chicago, along with the New York is, I believe, one of the few communities in the United States where the building code for residences required the use of physical conduit, which was ostensibly for fire protection, because that's required for commercial building. But the benefit, I don't think this was by design, it just happened to be a lucky artifact. It was typically [a] metal conduit. The benefit of that, of course, as you well know, is that it essentially eliminates electrical fields-

Paula Baker-Laporte:

Yes.

Dr. Joseph Mercola:

-from that wire, even improperly grounded wires. I think it does. Maybe it doesn't.

But certainly, electrical fields, it may not be magnetic.

Paula Baker-Laporte:

Yeah.

Dr. Joseph Mercola:

I just don't recall. Are you aware of other communities other than Chicago and New York City that have those residential requirements for a conduit? It would seem that that is obviously an additional extra expense. Is that something you recommend for new buildings, putting them in metal conduits?

Paula Baker-Laporte:

It depends on the client. They don't block magnetic fields necessarily. They will block electric fields. For people who are sublimely sensitive, you're trying to create a whole-house sanctuary. For people who are either not sensitive or just slightly sensitive, they're sensitive to Wi-Fi and not household wiring, we still always put either a kill switch or auto demand switch in the bedroom and wire the house correctly and keep it away from motorized equipment like no refrigerator back-to-back of the bed. So, that at night when their body's repairing, they can shut off all the electricity very conveniently. So, we've always done that.

Dr. Joseph Mercola:

What does that kill switch look like? Is it physical switch on the wall that you activate up and down like a light switch, or is it a remotely controlled one to the circuit breaker?

Paula Baker-Laporte:

Both are available. If you're in an existing house, the remote is the way to go, because there's a remote in the electrical box. Yes, it causes a field while you're switching it on and off.

Dr. Joseph Mercola:

Yeah, but it's like nothing.

Paula Baker-Laporte:

It's nothing. If we're hardwiring from the beginning, we hardwire in the ethernet and then we often just put a switch on the wall. Some people need the auto demand, because you've got kids, you can turn off their bedrooms when you go to sleep if you have young children. So, it depends on the person, but that's very minimum. I suggest that for people who are robustly healthy as well, because it just gives them more of a fighting chance in a world that's challenging.

Dr. Joseph Mercola:

Yeah, it's just like your Wi-Fi. There's just no reason that you need it on while you're sleeping. I mean, it makes no sense. The same thing with having wire and current go through wires in your bedroom, maybe behind your headboard that are emitting electric field, they are not serving any purpose. They're not being used. So, why don't you shut the current off?

Paula Baker-Laporte:

Yes. That is the only solution because code requires you to have wires behind your bed. In the old days, we used to put them up high before we had good ways to shut them off. So, at least it wasn't at your head level, but just shutting the room off, that's something so simple, so inexpensive, and so approachable for everyone. Just a matter of educating a little bit.

Dr. Joseph Mercola:

What's been your experience with the graphite paint as a form of a shield with respect to effectiveness of shutting off the current versus shielding it? For those who aren't aware, it's pretty intensive endeavor because it requires paint in the entire room, everything. Because you're essentially creating a Faraday cage. If you have a leak in, it's going to come right through. Have you had experience with that?

Paula Baker-Laporte:

When we need that degree of shielding, I am not an expert, but I work with experts around the country. We've got some great experts who, when it comes to shielding, they need to really supervise. They need to measure before, measure after, and make sure it's been effective. That's not what we do. So, we recommend.

Dr. Joseph Mercola:

Yeah. You advise another consultant, which is fine.

Paula Baker-Laporte:

Yeah.

Dr. Joseph Mercola:

Excellent. So, I guess the best strategy for this is to get your book. I mean, it really is going to answer a lot of questions. I mean, it's crazy not to have it. Such a great resource.

Paula Baker-Laporte:

Yes, I recommend it. Then you'll know everything that I know, that we know, both John and I. It's the only drawback to the book because you have to read it.

Dr. Joseph Mercola:

Yeah. How many pages, 600, 700 pages?

Paula Baker-Laporte:

Well, it's about 400 now.

Dr. Joseph Mercola:

Yeah, it's a big book. It's a big book.

Paula Baker-Laporte:

Let me just show you the first one. I'll show you the difference. You can see this on the screen, but this one is the first one.

Dr. Joseph Mercola:

Oh, yes. I think I had a copy of the first one.

Paula Baker-Laporte:

You may well have, and this is the new one. The print is smaller.

Dr. Joseph Mercola:

So, it's at least twice the size.

Paula Baker-Laporte:

Oh, I see. It's tripled over the years, but yeah. I tell people, at least read the introduction. Don't geek out on which paint is better unless you're buying paint.

Dr. Joseph Mercola:

Yeah, yeah, yeah. Of course. Of course.

Paula Baker-Laporte:

It's arranged, so you can look up what your concern is. You don't want to read an encyclopedia unless you have insomnia.

Dr. Joseph Mercola:

So, the first step would be to get your book. I mean, that's a no-brainer. But if someone was interested in consulting with you or further circumstances, how would they get in touch with you?

Paula Baker-Laporte:
info@econestarchitecture.com. They can call our office. Do you want a phone number?

Dr. Joseph Mercola:
Sure, sure. Yeah.

Paula Baker-Laporte:
(541) 488-9508.

Dr. Joseph Mercola:
EcoNest Building Company is your website?

Paula Baker-Laporte:
Yes.

Dr. Joseph Mercola:
Okay. You've got information on there too?

Paula Baker-Laporte:
Sure.

Dr. Joseph Mercola:
Okay, great. All right. Well, this has been delightful. You're a great resource for so many people, and I'm sure you've helped many radically improve their health as a result of living in a less-than-optimal environment for their home.

Paula Baker-Laporte:
That's my greatest hope.

Dr. Joseph Mercola:
Yeah. Yes, for sure. All right. Well, you keep up the good work.

Paula Baker-Laporte:
Thank you.

Dr. Joseph Mercola:
It's been a pleasure to connect.

Paula Baker-Laporte:
Thank you. Thank you so much for this opportunity to connect with your enormous audience. So, maybe someone will hear this, who it's just what they needed.

Dr. Joseph Mercola:
Of course.

Paula Baker-Laporte:
Thank you for all your work and contributions over the years. I greatly admire you.