

Baubiology—Baubiology is the study of how buildings and the environment affect human health. While still in its infancy in the United States, baubiology has become a household word throughout much of northern Europe.

Enzyme Potentiated Desensitization – EPD is a method of desensitization immunotherapy developed by an immunologist in England, Dr. Leonard McEwen, in the mid 60's. This method uses a mixture of low dose allergens and the enzyme beta-glucuronidase. The enzyme acts like a lymphokine, potentiating the immunizing effects of allergens by inducing production of "activated" T-suppressor cells. EPD appears to create a much longer lasting desensitization than does any other type of immunotherapy. EPD is administered by tiny intradermal injections. Since T-cells have a long half-life, EPD treatments need only be given every 2 to 3 months at first, then less often.

Outgassing — This term refers to a form of evaporation in which volatile petrochemical fumes are released into the air over a period of time at room temperature.

Provocation and Neutralization – This is a method of testing for food and chemical allergies and sensitivities where small amounts of allergens are given to the patient to see if symptoms are provoked. Most environmental physicians are trained in this method of testing. Provocation tests are typically performed single-blindedly without the patient knowing what substance is being tested. With this method of testing it is possible to reproduce the exact symptoms that an individual is experiencing. A single drop of progressively weaker dilutions of extract are injected into the outer layers of the skin every 10 minutes. During the testing period, patients are observed constantly for changes in how they appear, feel, act, behave, and breathe. Breathing problems can be measured with a peak flow meter. The neutralization part of the testing involves finding the dilution of the extract which is able to stop the symptoms that were produced during provocation. Once the neutralization dose is found, it can be used by the patient to prevent or reduce an allergic reaction, if taken prior to the problematic exposure. It can also be administered after an allergic reaction has begun to help relieve the symptoms.

VOCs - VOCs stands for volatile organic compounds. These are substances that readily release vapors at room temperature. Organic compounds are chemicals containing carbon hydrogen bonds. They are both naturally occurring and manufactured. Most synthetic organic compounds are derived from petrochemicals; that is, from oil, gas, and coal.