

Natural insulation and living in a healthy home

Your home is where your heart is, where your family are and where you have many of your formative and most memorable experiences.

Your home is the one place you believe to be a healthy and safe environment for the family to live in and grow. Yet, so many of us live in homes that are neither energy efficient, nor built to create a healthy living atmosphere and are harmful to the environment because of the amount of carbon emissions produced from the space and water heating systems utilized. Too often, our homes suffer from excessive heat in the summer and are chilly in winter, with external and internal sound intrusion, mould, rot, damp, draughts and condensation contributing to our buildings not being the safe place we would wish for. Many of our homes can't breathe naturally, creating environments where the health of our families and the long-term viability of the structure of our homes themselves may be at risk.

Ecological Building Systems, provide low energy intelligent building solutions, combating that risk and pro-actively supporting the healthy living ethos by supplying natural insulating solutions together with the Pro Clima Intelligent Airtight System from their base in Athboy, Co. Meath.

A home which is sufficiently insulated with a natural insulation such as Thermo Hemp (natural thermal and acoustic insulation), THERMAFLEECE



(sheep's wool thermal insulation), holzFlex040 (wood! WARMCELL 100 (DIY attic insulation), can benefit from a constantly naturally conditioned atmosphere within the home, while at the same time providing additional benefits of improved energy performance, lower CO2 emissions, a much improved internal atmosphere and outstanding acoustic and fire protection.

"Too often our homes suffer from the invasion of external, internal or neighbouring sound, too often our insulation does not work to protect us in the event of fire, too often our insulation is not properly installed and cannot work to its maximum ability, causing unnecessary heat loss and high energy bills, too often our homes are not built for airtightness and cannot breathe properly and so suffer structurally from mould rot and condensation while too many of us live in homes which have atmospheres that are not as comfortable or healthy as they should be" according to Tom Barbour, Managing Director, Ecological Building Systems

Thermo Hemp Natural Insulation, holzFlex040 Woodfibre Insulation, THERMAFLEECE and WARMCELL 100 are all natural insulations made from



fully sustainable materials which ensure your home is better insulated while also helping to protect the viability of the structure of the building itself, as they can absorb and release moisture without effecting thermal performance, hence reducing the probability of interstitial condensation occurring within or between the layers of the building envelope, which in turn protects the structure, as it reduces the possibility of mould growth, rot & damp. According to Tom "because these insulations are also totally non-allergenic, they are particularly but not exclusively suitable for allergy and asthma sufferers as they ensure a healthy living atmosphere within the home for all".

In addition, they also have a very high thermal mass, which allows them to act as a heat store, when exposed to intense heat during the day, which is then slowly released at a controlled rate, back into the home later. This then further reduces the amount of energy used within the home for heating purposes. These forms of insulation can be made even more energy efficient providing an even healthier internal living atmosphere by the installation of the pro clima Intelligent Airtight System. By combining the effectiveness of natural insulation with the high performing pro clima airtight system, not only is a low energy home assured but also a low allergen emitting healthy home which is structurally protected from moisture damage.

With the advent of ever increasing oil and energy prices and the impending implementation of the Energy Performance of Buildings Directive, the energy efficiency of our homes has never been so important, especially as their value will be linked to the energy rating they achieve. Tom advises "when insulating your home the only way to insure that you gain the maximum impact from your insulation, while also ensuring you are creating a healthy home, is to ensure that the structure of your home is sealed for airtightness. The effectiveness of the insulation and the generation of a healthy living atmosphere is directly dependant on the quality and consistency of the airtight envelope protecting your home".

Combining one of Ecological Building Systems natural insulation products with the Pro Clima Airtight System will contribute to an immediate and long-term comfortable, healthy & energy-efficient home, whether it is for a new build, extension or renovation project.

The company runs a dedicated helpline "Natural Insulation Direct" at Tel. 1850 242 666, to assist with natural insulation queries, be it highly technical or simple, providing further information, advice and samples.

www.ecologicalbuildingsystems.com



HOMATHERM helps to conserve energy within your building structure, reducing your energy costs



HOMATHERM is environmentally friendly as it is developed using recycled materials



HOMATHERM absorbs daytime heat, releasing it later when temperatures are lower



HOMATHERM helps to sound proof your structure giving you more silence & less noise



HOMATHERM helps to enhance the comfort within your home



HOMATHERM helps to protect your structure as it is specially developed to be fire resistant

