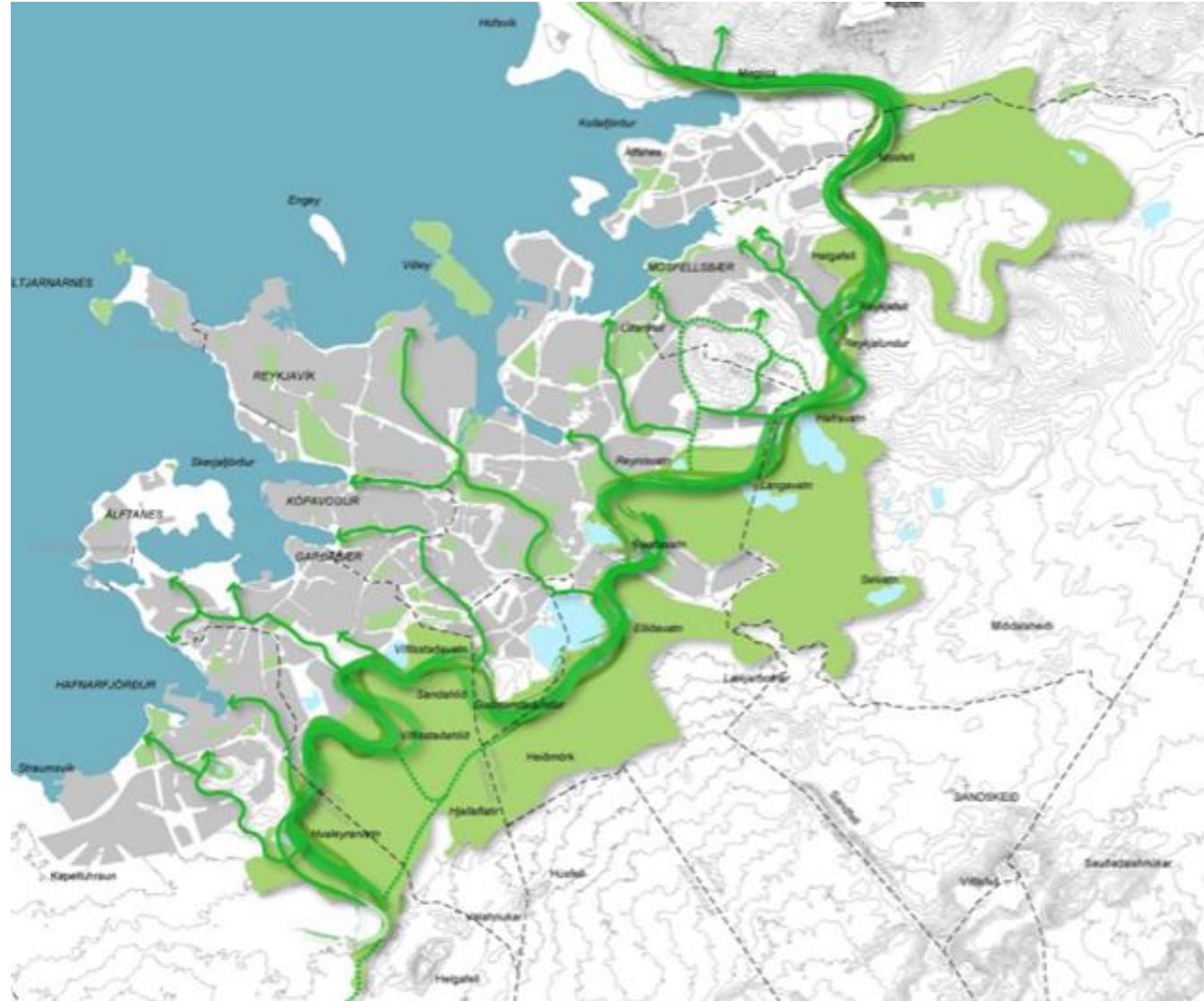


A wide-angle landscape photograph showing a person in a long, dark, flowing robe standing on a grassy hillside. The person is facing away from the camera, looking towards a distant city skyline under a clear blue sky. The foreground is covered in low-lying green vegetation and small rocks. In the background, a large city is visible across a valley.

GRÆNI TREFILLINN

BYGGT UMHVERFI & LÝÐHEILSA

SYLGJA DÖGG



LÝÐHEILSA, GRÆNT OG BYGGT UMHVERFI

- Hver er ég ?
 - Líffræði, lýðheilsa og byggingartækni
 - Innivist, rakaskemmdir og græni trefillinn



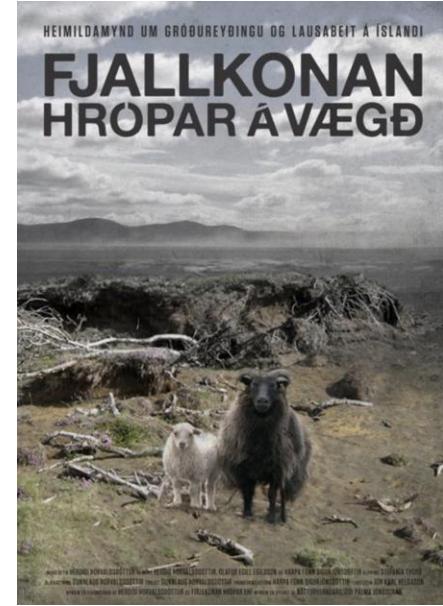
HERDÍS ÞORVALDSDÓTTIR

leikkona og náttúruverndarsinni 15.10.1923–1.4.2013

- náttúru og gróðurvernd á Íslandi
- lausaganga búfjár á örfoka landi
- stofnaði og var formaður náttúruverndarsamtakanna Líf og land

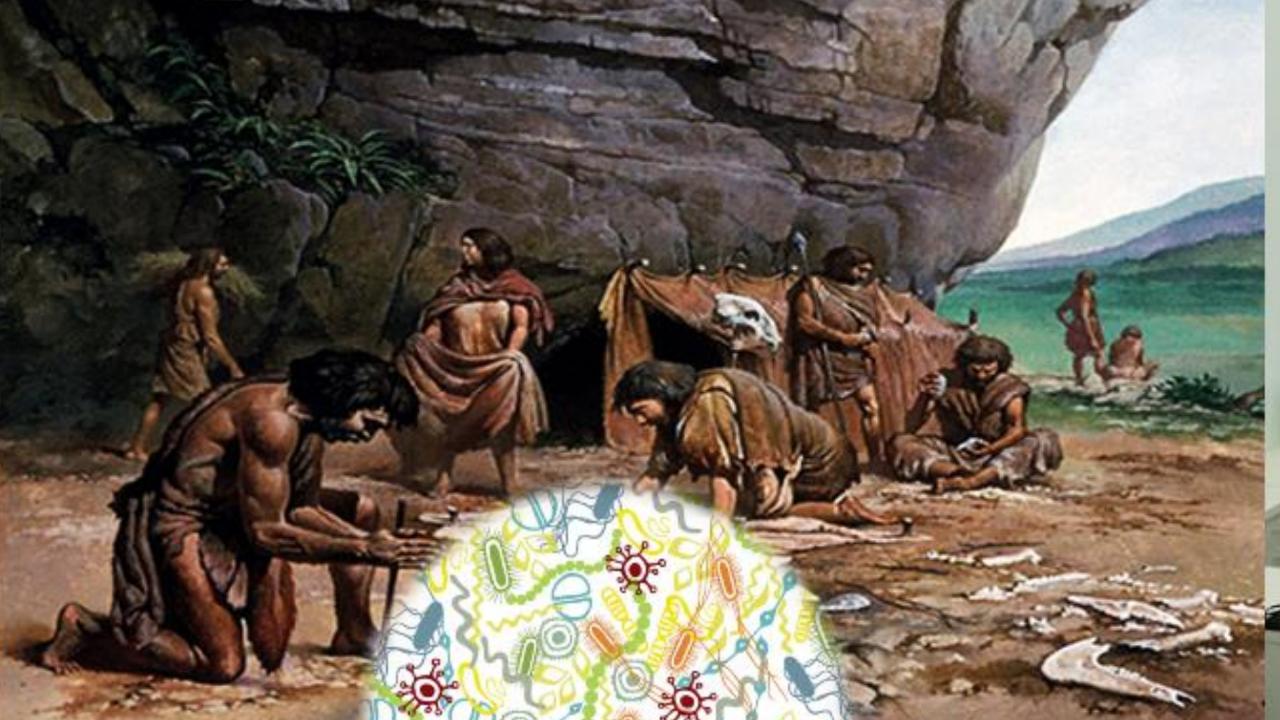
„Við berum þá skyldu gagnvart afkomendum okkar og náttúrunni sjálfrí að skila gróðurþekju og jarðvegi landsins af okkur í betra ásigkomulagi heldur en við tókum við því.“

„AMMA MÍN, VIÐ HÖLDUM BARÁTTUNNI ÁFRAM,
ÞÚ GETUR TREYST Á OKKUR.“



HEIMILDAMYND UM GRÓÐUREYBINGU OG LAUSABEIT Á ÍSLANDI

FJALLKONAN
HROPAR Á VÆGÐ





Heilsa

- Lífslíkur
- Lífslíkur við góða heilsu



HM3: Heilsa og velliðan

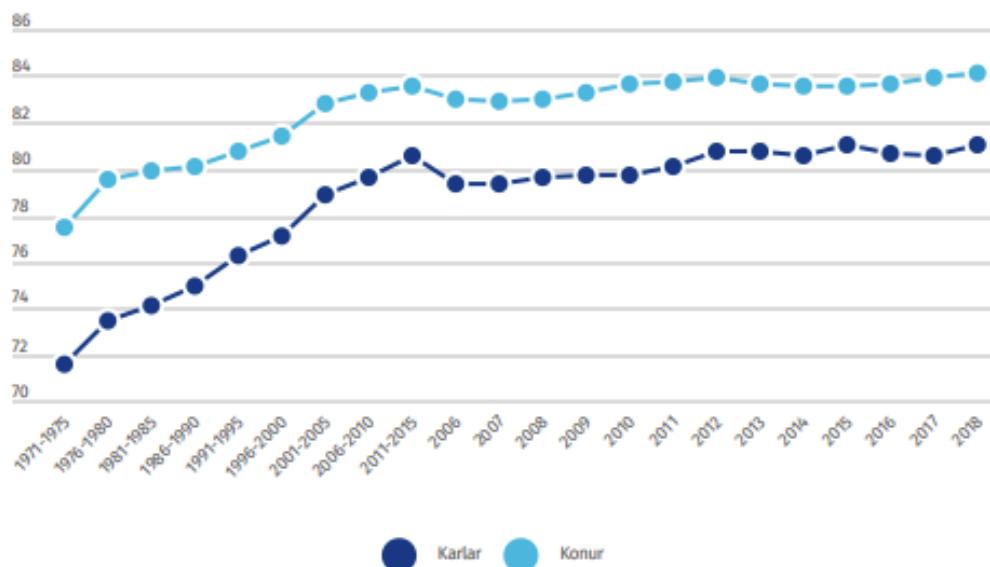
HM3.4



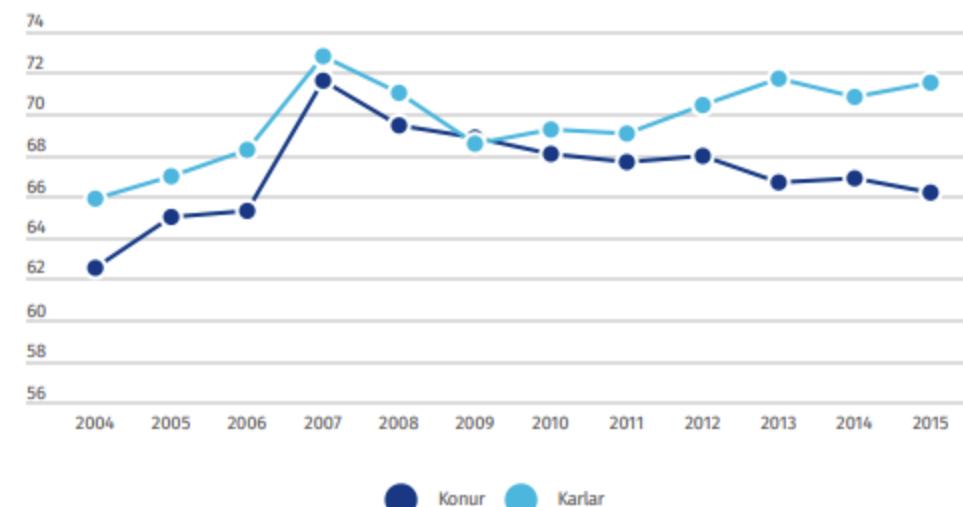
HM3: Heilsa og velliðan

HM3.4

Mynd 1: Meðalævilengd 1971-2018



Mynd 2. Lífslíkur við góða heilsu eftir kyni 2004-2015



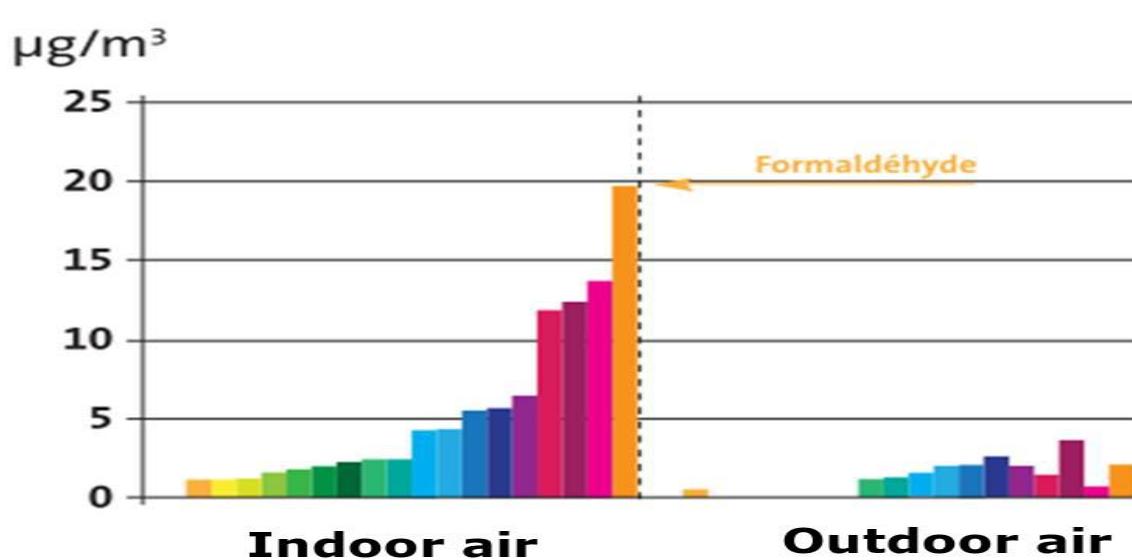


LOFTGÆÐI INNANDYRA

HEILSA = UMHVERFI + ERFÐIR

Verjum 90% af tíma innandyra

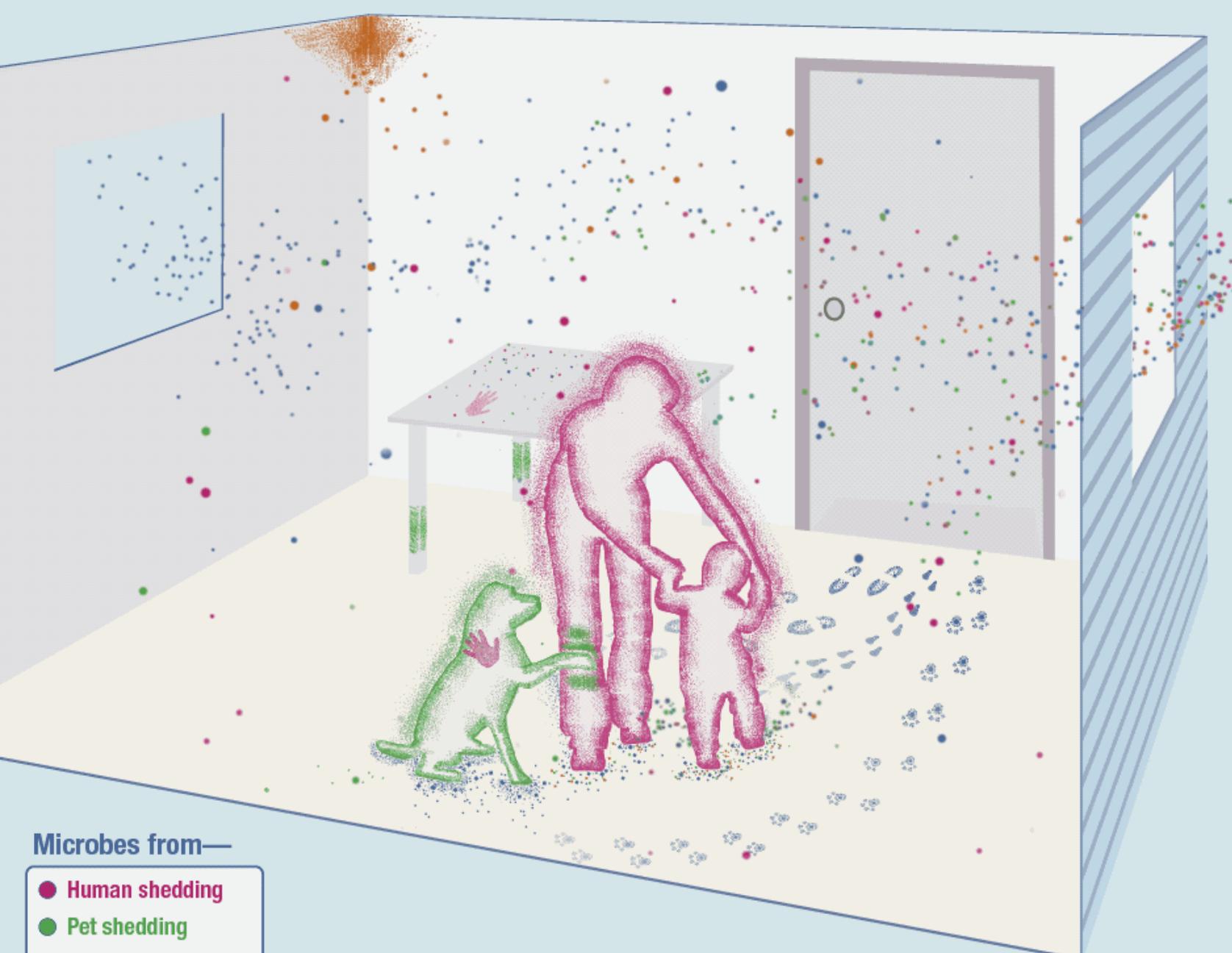
Inniloft 2-5 x mengaðra en útiloft



- 2-butoxy-éthylacétate
- 1 - méthoxy-2propylacétate
- Styrène
- Trichloroéthylène
- Acroléine
- Tétrachloroéthylène
- 2-butoxyéthanol
- 1 méthoxy2propanol
- Benzène
- Éthylbenzène
- 0-xylène
- 1,2,4-triméthylbenzène
- 1,4-dichlorobenzène
- n-décane
- m/p xylène
- n-undécanne
- Acétaldéhyde
- Toluène
- Hexaldéhyde
- Formaldéhyde



ÖRVERUFLÓRA/ ÖRVERUMENGI

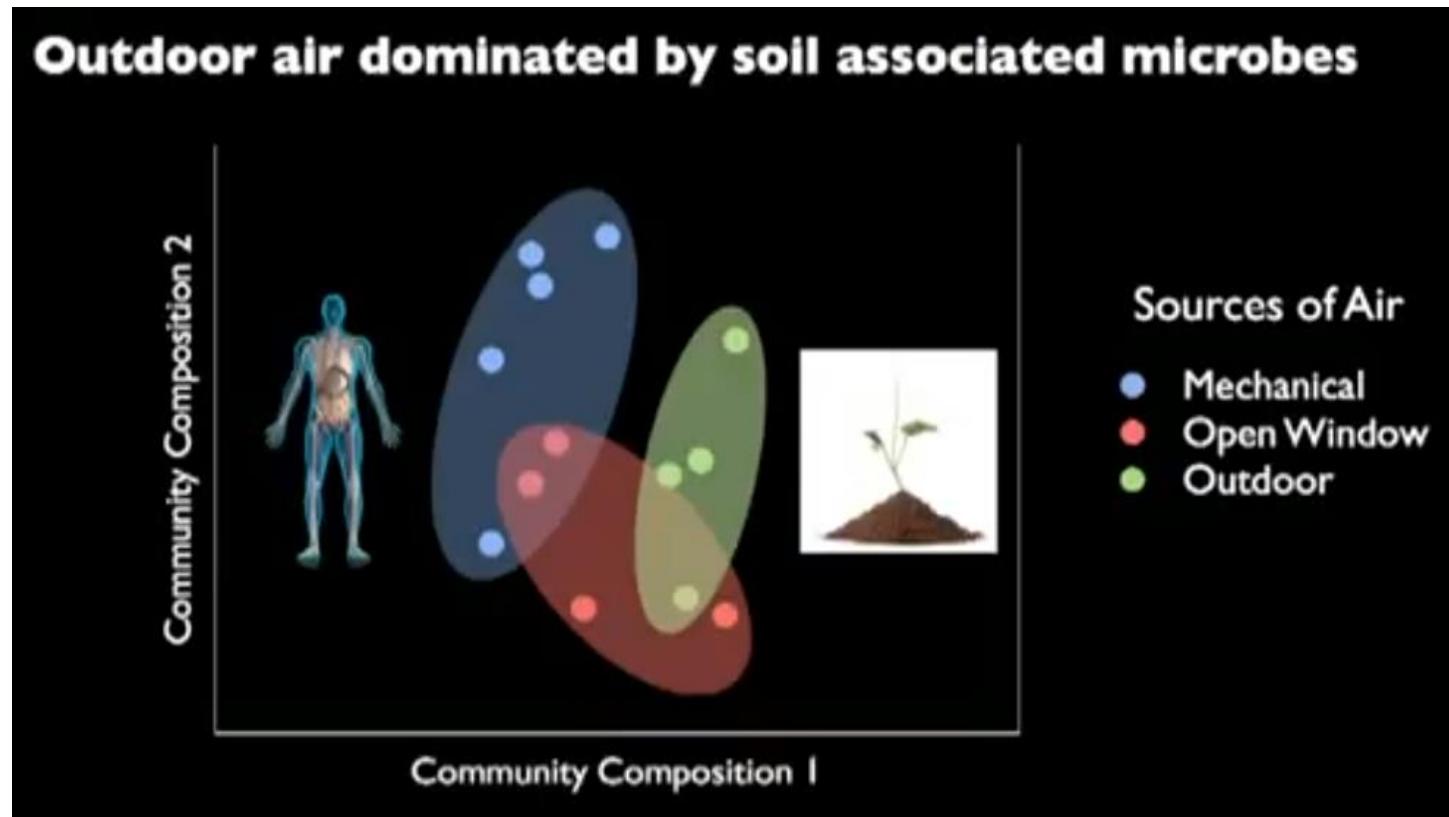


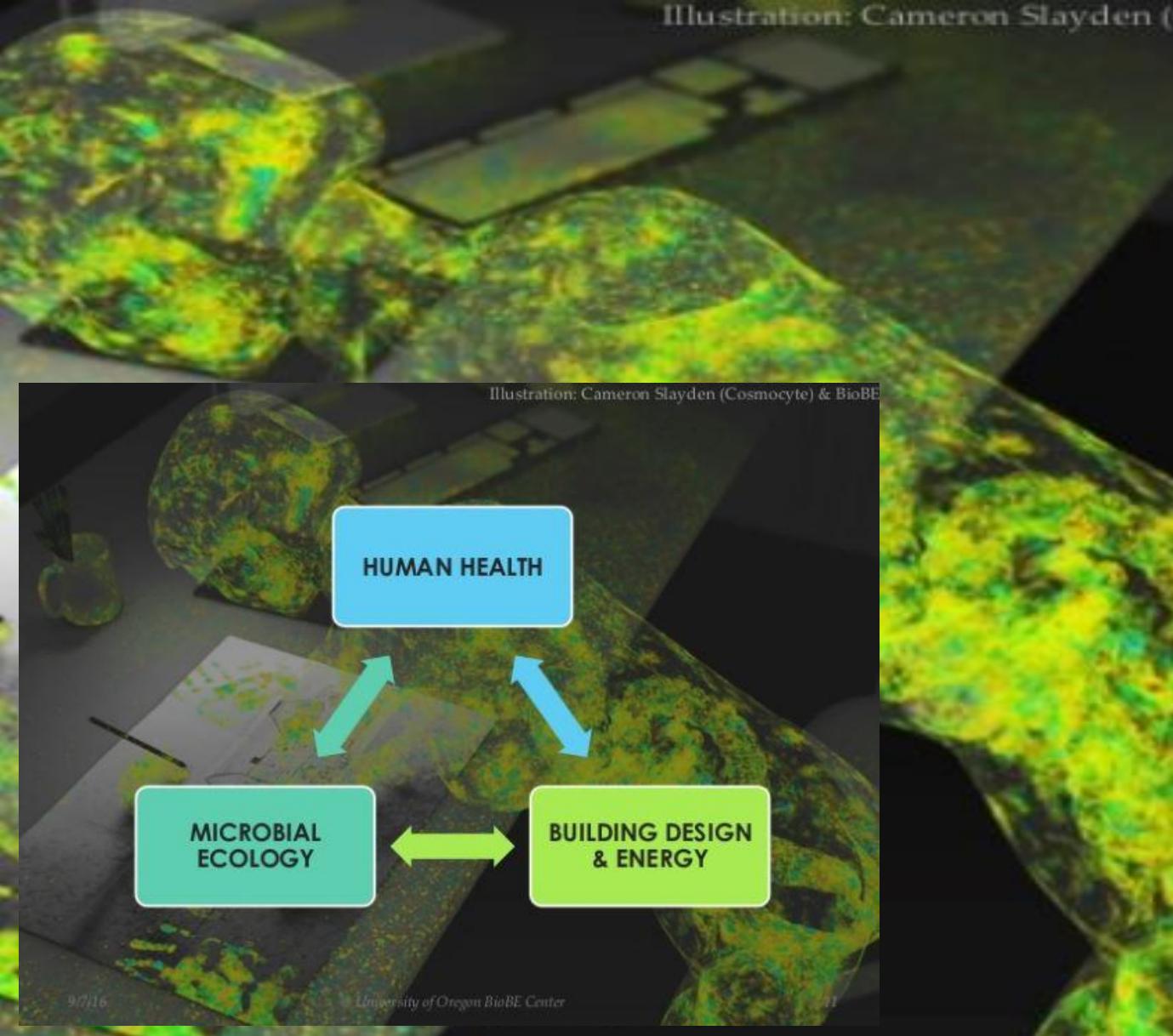
Microbes from—

- Human shedding
- Pet shedding
- Outdoor air/soil
- Indoor mold growth

ÚTILOFT ENDURSPEGLAR JARDVEGS BAKTERÍUR

INNILOFT ENDURSPEGLAR FÓLKIÐ





ÖRVERUMAÐURINN

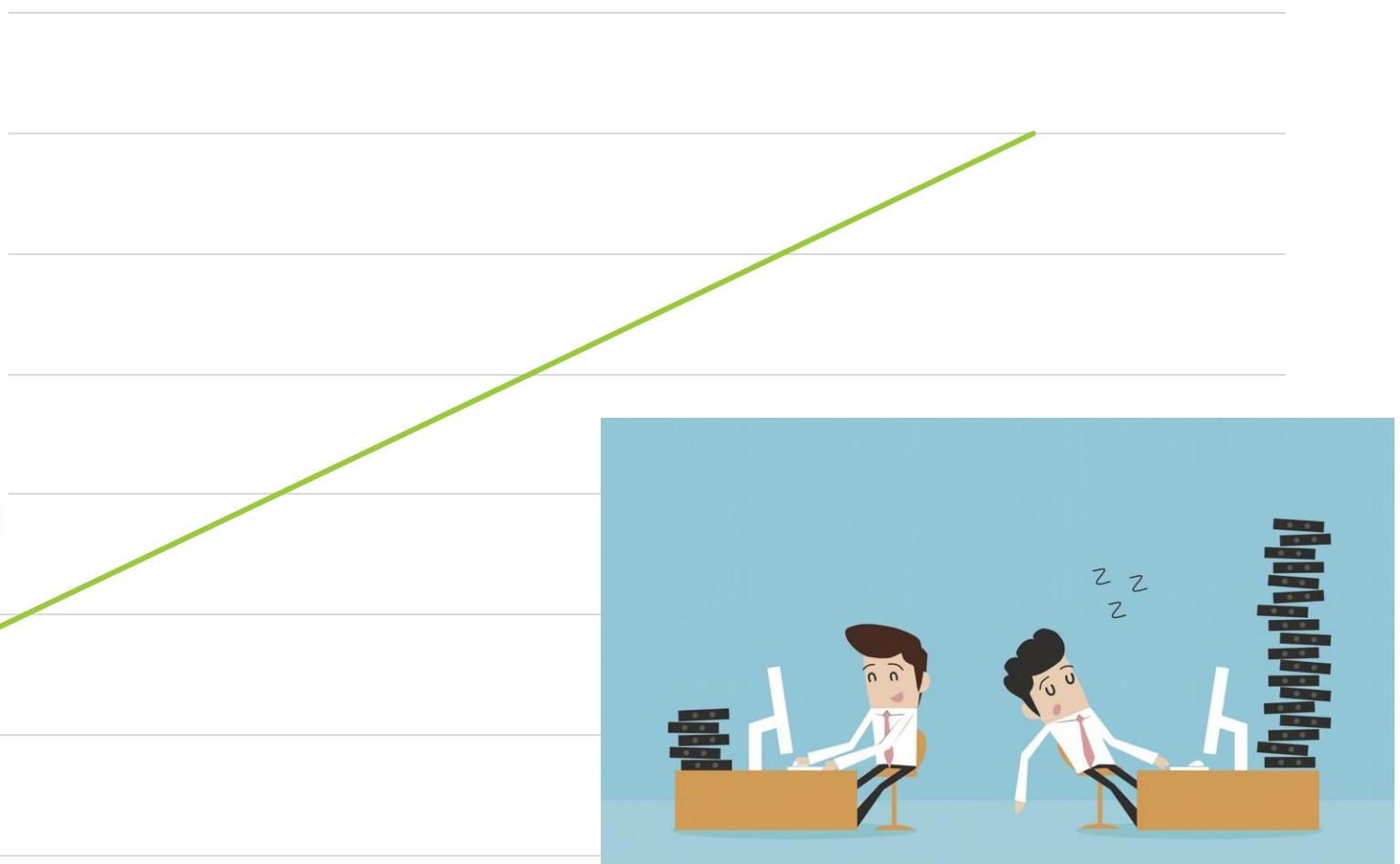
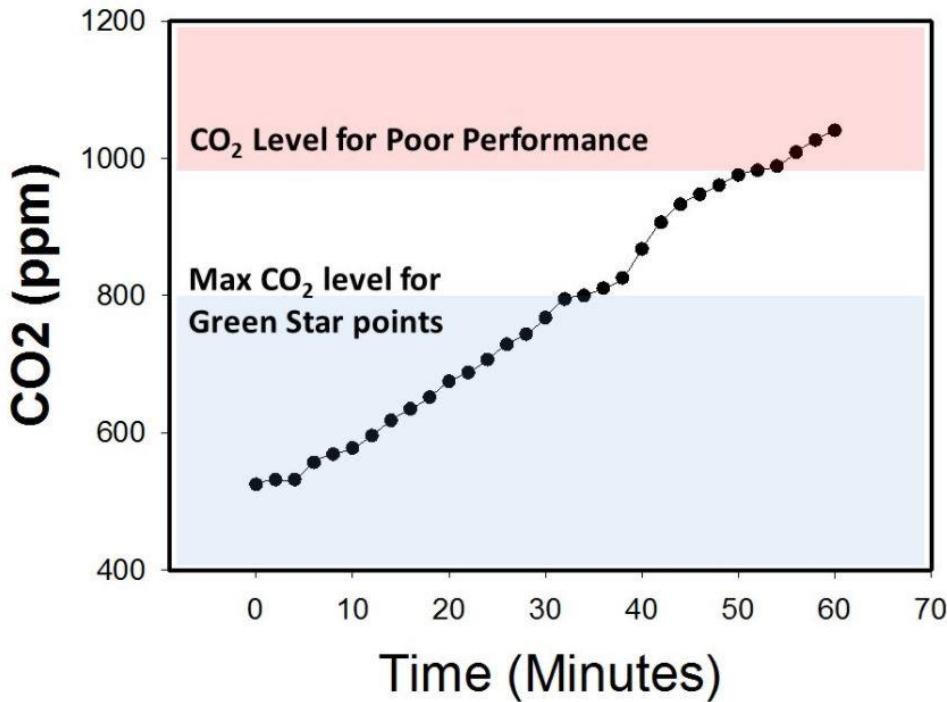
Skilur eftir sig tæpar 40 milljónir baktería / klst

- Blandast við örverumengið í byggingu
- Bygging
- Borg

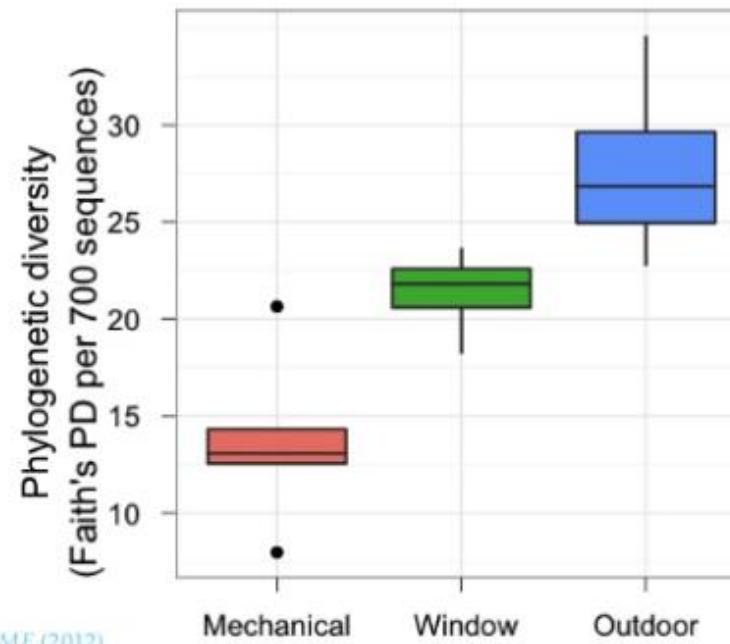
Býr eða starfar oftast í einsleitu umhverfi

- stýrt umhverfi, hiti og raki
- sótthreinsað
- lofræst með síum
- fjarri náttúrunni

FRAMMISTAÐA EYKST MEÐ AUKNUM LOFTSKIPTUM



FJÖLBREY TILEIKI FER EFTIR UPPRUNA LOFTSINS

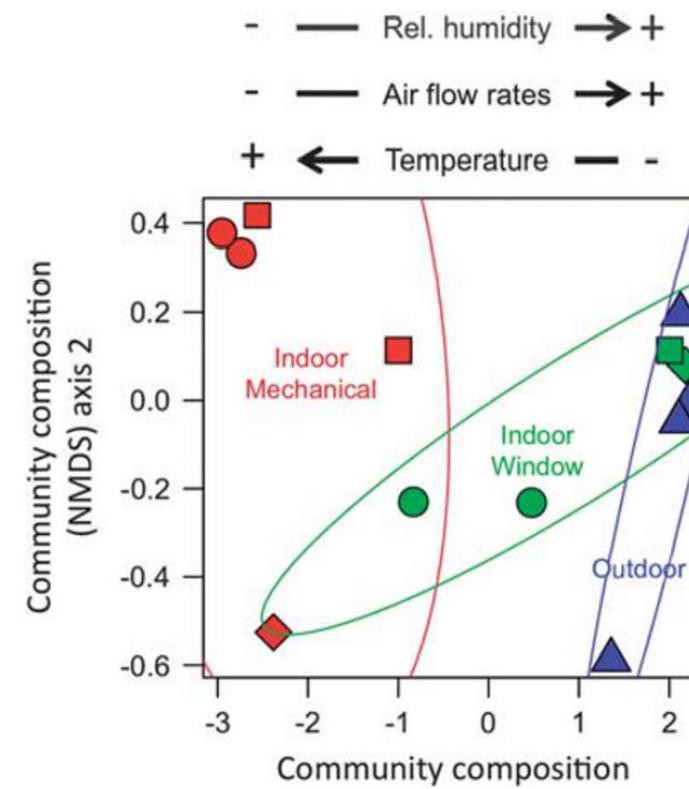


Kembel et al. ISME (2012)

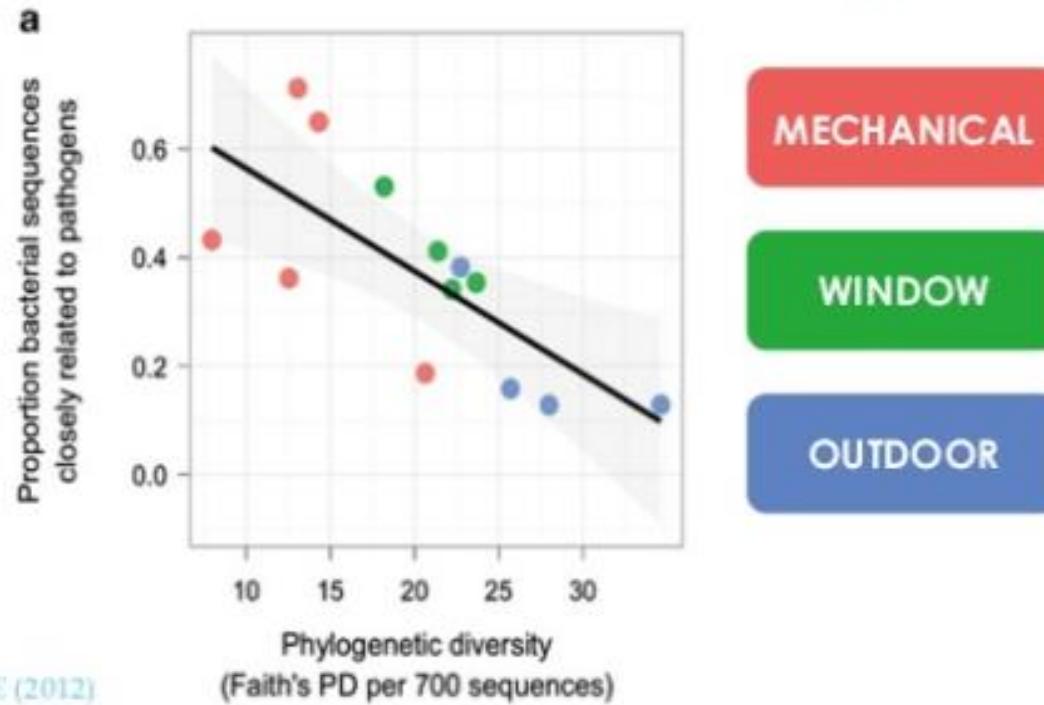
9/7/16

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VÉLRÆN LOFTRÆSING EINGÖNGU = EINSLEIT ÖRVERUFLÓRA -FLEIRI „SLÆMAR“ BAKTERÍUR



Kembel et al. ISME (2012)

9/7/16

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ERUM VIÐ AÐ LOKA NÁTTÚRUNA OF MIKIÐ ÚTI ?

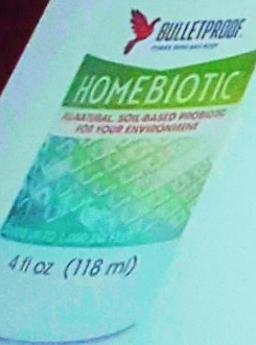


Prebiotic and probiotic approaches are being done!

"Homebiotic is a spray and leave on treatment that lasts 6 months. Bacterial cultures take up residence and prevent mold growth."

Benefits:

- Maintains a healthy balance of microbes in your home
- 1 application covers 1000 square feet
- Non-toxic, GMO-free, **Gluten-free**
- Pleasant citrus smell from organic botanical oils



4 fl oz (118 mL)

Reviewed by Talented Verified Reviewer

POSTED 12/15/15

TOOK AWAY MOLDY SMELL OUT OF OUR HOUSE

We had some roof leak/flooding and could always smell it. Used this product and it worked great! I would highly recommend it.



GRÆNI TREFILLINN & LÝÐHEILSA

- Bætir byggt umhverfi
- Tryggir fjölbreytt örverumengi
- Snerting við örverumengi grænna svæða
- Lykt og upplifun
- Sjónræn áhrif
- Snerting við náttúru
- Hreyfing –aðgengi að grænum svæðum
- Geðheilsa
- Kvíði
- Kulnun
- Vitræn starfsemi (skákmenn)
- Blóðþrýstingur
- Svefn
- Hjarta og æðasjúkdómar

Associations between Nature Exposure and Health: A Review of the Evidence

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 Jessica E. Schiff ^{4✉},  Grete E. Wilt ^{4✉},  Jaime E. Hart ^{3,4,‡✉} and  Peter James ^{2,3,4,‡✉}

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GRÆNT UMHVERFI ER HEILSUVAENT



TAKK FYRIR