

Table of Contents

Acknowledgements.....	ix
Disclaimer.....	xiii
Foreword.....	xv
Introduction.....	xvii
Chapter 1 Healthy Home = Healthy Mind.....	3
Section 1 Home as a Basic Need	3
Section 2 Health Chain	6
Section 3 Home for Yourself.....	7
Section 4 Support Systems in Different Cultures	9
Chapter 2 Feng Shui.....	15
Section 1 What is Chi?.....	16
Section 2 Balance.....	19
Section 3 Causes of Imbalanced Chi - Clutter	24
Section 4 Causes of Imbalanced Chi - Not Immediately Noticeable Causes	27
Chapter 3 Home and Communication.....	35
Section 1 Maintained House vs. Caring Home	36
Section 2 Home and Nonverbal Communication	41
Section 3 A Desirable Home Environment.....	45
Section 4 Being Proactive.....	50
Feng Shui Tips	53
Chapter 4 Space Planning for Psychological Accessibility	57
Section 1 Physical Contact	57
Section 2 Daylight & Seeing Views	62

Healthy Home for Healthy Aging

Section 3 Hearing Impairment	65
Section 4 Space Planning & Furniture Arrangement.....	70
Feng Shui Tips	77
Chapter 5 Colors	81
Section 1 Colors in Everyday Life and Cultural Background	81
Section 2 Color Basics	85
Section 3 Color Messages.....	89
Section 4 Older People’s Vision	93
Feng Shui Tips	95
Chapter 6 Indoor Air Quality	99
Section 1 Indoor Air Pollution, Allergies, and Asthma.....	99
Section 2 Ventilation	108
Section 3 “Green” Materials	112
Section 4 Cleaning	118
Feng Shui Tips	122
Chapter 7 Check Points: Outside of the House.....	127
Section 1 Front Entrance Area	127
Section 2 Doors.....	135
Section 3 Ramp / Lift.....	137
Section 4 Landscaping	139
Feng Shui Tips	143
Chapter 8 Check Points: Inside the House.....	147
Section 1 Security	148
Section 2 Safety	151
Section 3 Wheelchair Access	162
Section 4 The Right Fitting Chair for the Right Posture..	164
Feng Shui Tips	168
Chapter 9 Bedroom	173
Section 1 Feasibility	174
Section 2 Reduce Concerns	177
Section 3 Mattress.....	182
Section 4 Cleanliness	185

Table of Contents

Feng Shui Tips	187
Chapter 10 Kitchen	193
Section 1 Social Trends and the Kitchen	194
Section 2 A “Green” Kitchen	198
Section 3 Barrier Free for Eating	203
Section 4 Adjustments.....	208
Feng Shui Tips	213
Chapter 11 Bathroom.....	219
Section 1 Bathroom Comparison.....	219
Section 2 Door and Ventilation.....	225
Section 3 Toilet	231
Section 4 Light.....	235
Feng Shui Tips	237
Chapter 12 Clutter Clearing Action Plan	241
Section 1 Clearing Clutter.....	241
Section 2 Decision Making.....	244
Section 3 Action Plan.....	248
Section 4 Rewards and Benefits	252
References/Resources	257
About the Author.....	279