

TRAINING DAY HANDBOOK

ECOLOGICAL APPROACHES TO: HEALTHY HOMES

JUNE 6TH 2025
HALLAM CONFERENCE CENTRE



PROGRAM



TIME	PRESENTER	TITLE
09:00 - 09:45	Dr Jenny Goodman	Indoor Pollution
09:45 – 10:30	Jeff Charlton	Mould: Dead or Alive?
10:30 – 10:45		Q&A with speakers
10:45 - 11:00		BREAK
11:00 – 11:50	Christian Blank	Safer Spaces
11:45 - 12:15	Dr Jenny Goodman	Indoor Pollution
12:15 – 12:25		Q&A with speakers
12:25 - 13:25		LUNCH
13:25 - 15:15	Christian Blank Chair: Dr Shideh Pouria	Physical influences Chemical influences Biological influences: Practical remediation strategies and smart solutions for safer spaces
15:15 - 15:30		BREAK
15:30 -17:00	Christian Blank Chair: Dr Shideh Pouria	Session continues
17:00		MEETING ENDS



THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

The British Society for Medicine (BSEM) has existed as a professional body for 40 years and has made a major contribution to the integration of ecological principles into mainstream medicine in the UK. BSEM continues to promote education, research and collaboration.

The British Society for Ecological Medicine is the largest UK organisation for doctors practicing Ecological Medicine. In 2023-24 we celebrate 40 years of clinical experience and expertise in this field with the aim of sharing and promoting the knowledge and skills afforded using this approach for the benefit of patients and the public.

The Society has published the Journal of Nutritional and Environmental Medicine since 1990 and in 1998 members of the BSEM published the first and still the only textbook in this field: Environmental Medicine in Clinical Practice. BSEM has been training doctors and allied health practitioners for over 20 years and since 2017 has offered an online Foundation Course.

BSEM Aims

1. To provide support, safety and a networking platform for doctors and other professionals using the principles of Ecological Medicine in their practice by:

- Collecting and sharing clinical audits and case studies
- Providing an online discussion forum on clinical and scientific matters
- Publishing a regular newsletter for the exchange of ideas and information

2. To promote education and research into the field of Ecological Medicine by:

- Offering an online resource of scrutinized and peer-reviewed studies and publications in the field of Ecological Medicine
- Running training courses for doctors and other health care professionals
- Organising scientific meetings at both national and international level
- Running peer supervision groups for practicing members

3. To raise public awareness of Ecological Medicine by:

- Providing a list of doctors working in this field who accept patient referrals
- Selecting a panel of well-respected, clinically experienced academics to scrutinise relevant studies, publications or other evidence in the field of Ecological Medicine to be able to offer the highest level of scientific, credible and evidence-based information
- Translating and publishing this information in an easily understandable language to enable patients to make truly informed choices

For more information about BSEM's work please see our website www.bsem.org.uk



WHAT IS ECOLOGICAL MEDICINE?

Ecology describes the scientific study of the relationship between all living organisms and their environment.

Whilst Ecological Medicine is firmly rooted in conventional medicine, it also recognises the key importance and contribution of external factors such as lifestyle, nutrition, environmental exposure to toxins and internal influences such as microbiota, genetic disposition, allergy, latent infections, and biochemical disturbances in the development of disease. Ecological Medicine aims to maintain or restore health by intervening via those same influences in a therapeutic way.

Ecological Medicine has proven particularly effective in the understanding, prevention or treatment of a multitude of complex chronic conditions including allergy, autoimmune and metabolic disorders such as diabetes, severe allergies, Chronic Fatigue Syndrome (ME/CFS), Multiple Chemical Sensitivity (MCS), and chronic inflammatory and degenerative diseases.

Methods typically used in Ecological Medicine focus on supporting various pathways of excretion and detoxification, reducing the overall body burden of pollutants inevitably accumulated in the modern world. These classic methods are then combined with the fruits of more recent research in immunotherapy, genomics and epigenetics, in effect translating the results obtained from the laboratory bench into bedside interventions.

The multitude of different interactions with the environment and the complexity of genetic predisposition, means that each patient needs to be assessed thoroughly as a unique individual, making Ecological Medicine the most comprehensive, patient-centred form of medicine!

Welcome

We promote the study and good practice of allergy, environmental and nutritional medicine for the benefit of the public.



DR JENNY GOODMAN

Jenny Goodman qualified from Leeds University Medical School in 1982 and has been practising Nutritional and Environmental Medicine for over 20 years.

Dr Goodman has lectured extensively in Adult Education and at Colleges of Alternative Medicine, and she believes passionately in demystifying medical and nutritional knowledge and bringing it to the wider public.

Jenny's first book, "Staying Alive in Toxic Times" has been followed by a second book, linking the health crisis with the environmental crisis. It's called "Getting Healthy in Toxic Times", and was published by Chelsea Green in July 2024.



[Website](#)



JEFF CHARLTON

TECHNICAL DIRECTOR, BUILDING FORENSICS

Jeff has been involved worldwide in water damage and building related health issues for over 30 years. His listed accreditations on www.buildingforensics.co.uk show extensive training and certifications covering all aspects of Indoor air quality, investigation, and decontamination with verifiable measurement protocols. Initially training in Sweden, Germany and later in USA he is certified as an Indoor Environmental Professional (IEP) in USA and in UK as a qualified member of Chartered Institute of Environmental Health. He is part of various UK and European government committees ranging from emergency planning to CBR terrorist attack and response.

His experience and more importantly broad range of certifications, provide his clients or the medical profession with the expert support they require in identifying building related health risk issues which may be causation of their patients' health and or delay response to treatment.

His focus is on, hidden and historical or current building related defects or events which may amplify bio contamination and affect occupant health and be a possible causation of building related illness.

As a technical author in British and USA consensus documents on mould, he tries to focus client's expectations and improve the required outcome.

He provides his clients with technical support, sound information on which they can make decisions on risk and hazard assessments and remediation protocols and provide where requested, decontamination and or verifiable results on decontamination or clearance.



[Website](#)



CHRISTIAN BLANK

INDOOR ENVIRONMENT ANALYST

To 2006: Studies of tourism geography and economics at the University of Aachen, Germany (Degree: Master of Arts)

2002 to 2012: Positions in the tourism industry and in the field of IT training / IT sales

2011-2012: Further education at the Institute of Building Biology and Sustainability IBN, Rosenheim, Germany

Since 2012: Certified Building Biology Consultant IBN

Since 2012: Certified Building Biology Testing Specialist IBN

2013 to present: Member of the board, Verband Baubiologie e.V., the world's largest Building Biology association

2014 to present: Lecturer of training courses in the field of indoor environment analysis as part of medical education for physicians and therapists

2016 to present: Lecturer of EMF training courses at Verband Baubiologie e.V.

2017 to present: Member of the commission responsible for the international Standard of Building Biology Testing Methods and its Guideline Values

2018 to present: Lecturer of EMF training courses at the Institute of Building Biology and Sustainability IBN

2021 to present: Lecturer of EMF training courses at the Australasian College of Nutritional and Environmental Medicine ACNEM



[Website](#)



DR SHIDEH POURIA

Dr Pouria is a Consultant Physician and Nephrologist with a special interest in nutritional and environmental medicine. She qualified in 1991 from King's College School of Medicine, London and has worked in numerous clinical and academic posts within the National Health Service, including a consultant post in Renal Medicine at Guy's Hospital. She has extensive clinical experience in general and specialist medicine as well as in medical research in the field of mucosal immunology and IgA glycobiology for which she was awarded a PhD in 2005.

It was through her PhD project in mucosal immunology that the role of microbiota, nutrition and environmental factors in health and disease took a prominent place in her understanding of disease and informed her approach to chronic disease. She started her Ecological Medicine practice in 2007 as the Medical Director at the Burghwood Clinic for Allergy, Environmental and Nutritional Medicine until 2013 after commencing her training with the BSEM in 2005. She has held visiting research fellowships at Kings College London and was called to participate in the work of the scientific advisory board for the Allergy Research Foundation until 2018.

Dr Pouria has been an active member of the British Society for Ecological Medicine since 2005 where she continues to serve as Vice-President. Her role has included organising conferences and training days, compilation of the scientific foundations in ecological medicine practice and joint policy and decision making with the executive committee of the Society. She lectures in local and international meetings and is a regular speaker at the BSEM training days. She is the author of a number of peer reviewed papers and has written chapters in books on nutritional and ecological medicine. She continues to work as an independent practitioner in London, treating patients with a variety of complex, chronic, inflammatory problems.

OUR SPONSORS

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Established in 1979, Bio-Diagnostics is privately owned, rapidly growing, UK bio-tech business, based 40 miles south west of Birmingham, UK. Bio-Diagnostics is highly regarded and trusted globally, working closely with partners providing Distribution, Medical Logistics, Contract Manufacture, (including final kit assembly and cartoning), Contract R&D, Laboratory Services, sample processing and testing.

As the longest established Autoimmune company in the UK, our expertise in immunology has enabled rapid establishment as the clear market leader in many aspects of Allergy testing as well as treatments in the UK.

Bio-Diagnostics now has 4 main divisions in Immunology, Immunohistochemistry and Dermatology, and Allergy and continues to work with commercial and academic entities on projects to take a concept through to commercial products.

Building Forensics

www.buildingforensics.co.uk



Building Forensics investigate causation of Building Related illness to provide data which may identify causation of brain inflammation & general inflammatory response.

Helping clients worldwide recover from mould, contamination, and disaster, with over 35 years of expert knowledge and lived experience.



**BSEM
Join Us!**

UPCOMING EVENTS

Join our Community!

Members can access slides from all BSEM's past training days, workshops and conferences.

BSEM Autumn Workshop
Finding Coherent Health: The Power of
Light and Water

Friday 26th September 2025

Hallam Conference Centre, 44 Hallam
Street, London W1W 6JJ

[Find out more](#)



BSEM Training Day 21:
Ecological Medicine: Approaches to
Detoxification and Toxins

Followed by BSEM AGM

Friday, 24th October 2025

Hallam Conference Centre, 44 Hallam
Street, London W1W 6JJ

[Find out more](#)

A circular blue badge with white text. The background of the entire page at the bottom is a close-up, slightly blurred image of green leaves. The badge is positioned in the bottom right corner.

BSEM
Celebrating
40 years