

*The winners of our home-makeover contest received a free checkup from our "green" Room Doctor, who helped them create spaces that are healthier for you and the earth.*

# GREEN *by* DESIGN

*by Dorothy Foltz-Gray*

*photography by Deborah Whitlaw Llewellyn*

**T**HERE'S NO DOUBT that to achieve true environmental correctness, you'd have to do more than recycle faithfully and choose paper over plastic (or is it the other way around?). For instance, most homes are built with wood, materials like carpet and paint, and other elements treated with or composed partly of chemicals that aren't exactly healthy for you—or the world around you.

But you don't have to bulldoze your split-level and live in a bubble to safeguard yourself, as the winners of our second annual Room Doctor home-makeover contest now know. We've shown them (and you, too, in the following pages) how easy it is to create a healthier haven through the principles of

green design, which relies on chemical- and pesticide-free materials and efficient energy use.

This environmentally sensitive approach is gaining popularity, along with a growing interest in everything organic. According to the National Association of Home Builders Research Center, 13,000 homes were built green from the ground up in 2002, a 70 percent increase in the past decade. And thanks to retailers such as Pier 1 Imports, The Home Depot, and Pottery Barn, ecoconscious goods are now easier to get your hands on than ever before.

*Health* enlisted the

country's premier expert on green design, Victoria Schomer, ASID, a principal and founder of the firm Interior Concerns in San Rafael, California, to give two sets of readers room makeovers worth \$4,000 each. "Our homes are where we go to renew," Schomer says. "So it makes sense to consider the materials we use."

Room Doctor Schomer helped our winners tackle common design challenges—inadequate lighting; long, skinny spaces; storage shortages; and dust-collecting carpets—with easy, earth-friendly solutions. Use them to add a bit of green to your next home-improvement project.



**our room doctor**  
Interior designer Victoria Schomer received the 2000 Design for Humanity Award from the American Society of Interior Designers.