Podcast Introduction and Guest Welcome

Your genes hold the answers to your family's overall health. I'm Dr. Paula Kruppstadt and on the Get to the Root with Hope for Healing podcast, I sit down with experts in genetics, functional medicine, and family care to explore what's really going on beneath the surface so you can stop guessing and start healing.

From personalized insights to practical tools, we bring you whole family wellness that starts at the root. Welcome to the Get to The Root podcast. I'm Dr.

Paula Kruppstadt and joining me today is Mr. John Bennett. He is the CEO of Aeroasis. And he's been in the indoor air quality industry and space for about 25 years.

So it's so important when we're dealing with our families, our environment to have clean air. And today John's going to help us understand what air oasis does.

Welcome, John. Thank you for having me, Paula. Great. Now you guys are located in Appalene, right? We're actually in Amarillo. Okay, I got the A's mixed up there in Texas.

All right. Well, we deal with a lot of people here in our practice that have a condition called chronic inflammatory response syndrome. But clean air isn't just for people with SERS, as we call it.

I would like you to explain how the air oasis units work and what's in them.

Air Oasis Technology Overview

break that down and as you explain that, I'll ask you questions along the way. That's one of the fun things doing these podcasts. I learn things along All righty.

I appreciate having me on the podcast today, Dr. Krumstedt. So our units actually differ mainly because they contain five different technologies. Actually, when Dr Shoemaker came to us years and years ago, it came because of our filter technology that we were offering at the time, which was bipolar ionization.

We had some PCOs, some UV, things like that. It was just a filterless type of technology. And then come to find out as we got more involved with SIRS that a lot of people were also buying a good HEPA filter along with it.

And which kind of added a financial burden to everybody, right? So there's no reason to have to buy two different devices to try to accomplish clean air.

So that's when we first came out with the original iAdapt Air because we thought, okay, well, You know, it seems to be this constant struggle in the industry of what's better, filterless or filtered.

And honestly, you need both. So they said, let's do everybody a favor and put it all into one package. Um, and that's how we invented the first iAdapter.

so they, And now we're on the i Adapter 2.0, which contains a H13 medical grade HEPA filter, beta carbon, silver ion filter as well as UVC LEDs. which are antimicrobial and bipolar ionization.

So we actually have five technologies in one package. And that's really what separates us. Most other products on the market will just be a HEPA filter or just some sort of filterless technology.

I think we're the first company that decided, hey, let's put it all in the one box and package it altogether to give everybody an easy button. You've got in AeroAce this Hepa filtration.

ultra UVC, ultraviolet light and what does that do for the air? So UVC actually disrupts the RNA and DNA of anything biological. So it'll actually sterilize mold, bacteria, viruses, things like that.

And we actually shine the UV-C kind of inside the unit as well as down the backside of the filters to not only try to sanitize some of air passing through the device, because to be honest, at the high airflow rates like a device like ours, You know, it's not really going to, you know sterilizing of those contaminants on the first pass that's actually airborne.

It takes several passes for it to happen, which is why we have a higher airflow rate, but also the surface it shines on will be decontaminated.

How UVC and Bipolar Ionization Work

So that helps to keep the inside of your air purifier clean of any microbes or anything biological as well as the backside of the filters. Okay, now somebody who knows absolutely nothing about air conditioning or cleaning air, can you explain what bipolar ionization is?

Pretend you're talking to a third grade teacher who's going to try to explain it to the classroom, just to really help us understand. Third grade level.

Okay. Why don't we go, let's go to eighth grade. Okay. Thanks. I guess the simplest explanation is based with bipolar ionization, which there's a lot of other forms of ionisation out there.

There's negative ionizers and even different ways to produce negative ions, that's what usually gives the negative connotation of producing ozone or even like a static charge in the air, Blackwell syndrome, all these negative aspects of the ionizations that you want to steer clear of.

With our bipolarionization we don't produce any ozone. What it actually does is there is a, we call it bipolar because there was a positive pole and a negative pole.

Okay. And they're made up of little tiny carbon brushes. So on each one of those poles or brush heads, you have several different points, which you would call like a needle point, but it's actually a tip of a piece of carbon.

And you're basically just taking water vapor. So just water, there's already humidity, that's are already present in your air. We don't add to it, just take what's all ready present.

And your splitting up that H2O, as everybody knows. I think even an eighth grader knows water is H20, right? So you split that up into positive hydrogen and negative oxygen.

Okay. So that's all you're doing. And then those ions will then go out into the air. Of course, in order to become happy again, its goal is to be water once again.

So in the process of trying to do that, it's actually going to oxidize different contaminants in air and basically still electrons and still hydrogen and try to get back to H2O once.

It's the simplest way I can put it. And the process of doing that is going to kind of clump around and cause the different contaminants to cluster, which makes them heavy so they fall out of the air or they're big enough to get trapped into a filter more efficiently.

and it also, like I said, oxidizes them and sterilizes whatever the contaminant is. So it's not just acting in the Air Purifier, but it is kind our Seek and Destroy technology to go out and find contaminates in open airspace.

Okay. Okay, so that helps me understand a little bit more and other people too. And then with the activated carbon and the silver in there, that's really good to know also.

So many times I'm explaining to people, uh, the difference between HEPA filtration and how small some of these particles are. So would you kind of break down what, when we're talking about in the interior of a water damage building, what HEPA is going to get and then what the rest of the technology is gonna take care of?

Yeah, sure. So, I mean, in a water damaged building, you have a lot of contaminants going on, which, by the way, it's interesting. I just had my first experience in our own home with water damage.

We had an upstairs shower that the shower pan leaked and we woke up in the morning with the water dripping through the ceiling. So we had to go through our experience recently, and I learned more than I wanted to about how insurance and everything else operates.

HEPA Filtration and Particle Sizes

Yes. which makes my heart pour out even more to anybody who's been through that experience. But yeah, when you're going through, that I mean, you know, your, producing all sorts of mold, bacterias, then the remediation process, all the construction just puts more dust, more contaminants in the air, so you have a lot of things going on.

So you definitely want a good air purifier during that time. You know, in an ordinary house where everything's fine at the moment, you know you're going to have different sized particles still.

So it could be something from like wildfire smoke could happen. It could a wild fire nearby, smokes coming into your house, and if it's a small trace, which we get those around here sometimes too.

And I love it because, some of our kids will come over to our house during wildfires because you'll see the air in our homes always clean because of course we have air purifiers everywhere.

Great privilege of being a CEO of Air Oasis. If you open a door, you'll see the air quality indicator ring turn red, and it will shut the door and we'll kind of go back down and keep our air clean.

But the particle is sensing during a wildfire, it's going to be more like a PM2.5 or even smaller particle. So particles smaller than two microns. That's tiny, that's very tiny.

We've actually tested our units all the way down to 0.05 microns, which is basically you're getting into the nanometer scale at that point. So you know, not invisible to the human eye.

so it can trap particles as small as that. And then you have other things that are going to be like a, as big as a pollen or something like that, it's going be more like, you now, 10 microns in size.

But when you had active mold situation in your home, those mold fragments are even doing their mediation. the fragments of even the dead mold can cause SIRS reactions, and those fragments can also get down, you know, closer to the 2.5 range.

So if you don't have, a good HEPA filter, because, there's ranges of Hepa even, right? To be considered true HEpA is just an H10. You know, and, which is only a, was it 99.93% effective, you know.

And you get elk rager at 99,97. So you kind of start splitting hairs at some point, but it's not just the efficiency of the filter, the size of particle it can actually trap as well.

Yeah, questions. So I thought, and this is where you can educate me, HEPA filtration was about four micrometers, but it sounds like there's various sizes of Hepa.

And then pollen, that's kind of take care of. taken care of with the HEPA filtration, but then we've got of dead mold particles that are everywhere, and those are microbial volatile organic compounds that so teeny weeny that the rest of the technology gets rid of.

But what is the, with Hepa, the size of these little critters. With a medical-grade HEPA like we have at age 13, you can get as small as like the coronavirus.

You know, it's a very small problem. During COVID, our business just went crazy. I mean, we couldn't even keep up because of course we had UVC and stuff in there as well, which killed COVID.

So that mixed with the HEPA filtration, they can actually trap viruses. That's kind of a real run of the time. But, so we can get down to that size of particle with an H13 filter.

You also have other, like I said, a true HIPAA H10, but you also things that are called like a Hepa-like filter, sometimes they call it, which goes below H10.

So the bigger the number, the smaller the particle you can capture, I guess, and more efficient to filter. You can get down there pretty small. Okay. I really appreciated what you said too about the breakdown products of contaminants in a water damage building because hole spores are 0.2% of what may be found in a water damaged building and it's all the other little broken down pieces that make people sick and you've just explained elegantly how the air oasis units clean all that up.

I mean you definitely they break down even you know a lot of times the service conference you hear them talking about beta glucans and stuff like that which basically like to fragments off of the hairs and the mold and things like this.

Yeah. It even traps all of that and whatever On top of the particles, you know, actually we have five different layers for a reason because the next stage is going to be the carbon.

So when you get into the MVOCs or anything that's a VOC, any sort of a chemical compounds that are emitted from the bacteria or the mold or any other contaminant you may experience in your home, even VOCs that come off furniture or you name it, or that enter from outside, all those VOCS are trapped in the carpet.

The carbon basically has little tiny pores on it and as it passes through the carbon, those pores trap all those VOCs.

Carbon, Silver, and VOC Removal

And so that's why we have that within the product. Dust, dust. We're just, we excel and we put all kinds of things into the air when our skin actually flakes off and because itty bitty little particles creates a lot of dust in your home just from your own skin, your dead hair, you name it.

So, but even if you have the perfect home, if your living in it, and you're contaminating there. I'd like to thank Fagran Genomics for sponsoring our podcast.

Without knowing what your precision genetics are, you don't have a roadmap. So please log on to our website, schedule a welcome call, and see what the Wellness Blueprint can do for you.

That's the premier and proprietary genetic panel that Fagran has allowed us to create. Yeah. Well, you know, the fact that you brought up the dust, I'm so grateful that it did because what we've learned in the last several years in this community is that mold is less than 7% of what makes people sick and it's the endotoxins, I call it the gram-negative poopy water bacteria in a home, the overflowed toilets, shower pans, dishwashers, refrigerators, and you've got food particles and then you get all these nasty bugs that are growing.

but Actinomycetes. So Actina my cities being a family of bacteria that are very nasty and they they like to live in our skin and this the sebum which is the greasy substance on our face and our scalp and we shed our skin cells and that actinous gets inhaled and swallowed.

So what you just said about the dust and then what we're talking about all the time actinos, actino, sactinos plus it'll

grow up the schnoz. I mean we'll find it growing up people's noses and typically people with eczema and, you know, eczema, psoriasis, just nasty skin.

And there's also blackheads, whiteheads and these things called lipomas, which are nasty little bugaboos. So I guess I'm going to go ahead and step into this.

People talk about air. Well, first let's go back to ozone. We use medical ozone where we take blood out and we put ozone in. and we will also do it in the ears or in nose but people get this wrong idea that they can run an ozone generator and that makes things so much worse because it breaks all those particles apart even more.

I mean if you had an empty house that would be one thing but I'm really glad you brought up that we don't. that it doesn't generate the ozone. Would you go ahead and kind of tell us how the air oasis units compared to say air doctors?

Sure. Air doctor, if I'm correct, has a HEPA filtration carbon and I think they even have a unit that does have ionization as well. believe this is just a negative ionizer, so they have basically three technologies within their unit.

As I stated earlier, you know, we kind of go a step farther by having those three, plus we have an antimicrobial silver filter, which is called a silver ion filter.

It doesn't release any ions, they're surface-borne, but any contaminants that touch that filter layer will be sterilized.

Comparing Air Purifiers and CADR

Of course, then we also add UVC to it as well, and we use bipolar ionization instead of negative So it's, you know, that's kind of the main differences between our products.

You know you always want to look at CADR ratings as well. So they have a variety of products in different sizes. We do as. Well, so I think our largest unit probably has the highest CAD R rating of anything I've seen, which is.

Yeah. What is that? I'm like, can you say that. So CADR, sometimes they call it CATR. It's a clean air delivery rate. So it's basically how fast an air purifier cleans the air, which you use to determine how big of a space it can cover.

You want at least five air exchanges per hour. So, so no matter whether you buy an Air Oasis or you're buying a competitor, that's probably the number one thing you want to look at is do I have the right counter rating for my room?

It's also a mistake people make a lot of times is they'll say, okay, well, my The air oasis small is 256 square feet maximum. The medium is 536, if I remember correctly, maybe a little off.

So they'll be like, I'm just going to throw a medium I adapt air in that space or whatever the competitor size is. And the problem is you're actually better off a lot of times going with like two small air purifiers kind of set caddy corner across the room from each other.

Because that air pressure has to pull the air into it to clean it most of the time. So, and that's another reason why we added the ionization because most people won't do that instead of buying two smaller units to allow better coverage in their room.

They just want to put the economical choice, one big one stuck in one corner somewhere. and hope it does the job, right? And that's why we add ionization, which is where a lot of our competitors fall short and that bipolar ionisation, like I said, is to seek and destroy.

So that way, if you don't pull the air through the Air Purifier, you're still sending out those positive negative ions that can spread all the way across the room and try to reach those other pockets where normal Air purifier wouldn't get.

Okay. I might take it off a little bit from your question, but No, that helps us understand. You know, people don't know what they don t know until they test and it's what's hiding in the dust, you know.

What's there? They just don s know I really like the small unit. I still have the older unit and I take it with me wherever I go, I put it in a suitcase or I even have the carrying case and I check it or I carry it on I just put medically necessary around the edges and that I really enjoy that.

So the units do have filters that need to be changed and i guess it just depends on how dusty and you know where you are what the air is cleaning. John, one thing that really impressed me when I was first learning about biotoxin illness to begin with was that People who fail something called a visual contrast screening test, when there's an inflammatory element in the bloodstream of people, the blow in their retina is impaired and it helps you distinguish.

We're not talking color, but we're talking black and white and contrast. And so what I thought was so cool was someone who failed their visual-contrast screening tests, if they were in a room with an aeroasis for an hour, they can then pass their VCS.

depending on how big the load was. So as I think about it, cycling the air five times in an hour, that explains why the blowing is so strong. We have in our air conditioning system in office here in Shenandoah, something called bipolar ionization units.

Made in the USA and Removable Wi-Fi

we have five of those we put into the HVAC. They let me do that. But then on top of that, I still have the aeroasis units sitting around. It's like, you know, it's so important and we just recommend these for all of our patients.

Hey, John, I just wanna thank you for explaining this technology to people and with the five different things that are within the air oasis units. Let's go through that one more time.

So it the HEPA filtration, the bipolar ionization, the ultraviolet C, which is antimicrobial. Then we've got the activated carbon filter and the silver filtration.

Yay. Okay. Good. Well, we'll just keep recommending it and we're going to give our listeners the affiliate link. We have it on our website as products we love.

But yeah, we love these. They're just outstanding. And I always tell people watch out for the sales because you can stock up on filters and things like that too.

So how big is, you said Amarillo, how is the place where you make all these things? Are these products made here in the USA? So we do some production here in our warehouse.

Okay. Production happens outside of our warehouses as well. So it's kind of a group effort. You know, certain aspects like our, I guess one thing makes our unit actually different as well.

Yeah, removable Wi-Fi chips. We do have people that are EMS sensitive and don't want the Wi Fi. So we made it removable. For instance, that part is actually made in the USA.

we install that here in Amarillo, Texas in our own factory because not only people since it at UMS, but they also want to know where their data is going, right?

So if you think that is so it's all hosted up. On US servers, the chips are made here in the US, all that good stuff. But yeah, there are components from overseas as well.

It's all. Yeah. That is huge to know that the wifi that they can remove that because we do have a lot of people that are EMF sensitive. So that's huge too.

I mean, I don't think anybody else is doing this. like you guys are so all right well John thank you for cleaning our air and for letting me ask you all these questions in the it was in medical school we called it pimping was like let me pimp you about this stuff you know it's like okay break it down explain it real people speak so anything else you want to just You know, I always talk about the value of things.

It's like investing in these air purifiers, investing and clean water, invest in a great mattress, you know that's non-toxic. So would you kind of give our listening audience your elevator speech about investing an appropriate air cleaning technology?

Yeah, and, you know, we always do our best at Airways as well to try to make things affordable. When you're looking at affordable options, there's a lot out there.

You know don't just look at the price of the initial device. And, sometimes people get sticker shock when they look HEPA filters as, well because Hepa is not cheap.

Why Clean Air Is a Health Investment

But, in order to filter out that small of a particle, it does cost a little more money. That's why we try and make our filters last as. Well, so look the costs over the long term.

Be on an iAdapter 2.0, you're going to replace that filter somewhere between one and two years, depending on how high the fans be running on and stuff, but your, your health is worth it.

You know, I had, like I said, recently had an issue in my house as they went and ripped out that shower and some of the drywall, there was mold back behind it and talking to that insurance agent.

First of all, he made me a little upset because there were parts that they want to cover. And I was like, well, we need to rip out as much drywall as possible, make sure we get all the mold and then treating the structural surfaces and everything else.

His response was well we're only going to replace the visual aspects of it. If you want do anything else, you got to pay for it out of pocket. All you need do is spray some bleach on it, a bit of kills and you're fine.

I don't think you know what I know, buddy. Yeah. Yeah. So in, and in talking to him, he could see the look on my face when he said it. Right. And you know, my look was probably like, you're an idiot.

Yeah, to that he quickly responded back. He's like look, every home has mold in it, so we're not going to try to eliminate all of it And that's where he left it.

So just knowing that shows the value in having an air purifier in your home. And he's not the only one. I have a lot of friends that are, you know, different, various types of contractors, either remodelers, home builders, roofers.

and they all tell me the same thing. They're like, look, it's just not a matter of whether or not your house has mold in it, It doesn't matter whether you found it So, you know, knowing that there's toxic contaminants in your home, You should invest in clean air because it impacts your health.

It impacts, your vision impacts. Your energy levels. You know it can, I've seen it so depilitating that people can't get out of bed. Definitely worth the investment.

Yeah, and we know that SERS can lead to death if people don't, you know, address it appropriately. I really appreciate your comments. Yeah. We are embroiled in some litigation.

And I had to close my downtown office because it was severely water damaged by the obstetrics and gynecology office above us. that put in too many toilets beyond code.

The air conditioning system had just profound amounts of microbial growth in it, and we had staff members getting sick. And it's like, I could not stay there.

It's just devastating financially. But what's more important is people's health, because our health is everything. If we don't have our help, it is hard to I am so, so grateful, John, for the work that you all are doing at Aeroasis.

Keep it up. And for our listening audience, I also just want you to know that people that we identify that have greatly impaired detoxification systems on their precision genetics.

I'm going to grab our little box really quickly here. We do the Hope for Healing Wellness Blueprint by Fagran. It identifies individual inabilities to detoxify the body.

And that's where having clean air is such a huge thing. So, John, take care. Thanks for joining me today. I've learned a lot today and I hope that our listening audience has too.

Hope we helped a lotta people with the information. Thank you for having us today, Paula. Great. Thank you. Thanks for joining us at Get to the Root with Hope for Healing.

If this episode helped you, follow and share it with someone who needs it and leave a review. It helps others find us too. For a free consultation, visit our website at gettotheroot.com with a number two and schedule a welcome call.

We'll see you soon.