



The Role of Oxygen in the Body | Dr. Stephen Krauss

[00:00:00] Podcast Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 20 years devoted to improving health, protecting the environment, and finding ways to live a more sustainable life. In this podcast, I have honest conversations with people that inspire me. I hope that through their knowledge and unique perspectives they'll inspire you too. We talk about all kinds of topics, from amping up your diets to improving your well-being to the mind-blowing stories behind the human experience and the people that are striving to save us and our incredible planet. We even investigate some of life's fatal conveniences, those things that we are told might be good for us but totally aren't. So here's to making better choices in the small tweaks in your life that amount to big changes for you and the people around you and the planet. Let's do this. This is my show, the Darin Olien Show.

[00:01:11] Guest Intro - Dr. Stephen Krauss

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show. I'm so excited for you to meet a very dear friend of mine. I have known Dr. Stephen Krauss for maybe almost 20 years. Amazing. I met him in several different ways. I met him in the Atmospheric Water Generation world, where he was one of the innovators and getting from humidity to drinking water. I had several machines. I really tried to support these machines and get them out. There were several problems with that, but it certainly created incredible clean water since moving on to other technologies and the desiccant field. Stephen and I started working with all that stuff, but I quickly saw that he was working with oxygen-enhanced products just 20 years ago, stabilized oxygen for molecules in liquid increasing high amounts of oxygen. I was crazy because the work by Dr. Otto Warburg realized that high oxygen environments, the terrain in your environment in your biology with having high oxygen don't allow for the proliferation of bad bacteria, viruses, disease, all of that stuff. Of course, seeing what his work was, I was blown away. He has over 40 years of executive management and sales and marketing and nutrition formulation. He's been doing that and innovating that for a very long time at the international level. He introduced literally the trademark 'Activated Stabilized Oxygen' to the market. In 1996, he established his company Oxigenesis, basically the world's leader and formulator, manufacturer, and distributor of oxygen-enhanced health products. You are going to love this, you're going to love our conversation. He also worked as a national trained consultant with Fortune 500 companies. Dr. Krauss received his degree in liberal arts from California State Polytechnic University and minors in Computer Science and speech communication, and a lifetime secondary teaching credential and MBA and Ph.D. in international business. His love to get out these products has been amazing leading the development and manufacturing of these oxygen-enhanced products. We dived into it. I couldn't help myself. I didn't want to talk about necessarily all the products that he is actually innovating and creating, but the genesis of that, literally the Oxigenesis of that is this oxygen-enhanced formulation knowledge that he has put into these products. I'm so happy to reconnect with him on this episode. We could have talked forever because he's been testing things in the sports world, in clinical



substantiation of his products. It's been amazing around the science and the innovation and the pushing forward that he has had in this industry. Listen, you're one of the first people to really know about and hear about what his work has really been. I'm proud and happy for you to get to know a little bit of Dr. Stephen Krauss and his incredible work in this oxygen-enhancing space. Sit back, relax, enjoy and take in this great knowledge.

[00:04:47] First Part of Interview

Darin: It's good to see you, dude. I'm excited for this conversation. It's been a long time. For everyone listening to this, I've known this guy, it's got to be over 15 years.

Dr. Stephen: Oh my gosh, almost 20.

Darin: So much has happened, and you're still on the train of all of what you've been dedicated to. I want to unpack the oxygen thing. Obviously, I've been a fan of high oxygenation in every way for the body. Let's peel apart that whole necessary aspect of metabolism and the body. Then just the innovation that you've had in the space of getting these products out. We also have this love and I still have the love for atmospheric water. We dove, pun intended, into that together for some time. I'm just stoked you're here. Let's back up, there's so much. We have this long history. I was fascinated when I started. You started educating me on, literally, you can take in more oxygen by liquid form and your innovation around stabilizing more oxygen and liquid. That was mind-blowing for me 20 years ago, and then the idea of humidity out of the air seemed to be a very pure form of generating water. Before we dive into the actual products, the innovation that you've done, and you've got a couple of great books on oxygen, the latest one, Vitamin O, which is a great title, let's talk about what about oxygen sparked you, and why you got into it, and why you thought this molecule, it's clear that if you hold your breath, is super important, but how to utilize more of it in the body?

[00:07:03] Why Dr. Krauss focuses on oxygen

Dr. Stephen: My history with stabilized or activated oxygen goes back almost 35 years. I was doing some consulting for a company out of Salt Lake that was in the wastewater treatment industry, in which they were processing wastewater. They needed some way to kill pathogens. They didn't want to use the traditional form of killing pathogens, which is, of course, chlorine, which is carcinogenic. It's toxic to the environment, not only toxic to us. I bumped into a process control engineer that was working with them, who when he was a young man - He was already in his 60s, he's passed away since then, but we got to be very close friends - but he worked with Wernher von Braun, and was working on atomic engines. Based on his original theories and the processes that they were using in this lab outside of Las Vegas, they were using oxygen as a fuel to power their engine. I think I'd mentioned to you many, many years ago that they actually fire built an engine and fired it. They fired it twice. The lab was about 60 miles outside of Las Vegas. They could actually hear the engine in Las Vegas when they fired it. The engine worked, and just like in Indiana Jones and the Raiders of the Lost Ark, they carted that thing up, boxed it, sent it off to a warehouse, and it's never been seen from since. It's somewhere in a warehouse that the government owns, God only knows where, but that engine is gone. The technology that Calvin learned, he carried with him throughout his experience and he wound up working for Kennecott Mines. He was



the chief process control engineer for Kennecott Mines. He was so for about 30 years. When we approached him to work on a solution that was safe for the environment, and safe for human beings, he went at that, you know how people have an aha moment, he said, "Aha, maybe we can use a form of stabilized oxygen to kill those pathogens in the water." So, he worked on it. Based on what his technology was that he learned plus 30 years of experience with Kennicott, he actually cracked this formula. He created a very weird formula, which we called our ASO formula. It was only about 5% oxygen, which is about 50,000 parts per million, but the product was stable. What he created in splitting water molecules and recombining them was polyatomic tetraoxygen. That's a very fancy word for saying O₄ or four atoms of oxygen because they were combined and because they were sharing electrons, they were stable in water, which meant you can pack a lot of oxygen and water and not have it dissipate or not have it basically spew off into the atmosphere. That's what happens to most oxygen when you're trying to compress it into water. Most ways that oxygen solutions are created in water is they can get about 20 parts per million or 20 milligrams per liter. Then over time that breaks down and basically gets absorbed by atmospheric pressure, and you're lucky if you can have maybe 4 or 5 or 10 parts per million. Again, we've got today 350,000 parts per million in this tiny little bottle. So, that's really kind of where the technology came from. We've improved the formula over the years, and we make it right here in Paso Robles, California. It's a proprietary technology. We could patent it but with patents, if you patent something, basically, you spend most of your time defending the patent and trying to prevent people from breaking it, so we just keep it as a proprietary technology.

Darin: Let's dig into that a little more because obviously, we've got O₃, which is very unstable. It's in our atmosphere. It's vulnerable. Our bodies can create free radicals and stuff like that. Obviously, it plays a role in that and then there's only a certain amount of saturation that can be in the water under its normal conditions. Talk to me, how is that stabilized because everyone thinks, what are you talking about, H₂O? Obviously, the oxygen hooks onto the hydrogen. The hydrogen really wants to hook onto the oxygen. It creates this stable formula, i.e. water. How is it that you can change it and actually infuse more oxygen into it?

[00:11:38] The science behind oxygen-enhanced products

Dr. Stephen: Remember that what we're doing is we're actually breaking apart the very strong electrical bonds that hold the oxygen and hold the hydrogen together. Those bonds are strong, and it takes a current to split them apart, so that's in part what our process is. The hydrogens released this gas, it's gone forever. Now you have singlet oxygen or O₁ that's in the solution of water. A bunch of those oxygen atoms and our technology causes the electrical bonds of those singlet oxygen atoms to gravitate together and form a molecule that has four oxygen atoms. The ozone that you mentioned is three oxygen atoms, it's O₃. It's very unstable. That extra oxygen atom that's hanging on to an O₂ molecule can be split apart very easily. That's good news in our body because that's what the white blood cells do when they're trying to kill pathogens. They actually manufacture hydrogen peroxide, which breaks out into oxygen singlet, which combines and makes O₃, which is what we use to kill pathogens. So, that's really a valuable process within the body, but it's also detrimental because oxygen as ozone not only kills pathogens, but it's a free radical and that can actually damage ourselves. We don't want a build-up of O₃ in our body, we want a build-up of O₂.



Darin: The oxygen is such an interesting thing. On one form, it's completely beneficial, and we absorb it, and it's the spark of our cellular metabolism, our mitochondria, and we need it. Then on the other side of it, if it loses one of those electrons, it becomes a free radical and can cause some damage. It's interesting, kind of still underutilized in certain forms because from the hydrogen peroxide perspective, you can very much see the pathogenic power that it has. It can kill out germs and whatever else and be a disinfectant in the sense. Let's really understand for the audience here, give benefits of that free radical, both in and out of the body. Then the benefits of taking in more saturated oxygen available for our cellular health and ultimately, our health.

[00:14:07] Anaerobic vs. aerobic organisms

Dr. Stephen: When you take a look at our primary line of defense against all pathogens that come into the body, and those are viruses, bacteria, fungi, yeast, molds, all of those that are bad for us are called anaerobic. There's anaerobic and aerobic. Aerobic organisms are beneficial. That's like E. coli, which is beneficial E. coli, which happens to be in our digestive system. Those are all things that actually benefit the body and they exist and thrive in an oxygen-rich environment. Anaerobic pathogens, which are the bad boys. These are the ones that cause disease. These are the ones that tear our bodies apart. Those cannot live in an oxygen-rich environment. The body knows this. It's how we were designed. We're a miraculous machine, and how the body basically goes through its metabolic process and its disinfection process uses white blood cells. If you've ever been looked under a microscope and seen an amoeba, that's kind of the way a white blood cell looks. It engulfs those pathogens and in the process, it makes hydrogen peroxide. Hydrogen peroxide is a water molecule, H_2O , plus another atom of oxygen, O_1 , creating H_2O_2 , very unstable. When it surrounds a pathogen, the pathogen has a cell or a casing around it because of the plasmid complex. When it sees a singlet oxygen, it tears apart that plasmid cell. It's like poking a hole in a balloon. All of the innards then can escape and are destroyed by that oxygen, and the cell dies, that anaerobic pathogen dies. That's why oxygen is so important to the immune system. You have to have a lot of oxygen in the body for the white blood cells to be able to create those, we call them the free radicals but basically, it's hydrogen peroxide. At the same point, every cell and we've got 100 trillion cells in our body, every single one of them on a nanosecond by nanosecond basis needs oxygen to create energy. What does it need the energy for? It needs it to basically replicate itself, it needs it to cleanse the body, it needs it for reproduction, it needs it for the brain to fire. We have literally 80 billion cells in our brain that take 25% of the oxygen that we breathe every single moment. It needs that oxygen in order for those neurons to fire. So, without oxygen, nothing in our body can take place, and we can't create the energy that we need. An energy, as you just pointed out earlier, is a glucose molecule, which is a simple sugar, and oxygen. Oxygen is the spark that burns that glucose molecule and charges it up and creates energy.

Darin: There are so many different things that I think of it's like now we're starting to understand more and more of this idea of germ theory and terrain theory. It's like if your environment, your body, your cells, what you're doing, what you're even thinking, all of the environments that you are creating, the kind of beverages you're taking in, the kind of foods you're consuming, that is creating an environment. If you're creating an environment that is of low oxygen and harbors anaerobic activity, pathogens, vermin, you name it, you're going to create an opportunity for that type of result. But if you're also now creating an environment



where it's thriving, and it has high amounts of oxygen, now your body can utilize that immune system and utilize the oxygen because it has a lot of it in the abundance of it, you've created a different environment. Let's talk about that a little in more detail because especially now, we're not going to open up Pandora's Box necessarily, but this is where we can take a lot of control over the autonomy, our sovereignty, and our ability for the body to really respond to life in a much more powerful way.

Dr. Stephen: The human body and I'm not preaching to you, but obviously, some of your listeners are not aware of this, that the human body is a remarkable organism. It goes through two processes that occur simultaneously. One is called the anabolic process, and one is called the catabolic process. The anabolic process is where things are built up or the body is trying to utilize the nutrients that we have to create new molecules to be able to create new cells, whatever is necessary. The other process is the catabolic one. That's when the body goes through trying to tear apart the things that it needs, sometimes tearing apart fat, for example, for fuel, sometimes breaking down larger molecules, that's the catabolic activity. Each one of those activities requires oxygen. If you don't have a sufficient supply of oxygen, neither one of those processes will be efficient, and it can create problems within the human body. Most people will say to me, that's no problem, let's just breathe more. We'll just take a few more extra breaths, and maybe that'll be the problem. Unfortunately, as much as we would like to believe that that will solve the problem, it won't. We have as you've just pointed out, as circumstance externally of soil that's been depleted of nutrients. We have chemical processes that are used to create fast foods, synthetic chemicals, synthetic colors, artificial flavorings, preservatives, foods that have been so highly processed that we've torn out most of the nutrient values. All of those things go into the human body, and the human body says, what am I going to do with this stuff? It's really not nutrition to us, even though we want to try to find something nutritional out of it, how do we get rid of it? How do we process that metabolically? What do we do to store some of that out of the way, so it's not harmful to the human body? That involves, again, a lot of oxygen demand. Unfortunately, because so much is coming in, in the water, like you pointed out, that we drink, the chemicals that we get inside, the beverages that we drink, that has to go somewhere in the body. Some of it can be excreted, which again, takes energy, which takes oxygen. Some of it is stored because the body doesn't know what to do with it, so it stores it in organs, it stores it in fat tissue. As those things build up, that causes the body to malfunction. As it malfunctions more and more, it can't keep up with the process. The immune system can't keep up, and that's what causes disease and disease conditions. You're aware of that, but that's what we try to resolve by taking in more oxygen through, for example, a dietary supplement. It can actually increase the process. We've done double-blind studies. We've done research at Indiana State University.

[00:21:20] We need more oxygen

Dr. Stephen: We've done independent research all over the world, published research, and it shows that when you take an oxygen supplement, it improves your oxygenation and actually improves your ability to get rid of lactic acid in the body which again can cause muscle soreness and disease. It actually helps athletes perform better, and it actually improves the immune system.

[00:21:35] Caldera Lab Ad



Darin: You know I don't put a lot of thought into my skincare routine, I just don't like spending the time. But now I turn 50, I'm thinking about it a little more. I've been using Caldera Lab's The Good serum on my skin at night. So I was stoked when they introduced a new product line that compliments The Good, The Clean Slate. This stuff is amazing. This stuff is pH balanced for the skin as a cleanser using biome friendly, probiotics, and mineral-rich ocean silk extracts to naturally cleanse the skin. Come on, that's just the way it's got to be. Then I follow through with the base layer in nourishing day moisturizer design to protect your skin from environmental stress like pollutions and even blue light radiation. It uses plant stem cells, I dug into this a little bit, it's incredible science, to deliver intensive hydration without that greasiness. It feels like I have nothing on my face, but I can feel the nourishing benefit. So that's my morning routine. And then at night, I wash with the cleanser again and follow up with The Good serum. It's easy, it's quick. I wake up with awesome skin every day. Super easy. Fantastic. So all you have to do is head over to calderalab.com/darin, that's C-A-L-D-E-R-A-L-A-B dot com forward slash D-A-R-I-N. Or use the discount code DARIN in all caps and then you get 20% off. So cool. So give these guys a try. I promise you your skin will thank you.

[00:23:48] Second Part of Interview

Darin: Just staying with terrain, you could definitely do a lot for your body in what you're consuming, the alkaline-rich, voltage-rich, photonic fields foods, fresh foods, all of that stuff. You can do some breathing exercises to just challenge your own metabolic system to increase oxygenation, increase CO2 retention. I just want to lay that foundation that there's a lot that people can do to set the table. If you can increase the oxygenation, if you can increase your body's ability to get rid of lactic acid, improve the metabolism, improve the digestive process, obviously, you're going to increase the performance of your body period. Let's go into some of those studies. What were some of those studies that you did and what were their results?

Dr. Stephen: I think the one that was really significant, the one we were most excited about was a study that we did at Indiana State University and it actually got published into a major athletic journal for physiology. One of the things we wanted to determine, again, we talked about taking an oxygen supplement and I can understand the skepticism because I was skeptical. I believe in the scientific method and that is you got to prove what you say, you can't just say it and expect someone to believe it. Faith is great, but when it comes down to the human body, it goes beyond faith, you have to understand that physiology. This particular study that we did with athletes, so this was not what I would consider to be the normal weekend warrior that goes out and throws a frisbee or maybe mows the lawn, these were really sophisticated athletes that knew their body and knew the performance of their body. We actually had a placebo and we had our ASO, so we were able to determine what was real. What they determined was not only did this oxygen improved performance, in fact, on the athletes in repetitive events where they not only ran, for example, a certain distance, but they did it multiple times, they improved their actual events over time, which meant they could recover quicker. But at the same time, they improved the time. They were able to save an average of one second. Again, that may not seem like much but you know and I know that in an athletic or Olympic competition, if you can cut a second off your performance, that's the difference between not winning and gold. So, we were able to improve the performance time as well as reduce the amount of lactic acid that was being built up in the



body. By reducing lactic acid, you can again, go up and repeat that activity more often or extend the time of that activity. You as an athlete know that again, if you're rock climbing, or if you're just trekking, being able to recover quicker is really important, so that was one study that we did. We actually had another study that was done by the government of Brunei with athletes as well and that was, again, in performances on times that were done with athletes running. Again, the same thing was held true. Yes, it improved their performance times and reduce their lactic acid. Those are really the events that we did primarily, it was to show improvement in performance. Other studies that we did, which you know, Darin, we're done with antimicrobial studies, we've done those with labs all over the world. One of them is SGS USA, the largest testing lab in the world. We show that our oxygen does kill pathogens, all the major pathogens, anaerobic pathogens, for example, E. coli, O156, which is one of its foodborne, salmonellae. We kill it on contact. That's really not anything dramatic other than that's the power of oxygen. That's what oxygen does.

Darin: You can change the environment that you are sitting in. It is by sleeping well, getting outside, fresh air. If you're inside not sleeping, guess what environment you're creating, you're creating the negative side. If you're breathing well, if you're taking in fresh food, and if you happen to have access to now this mind-blowing supplement that you've created 20 plus years ago, then it's more opportunity to change the environment for the better. Here's the thing, it's so hard not to get into the topic but let's just say this, that we are constantly in contact with trillions of bacteria and virus that are in our environment right now, they're on us, we're breathing them in. Our immune systems are turned on almost all the time. Again, if we're creating that environment that is hardy and has the mechanisms and the nutrition and the oxygen, we are now equipped to deal with life that much better.

Dr. Stephen: You just mentioned it too, and we talk about the air that we breathe. We would love to believe, and we actually probably trick ourselves into believing that the air that surrounds us is pure. It's not. Even though it's got about 21% oxygen, and some major cities with pollution that can go down to the teens, and we are down in the 14%, 15%, 16% oxygen level in major metropolitan cities, that actually can be totally detrimental to life as we know it. You're basically not getting enough oxygen for your body and your brain to be able to work properly. Not only that but also all the pollutants that are in the air. Again, the body has to get rid of those. That takes oxygen and we're not getting it from the air, so where are we going to get it from? We could be like Michael Jackson and go to sleep every night in an oxygen tent, but that's not convenient for most people. You have to do things to reduce stress. Stress is the big killer. They say stress kills. What stress does is it robs the body of oxygen. It affects the brain. When you affect the brain, we get depressed. Depression, I'm not saying that's the sole reason we get depressed, but nutrition and oxygen levels in the body actually increase our functioning of depression and how we deal with depression. The more oxygen we get, the better that we eat, the less we're depressed. Again, stress, depression, all these things are going on in the human body moment by moment, and we have to eat well, as you pointed out. One of the things you said and I just want to just emphasize it, everything's electrical in our body. Without getting super complicated, if we see every nutrient that we eat as a little atom with an electrical charge, and everyone is different because the number of electrons, protons, and neutrons, and that individual atom that is magnesium, that is calcium, that is potassium, whatever it may be, that's an amino acid, leucine, whatever it may be, all of those have a charge. The body loves to use that charge to be able to carry on its



functions. If the body can't get proper nutrients, if they're highly processed, or if they're inorganic minerals that are getting into the body, the body can't use it and perform its functions. So we have to give the body the nutrients it needs, the fuel that it needs to be able to create energy.

Darin: It's so hard not to go completely down the rabbit hole and keep it as simple as possible. It is so fascinating, the miraculousness of our bodies, how powerful our bodies are. It's so interesting how we do have all of these tools, but through the complacency of our, and I use this term all the time because I have part of my podcast on, fatal conveniences of poorly processed food, stress, all of these things that are robbing you of vital energy, even bad relationships, or people that are not good for us are literally affecting our metabolism, affecting our body's ability to receive. You mentioned something really powerful, especially now, and that is let's talk about how important oxygen is for the brain. Because obviously, there are many things to anxiety and stress, and mental illness. But if you don't have foundational parameters and protocols that are giving you foundational things like oxygen, you can't starve the brain of oxygen and obviously, if you acutely starve it, you're dead. If you do it, starving it over time, that's gonna derail things. So, talk to me about that importance.

Dr. Stephen: You pointed it out, and I think it's great to really talk about the brain because the human brain is amazing. Most people don't realize that when we are born, we're born with about 80 billion neurons in our brain. They never increase. What we are born with is, if we're healthy, what we die with. Unfortunately, that's not the case because over time, the cells in our brain die. It's just a process. It's the aging process. It's primarily caused by free radicals, but it can be caused by brain damage, stress, poor nutrition, all kinds of other things can affect our brain. That's why anything we can do to keep the brain healthy is critical. Nutrients, you pointed out, eating the right fruits and vegetables that have the proper minerals are absolutely critical for the brain's health. Having an adequate supply of oxygen. I mentioned earlier that 25% of the oxygen that we breathe, every breath that we take, 25% goes here. You can go without food for how long, 40 days? You can go without water for about seven. How long can you go without oxygen, 2, 3, 4 minutes? When that happens, the brain dies, and we lose billions of cells when that happens. I have a note here that every second of the day, this is kind of scary, but every second of the day, 32,000 neurons die in your brain. That's pretty astounding. That works out too and I just wrote the numbers down the math, that's 1.9 million every minute. The body can't replace them. Fortunately, we got a big mass of brain cells here, and we don't use them all. The body does try to adapt to try to use some brain cells to compensate for the ones that it's losing, but we're constantly losing those cells. So anything we can do to keep that nutrition up, anything we can do to keep the oxygen up, and anything we can do to reduce stress. I think stress is probably the biggest killer of brain cells that we can possibly imagine. Again, that's partly lifestyle, partly the foods we eat. You talked about relationships, we jokingly call it toxic relationships. Actually, that's really a viable term because it is toxic to the brain, it is toxic to the human body. So, I wanted to share that with you.

Darin: This environment that we're in right now, every one of us is under stress in ways that it's never been here. I never had a pandemic stress before and it's just here. So, my philosophy on all of that is you have to gather enough information. We can't even validate information hardly anymore. That being said, my philosophy is double down, triple down on those things that you can control. It's more important to exercise and move your body and



breathe and challenge your respiratory system. It's more important to eat even better, but we can definitely use this time to actually get healthier and healthier and healthier. Obviously, obesity, heart disease, all of that stuff. At the core of all of that stuff, you're dehydrated, you don't have oxygen, you're not eating well, and all of that is a result of the environment that was created over time.

Dr. Stephen: Absolutely. I wanted to read you something that I got at Harvard University's Medical School. They have obviously a great medical program there. I love this quote, and I just wanted to share it with you, and it goes, "Think about it, your brain is always on. It takes care of your thoughts and movements, your breathing, and heartbeat, your senses. It works hard 24/7 even while you're asleep. This means your brain requires a constant supply of fuel and oxygen. That fuel comes from the foods you eat, and what's in that fuel makes the difference. Put simply, what you eat directly affects the structure and function of your brain and ultimately, your mood." We talk about depression, we talk about anxiety, there is a difference. There's the Western diet, and there's the Mediterranean diet, and I'm not trying to promote anyone or another. I have no vested interest in anything else. We know from research, that those who are on a Mediterranean diet have 25% fewer incidences of depression than people who are consuming the Western diet, which is highly processed foods, that makes a difference. Depression, you talk about the number of people that are on Zoloft, and Paxil, and everything else that's out there. Again, those are meant to try to basically solve the problem, but they don't address the problem. The problem that we really are suffering from is poor nutrition.

Darin: Bingo. That quote, you could just keep reading and it's like, how many times do we have to say that and acknowledge that and know that. Then as a society, we virtually just go, hey, it's okay that 1.3 million people are dying every year of degenerative lifestyle-ridden choices. Of course, you're going to be a vulnerable population to anything that comes, any virus, any bacteria, any whatever, you're already compromised. I remember the conversation I had with Dr. Joel Fuhrman, he did this analysis. We're not using crazy weird BMI stuff, but it was really a wide variety of health parameters. Guess how many people were actually healthy in the United States? 2.5%, that's it. That's the pandemic of 330 million people, the majority of those people are sick and sprinting towards some sort of medication, some sort of hospital visit, some sort of debilitating environmental issue that they've been environmentally been creating, and this is the issue. I'm just going to use this little last zinger for this one. Do I think that big organizations, the big government really care about your health? They're not showing me they do. These systems need to change but here's the powerful thing, we have sovereignty, we have freedom, we open our mouth, we reach for a thing, we put things in our mouth, we surround ourselves with what we want in the world, that's it. That's the power.

Dr. Stephen: Absolutely, we do have the freedom. We do have the freedom to choose, which is really scary too when you think about it. If you think what would you do if you had a little small smart car or Hyundai that was really super compact, and then you put in tens of thousands of pounds of solid waste that's just stuck in the car and over-burden that engine, would you not burn out that engine? Would not the springs go away, the coils, the wheels would fall off? We do that here in America. More than 60% of us are obese. All that obesity, you're like, it's no big deal, I'm only 10 or 15 pounds overweight, 20 pounds overweight, it really doesn't matter. It does matter. We're overtaxing our bodies. Our bodies were not



designed to have all this extra weight and fat, and all of the waste products from all that in the human body. How do we get rid of it? You got to obviously exercise and that's really important but take in the right nutrients, say no to those high carbohydrate foods that we eat, and get enough water and oxygen. That's really the bottom line.

Darin: I want to say, number one, we are a victim to some of those circumstances, for sure. You grew up in it perhaps, you've adopted it. Every parent are doing the best they can with the economy and the world and everything else but we gathered this from our past. It isn't a light switch where all of a sudden you're gonna be eating perfectly. It is a journey, and that journey needs to start now. That is today, sleep better. Tonight, mostly plant-riched meal that mimics largely Mediterranean diet, very little animal-based products, at on a percentage basis, that's around 15% or less. It's that kind of thing that we can take small incremental steps. In this case, drink water, take in more oxygen, all of those things. I just want to say that because it's easy to say these things are the wrong thing, but also we have to look at our environment and go, what can I do right now to affect healthy change? Then once you garner more energy especially in your brain, you can have a different outlook, it's the new room you've got access to.

Dr. Stephen: You've hit it right on the head. It's not something that's overnight. It is the journey. We're all human. Sometimes it's nice to be tempted by that Snickers bar because you're feeling you want that buzz and the taste in your mouth, but just be aware of what it's doing inside your body. That's all. Just be aware. If you do something like that, then do something good for your body at the same time. Maybe it's later in the day, just like you pointed out, a nice salad or fresh vegetables or drinking an extra 32 ounces of water to help flush the body out, get those toxins out of the body. Go for a nice walk and relax. Listen to some peaceful music, not crazy music that causes you stress and anxiety, something that's peaceful and calms the brain. Nothing is more important than taking those little tiny steps day by day by day. It will make a difference over time. As you pointed out, you're gonna notice something, something's changed, I feel different, I'm not as anxious today. Know that you really have been the one that's been proactive and created that change in yourself by what you've done.

Darin: Absolutely. I want to switch to water a little bit since we both have a love affair for water. I tell you what, how long have I been in the atmospheric water game and the ability to get fresh, clean water? Obviously, not relying on tap water because now we have to obviously do something else with the water and clean it. How did you get into it and even to this day when I bring up atmospheric water, condensation, and utilization of all this free humidity that we have, people still lose their minds?

Dr. Stephen: I got into this because of my background in nutrition with our company Oxigenesis. I bumped into a study that was done by a research group that analyzed how pure, how clean is the water that's in bottled water. They tested 120 different bottled waters, and what they discovered was that there wasn't single bottled water that was on the planet that didn't contain some kind of impurities. Some of them contained so many impurities that it was scary. Trihalomethanes, from fuels, chemicals that are spewed into the environment, pesticides, that was probably the biggest one, inorganic minerals, heavy metals, all these things were in the water. I think, oh my gosh, this is getting into our bodies. It builds up in our bodies. These are toxins that cause disease and we know that it causes disease in the body.



It breaks down not only the immune system, it breaks down the organs. So, I wanted to know how do we get pure water? Well, the purest water that you can drink is the water that comes down from the sky. It doesn't have to go through the soil, that doesn't have to be pumped out of the earth, but you also run into the problem that there are pollutants in the air. If there are pollutants in the air as that water's falling, it's gonna pick up those same pollutants. How do we get it cleaned? Well, I found out about a system called an atmospheric water system, which basically is taking the humidity that's in the air and basically using a reversed process like we use for refrigeration and causing that water to condense on coils and go into a system where using reverse osmosis, we can then clean up that water and make it even pure. So that's kind of how I got into it, and we created a company at that time called Atmospheric Water Systems, you're aware of it, you got involved with us. We started selling those systems. The problem is the systems were not reliable and they break and then you have all the mechanical problems. You bought an expensive system that no longer works. That is improving over time. I expect over the next 10 years, maybe the next 5 years, they're really gonna perfect that so that people all over the planet with solar can then not have to worry about electricity and actually can convert the moisture that's in the air into a pure drinkable pot of water.

Dr. Stephen: I really hope so too. I was really a big fan of that as well. I think just addressing the purity of water, obviously, we need to purify water because not everyone has access. If we have access to pure spring water with none of those contaminants, that's our number one. We simply don't have access on our mass population to get that kind of purity and that kind of water, so we have to also then add minerals back to it. So, pure water, we need to add minerals back. I've always said Himalayan salt or fulvic minerals or something in a way that this angstrom and that the body can utilize. You can't just throw any kind of mineral at it. Plant-based mineral is obviously all of those things. They're extremely important to have a part of that water because that again is the conduction material for this water to be utilized in the body.

Dr. Stephen: People are falsely believing that, well, I just drink mineral water because then I get my minerals. You and I both know that those are inorganic minerals. That's basically ground-up dirt and rocks. Our human body is not designed to metabolize dirt and rocks. Those minerals have an electron spin that's quite different than the minerals that we get from leafy vegetables of which have a different, again, electrical configuration, and the electron spins in a different direction. We have to always remember that the human body is a machine that looks for the right electron spin to create the energy that we need. So, getting just inorganic minerals just basically, we're excreting them. They're worthless, they're valueless. People that take a lot of vitamins and minerals in pill form, for example, don't realize that a lot of those minerals are inorganic man-made minerals and they're not gonna help the human body at all. Again, getting fulvic minerals, plant-based minerals, we have a line of plant-based minerals as well, that's the best way to provide the nutrition that we need for the human body.

Darin: Again, we follow nature. We have all these alkaline waters and all of that stuff, sodium bicarbonate, you and I could make a lot of money on high-pH water or throw in magnesium citrate or whatever we want, some magnesium water, and all of that is again, size matter as it relates. Also, the conduction matters as you were discussing. Size of the molecules, cellular respiration, and hydration, all of that matter in the kind of cells that are better used,



and that are the most important thing. I don't know if you know, but I went into a water conference in 2018, some of the top scientists in the world met one of the top virologists who discovered an HIV molecule, Dr. Luke Montanye. I couldn't even follow these guys. The science was so far beyond what I could even grasp but it was humbling and exciting at the same time.

Dr. Stephen: A lot of these scientists obviously, they are very, very much into their profession and to their specialty. You can always get them if you ask them, just make it simple for me, just make it simple, what do I need to do? For example, you and your podcast, what do I need to tell my followers to do? They'll always come down to the basics, and you pointed it out, good raw fruits and vegetables, why? Because they have the right nutrition for the human body. Drink lots of pure water. Don't drink in a water that's been distilled because even though it may be pure, it actually leaches minerals from your body when you drink it. Drink reverse osmosis water and remineralize it if you can, if you have a source, with plant-based minerals. Get a lot of stress, reduce your stress, and get in as much oxygen as you possibly can. I know that seemed like a lot but that's about as simple as you can make it.

Darin: Those basics, you will cover 99% of your issues, if you just go to those basic things. That's what we want to emphasize. People have a lot of control within them. Dude, so amazing. I have been just grateful to have known you over these last 20 years and you just steadfast charging in this space and being an innovator and dedicating your life to getting this out in the world and I just want to give my gratitude for you for doing that.

Dr. Stephen: I need to make this a mutual admiration society. You know I've always admired you. You are my hero. You're my doctor Amazon. You have done things that I've only dreamed of doing, and I admire you so very much. I love the fact that you are doing what you're doing right now, really reaching out to try to help the average consumer, people like you and me to be healthy. I love you for it. You are my friend, and you'll always be my friend, and thank you so very much.

Darin: Thank you, Stephen. What's the website? How can people find you? What is all that stuff so they can get a hold of you?

Dr. Stephen: Our corporate website is oxigenesis.com, O-X-I-G-E-N-E-S-I-S dot com, and our retail website is something that you need is called poweredbyoxygen.com.

Darin: Awesome. That's great. A couple of your books are on Amazon.

Dr. Stephen: The Vitamin O book, I wrote it for the layman, for someone like you and me. I tried to take out the mystique and tried to talk about why oxygen is important to a healthy body, and why I call it Vitamin O. It's really not a vitamin but it's so important that it is a vitamin to our mind.

Darin: Without a doubt, people, check that out. Check out your supplements. Check out the book and learn because once you learn, you have power. It's also good for the brain. I was fine when I learned, it just creates more possibilities. Understanding this molecule that is the spark of life for all of us, and is so responsible for our health, number one. Then I am sure without a doubt continuing to listen to this as well as learning more, you want to figure out



how to get a hold of his ASO products and stuff like that because it's got oxygen at its core. So, Stephen, what a pleasure. Great to talk with you, and I just wish you nothing but the best.

Dr. Stephen: You too, Darin.

Darin: Thank you.

[00:53:37] Podcast Outro

Darin: What a fantastic episode. So tell me, what is one thing you got out of today's conversation? If this episode struck a chord with you and you want to dive a little deeper into my other conversations with incredible guests, you can head over to my website, darinolien.com for more episodes and in-depth articles. Keep diving my friends. Keep diving.