



**Top Takeaways: #321 Air Filter Do's and Don'ts and Ways to Increase Oxygen In Your Body with Eileen Durfee**

1. Indoor air can be 5 times more toxic than outside air.
2. With house designs becoming more energy efficient, there are fewer air changes, preventing cross ventilation that can remove indoor pollutants.
3. If you double the ventilation in the home, respiratory illness symptoms go down significantly.
4. 1 in 2 homes have moister problems leading to serious mold issues that even the best air filters can't keep up with.
5. New smelling furniture, carpet, drapes, clothing etc are full of chemicals that can negatively affect your body and pollute your indoor air.
6. Eileen developed a portable plasma air purifier called The Breathe Safe, which is 7"x2"x3" that works off of the power of a USB.
7. The Breeze Safe makes over 19 million negative ions and 4.5 million positive ions causing an ionic reaction that robs hydrogen molecules off of pathogens, formaldehydes, benzenes and other toxins, breaking them down.
8. We need to have 4,000 negative ions per cubic centimeter in the air that we breathe for our body to be healthy and function correctly.
9. The Breathe Safe can help provide these negative ions in our air and prevent negative ion deficiency that has even been linked to depression.
10. During testing on the Breathe Safe, to see how it differed from other negative ion filters, studies showed that it was actually producing oxygen.
11. Normally our normal background oxygen levels are 15-20%. The Breathe Safe increased oxygen levels 70 to 118%.
12. People have far less oxygen saturation in their tissues in this day and age, leading to more pathogens and infections in body.
13. The Breathe Safe acts as a sauna booster, providing more breathable negative ions while you sauna, which leads to increased sweat, higher body temperature, and less fatigue.
14. The Breathe Safe, when used while taking a sauna, can prevent you from inhaling the toxins that you detoxed into the air.
15. Eileen also designed a small device that plugs into your outlet and uses carbon fiber tips to create a negative ion purifier called the Ionic Refresher

16. [Click here](#) to learn more about Eileen and all of her amazing products.
17. To learn more about Eileen's Breathe Safe and Ionic Refreshers and take advantage of her special bundles for Myers Detox Podcast listeners only, go to [myersdetox.com/cleanair](http://myersdetox.com/cleanair)

**Wendy Myers:** My name is Wendy Myers. Welcome to the Myers Detox podcast where we talk about everything related to heavy metal toxicity, chemicals, detox in your body and detox tools, supplements, and just general overall health. And toxins are one of the number one primary drivers of disease today. It's so important to be adding detoxification to your already healthy lifestyle. That's why I do this show. You've got to be thinking about toxins and remove them from your body and home and environment, if you plan to be healthy and remain that way. Today, we have my friend Eileen Durfee on the show and she's going to be talking about the do's and don't's of air filters and ways to increase oxygen in your body, which is super important. And that she's such a wealth of information. I just love having her on the show and that she's a really avid inventor, prolific inventor. I just ... I use all of her products and highly recommend them so much.

**Wendy Myers:** And today we're talking about air filters and why indoor air is five times more toxic than outdoor air. It's hard to believe, but it's true. And exactly what you're breathing in every day. I think people don't realize all the different heavy metals and chemicals and things that are in the air that we breathe in. We'll talk about the latest in small portable air filtration devices that really can actually work better than larger devices that many people purchase that are much more expensive, but not better. And we'll also talk about if you have breathing issues or asthma or a chemical sensitivity, how filtering your personal airspace can be incredibly helpful. And also why it's not enough to simply filter your air. You want a device that also can produce oxygen and can produce negative ions as well, because this will just give you additional health benefits. All that and more today on the show. And you guys listening, you're listening because you're concerned about detoxing your body, you're concerned about toxins in the environment and the threat that those pose to your health, and I wanted to give you guys an easy way to assess the relative levels of toxins that you have in your body based on some lifestyle questions.

**Wendy Myers:** So I created a two minute quiz that you can go take at [heavymetalsquiz.com](http://heavymetalsquiz.com), and that's going to give you your results, your relative levels of toxin levels, and also a video series, a totally free series after you take the quiz to give you the next steps. What do you do? There are so many different choices, so many things we talk about on the podcast, but I give you the very next steps, what you should do, where you should start on your detox journey. I create a really good, educational video series after you take that quiz, so go check it out. Totally free at [heavymetalsquiz.com](http://heavymetalsquiz.com). Our guest today, Eileen Durfee, is a nuclear power engineer, auditor and inspector, and she became toxic and suffered from

allergies, major food sensitivities, chemical sensitivities, and thyroid disease. And during her journey to heal, detoxify, and achieve natural health, she invented a lot of really helpful solutions, because mother is the necessity of invention.

**Wendy Myers:** She was needing tools that she couldn't find that she really wanted, so she just created them herself. Eileen is passionate about taking good ideas and creating better health products to support detoxification, energy production, mineralization and natural health. And she's been granted numerous patents and has patents pending and is writing a self help book about low back pain to fix the hundred billion dollar a year low back pain problem. And you can learn more about her at [creatrixsolutions.com](http://creatrixsolutions.com). Eileen, thank you so much for coming on the show.

**Eileen Durfee:** Well, thanks for having me again.

**Wendy Myers:** So let's talk a little bit about how you got into the health industry. You have taken every aspect of detox and totally rethought it, re-engineered it, and just love what you're doing in your company, on your side. Tell us your story.

**Eileen Durfee:** I've been sick my whole life. Back when I was growing up doctors didn't have a clue. My parents weren't into natural things. And then when I started working at nuclear power plants and just the home building industry, being around all these chemicals and everything, I became really, really sick. It was like a process of elimination. Medications weren't actually controlling my symptoms. At one time, I was allergic to everything. And so that's where you go through your house and you don't use anything with any fragrances or chemicals. You have air purifiers, you've got to have the dust and the particles and even the foods you eat. I was eating more like a paleo diet before paleo existed, in the 1980s, and it's just been eye awakening to me that so many of my problems were because I was toxic. I was acid. I just had all these things.

**Eileen Durfee:** I didn't have the right minerals and my body was just like a jalopy, nothing was working right. And so I just had this underlying belief though that if my body just had a little help and had what it really needed, that it would heal itself. And so early days, no toxic chemicals. Now you can go to the store and you can get stuff, like, 'Go green and nontoxic.' I mean, there's such an awareness now of how these things are making us sick. It was just my journey. And then ... So I've always been a gizmo woman, being a nuclear power plant engineer, auditor and trainer. I mean, I see things in blueprint form. And so when I buy a gizmo and I try it and it's like, oh man, I like this, but I wish it was this, that and the other thing, I just go to sleep and I wake up and I see it.

**Eileen Durfee:** And so then I just naturally like to build things that makes me feel good, so I'm prototyping. I'm just making things not necessarily to work for every circumstance that someone might have, but something small, affordable, something that you'll actually use, because I have such a bad reputation

for having so many gizmos that I'll get and then never really use. And so part of what I've tried to do is make everything easy, friendly, something that we'll actually use in our daily life and have it become part of our routine, because that's really consistency. That's really the only way that it's going to make a huge impact in our lives. But the good news to all of this, there's some simple things that you can do that'll make big changes in your health that will protect you from accumulating more toxins and that can help you to eliminate toxins. This is all good stuff.

**Wendy Myers:** Yeah. And so one of the things that you have done is really thought a lot about air filtration, because this is really, really important, because indoor air can be five times more toxic than outdoor air. Talk a little about that and why we really need to think about filtering our air.

**Eileen Durfee:** Yeah, it is more important. If you don't breathe, you're going to die quicker than without water or if you burned your hand or something like that. So that's your number one exposure to chemicals and toxins is breathing. It's natural that we should think about a first line of defense of purifying our air. Nowadays, with the 21st century, most of us are indoors, what? 80% of the time. Sometimes even 90% of the time. And then with our house designs being more energy efficient, we have fewer air changes, they're sealed up to where you're not getting the cross ventilation, air exchanges. And then all the building materials we're using. They're ...

**Wendy Myers:** Horrifying. Horrifying.

**Eileen Durfee:** Yeah, yeah.

**Wendy Myers:** The stuff that's in our homes, that deteriorates and then turns into dust and then we breathe it in. It's terrible.

**Eileen Durfee:** So that is so important. The health and human services says that respiratory illness symptoms, when you double the ventilation, go down significantly. Air purification, like when there aren't high pollen counts or high dust counts and it's a nice day, that's why it's so important maybe to open up the doors, get some fresh air in your home, air it out. Think about going all nontoxic for your chemicals and cleaners, for everything from your laundry to maintaining your home. Another issue is mold. One in two homes has a moisture problem. And then that mold is horrible. You really have to remove the food for the mold and how the moisture was getting there to begin with, because even the best air purifiers in the world, if there's constant growth and exposure of mold, then we can't do anything about that. We got to be on the first line of defense, especially this is fall winter time, and a recommendation I'd like to make for people is do not close up your crawl space vents.

**Eileen Durfee:** I'm driving around town and I'm already seeing people plug up their crawlspace vents so that they don't get the cold air underneath their floor. Now, homes are supposed to have insulation in their floor and the water lines should be up in that floor insulated or they should be heat taper,

properly insulated as they come out of the ground. And unless you've got a certain circumstance where right there at the water line, you want to maybe protect it from freezing. But as a general rule, do not plug up the crawlspace fence, because it's based on square footage area and square inches. You want that ventilation to come in there, otherwise you can have mold coming up. You're supposed to have vapor barriers against the ground, but inevitably, if you close up those crawlspace vents, you can be having condensation and moisture and then that can get in your home.

**Eileen Durfee:** Go green, go natural, make sure you got the ventilation. And then even then, I mean, how about the drapes you just bought or the new couch or the new clothes that you come in and they smell new. That's because it's chemicals, and all that stuff is outgassing. Has anybody ever gotten any new carpet and then their toddlers crawling on the carpet and then it's like they're getting asthma symptoms? All these things, we need to really take a look at and then purifier air on top of it just because of it being closed up and being climate controlled. We're going to have issues indoors.

**Wendy Myers:** Yeah, yeah. And then there's the furniture that people buy. And I really haven't seen very many nontoxic furniture places at all to buy healthy furniture. I've seen them for healthy mattresses, but not your couch or other things like that. Just a lot of exposure of toxic chemicals. And just the average household. I mean, it's just, it's crazy the amount of stuff that's getting into the air that we breathe in. And then mold. I mean, so many people have mold issues. I've sold a home and then escaped from another home that had mold and people just don't have that on their radar. Let's talk a little bit about outdoor air. What kind of toxins are we getting that are coming into the home that we're breathing when we're out and about?

**Eileen Durfee:** Well, I guess I wouldn't call pollen a toxin, but that's probably more reactive and affects people severely and pretty quickly, are pollen and grass counts. But you've got automobile exhaust fumes. Even though we have unleaded gasoline now, those fumes from burning and petrochemicals are giving you exposure. Even people burning fireplaces. But you've got the industrial exposure from plants. This summer, somebody called me and said, "Eileen, there's smoke, black smoke coming from your office area." And so I run down here and one of the neighboring businesses, they were welding something, then he caught this field on fire and there were tires burning. I mean, it's like, there's a lot of people that will just burn stuff in the air. I mean, we were up deer hunting and we went by and saw the neighbors and just every plastic something that I would just never put ... To burn to put in the air. I mean, they're just like throwing it in the fire. Generally people, there's a lot of people, a majority of the people that don't care about the environment that are causing pollution that's all around us. I mean, the wind shifts and we're just going to be breathing all that stuff in.

**Wendy Myers:** Yeah. And then that gets into our homes and I live in Huntington Beach where there is some sort of like water treatment plant and industry and

you can smell this sulfuric chlorine type smell periodically, that's just really overwhelming at times. We all have this in our midst, that we deal with, it gets into our homes. Let's talk about the latest in small portable air filtration devices that can really even work better than these large expensive air filters. I mean, I bought all kinds of air filters before I bought like HEPA filters. It was this big huge round thing and it was really, really loud and sucked in air. I didn't want to turn it on, because it's just so loud. I'm like, I need to hear myself think. And then I bought other filters that I buy them and I didn't realize it was the same thing. They just have this really loud, sucking contraption where they're sucking air through the filter. How have you kind of rethought air filters?

**Eileen Durfee:** Well, the main thing is I'm not just in my home and I'm just not in my office. Wherever I am, I'm exposed to toxic air. I wanted to have something portable or something that would work for a room, but that was small and versatile. My first air purifier that I started making is called the Breathe Safe. It's really small. It's about seven inches long and two inches wide and about three inches tall. And so this device comes with an electrical cord that you can plug into a wall or you can plug into any USB, so your computer, your portable battery bank, it can plug into your cigarette lighter. And this little air purifier is what they call a plasma air purifier. Everybody's heard of negative ion generators, but this goes a step further and uses a small portion of positive ions.

**Eileen Durfee:** Now, we think about positive ions being unhealthy, but we have a little tiny bit, like the Breeze Safe makes over 19 million negative ions than it makes 4,500,000 positive. And so the negative and the positive, it has this ionic reaction basically that will rob hydrogen molecules off of pathogens or formaldehydes or benzenes or all these things that are bad for us, and then it does break it down to fall to the ground like a negative ion generator. But it also leaves over millions of negative ions in the air we breathe. It's just kind of a step up from there. Like the Los Angeles airport uses gigantic plasma air purifiers, and that's why when you go to that airport versus other airports that you don't smell the jet fumes so much, because plasma is really good at getting rid of volatile organic compounds and petroleum type things that can be in our air.

**Wendy Myers:** For people who don't know what negative ions are, the benefits of those, can you explain that?

**Eileen Durfee:** Well, in nature, like when you go to the beach or a waterfall, the crashing water creates a negative charge on an ion. And actually for the body to be healthy, we need to be having 4,000 negative ions per cubic centimeter in the air when we breathe, because we've got negative charges and positive charges, it just helps our body function. And so nature makes them like after rainstorm, when you smell all that fresh, there's a lot of negative charge there, it's so nature up the earth with negative ions. And so it's a natural occurrence, and unfortunately, with the 21st century with our air conditioner environments, the duct work in our home strip the air of negative ions. If you have a negative ion meter in your home that has an

HVAC system, heating, ventilation and air conditioning system, you're going to probably have around four to 500 negative ions per cubic centimeter.

**Eileen Durfee:** If you're on the LA freeway, stuck in traffic with all the air inversion with the smog in there, you're going to probably only have that many. But you know when you go on vacation and you go to the beach, or in mountains, you know how you just feel so energized and fresh? It's because you're breathing negative ions. Even WebMD says, "If you can inhale enough negative ions, that is better than an antidepressant." A lot of people that are depressed, it could be that they just got a negative ion deficiency.

**Wendy Myers:** Yes, and this is so key. This is like the number one thing that people need to be adding, because it's so simple. It's simple to add negative ions to your environment or to your body by swimming the ocean or grounding or short of that, but there's things you need to do indoors and it solves a lot of downstream problems, because your body has to have these negative ions, which is basically electrons, because your body is an electrical being. We have to have this charge for our body to work properly and also to protect from EMFs. EMFs give us ... Positively charged our body. The negative ions counteract that. And so this is one of the most basic things that people need to understand and tend to if they want their body to work correctly. And I have my little Breathe Safe on all the time. I love it, because you can tell the difference. It's striking. Say before you're using the Breathe Safe, you just have your stale air in your room, and you put the Breathe Safe on, and it's going for just a short amount of time. It's a completely different energy, feel, smell. It's just ... It's amazing how well it works.

**Eileen Durfee:** And by accident, we found out after reading some of my customer reviews and they're calling me up telling me all these wonderful things about being able to breathe without having an asthma attack or just all these things, people with multiple chemical sensitivities, being able to go out now they're not stuck in their home. I sent it off to a lab to find out what is making this different than other plasma air purifiers, or negative ion generators. And the results came back that it produces oxygen. It's a new way to produce oxygen. Now, depending whether you're inside or outdoors, your background oxygen levels are going to range between 15 and 20 percent. The Breathe Safe increases oxygen levels, 70 to 118 percent. And I'd like to ask people out there that maybe have the Breathe Safe or if you get a Breathe Safe, if you have an oxygen monitor, because I've been getting calls from people where their oxygen levels are significantly going up when they are sleeping with the Breathe Safe or using the Breathe Safe, and so there's another group of people that are really excited about increasing oxygen levels in their body. There's just a lot of good benefits to that.

**Wendy Myers:** And that's another really important thing, because overall, there's not enough oxygen in our environment. There's much less so than there was say a hundred years ago. People have less oxygen saturation in their

tissues, and as a result, they have more pathogens and infections and things like that, because oxygen that helps to kill all those off. It's really, really important, again to also oxygenate your environment as well. And so are there ... Is there anything else you want to add to that or maybe talk about any do's and don'ts of air filtration?

**Eileen Durfee:** I'd like to add one more thing. And it is another use for the Breathe Safe, as an ionic sauna booster. There's some really interesting studies that have been done in Europe. They're mainly into the traditional sauna and they will test and rate traditional saunas based on the negative ion output when you pour water over the heaters. Some brands make positive ions. So people when they take those saunas get extremely fatigued or exhausted. And so the study was showing that as long as you inhaled 20,000 negative ions per cubic centimeter when you were taking a sauna, a strange thing happened. Your body didn't cool its rectal temperature down. Normally the first thing when you start getting hot is the body cools that down. It's like a stress response. When you inhale the negative ions, that doesn't happen. And then they actually measured ... They collected and measured the sweat off these people, and the ones that were inhaling negative ions, their volume of sweat was twice as much.

**Eileen Durfee:** Their skin temperatures were higher, but then when they asked everybody about the fatigue, it's interesting. You'd think that the group that was hotter and sweat more would be more tired, but they were more energized. They didn't feel as tired, and even better yet, when they got out of the sauna, their rectal temperature continued to rise. This is really special, because there's a lot of people out there trying to get their core body temperature up to be able to kill weak cells or pathogens. And so if you can use a little hack device, like the Breathe Safe, to maximize the effects of the sauna the time that you're in there, it's a really good thing.

**Wendy Myers:** And this is such a key thing, because one of the biggest complaints people have after using a sauna is that they're tired. Wait a second, aren't I using this to detox so that I feel more energized and better? And I feel, in the past, I've felt tired definitely from time to time, after doing a sauna, but I think it's so wonderful that in using this in a sauna, it not only helps you feel better while you're doing a sauna and afterwards, but tell us about, also the benefits of the toxin filtration that you get in the air that is coming off of your body in sweat when that vaporizes into the air.

**Eileen Durfee:** Well, they've done studies where they've measured the sweat from people exercising versus people taking a sauna. And it's proven that when you get that parasympathetic sweat, instead of the fight or flight sweat, there's more toxins in the sweat. I mean, you're getting cadmium and mercury and just all these plastics and other stuff coming out of you, and then it gets humid in there, right? But you continue breathing. Even people say when they're in a sauna and it gets hot, it's difficult for me to breathe. Part of it is they're re-inhaling all the stuff they just detoxed out into the air. It's like toxic humidified sauna sweat. And so the grease ...



**Wendy Myers:** It's so disgusting, but yet, no one's thought about this. No one has thought about this. That's what I love about you. You think about all these little details that make all the difference in the world, because as long as you're spending time in a sauna, you bought a sauna, and you're spending hours and hours over weeks and months in the sauna, and you might as well maximize your time to get the best effects.

**Eileen Durfee:** Right. Exactly. And the Breathe Safe is just an amazing device that you can take anywhere with you. And one of the tips that I would say is now when you buy a Breathe Safe, you get a brush. Most air purifiers, you have to buy and replace filters, but that's not the case with the Breathe Safe. With the Breathe Safe, it's super simple. You just remove the cover and then there's a plate there that collects dust and you just take this brush and you brush it and you clean those little needles in there. And if you do that once a week, in less than a minute, then you keep it running at peak optimal performance, because that's one thing I've been guilty of with my Breathe Safe, because I have them ... I actually have them in every room and they just make such a big difference.

**Eileen Durfee:** And so to get around once a week, even though it takes less than one minute, I get busy and I forget. Well, I had this one Breathe Safe that my grandsons were playing around and it got pushed back in the back. There was an eighth of an inch of dust just coating the whole thing and it pitted the plate and the needles, and obviously it wasn't making negative ions or oxygen, because I had it so dirty. My tip for the Breathe Safe is you don't have to buy filters, but take this brush with just like a minute and keep it clean and then when it's clean it won't pit the plate, so then you can have more years of life from that air purifier.

**Wendy Myers:** Yeah. And that's another thing is when I had a HEPA filter, I had other types of air filters, if you don't replace that soon enough, there's all kinds of bacteria and molds and other stuff that get on in that filter that then you're blowing back into your house.

**Eileen Durfee:** Yeah.

**Wendy Myers:** So it's just, it's crazy. There ... Is there any other do's and don'ts about air filtration or problems with other types of air filters that you could discuss?

**Eileen Durfee:** Well, one thing I'd like everybody to do is if they have an HVAC system, they have a cold air return. It's where you put your furnace filter. Depending on what kind of a furnace filter you buy, one of the most important things you can do is replace it monthly or the kind that I buy us a little more expensive and it's got a different pleat in it, and I replace those every three months. I actually have a reminder set on my phone. It's like time to change the furnace filters, it's time to buy my new Sonicare brush heads for my toothbrush, you know? And it's just like I get it done. And that will really make a huge difference. And that's super simple, but ... And then your furnace won't be struggling, so it'll consume less electricity.

**Eileen Durfee:** I mean, so there's a lot of benefits to changing a furnace filter regularly, but you talk to people, it's like, when did you change your furnace filter last? It's like they just ... They're just not changing them like they should. And if you do use these room air purifiers ... And I'm like Wendy, I have a lot of them. I've bought all these different kinds of air purifiers and they all have filters. They need to be cleaned and if you don't clean them, then or replace them when you should too, it's harder on the machines and they'll prematurely breakdown and those kinds of things.

**Wendy Myers:** What I love also about the Breathe Safe, that it's portable and you can put it near your body, you can carry it around with you everywhere, is that if you have asthma, you have breathing issues, you have chemical sensitivity, how can filtering your personal airspace help with that?

**Eileen Durfee:** Well, there's less reaction that goes on in the body when it's trying to fight something foreign that shouldn't be there. And then ionized air is much easier to breathe. The body can extract more of the oxygen that is in the air and make it usable. It was just this inflammatory response when people are having these reactions in their body that can be minimized.

**Wendy Myers:** Yeah. And so, for instance, I went to a conference recently, it was in Florida, and I was so bummed, I forgot my Breathe Safe, and so I'm staying at this hotel, because I ... In Florida, it's humid, it's hot, it's moldy. Of course, I go to the hotel, just knocked over by the mold smell. The carpet, and there's carpet in my room in this really old hotel, tons of mold and I'm like, oh my God, I need my Breathe Safe, and I really was suffering those four days I was at this conference, but that's another use for it is if you're going outside of the cocoon that is your home, most of us are trying to create, and you're going to a toxic office or you're traveling a lot, this little portable air filter device could be really indispensable.

**Eileen Durfee:** I went to a trade show in a town where my cousin lived and they had water infiltration in their basement. It had an extraordinary winter and they remodeled it and everything and the guest bedroom was in the basement. Soon as I hit the stairs, I could feel it in my lungs, the mold. They don't even notice it. I mean, she smokes cigarettes and ... But they just couldn't even smell it. Literally, I had this ... My Breathe Safe on its battery pack, and I just laid it in the bed by my head so I could sleep, so my lungs weren't closing up. And then I'd wake up in the middle of the night, I had obviously rolled over and I wasn't facing the Breathe Safe and I repositioned it, but it's just like, wow. It was just so intense. Now, when I go to town, which I have, I just go get a hotel, go visit, but don't try to stay in that house. I mean, there are so many people that are unaware of the exposure of what they're doing to their bodies when there's mold in a house.

**Wendy Myers:** Yeah, yeah. And it's something that people are experiencing symptoms from severe fatigue, brain fog, health issues. And they go to their doctor and the doctor ... It's ... Forget toxins. They're not thinking about mold

either. It's just they're not looking at mold or heavy metals or a chemical, so people are just not getting the answers in that regard.

**Eileen Durfee:** Well there's ... I read some statistics about what's called medically unexplained symptoms. There's over 13 million people in the United States with the medically unexplained symptoms. And I would say the first thing to check is what are you breathing? What's in your home, outgassing? Are you doing air purification and address those issues? And I think so many people would get relief by taking that first step.

**Wendy Myers:** Yeah, yeah, I agree. And so you've developed this little Breathe Safe, which is so cute. It's really the first time I'd seen a tiny little personal air filter like this, because most of them are these big machines. And if you have a whole house, you have to lug this thing from room to room to room, and people get lazy and they don't do it. They just kind of have it on in their bedroom, their living room, but what about the other rooms? And so you came up with another ingenious device. Can you talk about the ionic refresher?

**Eileen Durfee:** Sure. Well, I went to visit my son and he had all these Glade Airwick plug in ... It's not an air purifier, it's an air freshener, but it's covering up smells with a perfume that on the Health and Human Services website, even lists ingredients as cancer causing. It is really convenient just to be able to plug something in the wall. And so I thought, well gee, what if I use the carbon fiber tip technology that I had in my light bulbs in a little plugin for the wall? I did a design that has two carbon fiber tips that just plugs into any outlet and then it purifies things. I sent it off, did some lab testing, and was very happy with the results. And so we do have the ionic refresher, and that's simple, where somebody could buy a package, we have a larger pack that we sell, that they could do their whole house for the cost of what one nice room air purifier would be, and it's silent.

**Wendy Myers:** Yes.

**Eileen Durfee:** So the magic with this technology is there's a little bit of metal fibers in the carbon fiber tip. When you apply electricity to it, it actually makes negative ions more effective at mopping up all the contaminants in the air. It is actually more powerful on some of the test results than the Breathe Safe. The Breathe Safe makes oxygen and this one doesn't, but it's just like so easy to use. I mean, everybody has a spare outlet somewhere in a room that they could put this in, and it does make a huge difference. Like people that live in condominiums. How about if your neighbor smokes? How many ... I've gotten lots of calls from people where their neighbors smoke and they just can't get rid of the smell and they really want to sell their condominium. I actually have a lab test with the ionic refresher in a chamber with cigarettes and in seconds, you can just see the smoke disappear.

**Eileen Durfee:** It's phenomenal and it works really well and it's unlike a lot of the other plugin air purifiers. I gave the one example of the Glade Airwick, but there

are also other little plugin air purifiers that actually use ozone. Breathing ozone above 0.02 part per million is something that irritates the lungs, competes with the oxygen receptors. It's something that we don't want to do. And so to have a straight plug in ozone air purifier, I wouldn't recommend it. I did have this one tested for ozone and it makes 0.02 part per million, so it's totally safe, so you still, besides the negative ions and the carbon fiber tip technology, you are getting a little freshening, cleansing effect, but with safe levels of ozone.

**Wendy Myers:**

Yeah, and this is ... These are so amazing, because I highly recommend people get like a pack of six or a pack of 12 and just plug one in to every single room in your home and forget it. And you all have fresh air, negative ions, oxygen, a tiny little bit of ozone that can kill mold and do other positive things, but not enough to irritate your lung or displace oxygen in your body. And it's just amazing, because for me, I've always had the big air filters and had to go from room to room to room, and then you have to carry it around and no one's going to do that. They're not going to have their air filter in the room for two hours and then take it downstairs for two hours and put it in the garage for two hours or ... And I would just use it when I have a bad smell or when outside, all the chemicals are being released into the air and use it to clean up my bedroom, because I'm fearful of the toxins being released into the air and breathing that in. But this is such a more practical solution where every single room in your home can benefit and have clean, healthy air.

**Wendy Myers:**

So Eileen, thanks so much for coming on the show. It's such a pleasure talking to you, because you make so many different distinctions about do's and don'ts of air filters and have just reenvisioned air filtration and made it so simple, portable and affordable, which is really, really key for so many people that are looking for solutions that are affordable. Thanks so much for coming on the show, and you guys, if you want to learn more about Eileen's products and get a Breathe Safe or the ionic refreshers, just go on [Myersdetox.com/cleanair](http://Myersdetox.com/cleanair) and you can learn more about that.

**Wendy Myers:**

Eileen, tell us where the listeners can learn more about you and all of your products. You've got all kinds of things, like saunas and you have infrared saunas and you've got all kinds of interesting products. You've got coffee enema kits, anything you need for detox, you've got it.

**Eileen Durfee:**

Right. Yeah, [creatixsolutions.com](http://creatixsolutions.com). So that's ... Because we're where innovative products come to life now. That's what we want to do, is reduce your toxic exposure, then help you get rid of what you accumulate so that you can live a healthy life.

**Wendy Myers:**

Fantastic. Well, Eileen, thanks for coming on the show. And everyone, thank you so much for listening. Where on this show, on the Myers Detox podcast, we want to help educate you and give you all the tools and tips and tricks to help detox your home, your life, and your body so you can live your healthiest life. Thanks so much for coming on the show, Eileen, and thanks everyone for joining me. God bless.

