

Benefits of Molecular Hydrogen

Persistent oxidative stress is one of the major causes of most lifestyle-related diseases, including cancer and premature aging.(1) When free radicals or ROS accumulates, it leads to oxidative stress. Oxidative stress can cause serious damage to all tissues in the body.

Science has shown us ways to use Molecular Hydrogen as a straightforward therapeutic method and benefit for preventing and reversing inflammatory conditions caused by oxidative stress.(3)

Usages include inhalation, taking a hydrogen bath, drinking infused water or dropping H₂-saline into the eyes.

The exciting news is the benefits outshine any medicine on the market today.

Here are **just 13 benefits** using Molecular Hydrogen proven to decrease oxidative stress.

1- “H₂ functions as a mild but effective antioxidant, and protects against oxidative damage.”

2- “Molecular Hydrogen has also been described as containing anti-inflammatory properties.”

3- “It has been reported that hydrogen may be able to inhibit pathways as a result of its ability to reduce levels of ROS, (free radicals).”

4- “Hydrogen is extremely unique since it has the capability to act at the cellular level. Hydrogen is qualified to cross the blood brain barrier, to enter

the mitochondria, and even has the ability to translocate to the nucleus under certain conditions.”

5- Improve Diabetic skin lesions- “In a study by Yu et al., hydrogen was applied as a treatment to human skin fibroblast exposed to oxidative stress induced by high levels of glucose and mannose. The results showed that hydrogen was able to improve viability of the cells by exhibiting its antioxidant properties and reducing oxidative products exposed to high glucose and mannose.”

6- “Recently new connections concerning the pathogenesis of Alzheimer’s disease and oxidative stress have been made. Hydrogen rich saline was able to improve long-term potentiation, learning, and memory most likely by reducing inflammation and oxidative stress.”

7- Molecular Hydrogen was found able to reduce oxidative stress and improve Parkinson’s features.

8- “H₂ may be useful for hypoxia ischemia and other neonatal brain disorders and traumatic brain injuries because hydrogen rich saline was able to reduce cell death and oxidative stress.”

9- “Found helpful for acute and chronic respiratory and lung diseases.”

10- Cardiovascular disease- “hydrogen rich saline has anti-inflammatory and cyto-protective properties by decreasing pro-inflammatory cytokines and decreasing myocardial cell damage.”

11- “H₂-water improves obesity and metabolic parameters.”

12- “Can stimulate energy metabolism.”

13- Helps to increase good gut microbiome.

Ask your doctor about Molecular Hydrogen!

footnotes

- 1- <https://www.ncbi.nlm.nih.gov/pubmed/17486089/>
- 2- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3660246/>
- 3- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257754/>
- 4- www.faim.org/hydrogen-water-drink-to-better-health
- 5- www.sciencedirect.com/science/article/pii/S0163725814000941