

Benefits of Hydrogen Rich Water

What can one expect from adding Hydrogen-Rich Water to his or her diet?

Hydrogen Rich Water...

- lubricates joints and muscles; our body is 70% water
- keeps our minds alert; the brain is over 70% water needing hydration to function
- helps the body absorb nutrients
- aids in circulation and digestion
- helps regulate body temperature
- detoxifies cells and the body whole
- improves blood pressure, decreases headaches, arthritic symptoms, back pain and chronic illness symptoms
- decreases the risk of colon cancer, bladder cancer and breast cancer
- Many people also lose weight

How is all this possible?

How can hydrogen rich water from the H₂ Fuel do all this?

The truth is hydrogen rich water doesn't do any of the above things — the body does. The body uses the hydrogen to control oxidation by reducing the oxidants (free radicals) and by aiding greater energy production in the mitochondria.

There are three direct mechanisms involved that allow for these benefits:

Hydrogen - Becomes an antioxidant, reducing damages in the body, thus also ultimately reducing immune system workload.

Hydrogen - Literally fuels the ATP engine that powers every cell in the body. More fuel means more work can be done, less food needs to be eaten, and less food further reduces the oxidative load the body has to deal with.

Smaller Water Cluster Size - Free hydrogen changes the electrical charge in the water which causes water molecules to form smaller groups and allows for easier hydration and transport of vitamins and minerals.

Clinical Improvements Obtained From Intake Of Hydrogen-Rich Water (1985-2000) Hayashi, Hidemitsu, M.D., Water Institute, & Kawamura, Munenori, M.D., Kyowa Medical Clinic

- Improvement of general malaise, chronic constipation & diarrhea as well as persistent diarrhea after gastric resection
- Improvement of dehydration in infants with vomiting and diarrhea caused by viral infection
- Improvement of hyperbilirubinemia in newborns
- Improvement of blood sugar and HbA1c levels in diabetes
- Improvement of peripheral circulation in diabetic gangrene
- Improvement of liver function in hepatic diseases, cirrhosis of liver, hepatitis
- Improvement of uric acid levels in gout
- Improvement of cholesterol levels
- Improvement of gastroduodenal ulcers and prevention of recurrences
- Improvement of hypertensive or hypotensive disorders
- Improvement of hypersensitive disorders; urticaria (hives), atopic dermatitis, asthma, etc.
- Improvement of autoimmune disorders; rheumatism, collagen disease, SLE, etc.
- Improvement of dysmenorrhea, menopause symptoms
- Improvement of malignant tumors; hepatoma, cancers, etc.
- Improvement of specific diseases; Bechet Syndrome, Crohn Disease, Kawasaki's Disease, ulcerative colitis
- Experiences of pregnant women who took hydrogen-rich water during their pregnancy; almost no emesis, smooth delivery, slight jaundice, enough lactation, smooth and satisfactory growth of newborns