

Hydrogen Water Benefits (by Dr. Edward Group DC, NP, DCBCN)



- Powerful antioxidant
- Easily absorbed by your body
- Boosts energy and discourages exhaustion
- Anti-aging promoter
- Protects mitochondrial function
- Combats muscle fatigue
- Helps with skin health
- Provides extra benefits during a water fast

What Is Hydrogen?

Hydrogen is the most abundant element in the universe and is listed as number one on the periodic table. Stars, like our sun, consist primarily of this element. Hydrogen is colorless, odorless, tasteless and non-toxic, and can be found primarily in soil, water, and to a lesser degree, air. Because a hydrogen atom is so small, it can penetrate cells and deploy all of its benefits on a cellular level.

What Is Hydrogen Water?

Hydrogen water, hydrogen-enriched water, or hydrogenated water, is regular water (H₂O) that has been infused with hydrogen particle. This particle raises the concentration levels of molecular hydrogen in water for easy digestibility and immediate penetration in cells, which encourages overall health benefits.

Hydrogen water – also called hydrogen-enriched water, hydrogen-infused water, or hydrogenated water – is just water infused with hydrogen particle.

Many natural springs, now shut down, contained a higher concentration of hydrogen and were used for centuries to help heal certain illnesses. This healing ability is what may have prompted finding ways to infuse water with molecular hydrogen.

What Are the Health Benefits of Hydrogen Water?

Hydrogen water may alleviate symptoms of various conditions and help restore health and vitality.

The health benefits of water are extensive. However, drinking water infused with molecular hydrogen is shown to alleviate symptoms associated with many different illnesses and restore certain aspects of a person's health. More than 700 studies have been conducted regarding molecular hydrogen and its therapeutic effects on health issues – including 170 studies done on humans with various illnesses.

A Powerful Antioxidant

Studies have found that hydrogenated water can enter cellular membranes and function as an antioxidant in your cell's mitochondria. This means that hydrogen water interacts with your body on a molecular level, bypassing the digestive process entirely.

Discourages Cellular Aging

Molecular hydrogen's natural antioxidant and anti-inflammatory qualities make this element a great anti-aging tool.

Suppresses Inflammation

As you age, your cells accumulate cell damage, often from oxidative stress caused by lifelong exposure to the sun and toxic chemicals in the environment. Hydrogen-rich water can reduce cell damage caused by oxidation and reduce or inhibit inflammatory reactions.

Promotes Weight Loss

Hydrogen stimulates gastric leptin and ghrelin, hormones in the body that regulate fat storage, energy, and a number of other metabolic functions. Regular water usage on its own promotes hydration and gastrointestinal tract cleansing, but ingesting water infused with hydrogen can support better digestion and help with the breakdown of unwanted fat.

Resets Healthy Gut Bacteria

Your body makes hydrogen gas in the gut during the digestion process. The typical Western diet, however, lacks the water-soluble fiber needed to break certain foods down to make hydrogen gas. Introducing this much-needed element through hydrogen-enriched water, along with a good probiotic, into your diet can help restore a healthy balance of gut bacteria and encourage or enhance healthy digestion in your gut.

Boosts the Immune System

Sixty percent of your immune system is tied to gut health. Damage in the gastrointestinal tract can cause a number of health issues that can, in turn, affect other organs in your body. Hydrogen's ability to help counteract toxins in the gut and increase the secretions of healthy hormones directly affects the body's ability to fight off illness and infection.

Increases Energy Levels

H₂ can give you energy in several ways because it can so quickly enter your cells and release its many benefits. Adenosine triphosphate, or ATP, is known as the energy currency of the cell. Once ATP is broken down to adenosine diphosphate (ADP), energy is released. This energy promotes all cellular activities.

Are There Side Effects to Drinking Hydrogen Water?

According to the U.S. Food and Drug Administration, hydrogen water is safe, even over long periods of time.

Studies have shown positive results after consuming water infused with hydrogen over a period of time, and according to the U.S. Food and Drug Administration, it is safe to ingest.

949 485-8652