

BENEFITS OF DRINKING HYDROGEN WATER Dr. John Harlin

The benefits of hydrogen water relate to the fact that hydrogen water is an Antioxidant. Hydrogen water is simply water that has additional molecular hydrogen. There are numerous methodologies for infusing molecular hydrogen (H₂) in water ranging from using metal strips in water to combining the unique nature of water to expand at a certain temperature when cooling; then adding hydrogen to the liquid at critical temperatures as it expands just before freezing. **Hydrogen Rich Water** has been the subject of numerous clinical studies for its ability to deal with chronic oxidative stress in the human body. Oxidative damage is a factor in many diseases including Parkinson's disease, inflammation, hypertension and others.

Rubinsztein (2009) demonstrated that hydrogen rich water suppresses brain injury by buffering the effects of oxidative stress. Further he states, "Drinking H₂-containing water may be useful in daily life to prevent or minimize the risk of life-style related oxidative stress and neurodegeneration. Tomofuji, et.al. (2014) note that oxidative stress is involved in age-related inflammatory reactions. And, the anti-oxidative effects may suppress this damage. Kang, et.al. (2011) published research on the effects of drinking hydrogen rich water on the side effects of radiotherapy and chronic fatigue. While radiotherapy destroys malignant cells, it affects the surrounding normal cells with side-effects including fatigue, nausea, hair loss, cardiovascular disease and more. Their findings demonstrated that hydrogen water did not compromise radiation treatment results, did not alter liver function or blood composition and mitigated oxidative stress markers during radiotherapy.

At this point in ongoing research relating to hydrogen rich water the FDA has allowed statements including—"boosts endurance," "reduces lactic acid," "reduces fatigue," and "provides antioxidants." As more research is completed these claims will certainly increase given the broad range of ills related to oxidative stress in the human body.

HOW DOES IT WORK?

Hydrogen is crucial for energy production in the body. Hydrogen ions are transported to cells which then use the hydrogen to create 'ATP.' Simply—ATP is a nucleotide bound to three phosphates which store energy that can be used as fuel in the body. ATP is required for reactions involved in muscle contraction. As muscle work increases, more ATP gets consumed and must be replaced. Hydrogen ions are critical in these reactions. Our body takes in the H₂ from hydrogen water and converts it to hydrogen anions. This "active" hydrogen is a powerful anti-oxidant that can remove oxygen in our body known to cause many chronic diseases. Some studies have shown hydrogen can have anti-tumor effects.

The list of common diseases that can benefit from hydrogen water is growing as research continues. Diabetes, obesity, dementia, depression, fatigue, and many more will likely be added to the list of diseases that can benefit from hydrogen water. As of now the action of boosting endurance, reducing fatigue, and the provision of antioxidants are claims well documented.

In sum, this has been a general overview of Hydrogen Water, for more information please contact:

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