

DIABETES

Diabetes is no longer a death sentence today; based on many research reports the medical industry has made in the last couple of years. With medication, diabetes diet tips, and healthy lifestyles for managing body weight, you can now live a long, productive life if you have diabetes.

The relationship between 10acity® Hydrogen Infused Natural Spring Water and diabetes has recently become a hot topic in the diabetic community. With so many health and wellness trends emerging occasionally, it's easy to dismiss hydrogen-rich water for diabetes as just another fad. However, as you'll realize from exploring hydrogen water research, the benefits of this water speak for themselves.

The Science behind 10acity® Hydrogen Infused 2.5 ppm Natural Spring Water

It is necessary to understand what exactly hydrogen-rich water is. The simplest explanation of hydrogen water is that it has a higher hydrogen concentration than normal (H₂O) water. In regular water (H₂O), for each oxygen (O) molecule in water, there exist two hydrogen molecules (H₂). However, in hydrogen water, also known as hydrogen-rich water, there are more than two hydrogen molecules per oxygen molecule. This is usually the result of enriching or infusing hydrogen gas into water. 10acity® Hydrogen Infused 2.5 to 5.5 ppm Natural Spring Water is patented by BevPaQ™ LLC.

Anti-oxidant Effects and Inflammation Reduction

Oxidation happens when harmful molecules called free radicals attack your body's cells, causing damage. This damage can lead to problems like inflammation, which is your body's response to injury or infection. Hydrogen water has properties that make it helpful in this situation. The molecular hydrogen contained in hydrogen water protects against the harmful effects caused by oxidative stress in your body. When molecular hydrogen encounters oxidative stress, it calms it down by donating its extra hydrogen molecules. This stops oxidative stress from harming your cells.

It is this anti-oxidant effect that makes hydrogen water and glucose beneficial in reducing inflammation. Normally, our bodies make these free radicals when we're under stress, but too many of them can cause damage. This damage sets off alarms in our immune system, leading to inflammation. But hydrogen water helps to calm things down by reducing the damage and repairing the system.

Some of the hydrogen-rich water benefits that patients with diabetes can reap include the following: Keeping blood sugar levels in check is vital. When your body undergoes oxidative stress, it can mess with how insulin works and how well your pancreas does its job. This can lead to problems like insulin resistance and Type 2 diabetes mellitus.

In a clinical study conducted by Vet World in 2022, scientists looked at how hydrogen-rich water could help rats with diabetes. They found that when they gave diabetic rats water with extra hydrogen, their insulin levels and glucose tolerance got better. This suggests that hydrogen-rich water might help protect insulin and keep it working well, which is great news for patients with diabetes.

Another advantage of hydrogen water in blood sugar regulation is that it might help keep your gut healthy. Your gut is full of tiny organisms called bacteria, and having the right balance of these bacteria is essential for keeping our blood sugar levels in check. When this balance gets messed up, it can also cause diabetes.

New hydrogen water studies have found that hydrogen-rich water might regulate the composition of gut bacteria, which is crucial in glucose metabolism and insulin sensitivity. The selective effects of hydrogen on gut bacteria may promote the growth of beneficial strains while inhibiting the proliferation of harmful ones. This, in turn, could positively influence glucose metabolism and blood glucose levels in patients with diabetes. It could be another way hydrogen-rich water helps to control blood sugar levels in people with diabetes.

Preventive Properties

Medical research has linked many complications, such as cardiovascular disease, neuropathy, and nephropathy, to prolonged exposure to elevated blood sugar levels due to diabetes. Hydrogen-rich water's protective effects can help mitigate these diabetes-related complications by reducing oxidative stress and inflammation.

Diabetic retinopathy, a leading cause of blindness in adults, occurs due to damage to the blood vessels in the retina caused by diabetes. High blood sugar levels cause stress and inflammation in the eyes and damage blood vessels and cells in the retina, which can eventually cause blindness. Hydrogen-rich water, with its potent anti-oxidant and anti-inflammatory properties, can protect against diabetic retinopathy by addressing these underlying issues.

Molecular hydrogen in hydrogen water can help fight off harmful substances called reactive oxygen species (ROS) that cause stress, keeping the cells and blood vessels in the eyes healthy. It can also reduce inflammation, which further shields the eyes from harm.

Hydrogen-rich water also improves blood flow in the eyes, ensuring they get enough oxygen and nutrients. This helps keep the eyes healthy and working properly.

Lastly, hydrogen-rich water can help fix damaged tissues in the eyes. It works by changing how cells communicate with each other and helping them survive and grow again. This might help slow down the damage caused by diabetic eye problems and reduce the chance of losing vision.

From improving insulin sensitivity to reducing oxidative stress and inflammation, hydrogen-rich water stands out as the best water for diabetics. Incorporating it into your diabetic diet can help support better blood sugar regulation, protect against diabetes-related complications, and improve overall metabolic health.

It is essential to remember that you should use hydrogen-rich water for diabetes as part of a comprehensive diabetes management plan. This plan includes monitoring metabolic parameters like blood sugar levels, avoiding high-fat diets, engaging in regular physical activity, and adhering to prescribed medications or treatments. Some studies have found that hydrogen-rich water may help with diabetes and metabolic syndrome, which can contribute to Type 2 diabetes and heart disease:

- A1c levels

One study found that drinking hydrogen-rich water over two to three months could reduce A1c, a measure of blood sugar levels.

- Insulin resistance

Animal studies have shown that hydrogen-rich water can improve blood glucose control in models of insulin resistance and insulin deficiency. A 2008 study also found that hydrogen-rich water may help prevent Type 2 diabetes and insulin resistance in patients with impaired glucose tolerance.

Hydrogen-rich water prepared by AC-electrolysis may help improve diabetes-related markers and systemic DNA oxidative injuries.

Other studies have found that hydrogen-rich water may also:

- Improve body mass index
- Reduce atherosclerotic plaque
- Reduce nephrotoxicity
- Decrease pro-inflammatory cytokines, which may improve physical health and body pain

Featured Snippet from the Web

Drinking Hydrogen-rich Water is effective in the treatment of diabetes mellitus, especially Type 2 diabetes mellitus. Hydrogen-rich Water with its anti-oxidant activity improves insulin, insulin resistance, and SOD levels in diabetes mellitus rats. No significant difference was observed between the administration of hydrogen-rich water and metformin. These findings indicate that hydrogen-rich water can be a candidate for the treatment of diabetes mellitus.