

Hydrogen Water Compared to Alkaline Water

- Below is why we made 2.5 to 5.5 ppm hydrogen infused water to help the body recover from free radical damage. Alkaline waters are designed for hydration but our eating habits changed to obtain pH of 8.0 and below.
- Both waters are man-made. The below paragraph is simple and accurate. Hydrogen water is best for the human body.
- However, when comparing the two types of waters based on scientific studies conducted solely on each type separately without combining them together into one product yet still showing positive results; it seems like molecular hydrogen-rich (H₂) waters may offer more potential health benefits than alkaline waters alone due to their ability to reduce oxidative stress as well as inflammation throughout various parts within our bodies according to multiple clinical studies conducted worldwide specifically researching molecular hydrogen therapy effects on human subjects.
- One study published in Medical Gas Research found that drinking molecular-hydrogen rich (H₂) water reduced oxidative stress markers in patients with metabolic syndrome after just four weeks compared to those who drank plain drinking-water alone without any added chemicals or minerals present within them used for making ordinary bottled-waters widely available today across most stores globally!
- Another study published in Free Radical Research showed similar results where researchers found that consuming molecular-hydrogen rich (H₂) water resulted in significant reductions of oxidative stress markers after just eight weeks among healthy adults compared to those who drank plain drinking-water alone without any added chemicals or minerals present within them used for making ordinary bottled-waters widely available today across most stores globally!
- In contrast to these findings regarding molecular-hydrogen rich (H₂) waters' effects on reducing oxidative stress levels throughout various parts within our bodies; there isn't much evidence supporting claims made by some advocates of alkaline-water regarding its ability to help balance acidity levels and prevent diseases such as cancer or osteoporosis at this time according scientific research data available currently.
- Following, I am going to give a much larger explanation on both waters. Hydrogen for health and alkaline for hydration cleaning of toxins in your body but requires correct eating habits.
- There is much confusion around whether we should be drinking hydrogen water or alkaline water or hydrogen water vs alkaline water and if one is indeed better for you.

What is Hydrogen Water?

- Hydrogen water is ‘regular’ drinking water that has hydrogen gas added. This is typically done through electrolysis or bubbling pure hydrogen gas into the water, decomposing the molecules into molecular hydrogen gas. This is the patent we have making pleasant water to drink. See below comments with alkaline water.
- There are currently two main methods to obtain hydrogen-rich water via electric flow through systems. Alkaline water ionizers and neutral pH hydrogen water generators. Alkaline water ionizers use a process of electrolysis to produce hydrogen gas and alkaline water. Many people have reported benefits from using alkaline water ionizers but it wasn’t until around 2010 that scientists understood the therapeutic property in alkaline ionized water was the hydrogen gas. Once the hydrogen gas is created it is very quickly diminished in effectiveness and in order to push the pH higher, the alkaline water produced becomes very unpalatable. This makes the alkaline water ionizers a very inconsistent and impractical home tool for creating hydrogen-rich water.
- Neutral-pH hydrogen water generators would seem to be able to produce a more consistent hydrogen concentration. Whilst the technology used for producing hydrogen-rich water is relatively new, it is highly advanced. We have the patent for this.
- While ordinary tap water will hold a degree of hydrogen, the added hydrogen in hydrogen-rich water is said to have a range of potential benefits, including reducing inflammatory responses, supporting cardiovascular function, improving cognitive ability, and more. Hydrogen water is even said to enhance endurance and physical performance, working towards mitigating the onset of fatigue.
- As the name suggests, alkaline water refers to water holding greater alkalinity in its makeup. This can be measured using the pH level – a scale between 0 and 14 stating the acidity or alkalinity of a substance. For example, a substance with a pH level of 0 is highly acidic, a pH level of 14 is highly alkaline, and 7 is neutral.
- The human body naturally has a slightly alkaline pH level, needing a balance (or homeostasis) of approximately 7.35 to 7.45 to survive and flourish. Unfortunately, with our diets and environment growing more acidic, this natural balance is being disrupted, leading to issues like metabolic acidosis, which can cause various complications, such as vomiting, nausea and fatigue.
- But the solution isn’t simply bombarding the body with more alkaline substances – some alkaline water products will sit at a 9.5, 10 or even 11 pH level, which, if over consumed, can adversely tip the scale in the other direction. This can lead to metabolic alkalosis, and associated symptoms of light-headedness, confusion, numbness, nausea and vomiting.

- So, best to drink waters with pH around 7.5 to maximum 8. Above that requires change in eating habits.
- Introducing this into your ongoing wellness routine opens you up to the various potential benefits of alkaline water, including:
 - Promoting proper cellular hydration with a selection of electrolyte minerals
 - Improving our bodies pH balance
 - Flushing toxins and preventing diseases
 - Enhancing focus, physical performance, and even sleep quality
 - Assisting with pre-existing conditions, such as reflux disease and blood pressure.
- When reviewing alkaline water vs hydrogen water – namely, the similarities between the two – it helps first to recognize that both are modified forms of tap water. As discussed above, the creation of alkaline water and hydrogen water can both involve the use of electrolysis, with the electric current encouraging a chemical change, such as the free hydrogen gas molecules dissolving. The finer points are a little different, but both sources have received a form of treatment to improve their benefits within the body, whether that be acting as an anti-inflammatory property or to help neutralize excessive amounts of acid present.
- In addition to the range of potential benefits outlined, both hydrogen and alkaline water are cleaner sources of water that can help maintain adequate hydration.
- Hydrogen in water and carefully created alkaline water have their own, distinct properties. For example, hydrogen water is mainly defined by its inclusion of hydrogen gas to perform its anti-inflammatory and anti-oxidant benefits, whereas alkaline mineral water is energized to hold a higher pH level and contain a range of electrolyte minerals needed for optimal cellular hydration.
- Basically hydrogen water is for health and alkaline water is for cellular hydration.
- To decide which option is best, hydrogen water vs alkaline mineral water, requires a deeper understanding of what you are trying to achieve and potentially improve in your health and hydration. If you are looking for greater cellular hydration and an improved mechanism for detoxing from heavy metals or other toxins or simply a better balance with your natural alkaline levels alkaline water could be the better choice.