

Hydrogen Gas & Hydrogen Water

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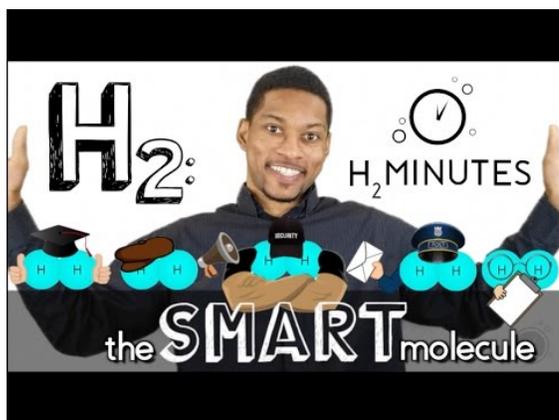
For about two years have been experimenting with different molecular hydrogen products and have recently discovered the best, most convenient products that make getting higher dosages of molecular hydrogen easy. Vital Reaction hydrogen tabs are exceptional in terms of hydrogen concentration. More molecular hydrogen by far in the shortest amount of time. Moreover, it makes its hydrogen in an open container thus making it easier to mix with juices and just super easy in terms of convenience and effortlessness of use. As recently as April, one can read an essay on the exciting field of hydrogen medicine but already its recommendations are outdated.

High dosages is the key to therapeutic effect with hydrogen. As an added bonus one gets a more than healthy dosage of magnesium when using Vital Reaction. Full hydration is an important byproduct because hydrogen turns the most toxic oxidant into water thus displaying zero toxicity. *Water Medicine* at its best. It is possible to turn all one's water into powerful medicine.

The anti-oxidative stress effect of hydrogen was reported to be conferred by direct elimination of hydroxyl radical and peroxynitrite. Subsequent studies indicate that hydrogen activates the Nrf2-Keap1 system. Each molecule of H₂ will neutralize 2 hydroxyl radicals into two molecules of H₂O hydrating your cells in the process.

The most important thing to know about molecular hydrogen is that it negates the toxicity of oxygen. Oxidation and aging is largely due to the lack of antioxidant-type proteins/enzymes that are available to stop free radical damage. Aging is evidence of the damage to millions of the body's cells through oxidation.

Hydrogen is selective about the free radicals it tackles. That hydroxyl radical is the most reactive free radical in the human body, which our cells emit as a result of trauma and oxidative stress as well as all normal daily activities. Meaning ultra-small hydrogen is smart.



Watch Video At: https://youtu.be/CboUB_VcTug

Conquering Cancer - A Course in Naturopathic Oncology by Dr. Sircus - Find Out »

With its potent and unique antioxidant properties, gene regulatory abilities, and rapid rates of diffusion across tissue and cellular barriers, as well as its excellent safety record, hydrogen has many unique characteristics that make it very valuable for utilization in medicine and health. Its systemic properties and excellent penetration abilities allow hydrogen to be effective under conditions of poor blood flow and other situations that limit many other types of systemic treatments.

Molecular hydrogen, contains two protons and two electrons, is neutral so it does not take up as much space electromagnetically as negatively charged electrons meaning it would slip into cells more easily than electrons, which are much smaller. The cell will resist any charge but not hydrogen so these small neutral molecules of hydrogen will get into the cell and into the mitochondria with ease and with speed where they do a whole lot of good.

Tyler W. LeBaron from the science-based nonprofit Molecular Hydrogen Foundation[1] states, "Although the exact underlying molecular mechanisms and primary targets of hydrogen remain elusive, hydrogen may regulate these pathways via modifying lipid peroxidation cascades, protein phosphorylations, and gene expressions, resulting in anti-inflammatory, anti-allergy, and potential anti-aging benefits."

That nasty hydroxyl radical has an unpaired electron, which turns it into an insatiable whirling dervish that cannot be calmed until it stabilizes itself. Robert Slovak, a hydrogen water quality innovator, says, "It will steal an electron from DNA, cell walls, the mitochondria—and it will damage those when it does."

Hydrogen Inhalation



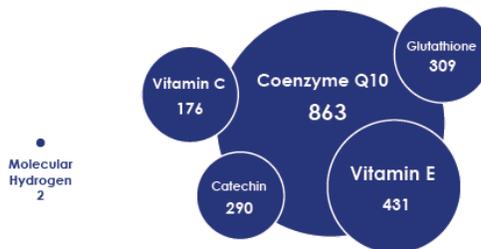
For those who need even heavier treatments that are more powerful, for example people with stage four or five (imminent death) cancer, hydrogen inhalers are promising a wonderful new world of medicine. The cheapest ones produce 99% hydrogen but most studies use 2-4 %. Although hydrogen can burn at temperatures above 570°C, at normal temperatures and partial pressures (at concentrations below 4%), it is a harmless gas that can act as a cellular antioxidant.

The whole point of breathing is to get oxygen so trying to breathe pure hydrogen is as good as not breathing at all. Moreover, while you could probably breathe a mixture of highly concentrated hydrogen and oxygen, such a mixture could be an accident waiting to happen because hydrogen in higher concentrations tends to be explosive.

Some claim 2% are the best to use. High Tech Health has a 2% unit that sells for about 3,000.00 and a 4% unit that sells for 5,500. A major concern is that because over 4% is considered explosive when mixed with oxygen most insurance companies will not insure a clinic if they know one is in use there. If one is facing an emergency intensive care situation than a 4% machine would be ideal but then again one can simply spend more time in therapy with it. Patients who had been resuscitated after cardiopulmonary arrest were given a mixture of 98% O₂ and 2% H₂ to inhale for up to 18 hours.

You would need to consume a lot of hydrogenated water to receive the same benefit from just one session on hydrogen gas. Most people who have received Vitamin C IVs for cancer know the discomfort and cost of treatments. An hour on a hydrogen inhaler will compete (because of Hydrogens small size in comparison to Vitamin C) with an intravenous treatment of C. However, one can repeat at home more than several treatments a day everyday so one should be able to imagine how useful hydrogen inhalation can be.

Although the solubility of hydrogen gas in water is low, the actual dose from drinking saturated water is comparable to a typical dose of vitamin C. Hydrogen water at a concentration of 1.6 mg/L would have more "antioxidant" molecules than 100 mg of vitamin C, as there are more total molecules in 1.6 mg of hydrogen compared 100 mg of vitamin C. The tablets provide supersaturated levels, ensuring that adequate H₂ is being consumed.



Relative Sizes of Antioxidants

Hydrogen Gas is Serious Medicine

Prof. Masaru Suzuki, Department of Emergency and Critical Care Medicine at Keio University Hospital, writes, "A premixed gas composed of 96% N₂ and 4% H₂ from a cylinder is mixed with O₂ from ventilators prior to patient inhalation. Inserting more than 4% H₂ directly into O₂ is dangerous on account of the explosion threshold, so at this stage we are using just 2% of H₂."

Suzuki explained, "Medication dissolves in the blood and is carried throughout the body and there is the possibility that H₂ diffuses without relying on blood flow, meaning it can easily pass through the blood brain barrier and even into the brain cells themselves. Additionally, because the heart and lungs are close to each other, when inhaled, H₂ has the potential to reach the heart via diffusion, which can then be carried throughout the body. Under the most severe conditions this treatment is effective. I think the potential for H₂ in medical uses will spread endlessly." [2]

We are talking about powerful emergency room and intensive care medicine. It is not only oxygen that saves peoples' lives but hydrogen gas or hydrogen mixed in with all one's water that can do so much heavy weight lifting when people face terminal conditions. Inhaling or ingesting hydrogen (H₂) gas improves oxidative stress-induced damage in animal models and humans. [3] A very large study going on in Japan for Post Cardiac Arrest Syndrome indicates a 2% mixture of hydrogen administered ASAP will halt the brain damage that occurs post cardiac. Some doctors are now suggesting one should be in every ambulance.

Seriously, ill patients are best served using an inhaler at the lower level of 2% several times a day. Higher percentages of molecular hydrogen are not proving to be the best result as shown with post Cardiac Arrest Syndrome studies.

Inhaling small amounts of hydrogen in addition to concentrated oxygen may help stem the damage to lung tissue that can occur when critically ill patients are given oxygen for long periods of time, according to a rat model study conducted by researchers in Pittsburgh. The study also found hydrogen initiates activation of heme-oxygenase (HO-1), an enzyme that protects lung cells. [4]

Dr. Tomohiro Kawamura, research fellow at the University of Pittsburgh's Thomas E. Starzl Transplantation Institute said, "Hydrogen has a therapeutic potential not only in treating acute lung injury, but also in treating chronic lung diseases such as chronic obstructive pulmonary disease (COPD), which is the fourth leading cause of death in the U.S. Hydrogen may help prevent progression of COPD, which could have a huge impact on treatment.

Clinical research for 'hydrogen inhalation therapy' in more than 10 hospitals across Japan has proved it can help patients who have suffered from cardiac arrests. The research, initially conducted on laboratory rats in 2012, proved that damage to brain functions and heart muscle tissues was reduced by inhaling hydrogen (H₂) after cardiopulmonary resuscitation. The Journal of the American Heart Association, which concluded, "Inhalation of H₂ gas is a favorable strategy to mitigate mortality and functional outcome of post-cardiac arrest syndrome."

What to Expect from Hydrogen Treatments

- Detoxification
- Restores youthfulness
- Ulcers and sores healing
- Stronger and thicker hair
- Reduction in blood pressure
- Slows down free radical damage
- Lowers cholesterol levels
- Helps flush heavy metals from our bodies
- Helps in absorption of supplements
- Improved allergies and asthma conditions
- Better blood circulation
- Lower saturated fat levels
- Less body fatigue
- Faster recovery from diseases
- Improved peripheral circulation
- Reduces cellulite and wrinkles
- Improves memory in elderly
- Boosts brain power
- Reduces acidic condition
- Improved constipation and diarrhea conditions
- Improved blood glucose

Thus common testimonies using hydrogen include diminishing of numbness in extremities, reduction and elimination of edema, improvement of sinus problems, more energy, improvements in blood sugar, diminishing need for insulin, feeling the difference after first treatments, feelings of refreshment and lighter on one's feet, improvements in skin conditions, improvements in stamina, feelings of changes in body and energy levels, Unstiffening of knees and ankles, stimulates youthful feelings, more alert, improvements in circulation, reduction of pain, headaches gone, reduction in need to take painkillers, skin appearance dramatically improved, stronger hair, spots on face reduced, reduction of constipation, healthier feelings, reduced feelings of depression, neck no longer stiff and full range of movement has been restored, nails become stronger, hair breakage minimized and split ends stopped.

Comparing Hydrogen Water with Hydrogen Gas

A dose–response effect of hydrogen is observed in drinking hydrogen-rich water. A similar dose–response effect is also observed in inhaled hydrogen gas. However, when hydrogen concentrations in drinking water and in inhaled gas are compared, there is no dose–response effect. Hydrogen-rich water generally shows a more prominent effect than hydrogen gas, although the amount of hydrogen taken up by hydrogen water is ~100 times less than that given by hydrogen gas.

Administration Details for Vital Reaction Water



If using an open cup I use cold water out of the sink, so not fridge cold, but cooler than room temperature. Then I add 3 tablets of Vital Reaction to 250 mL of water and then as soon as it dissolves I drink it. If your water is a lot colder than it takes a little longer to dissolve. However, if you are putting them in a closed bottle, then it does not matter the temperature of the water. (My readers should be aware that they will receive 10 percent discount with this code MARSIR)

I like the higher doses of H₂ taken at once. Do that when in need of more help because of hard exerting, air travel, lack of sleep, intense exercise, lots of stress, etc. but normally just take maybe two tablets a day. At ten tabs a day for intensive care situations one bottle would last only 6 days. That would be five bottles a month for late stage cancer, which makes a lot of sense if one wants to seriously use hydrogen water to help rid oneself of a serious disease.

Hydrogen in Context of a Full Protocol

Bottom line to hydrogen? Hydrogen will super charge any and all other medical treatments. It is impossible to go wrong with hydrogen. However, I never look at or suggest that anyone use any medicinal substance in isolation from a full protocol. Our human bodies as well as our hearts and souls have many needs and when trying to resolve difficult problems with our health we need to cover all the bases and turn over the deepest boulders inside of us.

Iodine is the heaviest molecule our bodies utilize and hydrogen is the lightest. They make a good pair; and when we add magnesium, sodium and potassium bicarbonate, selenium, glutathione, sulfur along with other light therapies like nasal infrared blood treatments one has a powerful working protocol especially if one adds breathing retraining to the list. This is the short list. There is always so much more one can do for one's health but nothing substitutes for the basics.

For more information please see:

| HydrogenMedicine.info

| Hydrogen Sports Medicine

| HydrogenMedicine.info

[1] Molecular Hydrogen Foundation (MHF) is a science-based nonprofit focused on advancing the research, education, and awareness of hydrogen as a therapeutic medical gas.

[2] The Gas Review, issue no. 419

[3] Adv Exp Med Biol. 2013;789:315-21. doi: 10.1007/978-1-4614-7411-1_42. Molecular hydrogen consumption in the human body during the inhalation of hydrogen gas. Shimouchi A1, Nose K, Mizukami T, Che DC, Shirai M.

[4] American Thoracic Society.