

## DIY Hydrogen Water

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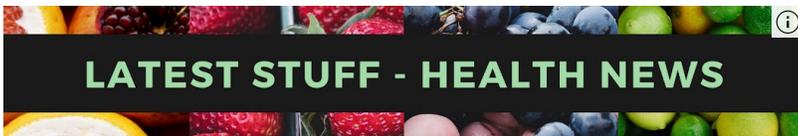


**Glen Ingram**  
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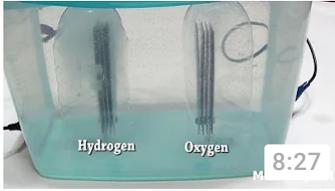
Simple, inexpensive method for producing hydrogen water. For info on hydrogen water:  
<http://www.molecularhydrogenfoundatio...>

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 **Fturdo** 4 years ago  
Thank you Glen for all your hard work in figuring out the best methods to extract the most hydrogen using simple materials. You're brilliant! and you are such a nice guy for getting back to everyone like you do. Wish there were more people like you in the world.

 17  REPLY

 **Luis Medina** 2 years ago (edited)  
Very informative video, Glen! Can you use the rod over and over until it basically vanishes? What changes do you actually feel after drinking Hydrogen water? Thanks a lot in advance!

 7  REPLY

 **J Aliyah Kerre** 3 years ago  
Thank you Glen for uploading your how-to video to YouTube... I prefer to make my own and your video makes it feasible and easy. Every other "how-to" source I looked at turned into an advertising spiel for some product (tablets or devices--and quite costly, as well!). Also by reading everyone else's questions and comments and your diligent answers I feel confident in moving forward and am ordering my supplies. I intend to share the knowledge once I've done this a few times myself. Again, Thank you!

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 8  REPLY

 **Freedom Warrior** 3 years ago (edited)  
This is a great video, thank you! I've been experimenting. I picked up some swing-top stainless bottles on Amazon and use outdoor hose gaskets to seal nice and tight. I also picked up some 4 in. 99.999% rods, but only place one in bottle with just a little better than a quarter tsp. of malic acid with filtered water right from my refrigerator without boiling. I do not put mine in freezer, I just let it sit over night in the refrigerator for the next day. One thing I noticed is the malic taste seems to dissipate if you leave it sit over night and I don't have to worry about leaving in the freezer too long. I also, clean rods before each use with vinegar as Glen states. I am making a 'list' of positive health benefits. The first thing I noticed within one week I am getting far better



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 6  REPLY

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**Bert Godbout** 3 years ago

Hi Glen. Thanks for the info. Just a hint to cool your bottles much quicker. Wrap them in a paper towel (or a face cloth), wet the towel wrap it around the bottle and put it into the freezer. In a bout 1 hour, it will be close to freezing point.

 4  REPLY

**not empty** 2 years ago (edited)

Source for rods. I found the specific rods (Ayles 5") Glen mentions in this video. They came in and the first batch of Hydrogen water (two bottles with 2 & 3 rods ) the pressure almost blew the caps off the bottles. About twice as much pressure as the 4" rods, I had been using. The 4" rods had dark spots in the center of the rods and gave off black flakes when soaked in vinegar. The 5" look to be pure, no dark spots anywhere and clean easily. Ordered another 5 pack yesterday.

I don't know if ebay links are allowed, so here is the listing description and the seller's name (5x Magnesium Element Metal Rods Ingot High Purity 4N 99.99% - 5" long x 5/8" HK. Seller xeatx). Price is currently USD \$22.60 + sales tax.

Because of the length and thickness, I wouldn't put more than 1 rod in a bottle. Removing two rods was difficult and removing three rods was shall we say an experience. Given the pressure in the bottles, one rod should be sufficient. I don't have any of the hydrogen testing drops, so maybe someone else can test and report back. I haven't noticed much benefit from drinking two bottles of HW/daily, but I know there is some effect. I take niacin daily for allergies. Because I have taken niacin for years, I rarely feel any flush or tingling sensations. But when I drink the HW within 30 minutes of taking the niacin, I do feel the tingling sensation from the niacin. Good luck to all and thanks a lot Glen. Without your suggestion, it would have taken me years to try HW.

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 10  REPLY

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**linzerpa** 4 years ago

Thank you so much, Glen, for such a great video! I am just waiting for my Mg from Hong Kong I try it out. Don't know if anyone else mentioned this (there are a lot of comments

dissolved in the cooled water.

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 2  REPLY

**jordan baur** 4 years ago

Thank you so much for making this video! Me and my family are very grateful for the step by step instructions and all the meticulous calculations.

I have read all the impressive research on molecular hydrogen and am totally impressed. Have you been feeling any noticeable health changes by incorporating this into your life?

Read more

 3  REPLY

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**Will Larson** 3 years ago

Thanks for this great video, Glen.. I've been making the H<sub>2</sub> water for 3 days now, and getting from 2.5 to 3.8 ppm. Love your presentation, you remind me of my HS chemistry teacher of 54 years ago, Mr. Oswald.

 7  REPLY

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**Glen Ingram** 6 years ago

Forgot to mention that if you decide to use this exact combination of Mg rods and beer-brewing bottles, you should order the LONGER rods (5" rods) and not the 4" rods on Ebay. The 4" rods are a little fatter than the 5" rods and don't quite fit into the bottles when you first receive them. If you do happen to order the shorter rods by mistake, just place the rods in vinegar for several hours up to overnight in order to shrink the rods enough so they will fit in the bottles. If doing this, also replace the vinegar in the jar every hour or so to keep it reacting with the Mg.

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 35  REPLY

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**TeresaFromPA Here** 2 years ago

Hi there Glen. Thank you for this video. Are you still drinking hydrogen water and making it in

... ~ Are you still enjoying the benefits? I am just learning about this and would love to