

Hydrogen Enriched Water: The Elixir of Life?

An article from Tyler LeBaron,
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It is not an overstatement to say that hydrogen's impact on therapeutic and preventative medicine could be enormous in the future.*

Molecular hydrogen research has unleashed a new focus in the scientific and medical community regarding anti-aging, treatment of diseases, and in maintaining health. There are **350 scientific articles published** in reputable scientific and medical journals pointing to the therapeutic potential of molecular hydrogen.

Healing Waters

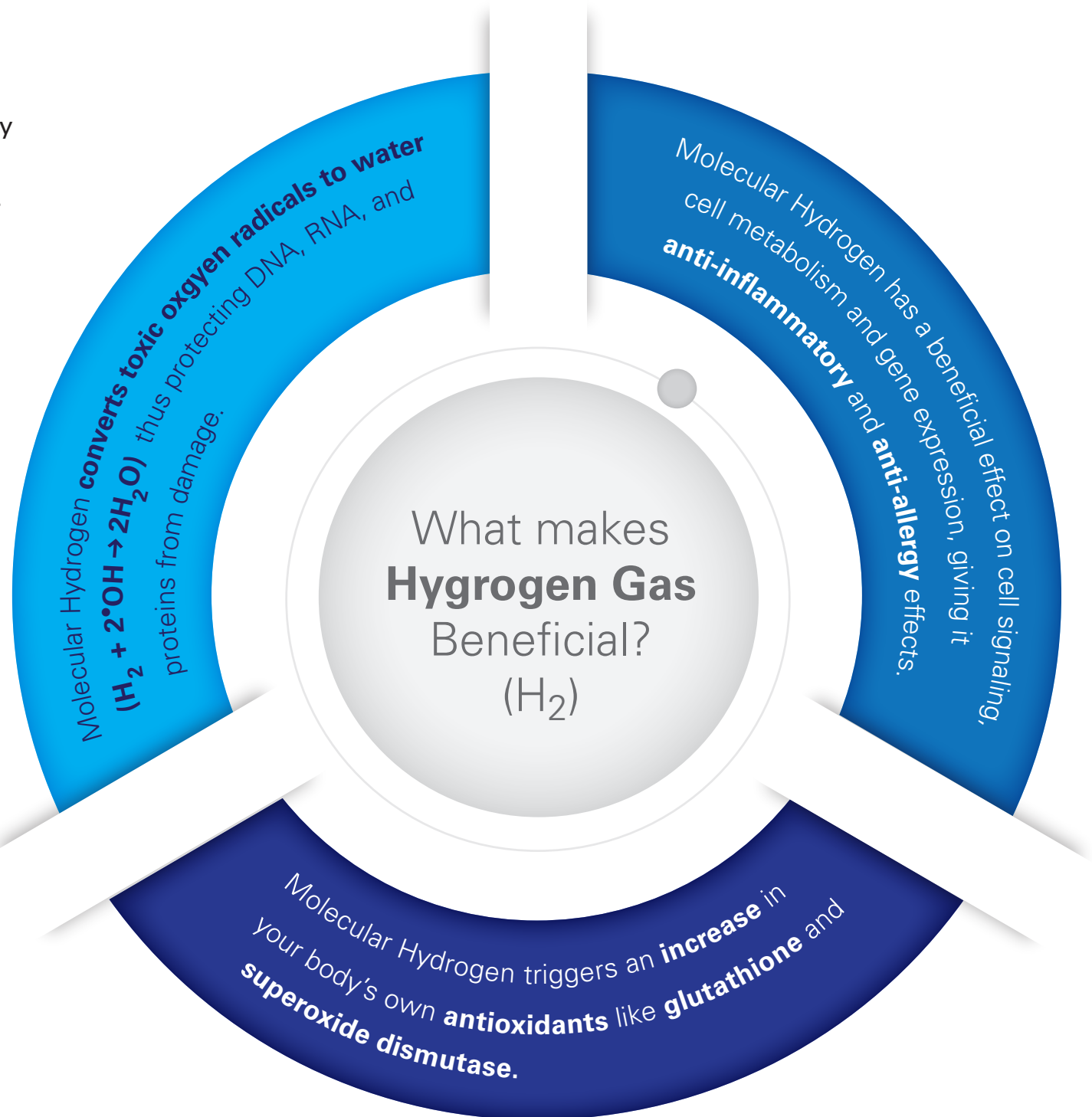
Is molecular hydrogen's healing effect new? Not at all. The so-called "healing waters" found in many parts of the world, such as in Nordenau, Germany; Tlacote, Mexico; and Hita Tenryosui, Japan contain dissolved hydrogen gas.

Hydrogen and Diseases

To date, 138 human diseases and disease models have been studied in which molecular hydrogen appears to exert a beneficial effect, including cardiovascular disease, Parkinson's, Alzheimer's, dementia, diabetes, osteoporosis, chronic inflammation, hypertension, hyperlipidemia and more.

Molecular hydrogen's beneficial effects continue to attract the attention of the scientific and medical communities, not to mention individuals who are interested in maintaining overall good health.

Hydrogen gas (H₂) is the smallest and lightest molecule. It has the ability to rapidly penetrate the cells and all of its cellular compartments.



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How can one begin experiencing the benefits of hydrogen-enriched water?

There are a number of simple and effective ways to obtain hydrogen-enriched water. Some of these methods include: hydrogen-producing tablets that can be added to water, bottled hydrogen water that can be purchased at some stores, and home devices that filter your tap water while creating hydrogen-enriched water through electrolysis or via elemental metallic magnesium.

Pros and Cons

As always there are pros and cons to each method. One of the important parameters to consider before making a decision is to verify that the hydrogen product produces

adequate concentrations of hydrogen gas. In the case of a home device, you will want to verify that the volume of hydrogen-enriched water produced is sufficient for your needs.

Regardless of how the hydrogen-infused water is obtained, it is best to consume it promptly, because the hydrogen gas will gradually escape from the water.

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