Age Backwards: The Incredible Effects Of Hydrogen Therapy And Fasting Transcript

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Introduction to hydrogen therapy and the guest

Well, welcome back to the Longevity Summit. I'm your host, doctor David Jockers. And today we're talking about hydrogen therapy and how that works with fasting for anti-aging and longevity.

My guess is Ben Tammetta from H2biohacker.com. Ben is an electrical engineer, a homesteader, and the creator of the H2 Genesis molecular hydrogen generator.

He found his way to hydrogen therapy by researching anti-aging therapies and experimenting with different biohacking techniques himself. His mission now is to bring the powerful benefits of hydrogen therapy to as many people as possible by making it assessable, affordable and sustainable.

And we're going to go into that in detail today. You guys really in for a treat. So if you want to know if you are waiting to know everything you can about hydrogen therapy, it is a powerful revolutionary therapy.

That and something now you can do at your house. You were in for a treat here. This is the interview you've been waiting for. Again, check out H2biohacker.com for Ben's site.

And without further ado, let's go into the interview. Well hey Ben, great to connect here. And I know you're in Costa Rica and I'm interested to learn more about the hydrogen therapy that you guys are utilizing.

And so let's talk about that. What are the benefits of molecular hydrogen. How did you get involved in it. Right. Going back to yeah a little bit of my background story because I didn't just I got into it from around the way.

But first of all, hydrogen therapy is using a gas, hydrogen gas for the most part through inhalation. Most people are familiar with a. I've got one right here.

You know, it sits on your ears and your nose and you breathe the gas. The gas is generated, you know, on the fly H2 you know, it's two it's a molecule, a hydrogen molecule.

It's, you know, two hydrogen atoms connect bonded together. Right. And it's stable in that form. So my background on a doctor, I got into this as an engineer scientist and just as a, you know, electrical engineer.

And I've been a health for 30 years, and I kind of.

Ben's background and discovery of molecular hydrogen

And while I kind of semi-retired for a while and I was thinking, well, I mean, I want to preserve my quality of life, increase my house band. And so that's what got me deeper and deeper into kind of like the longevity aspects of just general health and nutrition.

And I, you know, frequent some anti-aging forms because once you're set up in life, you know, people, you know, they get you start to get old and diseases and then you can enjoy life to the fullest. Right?

So like I didn't want that to happen to me. I want to preserve my health then in my quality of life as long as possible. Unfortunately, when people get to retirement age, they're like limited in their body sometimes, right?

So I was frequenting a lot of anti-aging forums and this was like, you know, 10 or 15 years ago. But I kept checking back in and with them to see what the latest, greatest stuff is.

And, there was an obscure molecule that came to the forefront that a lot of people were experimenting with. And, it

goes back to some, you know, rat studies that really kicked it off.

You know, the the rats live twice as long as they should have, and then having to kill the rats because they've just lived to long and they and the scientists wouldn't get paid.

And so we started being a group starting experimented with the obscure molecule. But it was like Spencer and it was just hard to get. But when I dug into the Science Boys, I mean, I want to get to the horse's mouth, like what's really going on and what's the active component?

Why is it doing? Why is it having these effects, you know, like consider like anti-aging longevity facts. And when you drill down, down into it, it seemed like this inert molecule was acting as a transport mechanism for hydrogen.

I'm like, well, let's skip this complicated process and just go right to the hydrogen. So that's where, you know, I started going deeper into hydrogen and really into the research and figure out what's going on at a molecular level, biological level in the body.

Why is this helping? Because we're experiencing all the benefits you would consider, you know, associated with anti-aging, more energy, less brain fog, faster recovery from exercise, better performance and exercise, you know, strength, endurance, and just everything that you would consider in the realm of being more youthful.

And and so that was with the but just the, you know, working with this extra supplement. But once I got into the once I determined was a hydrogen right, I started there was just coming out at that time.

So I'm a hydrogen water, you know, little bottle bubbler systems that you sit on your desk really kind of, you know, toy like the bubble, little bubbles.

But I didn't really know as much effect, you know, from that. And so I kind of put it to the side for a while. But, you know, continue with the research and some of the supplements.

But then I was I dug so much research pointing to the benefits. When I finally got big to, I said, well, I need to go into the inhalation because there were I found some studies where there were, you know, experiment with inhalation and the benefits were seeming much, much better.

And so being an electrical engineer, I actually ended up building a machine myself to experiment because I want to spend thousands of dollars on a device that I wasn't sure would work.

And so, I mean, I was sort of running the car off of hydrogen to some degree. You know, supplementing the gasoline with the hydrogen gas. So once I did that, it started, you know, experiencing the real benefits, you know, directly what they would consider a therapeutic dose of hydrogen.

I started getting the same benefits I as I started getting with that initial, you know, supplement that was acting as a transport mechanism for the hydrogen it would hold on to the hydrogen, helped deliver it.

When hydrogen hydrogen was released in the body, it would grab onto it until the next, you know, bodily process needed hydrogen. So it just made. So with the hydrogen being more available to your whole body, that's when I really started getting into it.

Seeing the effect and say, wow, there is really something to it and so on to where we're going to. So question how hydrogen works in the body. Like what is how, how does it work?

Does it work to help buffer oxidative stress? How does it. What are what are kind of the physiological impacts of it. Right. Yeah. A few more characteristics of the hydrogen is some, you know, the smallest molecule.

So it's very it can pass through. You can't contain it. So that's why you produce it on the fly. You know even metal containers really can't contain it very well.

It's also so it's highly diffused. Diffused. So it diffuses through your body very quickly. It does not accumulate. So there's no toxic buildup and there's no measurable toxic effects, you know, whatsoever with it.

It interacts with many processes to improve health. What I found just experiment with myself and with clients because I ended up, you know, as I built the machine, I started sharing with friends and friends and other family members, and in some of the groups I was involved with, and everyone started to notice the benefits as well.

And so like some of the benefits getting back to that is, you know, reduces pain, you know, joint inflammation, that was one of the most noticeable things that would go away right away.

I had like torn rotator cuff and I was experiencing various joint, you know, issues, you know, injuries mostly. And I mean that it increases the healing time and tremendously.

And one of the reasons it does that is because of circulation.

How hydrogen works in the body

Also, since got a microscope that can look at the nail full capillaries in your fingernails here, you know, put a little oil there in the microscope in this under a microscope, you can actually see the capillaries in the blood flowing through there.

And you can notice within ten to 20s of breathing the gas the blood flow increases. And I've also had some clients that are like older or different health conditions.

And you can see where the there's little blood clots. It's very dark in there in the cap laser malformed or damaged. And once they start breathing the hydrogen you can see the little the blood cells.

I mean that's the resolution. It is in the microscope. You can see the clots start to dissolve and dissipate in the blood flow increasing. And so, we were speculating that as to what was happening, but seeing it under microscope with your own eyes, it's like, wow, there is a real effect.

There's very few things you can, you know, correlate with, you know, taking any supplement and seeing the difference right away like that. So that's pretty incredible in hydrogen, going back to what it's doing in the body, it's it works at a mitochondrial level.

You know, within the mitochondria, in the cells they produce ATP molecule, which is an energy currency of the body. And that whole process of producing molecule is all about separating the proton from the electron, you know, and recombining them back together.

And so the hydrogen is an integral part of that. And we the reason why we eat is to get hydrogen to produce energy for our bodies to work and dig it into research more.

I found an obscure paper that actually shows a pathway for hydrogen to be almost metabolized on its own, in that not necessarily it can replace food necessarily, but there's an obscure pathway that the body in mitochondria in the cells could actually use hydrogen directly.

And there's actually lots of bacteria as well that live off of hydrogen. Another thing going back to, you know, is hydrogen natural to the body. I mean, why is it, you know, having these effects?

Well, I mean, in the in a healthy gut biome, your body naturally produces between six and leak 6 to 12l of day of hydrogen molecular hydrogen. And so if for any reason your gut microbiome is damaged or not healthy, it's your body is limited on that hydrogen supplement that your body is, you know, evolved to use, utilize.

And this bacteria in there that, you know, eat the eat the hydrogen gas as well. So it's not just about getting the right probiotics in your system, but if you've got too much of some other types that'll consume the hydrogen before

it has a chance to dissipate your body and have those, you know, effects.

So the microbiome helps regulate the hydrogen balance in our body. Exactly, exactly. There was a study done on longevity in Japan on Centurions. I think that's how you say it.

But you know, seniors older than 100 years old. And one of the studies they did was measured their breath as they were exhaling. And they found a four times higher increase in hydrogen as opposed to, you know, younger, you know, people that hadn't lived this long.

And so that that was a you know, I can say this, you know, it's not a 100%, you know, correlation there. But it's interesting fact that these people living old, over 100 years old, had a higher amount of hydrogen in their breath.

And so there's a correlation there, which I think that would be a byproduct of the microbiome producing that hydrogen in this case. Yes. If they're not supplementing with hydrogen then that's really the only your body doesn't produce hydrogen in any other way other than through the, the the gut.

Another interesting anecdote is, you know, they say a diet high in fiber helps reduce the risk of cancer, right? Was I what does that correlation what does fiber have to do with the reduced risk of cancer.

What's the fiber that the bacteria probiotics they eat in your gut that produces byproducts which can result in hydrogen being produced. Right. Yeah. And we're learning more and more about post bionics, which are, you know, the byproducts of of what bacteria produce.

You know, things like butyrate, which helps support, you know, intestinal cell mitochondrial function. So hydrogen would be another one of these really powerful post bionics that's produced from the good bacteria.

So things that that's exactly it's like people don't realize how important a healthy gut microbiome is. And you know, it digests your food and makes other nutrients available, including hydrogen, which was it's not something you can grab and measure very easily because it dissipates so quickly.

So this is like, you know, new health science coming to the forefront, you know, but it it interacts with your body in so many ways. You know, it increases your immunity and you boost your natural immune system, less prone to colds and flus and faster recovery is you know what?

I noticed myself and other people during the whole pandemic time, you know, China, they were doing well. They're in Asia. The hydrotherapy is big over there.

So they were putting people on, not, you know, the ventilators, but on hydrogen therapy. And they were recover times as fast as, you know, 2 or 3 days as opposed to 2 or 3 weeks.

You breathe the hydrogen gas. Yeah. You know, it's that it's that's the cytokine storms. It's also antiviral as well. And it's when you inhale it goes directly to your lungs.

And also your brain just penetrates your body really quickly, but it heals your lungs much faster. It really just starts all bodily process into a healing recovery mode no matter what your condition is.

Yeah, that's really, really interesting. And so this hydrogen gas I mean I've heard of hydrogen water. You said you started with hydrogen water. I personally take hydrogen water.

What's the difference between hydrogen water and hydrogen gas like as far as the impact of it. Right. Just in my I've done so much experimentation. I've been doing this for five years.

And then we've dealt with, you know, hundreds if not thousands of clients at this point. And I've always, you know, getting back in touch with and say, what's working, what's not working, how are things are, are going with you.

Right. And so what if determined just by, you know, just real world life experience, is that about 20 to 30 benefits may come from drinking the hydrogen water.

And if you can think of it, the machines that we that we sell on our website, they produce as much as one liter of hydrogen gas per minute, one liter of gas per minute.

And so we recommend, you know, 1 to 3 hours a day. And that's a lot of hydrogen that's passing through your system that your body is taking advantage of.

If you contrast that with on the hydrogen pill or bubbling any hydrogen through a water, you can't fit a leader volume of hydrogen gas into a leader of water.

Hydrogen water vs. inhalation and dosing

It's just physically impossible, right? And so you're getting though you're getting nano bubbles of hydrogen when you drink the hydrogen, hydrogen water, whether it's been treated or with the with the pill type form the the amount the quantity is just not there.

And there's a threshold. I found that once you reach that threshold, a lot of the benefits kick in. Anything lower than that. It's like, you know, it's it's hard to, you know, feel much now with the research.

I know there's a lot of research done on molecular hydrogen. Is it mostly done on the hydrogen. Water is done on the hydrogen gas or is it like a combination of both?

Yeah, a lot of the early research was done on the hydrogen water. Just because as I think easier and just it's there's a much less volume in and it's easier to produce in a lot of cases.

Right. A lot probably easier to have a placebo, I guess you could do the gas to and just give some sort of placebo gas, right? Yeah. That's true to. Yeah.

But it also did more more and more of the research is leaning towards inhalation nowadays. And there are a lot more studies coming out on inhalation because it is becoming more and more popular.

And people are I think the real reason is a lot of people just seeing the benefits, you know, because there's no toxic dose of hydrogen in any. You can't because it doesn't accumulate, passes through your body.

So it's a very natural, nontoxic supplement that, you know, there's no downsides to using it. Yeah for sure. And how does it how does it interact with fasting.

Right. You know, we're talking a lot about fasting. How does hydrogen synergize with fasting. Right, right. One of the goals of the fasting. All right.

The where cells, you know, recycle remove damage dysfunctional components in the cells. You know, this happens at a organelle level, especially the mitochondria.

Well, hydrogen is associated with genesis. You know, biogenic, you know, what do you call it? Production of mitochondria right there. Both the productive new mitochondria and also the disassembly of damaged mitochondria.

Hydrogen alone is associated with that. And that's what fasting does as well. So they're having some of the same effects. So they work very synergistically together.

You know the fasting. You know I guess it consider a hermit stress where, you know, a low dose, you know, of, you know, not necessarily toxicity, but stress into your system.

It stimulates an adaptive response, leading to overall beneficial effects for health and longevity. You know, that example that, you know, exercise and cold exposure is stresses the fasting as a, you know, that effect on the body.

And that's why it's so popular and you get such great results with it. Well, the hydrogen also, it mimics some of those homemade stresses, and even mimics, you know, fasting into exercise.

You know, to a small degree, not nearly, as, you know, fasting alone, but it has some of the same triggering or stimulating responses in the body. It's small, but and so in that way it enhances the effects of, you know, the fasting, but also during the fasting process.

A lot of as that cellular repair is going on, a lot of reactive oxygen species release, you know, the free radicals released as the body, as the cell starts to clean up and excrete, all those, you know, toxins that has been building up over time.

And it's the whole point just to fast, let your body rest and, you know, rebuild. And a lot of those toxins that are released from the cells, they these free radicals, they create inflammation and other, you know, like healing crisis independent how the toxic the person is.

So the hydrogen is there to neutralize those because it is a natural antioxidant in itself, but it also stimulates the body's natural antioxidant properties and glutathione, in other words.

And so it's kind of boosting the body's natural ability to make antioxidants into neutralize these free radicals produced from the fasting. And so, one of the as a result of that, you know, your body has an easier time in the fasting process, you know, less brain fog and more energy.

And you can fasting for longer periods of time. So it's kind of like, you know, fasting on, you know, on steroids or just being enhances the benefits of fasting because they have they work so synergistically together.

Yeah. It's supporting and protecting the mitochondria. I always say, you know, the quality of your life comes down to the amount of high functioning, stress resilient mitochondria in your body.

So patrons able to get in into that mitochondria and help protect the mitochondria from oxidative stress. Right. Then that's going to allow the mitochondria to function better.

It's going to help get rid of trigger the the breakdown, the process of the old damage mitochondria and help with mitochondrial biogenesis, forming new healthy mitochondria or increasing the amount of healthy mitochondria.

Then that's going to help improve our overall quality of life, our longevity, and so much more. So really good stuff here. Now, is there a particular dose of the hydrogen gas that has been shown to be most effective?

Again, the studies are catching up with a lot of our real world experience. Right. So talking from, you know, our real world experience, you know, what works best is I would say almost, you know, a half hour to an hour a day, you know, is a minimum.

And a lot of clients say they really, you know, exceed some of their, you know, healing or with, say, just they feel more of the benefits of the effects after 2 to 3 hours a day.

You know, let's say that's like, you know, if someone's in a, in a condition where they want to feel the effects or heal, you know, 2 to 3 hours a day is what I would almost recommend to do with the inhalation initially.

You know, I tend to like, overdo things, just to experiment to see what the limits are. Actually, for the first 1 or 2 years, even sometimes nowadays I would breathe overnight.

You know, we use the amount of gas the machine is outputting and put the cannon and I would sleep with it overnight, you know, six, seven, eight hours, go to bed with it just in my nose.

And after an hour or two I would take it off for an hour, take it off or something. When I wake up in the morning, I would also, you know, put it on to, to wake up with it.

And so but it definitely it has a decreasing effect over time. So for well for example, I mean if you stop it the effects lasts for two, three, four more days.

If your body has been saturated. So the it's not a complete drop off. It's not like coffee. You get a buzz and your body process it and it's gone right away.

But when people most notice the effects of it is if they've been doing it consistently for a few days or a few weeks even, and then life situations change.

They stop it for a few days or week. Even in they start. This happens to me all the time. I start dragging like, why am I so tired? I think I need a nap, but as soon as I plug back into again, it's like energy levels come back up.

Hydrogen, fasting, and mitochondrial support

You know your brain's activated. It was great for brain fog and concentration, especially if you're working on the computer, your mind, because you're inhaling it and it passes the blood brain barrier and it works directly with the mitochondria.

There's more mitochondria per brain cell than every other selling your body, nothing other than the male sperm, which has more mitochondria, I think, if I remember correctly.

But there's so many, so much mitochondria in your brain cells that that really has an effect to light them up. And it's not like a stimulant where, you know, it's like like, say, coffee, which would get a buzz from.

It's a very subtle but powerful effect. Yeah. It really interesting now is the machine kind of loud when it's pumping out the hydrogen gas or you just kind of sit there and work.

It's not a lot at all. I mean, the lawsuit would be like a computer fan running something like that. Okay. And then, if some people really sensitive to the sound, you can put them.

You just extend the cannula you can put outside the room if you're trying to sleep. But in light of cases, you know, my partner uses a white noise machine for the baby.

And it's kind of like that noise that's that's louder than. And it's said the same effect. I'm like, they always said you have to white noise machine on notice the machine running, you know.

Right. Right. Yeah. That's great. So what you recommend is kind of a minimum dose about an hour or so, you know. But you can work up beyond that. Oh right. Right.

You can like, you know, do all day, especially with people with, you know, conditions that, you know, they really need to see some results with. Right.

You know, conditions like, well, what we're seeing a lot of is the, the micro clotting, you know, going on, you know, high score with the micro clotting going on.

People have to make a decision once they start using hydrogen to either reduce the hydrogen or stop the medication, because within a day or two, the blood levels, the cost of the blood goes back to normal.

That's going to happen on in every in every case that I was on blood thinners, in some cases the doctors scare them of, you know, getting off the hydrogen.

And in some cases the patients are like, well, let me like wean off of the thinners if I don't need them so much. And

so there's two directions people can go with that.

But that's, you know, happens in every case. Yeah. That's really interesting. Now why do you think hydrogen therapies are not more commonly used? Because it is new and they're not a whole lot of studies done.

And it can't be patented either. You know, just kind of like, you know, just natural supplements out there that, you know, you know, drug companies are looking to for a drug they can patent.

And when you compare it and make money off of, they're going to push it to doctors and, you know, in the pharmacies and they're going to push it out to people because there's no real money for the big pharma and hospitals to make.

There's less promotion of out there because it really puts health back in the user's hands, you know, because you think if you once you've got your room, you can buy pills to make hydrogen water.

But then there's another supplement. They try to get you on paying 50 bucks, 100 bucks a month for that to get the benefits. But once you've had your own machine, all you need is electricity and distilled water, and you're good for life.

I mean, it helps with so many conditions, you know, all the inflammatory diseases as well. You know, arthritis, you know, clients with, you know, two years of arthritis pain after two months on the on and hydrogen, the pain has gone away.

Yeah. It's just incredible. So I think that's one of the main reasons there's no money to be made in, in hydrogen. And it's power to the people. And that's why it's, it's becoming more of a grassroots movement as people sharing their stories and of their healing and.

Yeah absolutely. Word out. Yeah. And people can find that at your website. Right. H2 hacker.com. And how did you go about how did you go through the process of actually making this hydrogen therapy.

Yeah the website is H2 biohacking.com. Yeah. They're all the hydrogen is made through the process process of electrolysis which is basically pushing electricity through water in in some cases it's an electrolyte water solution.

So the water conducts electricity. And so when you create that difference of potential between the, you know, the positive and negative on the plates inside the water, electricity going through it excites to water molecule to a, to a point where the hydrogen and oxygen break apart.

They recombine in a stable form of H2 and O2. And that's what comes out the machine. Depending on the on the machine that's being used to conduct electrolysis, that can either come out one side or the other, you can use the gases independently or together in what they consider Brown's gas, which is a very stable form of hydrogen and oxygen and gas together.

The gas also has a the property of being charged electrically, electrically.

Why hydrogen therapy is still emerging

So if you're familiar with grounding or on Earth maps, that type of thing, it brings back a natural negative charge to your body by inhaling the gas. You know, because you're pumping the electricity in the water, the water breaks apart.

But there are also free electrons in there as well. And so you get a similar effect to, you know, grounding or walking on the beach, on the sand. You know, your body absorbs electrons through the to the soil.

Another example that we sell under the microscope, under a dark field or live blood before and after reading the hydrogen, you know, blood cells naturally have a negative charge on them.

So surrounded by a negative charge. And I think that's what in large part allows them to just bounce off and flow so fluidly. They say that the heart does not have it's not constructed, doesn't have the power to push blood through your body.

Something is physically something. Yeah, something is physically different in there. That's the physical physics doesn't add up. So if you can imagine like, you know, magnets to north poles repel, right.

You know, you flip them around north and south will stick together. Well, it's the same with the blood cells, you know, a healthy, natural, blood cells negatively charged.

So they bounce off each other, you know, they can't stick together. And nowadays there's so many toxins in the environment. Your blood, you know, absorbs those, you know, positive charge.

Well, the environment is pulling off the negative charges, you know, in all different directions. And so what's happening is you what we see to and under a microscope the bloods some of the blood cells can't hold their negative charge.

So they start stacking like pancakes, you know, positive negative positive and negative. And that's why you see under the microscope cells stacking like pancakes.

And then and again within like a few minutes of breathing do another blood sample. And in there in the cells are more separated. They're not stacked anymore.

You know, which lends credence to why we saw, you know, the tests in patients going on the micro plotting go away. And so it's, you know, it's increasing the circulation.

Common a common blood test that's used is the erythrocyte sedimentation rate. SR right. And that's basically how those blood vessels are clumping. Right.

And, you know, if it's if the if the the blood is clumping, right, you're gonna have a higher ESR score. Right, which is sign of inflammation. So absolutely, as those blood cells lose that natural charge, they start to stick together, clump together.

And that's going to result in poor circulation. And it's going to result in poor oxygenation to the cells. It's going to result in poor nutrient delivery. Right.

And therefore, you know, your mitochondria and the sensor being starved, they're not going to be able to function well. So yeah that's a really powerful benefit.

So that that that's such a low level, you know, baseline to take care of that affects the whole body systemically. Yeah. Absolutely. Well this is really great. Great.

You know it's great that you've been able to to create these machines. And people can actually check it out a lot more detail on your website H2 bio hacker.com.

That's all it is to bio hacker.com. You can check out these hydrogen therapy machines. And you said you've got people using them all over the world. What are some of the great benefits I mean you mentioned some of the testimonials.

We're we're some of the other great benefits that people have been having with these. Yeah, I can talk for hours on that, but I'm just just myself.

Electrolysis, blood flow, and real-world results

I mean, first hand experience, I'm like toward rotator cuff, you know, I mean, years of pain after three overnight

treatments, you know, we bag it. You can use it externally as well.

So we put a sleeve, you know, you know, we'll say with rubber band here in here or drawstring put the cannula inside. And so just surround that joint.

And like I said if it's if the gas is diffusing into the skin improving circulation where the joints is very little blood flow in there. So any, you know, increase in blood circulation is going to benefit from it.

And so three overnight treatments from my shoulder and they started healing. I stopped doing it. And I noticed like you know, later it's like pain gone.

This was after years of pain just recently, another example that I had, planter fasciitis I think they call it in your foot. It's like a I get up in the morning because I do a lot of dancing as well, pounding on my heels.

And this is I had paid for like 20 years, sometimes be worse or less. And it was getting bad again over time. And I just it just on him. He said I need to try the hydrogen on it.

So again back my foot, put the cannula in there about a week or so of over overnight treatments when I could do it. And I'm like amazed. It's like. But it seems to stimulate the healing.

It's not like an immediate effect, right? It stimulates the healing and the effects last longer. But what's really interesting is like there may be a little bit of pain after week, but I stopped doing the treatments.

But after 2 or 3 weeks it's completely gone. A case of diabetes a client was about to get their leg amputated, was in bed for over two months after he started drinking the water and doing treatments.

He wasn't even back in his leg in this case. The first day he showed up in a wheelchair next to him. He came back on crutches. After that, he started limping.

By the end of the week, he's like, man, I can go back to work. He was walking normal and this was when he was about to get his, you know, leg amputated. Yeah. Amazing.

Yeah. Amazing stuff. So guys definitely check this out. Really cutting edge therapy. And if you're looking to really optimize your health, if you're looking for longevity anti-aging definitely check out H2 biohacking.com.

Ben, thanks so much for this great interview and all the great work that you're doing. Any last words of inspiration here for our audience? Yeah, I can go on forever, but no, our time is limited.

One last thing to measure on our website. I mean, everyone's got different conditions and so using it with fasting is a great I mean, I do it myself with fasting because it increases your energy. Brain fog goes away.

You can fast longer and better. So we're actually offering a free 30 minute consultation on our website. People can sign up there and we can talk to, you know, your specific condition, how it can help give you will.

We've got we've created a knowledge base of conditions. I'm not a doctor. I'm a scientist. So I look for real world results and like, what's making the things work.

And so we can directly talk to people and, you know, connect them with, you know, a therapy and show them how it's working has helped other people. And so we're offering a free, free consultation for people to sign on our website to learn more about it.

So just go to H2biohacker.com and you can find where you can get a free consultation there. And they'll talk. You can talk with banner one of his team members and they'll walk you through all the details.

One more thing real quick. There's on discount code we're offering for a special drtalks, you know, some attendees

and that's, if you put in drtalks in the discount code coupon section, when you're going to check out, you'll get a nice discount.

So we're open to great people here at the summit. Great. Fantastic. So take advantage of that discount. Ben, thanks so much for your time. Again. Check them out H2Biohacker.com and we'll see you all in a future interview.

Be blessed everybody.