Calm, Clear, And Energized: The Hidden Benefits Of Hydrogen Inhalation Transcript

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Introduction and Guest Welcome

Hey, everybody, I want to welcome you back to the Peptides and Bio Regulators Summit. Joining me today I have one of the most incredible friends and business partners.

And kind of he and his brother encompass so much of what we at Integrative Peptides believe in. And he has curated some of the most incredible technologies and companies in education and built this platform.

So this is Brendan. He's with First Alternatives. He's the CEO. And this man can talk to you about everything from stopping your pain to giving you the best hydrogen therapies on the planet.

I've caught him at shows just helping people help their bodies heal themselves. He and his brother have this extreme passion in it. And so it's a pleasure to talk to you today.

Brendan and I look forward to hearing what you're doing, what technologies you're into, what you've curated for the people, and it's going to be a good talk.

Thank you so much for having me, Michael. I appreciate the warm welcome and the introduction. It's always phenomenal. Whenever I have a fanatic and a fan talking to me and a friend.

So thank you so much for the introduction. Okay, so for the conference I really brought quite a few technologies, but what I really want to highlight for today is the effects of like the hydrogen therapy with the Acxiom H2 product line.

Hydrogen Therapy Overview

I can talk a little bit about how it slots nicely as an adjunct therapy to a couple other vectors, but really, when we talk about hydrogen therapy, a lot of people aren't familiar with it.

And so I want to get into the weeds of like what it means to do an annihilation session and experience the therapy going forward. Right. And so that being said, do I have a feel for it?

Oh, you have 100% for me. I'm just there. I want a Acxiom H2. Use hydrogen gas, at least in my own personal health, has been like one of the key transformers of my own personal what I feel like load of co-infections that I've been dealing with, like immune system health.

I can feel the inflammation reduction like in my skin. I notice the mental clarity when I get up out of a treatment, and it is probably the most, I don't know, painless and passive and wonderful pieces of equipment we've brought into the clinic to support our patients. But I've just become my own personal addict to it, so I just want to throw it out.

I'm going to give you the floor, but I'm up top. I want to make sure and like, just double endorse you because it's one of my favorite treatments. I'm super appreciated for it.

So yeah. So what is hydrogen therapy. So just to start as a core, you know, value maker hydrogen gas can be breathed in. You want to make sure that it's a high purity hydrogen gas.

And then it's diluted to where it's not disruptive to your lungs. So if we do those two vectors and we make sure that we're breathing in a high quality hydrogen gas and a low enough dose, but high enough dose to where we can get into our body without poisoning ourselves, we can actually have a lot of beneficial outcomes.

The way we do that is different on the market than a lot, a lot of other companies do. We use distilled water so we

don't put in a tap water with endorphin disruptors or any type of heavy metals or variants.

We use a proton exchange membrane instead of like just straight and electrolysis. So that way we can create even more pure hydrogen than if you're creating like hydrogen peroxide or hydroxyl subgroups.

So we make sure on the purity end we do the best we can. And then when it comes to ease of use, we talk about the therapy that way too. So what happens when you breathe in hydrogen gas in a small dosage amount?

What happens is it goes into the lungs. If you have active sites that are blocked by junk, any type of spike proteins, any type of agents that have debilitated and deprecated the overall health of the lungs, we can get that stuff out.

We can open up the lungs for better expression and absorption of oxygen, so that it's easier for your respiratory system to work, right. So when we talk about one of the primary benefits of hydrogen inhalation, we talked about the improvement in the respiratory functionality.

And it's not through an agitating or acidic or irritating basis. It's actually seamless. Like it's so passive that most people have to ask, is it even on right.

And it just slowly flows out because we don't want to agitate it. So we just have it seep out of the hose and it goes into the body and has a magical effect.

As an antioxidant, it's one of the most antioxidant agents that we can actually produce.

Respiratory and Cardiovascular Benefits

So when we talk about the primary effect from the inhalation, when we talk about the respiratory side and improving the lungs and improving that, and if you had logs damage from smoking, this is a no brainer to try it out.

It's just the reactive therapy aside, can change your life. Now on a progressive side, right? We're being proactive with our health. There's a whole different vector for therapy, which can still be beneficial.

And we can talk about that in a second. And this is where I want to point out that when we talk about hydrogen therapy, oftentimes it gets you know, misaligned with the hydrogen water.

And that's fine. Like this is where most people understand it. In fact we have we like we have a hydrogen water system. Very nice. Let's say. And I know it's a little garlicky.

I say it's like it's phenomenal. It's great if it makes you take more water, that's it. That's exactly what it needs to happen. But what I will say is that when it comes to dosage, when you breathe it in and you're getting about 1600 times the dosage that you would get from the hydrogen water.

So it's the same vector therapy at all about it. So when we really are breathing in we're getting a liter two into the body. It's completely different in terms of how it interacts with our body.

So once the respiratory system starts to work a little bit better, we also start to experience a cardiovascular improvement. Because if our lungs don't have to work as hard, neither does our heart.

And if our heart doesn't have to work as hard, we lower our resting heart rate and we calm down. So usually people experience about 3 to 5 minutes in a drop in their resting heart rate by about 20%.

It can be it's on average. Not everyone has it. Some people are healthier than others, but usually it's an improved improvement in the efficiency of how the cardiovascular works.

So your heart, you're going to be calmer on it, it's going to be easier to breathe and you're going to be more relaxed going for it, right? Yeah. That's powerful.

You say that because I do feel this really parasympathetic tone like a rest and digest. The moment the calendula goes in and I'm like, sit on the in the I. V.

room chair there, is it you feel this really, really rest. But I didn't even think about the correlation between having the support of the hydrogen oxygen balance, improving Harvey in the sense that, like one, it's improving because we're probably immediately squinting the inflammation of free radicals that are creating the inflammation or or the blood flow restriction.

We're opening that up probably almost right away. I would assume. Yeah. You know, it's what's fascinating. So we just I just got back from brain Camp, which is brain Taps conference, and our units are actually at the headquarters for Brain Tap.

And they have them there because they, they they they've checked the nature of these through their neural check system. They've checked the parasympathetic interaction and the improves after therapy and the resting heart rate improves and the variability is as well as what it can reach.

But also the parasympathetic response improves and pushes people back into a way from beat up over beta production back into Delta production or calm in the brain.

And it makes the body more receptive to healing, which can be a game changer for medical across the board. It's phenomenal use case, and it's one of the things that we're fascinated with diving into because there's it's a it's when you talk about primary and secondary effects primarily, you know, we like to think about it as a respiratory because if you can't breathe, it can disrupt every process in your life.

And then when we talk about secondary effects, there's a whole different vertical of how it helps with the heart, how it helps with the overall health of the body and how we talked about cellular expression.

That being said, when we get into about 5 to 10 minutes into therapy, we get into a different effect, which is, hey, the hydrogen is in the body that H2 molecules in and mobilize.

And operating on different effects. It's fine.

Cellular, Skin, and Nervous System Effects

What we call radical oxide subgroups or across groups like hydroxyl and peroxides, meeting them, combining with them, and forming water. So to take it out, what are these oxidative stress variants that would compromise the body and it's converting into a diluent agent or diluent agent that actually helps bring more resources to the region.

And so one of the things that we find is in the interferometry system, which is like your skin and your fascia and your superficial fashion, the hypodermic dermis layer is that it smooths out your skin, literally gets smoother when you breathe in for about 5 to 10 minutes.

And when you're trying to figure out why, one of the acupuncturist came up with. The theory is that when the body feels hydrated at its core, it stops stealing it from the exterior.

And I like the reference. It's not as technical as I'd love it to be. Yeah, really. At the core, it's that our fascia is a triple helix structure with like two parts collagen, one part water when it's unhealthy, and then it swaps over to one part college and two parts water when it's healthy.

And so we find that the hydrogen actually penetrates all throughout the body. And it just distributed in a way that helps with overall functionality, which can lead to benefits and balance to lead to benefits with actual reaction time, which we've noticed.

And so we talk about like a tertiary effect. Hey, that's way down the line, but it still has a huge impact on overall health and outcomes. Not to mention that it is slightly hydrating, right?

So it helps people be more functional. One of the things we noticed right away is we do a lot with reactive microcurrent. So we use conductive pads that put current through the body, but we can check the impedance and the functionality of the tissue as we do that.

After hydrogen therapy is the functionality the tissue doubles, right. So the conductive capacity on the tissue to actually transmits neurological activity throughout the region increases.

So it improves the overall functionality of our therapies as a great complement of adjunctive therapy to a lot of different routes as well, which is why we're really, really big on hydrogen.

I can't tell you how much it has been a game changer and on a wellness center and our clinical level. So after that we talked about the nervous system.

Right. So we have to get into the weeds on this. When we talk about axiom axiomatic nerve endings and how the synapsis is and different as you'd say, thresholds are met, the sheets that guard a lot of the nerves can get dehydrated and actually get essentially worn out.

And so a lot of times we talk about gene expression and the ability for cells to restore themselves, express and move and manipulate with their environment.

If ever they get overused or burn, it can actually lead to, cascading failure point where you're not having as much feeling in an area or you're having tingles or sensations of lack of resource delivery.

That's a cellular gene expression problem. You've overused your body, and you need restore restoration at the local cellular level, not on a metabolic version.

There's better tools for the metabolic state as well as for the neuro psychoactive state, right? When we talk about peptides, but on a cellular level, just maintaining the health of that membrane and being able to respond to the local environment and cue up different improvements, hydrogen actually acts as a huge benefit for active site active site opportunity.

Now open it up. So that's another way where we talk about the nervous system. In reactive time. We actually see improvements in reaction time. When we done the hydrogen therapy before and after, which is phenomenal for that.

And that's notable. You know I could go down the systems because when you talk about it's like we talked about a hydrocarbon based life form, right. You know we talk about we're mostly carbon.

No, we're mostly water with a little bit of carbon added to true. Yeah. So, you know, if hydrogen wasn't beneficial, our bodies would not make it the foundational cornerstone for interaction and formation of our living tissues.

Right. And so we're working with physics in a way that is foundational slots into our body without having any side effects. And that's kind of the miracle of it.

As long as we stay underneath this threshold of over, you know, too much hydrogen, but just enough, it's like a Goldilocks zone. As far as our pumping in a pure enough gas, we can avoid all the side effects and get all the benefits from this antioxidant, improving the foundation of our overall body.

I think that was a good ten minute, you know, set of hours you set up. It's awesome. There's besides for inhalation you can put it in our shins. We have three different tiers.

We have the retail model. We have a professional model. We have a commercial model for clinical use. Right. All three of them have four different factors for therapy.

Right. We call it. The first one is inhalation. So I just talked about they all put hydrogen into the body in one way

shape or form. We primarily think the respiratory is such a key route that if you ignore it it just compromises the rest of the body.

So it's usually the primary modality we talked about. Along with that though, we also have headphones that you can put on the ears and it goes through the ear canal into the brain, and it helps open up the brain and alleviate brain fog.

And so depending on how the brain was operating and what state it is, we've seen a lot of significant results that are improvements to the overall health of the brain and active.

Additionally, we also have goggles, which I hate anecdotal evidence, so we're still studying the output of that, but there's actually a good vector for therapy for that.

And we've had several case studies that are developing now where people are improving eyesight through various means, which is a phenomenal use case as well.

And then finally we have a stone diffuser where we can put the hydrogen into water and even a bathtub. And, and, you know, we can put the hydrogen gas in the localized liquid and then you can either drink it or you can actually, you know, have a bath in it.

And there's we've seen significant results and values from the bath itself. So we hope to bring out soon we're going to have a tub. But in the works the data on that is quite phenomenal.

Showing parasympathetic interaction and how relaxed it is and how soothing it is for the body. That's the final case. And then when we talk about adjunctive therapies that are complementary to hydrogen, you know, of course, I have to mention reactive microcurrent, which is another technology like the of osia which we carry.

Device Formats and Adjunct Therapies

The reactive microcurrent helps with the nervous system, the way we can restore the nervous system on the local level. The body can do most of the work itself, right.

So hydrogen can add in this valuable benefit where if the tissue just doesn't have the activity necessary to interact, it can form the foundation for an actual body self-healing approach, the same way that if we had neuropeptides, as I'm an avid user of the urinary peptide series lined with the peptides, you know it helps open up the active side so that those peptides can combine in and be more effective.

And I've tried on days when I don't do the hydrogen versus days when I do it, I actually feel significant, maybe 10 to 20% benefit across the board in terms of the neuroplasticity and the development of how I feel on a daily basis when I take the hydrogen with the peptides versus without.

So it's definitely a big game changer in that conversion too. And you know, we can we could tackle each and every vertical. But at the end of the day, if your body runs, everybody runs on a cellular model.

And we improve how the cells work on a core function. So we open up active science, we improve how the health of it, and we get rid of the irritants and radical oxide subgroups that are irritating the cellular subsets.

We can have a huge benefit all across the board, and we can see where those thought it. Oh, I agree, I feel like 90% of what we chase in the integrative world, or even just in like a healthy diet, fresh juices, fresh vegetables, high hydrogen content water, everything that we're chasing is that ionic activity of charging the cell membrane, of helping our body be flooded with negative ions in so much of the inefficient way compared to inhalation is digestion.

So I like you just 16 x your body's ability by getting it in that nasal pathway. It is beyond powerful. I mean, literally I have tried every sort of mitochondrial enhancement, negative ion transferring increasing the cell membranes potential.

But I think the revolution that you guys are tapping into is that you're actually flooding a way more steady supply, that because most disease states come from a lack of energy, because our bodies are electric in nature, without energy and electricity, we would die.

We're constantly producing it as the core of our being. And I feel like getting on the axiom H2 is a direct plug in to the core essence of the ionic energy through hydrogen's potential that literally will heal us from the inside out.

Like, I don't think any of the negative ion showers. I don't think you can't drink enough coconut water to match the concentration that you get from axioms.

Ability to put that right back into the body. Like you said, it's a core function. It's a core principle to our cell itself. Yeah, it's it's you know, and I don't like I don't like bringing down other methodologies and products.

I think it, it lives in a complementary stack. Right? There's always a lot of different ways to appeal an onion or to address the overall health of an individual.

I do think, though, that hydrogen gas and inhalation done right, is just a different vertical altogether. For a threshold or vector of therapy. You know, you're right.

It's like you could drink coconut water and that's good as an aggregate and maybe a replacement or substitute for normal water, but it's not going to be near the oxidative reduction process.

The complement to just breathing in the hydrogen for a minute. Right. Yeah. When we talk about the hydrogen gas and why, you know, that we've had this fad with water bottles recently where people are really getting into the water bottle space.

And I really like in the, the hydrogen water. And I see a lot of that. I'm encouraged by it because it's saying, hey, I want to incorporate hydrogen into my diet, into my lifestyle and my inputs.

But as a dosage, we're getting like maybe 0.04oz of actual hydrogen into the body. And, you know, it's not a lot. Right? And so then when you talk about it's like when they talk about dosages, they talk about parts per million, parts per billion.

It's like okay, well, you know, instead of maybe eight parts per million, we talk about actual liters of hydrogen. Right. Yeah. And we talk about I think that everyone should have at least once a week, you know, about 50ml per pound of hydrogen into their body.

So that way you counteract all of the daily and if not a crude oxidative debt that you have in your body. And so your body is going to be overall healthier for it.

And as a reactive therapy we've seen phenomenal results from people feeling younger with people's skin being more restored, people having more energy.

Home Use, Warranty, and Contact Info

You know, this anecdotal evidence that we're getting validated with studies and actual data for sport is phenomenal. And it's one of those things that we look forward to in the industry as an emerging company. Well, it's incredible.

What, would it benefit me? Because I was thinking, man, we have big commercial units in the clinic, so I'm sure there's practitioners who are listening that are like, wow, that sounds like something.

It's the greatest I've add on that we have in our clinic. It's paid for itself in the first month just because it looks cool. It's this beautiful, sleek black machine.

It glows green with this luminescence. Like patients are just automatically attracted to it. But brain, they're probably also people who are listening to this that are at home, like, I really want to get a home unit and I want to breathe it like while I'm doing an interview with you or, you know, working with patients remote.

What's what's the way to kind of how do we reach out to you to get that is it is having a home unit like if I had went in, how do I use it? Like, can I use it every day? Is there a time limit?

What's the use case for it? Yeah. So that's a phenomenal question. I mean, first on the basis, like when we talk about the differences between like the retail unit and the commercial unit, the only difference is the flow rate and just the quantity of hydrogen.

And and I talk about that because really when we talk about the reactive side, I'm just getting to saturation and getting the hydrogen in the body. It's a time game.

We need to be on there for 30 minutes on the retail model and five minutes for the commercial unit. So really the reason why you get that commercial unit is so you can get on and off and get done with your day and get faster results rapidly.

But it's the same molecule into the body. It's not a different article. Right. And so even if you got a home model, it could have a clinical use in terms of outcome in your body and your health at home.

And the price point is not terrible. I mean, for 3500, it's a little expensive, but it's worth it to actually change your life and your aspect. Well it's incredible.

What's the membrane lifetime on a machine like if I put 30 right now, I'm sorry. I bought a hydrogen water machine. I spent like two grand on it. Now I'm like, wow, I'm we've clocked it at 40,000 hours.

Okay. That you get so roughly about three years of continuous use, 24 hours a day. Wow. That's awesome. And then we also have we're a us based company.

So we have a membrane replacement program. So that if you do use your unit we will replace it for cost. And we have a ten year warranty on all our devices.

So we're not we're not looking to go anywhere guys. We're looking to have this technology as a future staple for a lot of medical offices as well. Wow. That's huge. And then Brendan, how did they.

Sorry, I don't mean to step on your toes obviously. How to how do people reach out to you? I mean, I know we'll put it in the show notes, but we'll be you will be at the show.

I'm sure we'll have a link or something that you can click there. They're here somewhere. You can also reach out via email to be it for reps.com. Perfect.

Or you can check out our website. At first Alternative therapies.com. We have all the list of technologies that we offer on there. And then we can check it out from there.

And yeah. And if you have any interesting questions I'm sure you can have a chat or something that you can, you can ping me with. Oh, I definitely will.

I think we'll probably do like a follow up interview with you. And we may also just highlight, like if you want to go with the impedance, because I feel like I did the impedance testing that you all do in the way that you stop pain is also worth like another interview, so that everybody in the summit that's joining us can also learn about like what is so different about the way that you guys stop and treat pain.

Because I've never in my life I've been to chiropractors, massage therapists, you name it. When I came by your booth and I got this little treatment that made my muscles move all around and break up the fashion restore this

electrical connectivity through the skin.

I felt so freaking good. So I feel like we'll do a follow up for everybody's listening. We'll have Brandon back and we'll just highlight like the next best thing that you like at first.

Alternatives. Perfect. All right. I'm so, so thankful for the opportunity Michael. Heck yeah. Thank you Brandon I appreciate you for joining me today, brother.

All right I'm glad to be here. All right. Thanks, man.