Can Hydrogen Gas Boost Cancer Recovery? A Biohacker's Discovery Transcript

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Introduction to the summit and hydrogen therapy

Hi everybody, and welcome back to the Plant Based Cancer Solutions Summit. I'm excited about this summit and I'm excited that you're here. We give offering a tremendous amount of valuable information.

And I'm excited about the guests we have today. Ben Tammetta. And the reason I'm excited about him, I'll tell you about him in a minute, is because I've been using hydrogen therapy in my practice, and I've done the research, and I found it to be a useful adjunct to people's wellness, anti-aging, and longevity programs.

So let's get started. Let me tell you about Ben, because he's a leader in this field and I'm happy to have. And that's why I have him on here, because I want to get his take on all this and tell you what he's done and what he's discovered.

Okay. Benza. Believe it or not, he's an electrical engineer. He's a scientist, a bio hacker. And he created the H2 Genesis molecular hydrogen generator.

He's the original creator of that. And he found his way to hydrogen therapy by researching all the anti-aging therapies that are available in the market.

He got into a lot of different stuff, as by the biohacking anti-aging researcher. And then finally he devoted his full energies towards working on hydrogen because of it was and how much science it was to support this, even in comparison to other possible modalities.

And in any case, his mission now is to bring powerful, this powerful therapy to as many people as possible, making it affordable, doable, accessible, sustainable, and something that's not just for the super rich.

Okay, let's get started. Ben, thank you for being here. Appreciate you coming on on me. Yeah, yeah. Thanks for having me as well here, Doctor Berman. Great to be here and share my story.

Yeah. So tell me how you got started in this. How did you even found out? Find out about hydrogen therapy, right? Yeah, well, hydrogen therapy, you just have to let people ask.

Well, what is it? You know? So let me give a quick definition of my definition of what it's all about. Right.

What hydrogen therapy is and how it is administered

And so the way I like to describe it is hydrogen therapy is the administration of hydrogen gas into the body through inhalation or by drinking hydrogen infused water or diffusion it diffusing the hydrogen through the skin by closing that area in a bag or a sleeve so the hydrogen has a chance to penetrate, penetrate into your skin.

So this is all done for the purpose of faster healing and better overall health. And it's a whole systemic, you know, kind of thing with the body reacts, you know, to it in a very systemic, holistic way, which is great and it's very safe and effective.

And so, I mean, I come to this from a an engineering and researchers point of view. I'm not I'm not a doctor. So I come from a totally different angle, which makes it a little bit more interesting how I got here, which is corroborates a lot of the other research and studies and people using this, you know, everyone's coming, you know, to the same result in which gives more validation to the whole story about hydrogen, right?

Yeah. There's a tremendous amount of science and signed him studies on this now today too. And so we talked about the initiation like administration hydrogen gas, the some inhalation.

You know, most people from with oxygen or cannula. Right. So once the machine is turned on you could inhale the hydrogen through a candle like this. That's what we find is the most effective way.

Also we can connect the hose to the machine and then bubble that into a glass of water. Treat it for 15 to 20 minutes and that'll infuse a good bit of hydrogen.

Not as much as much as breathing, but that'll infuse some hydrogen into the water for for drinking. And then the third way, like I mentioned, is like if your shoulder or elbow or hand has an issue of joint pain, it's incredibly effective, effective to bag that area or achy shoulder, hips, knees and so on and put the end of the cannula into that, you know, area in just, you know, treat it for a longer period of time, even though overnight I find but especially with joints.

So those are examples of actually, you know, applying it. And so again again my, my background is that I like to engineer and scientists. And as a natural health enthusiast for over 30 years now, always looking to get the most out of, you know, my body, my health and maintain it.

And so my, my original goal with, you know, getting some some of the story. But my original goal was in my 30s and 40s, I was kind of like starting to drag, you know, just starting to feel the effects of aging, you know, less energy, not just focus on my mind, just brain fog and all that.

And so my initial goal, you know, it's always been like a bio hacker looking for a better health spin longer Helston and better quality of life. And so, you know, as we start to age, we experienced this, you know, lack of energy, fatigue, cognitive decline, more susceptible to sickness and various age related health conditions.

And so what else really looking for is just better overall health and energy strength, better sleep, sharper mind, faster healing, reduce aches and pains in general, and feeling more youthful.

That's all the reasons why us eat so healthfully and take such great care of our health. Exercise, get enough sleep, good emotions and take. But you're saying there's like there's one extra piece that can give a person even more success, especially specifically at a health challenge to add to the miraculous self-healing powers of the body.

Right? Right. And water like, doesn't water break down into hydrogen and your body to some degree, right. Exactly. That's the basis of our machines. You know, you pass electricity through the water and it breaks up that water molecule, which is consisting of hydrogen and oxygen into gases.

You know, both hydrogen, oxygen or gases in the form of H2 to hydrogen atoms and or O2 to oxygen atoms combined together. And so the machines are tuned, you know, with electrolysis to pass the electricity and break that up into a gas.

And in theory is simple, but, you know, packaging in the right form and the right quantity is a tricky part sometimes. But, you know, that's how it works.

So how does the hydrogen work in the body then?

Ben Tammettau2019s background and path into hydrogen

How does it why does it do you know it removes free radicals, particularly reactive oxygen species. It's a it's a radical scavenger. Right. So the process of the body, we age, we produce more free radicals, we do some more advanced location end products.

And the hydrogen is removing these particles that age us and keeping them from keeping us them down to low levels or beneficial levels in the body. So. Right, right.

Yeah. It's what's interesting about the hydrogen. It works from various it's got various mechanisms in the way it affects the body, but it back up really quick.

And just so how I got into this, you know, in the first one a little bit more of the story. And being a Bible bio hacker, I was involved with, you know, you groups, you know, kind of off to the side where we experiment with, you know, just the latest, greatest biohacking techniques, you know, and a molecule came across our discussions called carbon 60.

And so that really, you know, was was producing some what you would consider anti-aging benefits. But a long story short, that ended up just being a transport mechanism for the hydrogen.

And so that's the roundabout way we came to hydrogen. We're working with carbon 60. We find that the working mechanism was the power had to transport hydrogen into the body.

And when the hydrogen became free and a body, it would grab onto it again. It would hold on just tight enough where say, okay, does that bodily process need hydrogen? It would give it up.

And so it maintained the hydrogen in the body for longer. So the body was able to take advantage of that. And and so that led me to like, let's skip this whole carbon 60 thing and just cut to the chase and just focus on the hydrogen.

And that's when I went to say, the hydrogen water bottles, which I really didn't find effective whatsoever, the sole such minute bit of hydrogen that could be dissolved in the water, and you can't nearly drink enough of it to have a, you know, a beneficial dose.

Yeah, exactly. So there's like a, an effective threshold or significant dose to the hydrogen where the real benefits really start to kick in. And so not giving up on hydrogen, I ended up as an engineer.

I built my own machine because I wanted to test it on myself and really understand the technology. And so once I built a machine, started breathing, inhaling myself because I was going to just experiment with other people and I really felt the benefits.

It was like, you know, night and day and, you know, the benefits, the same benefits of the carbon 60 and then some. And so that's when people start coming to us.

I start sharing my results and what I was doing, and people started coming back to us. And just through our business grew organically with people saying, make me want to make me want, I want one and I want to same benefits.

And that kind of like pushed us into business. And it was never my intention to do this, but just the results were so fun to put your other job to move into making these hydrogen machines.

I was sorry, semi-retired, and I was looking for something to do and just I was focusing on my health. Right. And so that's in focusing on my health and try to better my health.

It kind of this opportunity fell on my lap to just be able to experience the benefits and share it with other people. Right. And so yeah, so that I can get into what I started to notice in some of the signs that we're starting to get into, I kind of, you know, break it up into like five different components, which I think really stand out is like the first thing we, I mean, others started to see is like just more energy in general in general, just overall energy, better performance, recovery from exercise, even better sleep, less need for naps and just, you know, just more stamina and just overall feeling of well-being and just a balance, it seems.

And but the more energy it makes sense when you drill down to the science, like the a lot of the energy comes from the way hydrogen interacts directly with the mitochondria.

I mean, the whole point of the mitochondria proves that ATP molecule, that energy currency of the body, you know,

in that membrane, in the mitochondria, there's a potential electrical difference, right?

Trans and the protons and the hydrogen is basically electron and proton. And part of that construction of the ATP molecule is to separate the proton electron and recombine them at the end in this little nano motor.

That's almost like you could be considered like a mechanical, you know, assembly of the ATP molecule. It's pretty incredible how it works. I also found an obscure paper that because I was starting to suspect that a lot of this energy may come from just the bodies or the myocardial ability to metabolize hydrogen almost directly, like being a direct supply of energy.

And I did find a paper that alludes to that in a very obscure pathway, super detailed, scientific, but it kind of makes sense by just doing nothing other than the hydrogen you, you feel, you know, an increase in origin.

And so, yeah, well, I think when people have better health habits and where they're aging, they they build up more toxic compounds and more free radicals and those things cause to Teague and cause people not feel well.

How hydrogen works in the body

So. Right, right. It's not just supporting the production of energy, it's preventing the toxicity and the free radicals that can cause inflammation and fatigue.

Right, right. Exactly. And that leads us to the second point. I was going to make inflammation and all these different oxidative stress in these reactive oxygen species Ros is that are the byproduct of incomplete or bad metabolism in in on a cellular level.

So all these if they're not dealt with properly which the hydrogen can neutralize a lot of these especially the most dangerous or reactive ones. If those are not neutralized properly, then that cascades into inflammation.

In almost all modern day, you know, diseases and special diseases are can be related to in inflammation. And so that just cascades into additional problems down the road.

Yeah, sure. It's the same anti-aging mechanisms. But and what about and they also affects hydrogen affects the microbiome in a positive way as well. He's done much read much about that too.

Yeah I mean hydrogen you know. So how is the body natural. Because one of my questions was well hydrogen that's like made for blimps or something. Right.

You know, it's like how is it to natural to the body. You know, so, you know, as you dig more to the science, you thought, well, hydrogen is naturally made in a good healthy gut microbiome as much as 12l a day.

So it's very natural to the body. And our bodies evolved, you know, in an abundance of hydrogen just percolating through our system. And so it evolves in that area.

And if our gut by on this unhealthy or lacking or, you know, challenge, then we may be getting a not a full dose of what our body is accustomed to having to maintain health.

So then you can start to think of hydrogen really as a supplement. You're not just producing like the normal amount, but we find that increasing that amount also provides additional benefits that come with the hydrogen in that.

Remember that that studies a Japanese study that did a Japanese citizens that lived over 100 years of age right in in measuring their breath, they found that the this population of people living over 100 that had a higher concentration of hydrogen in their breath, you know, as they were exhaling as compared to the general population.

And so it's interesting to think that there's multiple ways of correlating anti-aging and longevity in health with

hydrogen. And when you start to add up all of these, you know, you know, that's, you know, start to connect the dots.

That makes sense. But a healthier person eating healthier, aging slower with a good microbiome reduced on more natural hydrogen. A person with a health challenge with not eating as badly or developing a problem with a disease process, especially something like cancer, then we have as well as all that.

It's a full disease. It's not just the cell that's causing the cancer, and it's full body disease means you have lower hydrogen production, lower immunity impact, negative impact on the microbiome.

And this helps normal bring that back to normal again the so to speak. And right, right, right which is the self healing mechanisms of the body at many different levels. You know.

And so I mean like to finish with the inflammation here. It's like clients that have arthritis paying for two years. For example, after two years of breathing the hydrogen, the inflammation and pain from the arthritis and the joints, you know, goes away and that's like, you know, feedback from a client, two years of authorized pain, two months on the machine, in the pain, you know, is gone and then tied into all the different ways that hydrogen, you know, helps improve just bodily functions in general.

The next is circulation. And we notice that by just your skin becoming more flush, you know, your capillaries becoming more full with blood, you can see that sometimes in your complexion people notice their complexion becomes better.

The little fine wrinkles in your face start to fall out and become more flushed. People notice that when they look at themselves in the mirror also, you know, cold feet and hands and fingers, you know, the circulation improves.

And so, out of curiosity, I get what they call a nail fold microscope to look at the capillaries in your fingernails. Right here. You put a drop a ball in and put your finger on the microscope, and you can see the capillaries and the blood cells flowing through.

And we found it was like super interesting, like the scientists looking at this and seen it firsthand. Like real proof is that within ten to 20s of inhaling the hydrogen, we can see little, you know, micro clots or little clumpy cells in there that we're just, you know, staying in place.

They start kind of dissolving and moving. And the literally the velocity of the blood cells would pick up and more blood cells passing through these capillaries.

Right, right.

Health benefits: energy, inflammation, circulation, and sleep

There's the hyper coagulate of platelets to cut and the stickiness of red blood cells to stack up with each other to prevent their going into the circulation.

Both those things are aided by hydrogen can. Right, right. Another thing of the microservice, all you know, before and after with the live blood analysis, the stacking of blood cells, you know, with, you know, that's called the low formation, the sacking of like coins, stacking like coins. Yes.

So if a cell gets toxic or damage to some degree by environmental toxins, then you by me have been exposed to it loses its natural ability to maintain a positive charge, and so files different charges to track your positive or negative, positive or negative.

So it starts creating these little, you know, you know, clots or whatever. But the breathing, these gases, the oxygen and hydrogen gases, they're also charged from the process of electrolysis.

So you're breathing in additional electrons. It's similar to the process of walking on the beach or being in nature or just earthing or grounding. They call it, we're absorbing more electrons through your feet or through the environment.

That helps alleviate some of these problems and reduces these little just helps the blood flow more. And so the the hydrogen kind of simulates some of those effects of earthing and grounding provide more electrons to the body.

Yeah. We're talking about I'm going to you know, I was thinking that, you know, I just applied hydrogen with a nasal cannula watching TV at night before I go to bed like 30 minutes, have it on time or 30 minutes.

Shut it off. And just remembering it most nights to put it on just for like 30 minutes or so. But you're saying that people have a health challenge, even even with their getting cancer therapies or have cancer, they could even they could do much more than that.

They can put it on or leave it on all night long if they want to. Right. Yeah. I guess I'm a living example of using it all night for eight hours a night for 3 to 4 years.

Now, use it all night long. You let it run? Yeah. Sometimes if I want to, if I feel like I want to roll around a lot, I'll take it. Take off the camera. Cause I don't want to get completely wrapped up in it.

You know, I'll. I'll wake up sometimes wrapped around my neck like. Oh, man. I'll take it off. Yeah, but it's like it's like super, super safe. You know, it's probably one of the safest supplements you can easily overdose on distilled water and salt.

Both of those would kill you. But there's almost impossible to overdose on hydrogen to the way to degree where it affected negatively whatsoever. Right, right.

All right. So so go into some of the studies now because people should be aware that there are, you know, hundreds of maybe a thousand studies, but we're talking about clinical trials and people, various health conditions.

And we have more and more evidence that this can be an adjunct of therapy that's helpful for people. Right? Right. Yeah. Not just these claims or testimonials or, you know, or its actual studies that they do control trials.

Yeah, yeah. Before I get into this, I want to mention like this, a local doctor I work in Costa Rica that's not working with cancer patients. And she has had a lot of success treating her cancer patients with Brown's gas, which is a form of the hydrogen gas and pure hydrogen, and almost I mean, reduction in size of tumors and also in different types of blood cancers or leukemias as well.

And that's like, you know, before seen before and after, you know, ultrasounds of these tumors and just going away. But anyways, to get into some of like the real articles and studies that one more doctors around the country and around the world are utilizing hydrogen therapy today because the more research has come out in the last five years.

Right, right. Yeah. So I'm going to make you some studies that you can find online by looking up and say pub night or just doing Google searches, but have these studies on your website.

Do you have a list of the studies that make it easier? Yeah, we actually have a page on our website. It's called Research and Studies. We've dug up about a thousand different studies, and a lot of them are animal studies because, you know, they just haven't been as many studies with humans, you know, out there.

And a lot of the original studies were done using hydrogen and enriched water, which I find 100% believe that is much less effective than the actual inhalation.

And just now some of the studies are catching up with real world application of what some of us do. Biohacking has been doing for a while, and starting to publish studies on inhalation and how it's been helping people as well.

Right. And so, so to mention a couple of studies on the 2019 study in the oncology reports to this, this this clinical trial focus on advanced colorectal cancer patients receiving hydrogen gas inhalation alongside chemotherapy.

The results indicated that enhanced overall survival and progression free survival. And this was attributed to the hydrogen gas reversing imbalances and T cells, thereby improving the prognosis.

Patients that inhaled the gas when hailed for three hours a day at home, demonstrating the feasibility of this approach in a real world setting. So positive report there.

That was back in 2019, another 1 in 2020. A study in oncology letters like this study investigating the combination of hydrogen gas inhalation with lung cancer patients.

The trial showed a remarkable increase in overall survival, with a median survival extended from nine months to 28 months. When combined with hydrogen gas, the mechanism involved activating coenzyme Q10 to restore T cells and particularly enhancing the body's immune response against cancer.

And so that's something we see. It boosts the body's not just the moon system in general, but the you know, the anti the natural production of glutathione and body which is a major antioxidant body.

But I've noticed in myself and others just less susceptibility to colds and flus and just being run down. So it is enhancing your immune system. So we've seen that firsthand.

So it makes sense that some of these studies are, you know, showing that this can help in boost the immune system to attack cancer and deal with cancer normally as the body would.

Right? That's how, you know, modern cancer treatments. We used to always have chemo, which kills, you know, poisons to kill cancer cells. Now it's different today there sometimes we have more selected and specific delivery of, of natural toxins to the cells.

But also now we could use immunotherapy which is these multiple different ways we can improve the natural immune function. So the most immune defenses prevent cellular replication and enhance the attack on abnormal cells.

So this is just another form of immunotherapy that's been that's been used now in the last been getting in more popular in cancer circles in the last five years you know.

Right. Right. Right. Yeah. One other study here I want to mention is on another say in 2020, in the in a journal called Medical Gas Research. So this this study explored hydrogen gas, the therapy's role in advanced lung cancer, focusing on controlling tumor progression and alleviating medical side effects.

The trial found that hydrogen gas inhalation significantly reduced cancer symptoms along with a progression free survival, improving from 44.4 months in the control group to over eight months in groups treated with the hydrogen, also diminishing side effects or drug related side effects and cancer related side effects at the same time.

So it includes improved health, health span, basically the quality of life and extended their life. Right? Absolutely. So it sounds like you've there.

So so tell us now we have the science. We know what's positive. We know what's good for people's health. And we know it can be an adjunctive therapy for people with serious health challenges like cancer.

So tell us about the machine then. You made this machine. Now you're not making all these individual machines. You're making it. You have it commercially made.

So getting like them, you can actually buy a machine from you. From you. Right. You sell these machines now, right? Right. We still sell the original machine that I built from off the shelf parts.

You know, it's called consider a brown gas machine. And we don't work with, you know, these hydrogen bottled water bottles or pills. I find those not as effective.

And I don't want to worry about. People complain about, you know, not being as effective, not getting the results. And so we found a sweet, sweet spot where about one liter per minute of total gas is like the sweet spot.

So anything less is not going to be as effective. And anything more, it's probably a waste of money. So that's the sweet spot we found. And aside from our original Brown's gas machine, we offer another machine called the pure H2, which produces both oxygen and hydrogen from the machine of two different ports.

So when the person puts the cannula on, they get pregnant with some oxygen. It's the background. So when a person wears the nasal cannula, hooks it up to the machine, the pure H2 machine, they get a mixture of hydrogen and oxygen through the nasal cannula.

Is that correct? Right? Correct. Because the machine is breaking up the water molecule, you know, 33% of 130 is oxygen.

Research, clinical studies, and cancer applications

And so there are additional benefits to breathing or having extra oxygen. You know, there's only this 21% oxygen to air. And so that little extra bit it's not super significant, but it's enough to not just want to discard it.

So you actually be getting about 22% of oxygen when you take a breath, rather than just 21%, which is a normal air. And they're not getting any of getting a lot of air mixed in from the outside.

Right, exactly. It's a very minimal amount of gas that comes out of the machine. So, you know, percentage wise, and when you take a breath of the gases come out of the machine, you're getting about 3 to 4% hydrogen.

And that's more than enough to to affect your health for the better. Got it. So so people want to learn more. They could obviously go to your website or these obviously they they once they have to buy the machine.

Now there are any parts or ongoing things they have to purchase. Or once they buy the machine, they just add water. And that's the only thing they do, pretty much the trustee.

Those are the only inputs. And if the machine is maintained correctly, which is, you know, flushing history maybe every six months and just maintaining the water level, then you're pretty much set for life, you know, which is as opposed to, you know, hydrogen tablets or a little or other devices that you have to.

Is there a glass bottle that holds the water and then it bubbles through the what holds the water in the machine? Yeah. There's a a container inside the machine where it's like you pour that is still water into the machine, like a reservoir.

And so from there that water is broken up into the hydrogen and oxygen gas. Can you use reverse osmosis water if it's in inside the machine? No. It's got to be really tested at zero total dissolved solids.

You know, zero TDs or the machine will not run. It'll it'll complain about the water quality. As far as treating water. You can use reverse osmosis water and even spring water.

I found in most cases it's okay to be treated with the hydrogen gas for drinking. Got it, got it. Put the machine. You should have distilled water. You right.

They have to get a distillery or buy distilled water and bottles. You can buy distilled water. But I find that the Steelers you can just say buy online, say from Amazon and making your own distilled water at home, it's much better quality, more pure.

You may. You get a nice good stainless steel distiller. The water comes out into glass and that water is much more pure. That's what I was thinking. I think if you said the same thing, I'm thinking cause I'm thinking I'd rather distilled water on those plastic.

Those soft gray plastic bottles. Makes me nervous. Could have. Exactly. Yeah. Right. Yeah, exactly. I would be testing with a total dissolved solid. Right, a TDs meter, and they never test that zero.

But the distilled water I make at home with an, you know, off the shelf Amazon distiller, you know they always test at zero TDs. Yeah it's no big deal.

So you plug it in the wall and you put water in. It just seals the water. No big deal. Right? Right. A couple of points I wanted to make is that just the mental clarity and mental sharpness gained from using this machine, especially if you're like when you're focused or reading or working at the computer.

You mean it's really, you know, helpful aside from better dreams as well. Just vivid dreams. So it's doing something to your mind where it's active in your mind, but not in a way that wakes it up, but it makes it more natural.

Like you start dreaming more, more vivid dreams, more color. People that meditate, the find that can get into a state of meditative state more quickly with the with the hydrogen.

That's a good idea. You know, when you sleep is when the brain removes the react of oxygen species. So inhaling hydrogen when you yeah, is enhancing the quality and ability of sleep for its anti-aging benefits.

Sleep is an antidepressant, so enhances the anti-aging benefits. You sleep deeper when you have it, sleep becomes more effective, right? Right. Exactly. So that makes sense with what we're seeing.

I'm experiencing myself. But yeah, the way I fix the brain so we seem like a, you know, all timers, dementia type symptoms and all, you know, Parkinson's symptoms, you know, reduce in the way it affects the neurological system in the brain.

So all positive benefits there. And then one really quick thing about bagging the limbs I mean I cured like a shoulder injury torn rotator cuff just by bagging this after using hydrogen for 2 or 3 years, I didn't have this heal.

But one week after bagging this area and the pain was gone. The same thing for a planter fasciitis in my foot 20 years pain and I didn't think till recently to bag my foot, but about one one week of treatment in that pain in my foot that was like unbearable.

It was like a bruised foot. It went away. And so external treatments really make a difference. We found speed up healing sure sounds good.

Hydrogen machines, usage, and purchasing details

I use I have a soft wave machine in my practice to have soft, which is hydraulic water shock that that breaks up calcifications in a joint and brings.

Oh yeah, it's really incredible. We have new technology. People don't need surgery. On the knees, on the shoulder, on carpal tunnel, on frozen shoulder.

And even we break up spinal stenosis in the back of these machines. We have more for people saying yeah. So I imagine combine that with hydrogen therapy.

So we both work synergistically together and just maximize the benefits and have faster healing even. Great good good good good stuff. All right. Tell me tell people how to get to your website and where where to start.

If they're interested in learning more about getting this for their house. Right. Right. Yeah. Because you're saying

that a doctor like I can have the machine and use it on my patients and they can come in the office if they have a particular problem, but most people are who really have serious conditions, a better off purchasing machine so they can use it daily in their own home.

Right, exactly. We find about a fourth of our clients are actually practitioners, practitioners that are thinking outside the box and that when you use Hydra for their clients, either use it in their in their waiting room or in conjunction with other treatments they're doing.

But what ends up happening a lot of times is it's so easy and beneficial for the patients to do more of it without having to come into the office. A lot of practice recommend they just get one to use at home, and we've noticed a difference between going from one hours a day to three hours a day.

So there's no way you could go into a doctor's office or visit three three times a day, do an hour treatment a day. And so it's at a price point and level, and the benefits are there to have your own at your house and just not just for yourself, but your family and friends and other relatives I visit, too.

We're always like loaning our, you know, ours out to, you know, friends and visitors and treat our whole family right. So while you're working your desk, when you're watching TV, you put it on.

Right, right. Exactly. Whenever you're sitting still is a great time to be, you know, plugging in and do it, you know, spirit of benefits. But yeah. Back to our website.

Our website is H2 Bio Hacker, the letter H, the number two H2 biohacking. And so to sum up a lot of what we talked to. You know, you know, hydrogen seems to jumpstart the healing process by supporting all major systems in a holistic way.

It's very safe, it's natural, it's easy. And it can be used in conjunction with other therapies. In most cases, it works very synergistically with them.

In all our positive results seen by myself, clients and others are backed up by real science and research that is starting to catch up with what we see.

Just experiment with ourselves. Yeah, we decided to become a sponsor or a doctor talks just to get the word out. We've been like growing organically our business for a while now, but you know, we see more of a need to just be more out there and talk about the benefits.

And at the same time, we build a bill. Been building a nice knowledge base. So protocols and after getting feedback for hundreds if not thousands of clients now.

And so what we're also offering on a website is a free 30 minute consultation for people that want to learn more. And I could talk to testimonials that we've experienced ourselves and getting feedback from clients and, you know, let you know, you know, talking about future clients.

So what to expect and what say time frame to expect and how to implement high hydrogen into your normal everyday living practice and and the best protocols to use depending on your situation conditions had on the other therapies they're taking, if they have a health challenge.

Yeah. Right. Right. Yeah. I'm not a doctor. And I was like, when people work with their doctor, you know, when they're getting the hydrogen therapies.

But agree that. But I play one on television. Yeah. Yeah. All right. Well then thanks for joining us for this. So cool. Thanks. There's a there's a special coupon we've got to for Doctor Summit attendees.

If you went to the doctor Talks in the discount code and checkout area, you'll get a nice discount there too. So it's that last thing I mentioned. It's H2 biohacking.

And remember that discount code doctor talks. Terrific okay. Thanks again Ben. And thank all of you for joining us. And stay tuned for our next session.

This is one after another of great information that you can't miss. Bye bye everybody.