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. And we give offering a tremendous amount of valuable information.

And I'm excited about the guests we have today then tomorrow. 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 a bit 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. Course.

Because I want to get his take on all this and tell you what he's done and what he's discovered. Okay? Ben's a billionaire. He's an electrical engineer, he's a scientist, a biohacker.

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 is by the Biohacker anti-aging researcher. And then finally he devoted his full energies towards working on hydrogen, because our fact of it wasn't how much science there was to support this, and 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 sharing my story.

Yeah. So tell me how you got started in this. How you even found out? Found find out about hydrogen therapy. Right. Yeah. Well, hydrogen therapy just, you know, that's feel if you ask.

Well, what is it? You know, so let me give a quick definition, my definition of what it's all about. Right. And so the way I like to describe this, so hydrogen therapy is the administration of hydrogen gas into the body through inhalation or by drinking hydrogen infused water or diffusing it, diffusing the hydrogen through the skin by enclosing that area in a bag or a sleeve.

So that has a chance to penetrate, that penetrate into your skin. So this is all done for the purpose of faster healing and better overall health.

What hydrogen therapy is and how it is delivered

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 mean, 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, 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 scientific studies on this now, today to, and so we're talking about the administration like, administration of hydrogen gas, the Soviet installation, you know, most people from with oxygen or cannula.

Right. So once the machine is turned on you, you can inhale the hydrogen to a kind of like this that we find is the most effective way. Also, we can connect a hose to the machine and then bubble that into, a glass of water, treat it for 15 to 20 minutes, and that will 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 is has an issue of joint pain, it's incredibly ineffective, 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 and just, you know, treat it for a longer period of time, even though overnight I find, but especially effective with joints.

So those are examples of, you know, actually, you know, applying it. And so yeah, again, again, my, my background is that electro engineer and, scientist and a natural health enthusiast for over 30 years now, I 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 and not as, focus on my mind, just brain fog and all that.

And so my initial goal, you know, was always being like a biohacker, looking for a better Helston, longer health, skin and better quality of life. And so, you know, as we start to age, we experience this, you know, lack of energy, you know, fatigue, cognitive decline, more susceptible to sickness and various age related health conditions.

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

And so all the reasons why I was new to trains, eat so healthily and take such great care of our health, exercise, get enough sleep, good emotions and in body.

You're saying there's like there's one extra piece that can give a person even more success? This is not a health challenge to add to the miraculous, self-healing powers of the body, right?

Right. I'll say, and water like, doesn't water break down into hydrogen in your body? To some degree, right? Exactly. We miss 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 an O2 to actually combine together.

And so the machines are tuned, you know, with electrolysis to pass electricity and break that up into a gas. And in theory, it's, you know, simple, but, you know, packaging it in the right form, in the right quantity.

And so the tricky part sometimes, you know, that's how it works. So how does the hydrogen work in the body then how does it why does it do I know it removes free radicals particularly reactive oxygen.

It's a it's a radical scavenger. Right. So the aging process of the body, we age, we produce more free radicals, we do some more advanced application and products.

And the hydrogen is removing these particles that age us and keeping them from keeping us them down to low levels of beneficial levels in the body. Right? Right.

And I should have yeah. It's what's interesting about the hydrogen. It works from various it's kind of various mechanisms. In a way it affects the body.

Ben's background and discovery of hydrogen benefits

But I want to take a really quick and just so how I get into this, you know, in the first a little bit more of the story, you know, being a bio biohacker, I was, involved with, you know, you know, groups, you know, kind of off to the side where we experiment with, just the latest, greatest biohacking techniques, you know, and, a molecule came across, and, our discussions called carbon 60.

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

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

How do you into the body? And when the hydrogen came free, nobody would grab on to it again. It would hold on just high enough where say, okay, does that body process need hydrogen? It would give it up.

And so it maintained the 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 save the hydrogen water bottles, which I really didn't find effective whatsoever there. So the 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, significant effect of hydrogen nutrition.

Yeah, exactly. So there's like, 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 end up as an engineer.

I built my own machine because I want to test it on myself and really understand the technology. And so, once I built a machine, started breathing, inhaling myself, you know, 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 in what I was doing, and people started coming back to us. And just through our business grew organically. Would you say, no, make me one, make me one.

I want one, you know, I want the same benefits. And that kind of like, pushed us into business was never my intention to do this. But, just the results were so fun.

But you don't have to quit your other job to move into making these hydrogen machines. I was, sorry, semi-retired, and I was looking for something to do.

I 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 some of my, my lab to just be able to experience the benefits and share it with other people.

Right. And so yeah. So that so so I'm getting into what I started to notice in some of the science that we're starting to get into. I kind of, you know, break it up into five different components, which I think really stand out is I'm the first thing we, I mean, others so to see is like just more energy in general, 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.

Yeah, 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 to boost that ATP molecule, all that energy currency of the body, you know, in that membrane, in the mitochondria, there's a potential electrical difference, right?

Turns into protons in the hydrogen is basically electron and proton. And part of that construction of the ATP that molecule is a separate the proton electron and recombine them at the end.

And this little nano motor that all this might to 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 obscure paper that because I was so starting to suspect that all of this energy may come from just the bodies or the my kind of ability to metabolize hydrogen almost directly, you know, like being a direct supply of energy.

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

And so I think when people have that for health habits and work for their aging, they, they build up more toxic compounds and more free radicals and those things closer Teague and close people minuscule.

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

Right, right. Exactly.

How hydrogen works in the body

And that leads us into the second point I was gonna make, you know, inflammation and, all these different oxidative stress is in the these are reactive oxygen species, you know, all those things that are the byproduct of, incomplete or bad metabolism in, and on a cellular level.

So all these, if they're not dealt with properly, which the hydrate can neutralize a lot of these, especially then those, you know, dangerous or reactive ones.

If those are not neutralized properly, then that cascades into inflammation. And almost all modern day, you know, diseases and special H1 diseases are can be related in inflammation.

And so that just cascades into additional problems down the road. Yeah, sure. It's the it's the same anti-aging mechanisms but and what about and they also effects hydrogen affects the microbiome in a positive way as well Peter. Much very much about that too.

Yeah. I mean hydrogen you know, so ginger, 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 know, 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 body's evolved, you know, in an abundance of hydrogen just percolating through our system. And so it evolves in that, area.

And, if our gut biome is 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, in not just producing like the normal amount, but we find that increasing that amount also provides additional benefits, you know, that come with the hydrogen and but that remember that that study, the Japanese study that did on a, on Japanese citizens that lived over a hundred years of age.

Right. And 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.

So and so it's interesting to think that there there's multiple ways of, correlating anti-aging and longevity in health with hydrogen. And you when you start to add up all these, you know, you know that, you know, you start to connect the dots.

It makes sense, right? A healthier person eating healthier, aging slower with a good microbiome tone, more natural hydrogen. The person with a health challenge with, eating, not eating as badly or developing a problem with a disease process, especially something like cancer.

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

And this helps normal bring that back to normal again, so to speak. And right, right, right. Which age? The self healing mechanisms of the body including the at many different levels.

You know, and so I mean that definition with the inflammation here, it's like clients that have arthritis pain for two years, for example, after two years of breathing hydrogen, the inflammation and pain from the arthritis in the joints, you know, goes away.

And that's like, you know, feedback from a client, you know, two years of arthritis pain to two months on the machine and in the pain, you know, it's gone, and then tied into all the different ways that hydrogen, you know, helps improve just bodily function in general.

The next is, you know, circulation. And, and we noticed that by, you know, 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 that their complexion becomes better. The little fine wrinkles in your face start to, you know, fall out and become more flesh.

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 of all 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 or 20s of inhaling the hydrogen, we can see little, you know, micro clots or little clumpy cells in there that were just, you know, stayed in place.

Then they start you kind of dissolving and moving and you deliver the velocity of the blood cells with pick up and more blood cells passing through these capillaries.

And then right there's the hyper coagulate ability of platelets, the clot and the stickiness of red blood cells to stack up with each other. But then they're going into the macro circulation.

Both those things aided by hydrogen can be can right, right. Another thing in the microscope, we saw, you know, before and after with the live blood analysis, the stacking of blood cells, you know, with, you know, that's that's called willow formation, the stacking of, like, coins, stacking like point blocks. Yes.

Energy, inflammation, and microbiome benefits

So as a cell gets toxic or damaged to some degree by environmental toxins that you by may have been exposed to, it loses its natural ability to maintain a positive charge.

And so Paul's different charges attracted a positive negative positive negative. So that starts when these little you know you know, clots or whatever.

But the breathing these gases the, the oxygen and hydrogen gas. Is there also a charge 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 clock, and it just helps the blood flow more. And so the breathing hydrogen kind of simulates some of those effects of, earthing and grounding provide more electrons to the body.

So yeah, we're talking about, 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 an hour 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 getting cancer therapies or have cancer, they could do even more.

They could do much more than that. They can put it on longer, leave it on all night long if they want to. Right. Yeah I guess I'm the living example of them using it all night for eight hours a night for 3 or 4 years.

Now if you 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 channel because I don't want to get completely wrapped up in it.

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

Both those would kill you, but there's almost it's impossible to overdose on hydrate it to the way to the 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 could be an adjunctive therapy that's helpful for people.

Right? Right. Yeah. So it's not just these claims or testimonials or, you know, or it's actual studies that they do control trials. Yeah. Yeah. Before I get into this, I want to mention, like, there's a local doctor I work in Costa Rica that's on 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 that hydrogen gas, in pure hydrogen and almost immune to reduction in size of tumors and also in and out into different types of, blood cancers and leukemias as well.

And that's like, you know, before seeing before and after, you know, ultrasounds of these tumors, you know, just going away. But, anyways, to get into some of like the real articles and studies, you want 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, yeah. So, I mean, you mentioned some studies that you can find online by looking up and say pub night or just doing Google searches, but, do you have any studies on your website?

Do you have a list of the studies to make it easier for people? Yeah, we actually have a page on our website. It's called Research and Studies, and we've, dug up about a thousand different studies, and all of them are animal studies.

Because, you know, there 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 I'm 100% believe that it's much less effective than actual inhalation.

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

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

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

Patients that inhaled the gas, when held 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 one 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 immune system in general, but, you know, the entire the natural production of glutathione body, which is a major antioxidant, the body.

But, I've noticed in my cells 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 first hand.

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

That's how, you know, modern cancer treatments.

Circulation, blood flow, and grounding effects

We used to always have chemo, which kills, you know, poisons to kill cancer cells. Now it's different today. There are sometimes we have more selective and specific delivery of of natural toxins to the cells.

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

So it's it's just a 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. But you know one of the study here I want to mention is so in 2020, in the in a journal called Medical Gas Research. So this, this study explored hydrogen gas is 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, 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 side effects, you know, at the same time.

So it improved, improved health and healthspan basically the quality of life, and extended the life. Right? Absolutely. So 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. You're not making all these individual machines. You're making it. You have it commercially made.

So they're getting like, I mean, 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've built from off the shelf parts.

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

And I don't want to worry about people complaining 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 in anything more. It's by a waste of money. So that's the sweet spot we found in, aside from our original Brown's gas machine, we offer another machine called, the, pure H2O, which produces both, oxygen and hydrogen from, the machine have two different forms.

So when the person puts the cannula on, they get in with, with some oxygen. It's in back there. And we put this on. Okay. Back now. So when a person wears the nasal cannula, picks it up to the machine, the pure H2O 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 one third is oxygen. And so there are additional benefits to breathing or having extra oxygen.

You know, there's like this 21% oxygen 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'll actually be getting about 22% of oxygen when you take a breath, rather than just 21%, which is a normal air.

Yeah, they're not getting as near as well, kind 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, you know, your health for the better.

Got it. So, so the people want to learn more, they can obviously go to your website. Are these, obviously they, they once they have to buy the machine, are there any thoughts or ongoing things they have to purchase?

So once they buy the machine, they, they just add water. That's the only thing they do. I'm pretty much the Jesse. Those are the only inputs. And if the machine is maintained correctly, which is, you know, flushing machine 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 sort of a glass bottle that holds the water and then it bubbles through the what holds the water in the machine.

Yeah.

Safety, sleep, and neurological benefits

There's, a container inside the machine where it's like, if you pour the distilled water to a 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 just, you know, it's inside the machine? No. It's got to be really tested at zero total dissolved solids, you know, zero TDs.

So the machine will not run. It'll say it'll complain about the water quality. As far as treating water, you can use reverse osmosis. This water, even spring water. I found in most cases it's okay to be treated with the hydrogen gas for drinking.

Got it, got it. But the machine. You should have distilled water. You right? Right. They have to get a distiller or by distilled water in bottles. You can buy distilled water, but I find that distillers, you can just say buy online, say from Amazon.

And make your own distilled water at home. It's much better quality, more pure. You know, 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. If you said the same thing I'm saying is that I've taken. I'd rather distilled water on those plastic. Those soft gray plastic bottles.

Makes me nervous. Could it be exactly. So I'll repeat, no. Yeah, right. Yeah, exactly. I would be testing with a totally dissolve solid meteorite, a TDs meter, and they never test at zero.

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

So the so you plug it in the wall you put water in it's a stills. The water's a big deal right right. Done a couple of quick points I want to make is that just the mental clarity the mental sharpness gained from using this machine, especially if you're like, when, you focus 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 activating your mind, but not in a way that it wakes it up, but it makes it more natural.

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

You can communicate with the, with the hydrogen. That's a good idea. You know what it is, right? When you sleep is when the brain removes the reactive oxygen species.

So inhaling hydrogen when you is enhancing the quality and ability of sleep for its anti-aging benefits. Sleep is an anti. So the harness is the anti-aging benefits because 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, in a way affects the brain. So we see like a, you know, Alzheimer's, dementia, type symptoms and, you know, Parkinson's symptoms, you know, reduce in the way it affects, 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, a shoulder injury to a 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 plantar 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, just like a bruised foot.

It went away. And so, the external treatments really make a difference. We found it. Speed up healing. Sure sounds good. I use I have a soft wave machine in my practice to have soft way TRT, which is hydraulic water shock that break that breaks up calcifications in a joint and brain stem area.

It's really incredible. We have new technology. People don't need surgery on the knees, on the shoulder and carpal tunnel and frozen shoulder. And even we break up spinal stenosis in the back.

But we have things we can offer people to do that instead of so am I imagine combining that with hydrogen therapy. So we both work synergistically together.

I just maximize the benefits and have faster healing. Even that sounds great. Good good good good stuff. All right.

Research studies and cancer therapy applications

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 equipment for their house.

Right, right. Yeah. There's mostly a thing that a doctor like, I can have the machine and use it on my patients, and I can come in to your office if I 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 like, you know, outside the box and that want to, you know, use it for their clients.

Nobody they use it in their in their waiting room or in conjunction with other treatments they're doing. But, you know, 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 to a doctor's office or visit, you know, three, eight, 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, with your family and friends and other relatives I visit, too.

We're always like loaning our, you know, hours out to, you know, friends and visitors and doing, you know, treat our whole family right. So while you work 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, plug in and do it, you know, experience benefits. But yeah, back to our website.

Our website is H2 Biohacker or letter H and the number two h2 biohacker.com. And so to sum up a lot of what we talked to, you know, you know H hydrogen seems to jumpstart the healing process by supporting all major value systems in a, in a holistic way.

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

You know, we we decided to become a sponsor here and 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, and at the same time, we build a we built been building a nice knowledge base of 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 have experiences, ourselves and getting feedback from clients and, you know, let you know, you know, talk about future clients or what to expect.

And what's a time frame to expect and how to implement, hydrogen into your normal everyday living practice. And, and the best protocols to use depending on your situation and your conditions.

I don't cooperating with the other therapies they're taking is they have a health challenge. Yeah. Right. Right. Yeah. I'm not a doctor. And I always recommend people work with their doctor, you know, when they're getting to hydrogen therapies.

But are either one I play one on television.

Machines, usage, and how to get started

Yeah. Yeah. All right. Well and thanks for joining us with this. So so and thanks there's a there's a special coupon we've got to for you 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 as Leslie mentioned it's H2O hacker.com.

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.