Gut, Cancer & Recovery: Why Everyone’s Switching to Hydrogen Water! Dr. Paul & Dr. Davis | Ep. 70 Transcript

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Introduction to molecular hydrogen

high content hydrogen water by itself had tremendous anti-cancer activity in the body because there's currently 125 cancer studies 77 with diabetes 22 with Parkinson's it seems like this should be a standard of care honestly the data that's coming back with molecular hydrogen and That's the most profound stuff that I'm seeing that's being published these days.

That is exactly right. Joining us today is our co-host Dr. Christopher Davis, CMO at Liquivita and our guest Dr Paul Baratiero, a naturopathic doctor and founder of Echo Water.

Known globally for his work in molecular hydrogen therapy and with over 20 years of research, he's helping reshape how we approach inflammation, gut health and cellular healing.

As a water expert, I want to go back today where you said alkaline water does absolutely nothing for you. Why? 15% of the population will have a Hertzheimer effect when they drink alkalined water.

Just recently, as I started to look at water more, you go to the literature and really there is no data on the true benefits of alkalin water I don't think there's any water on this planet anymore that is thinking.

And I always say, don´t be a filter. Buy a Filter. It is very important. to filter the water, but the beauty of the molecular hydrogen is it can offset a lot of oxidative stress and inflammation.

Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And as you guys know, we bring experts from all over the world talking about health, wellness, beauty, and mindset.

Today, our guest comes all the way from Utah, the beautiful mountains in Utah. And what we're going to be talking about today is water, the power of water.

Your body's made up of 60% water what does water do to our bodies, especially when we talk about making America healthy again and the stuff that's in our water and how our body gets affected by it.

Today The gentleman that we have here, he's a doctor. He's an naturopathic doctor, scientists, has a lot of expertise. he is the founder behind the largest hydrogen water company in the world.

And you guys probably have seen it. You've seen the cool little flask. I got one here next to me. you see Gary Brekka with it, 10x health systems. Everyone's talking about it today.

We have Dr. Paul Vertero. Dr. Paul, you know, today's an exciting day because we also have my co-host, who's my business partner. Yeah. All right. Our chief medical officer, which that means when we have two doctors here, we're going to geek out on this stuff.

Paul Baratierou2019s origin story

We're gonna get very scientific. And we had Dr Christopher Davis. Awesome. Guys. This is going to be exciting. We've been talking about doing this podcast for a while.

Talking about hydrogen, molecular hydrogen. Right. And all about the science that's behind it and what it does. Paul, first I want to welcome you here at A Healthy Point of View podcast.

I wanna talk about what got you into this and your story behind. Because I was reading about your wife was having some health conditions and you saw this tremendous change with hydrogen so let's talk Yeah, so this goes back 20 years ago, literally in 2005. And it happened right here in Fort Lauderdale.

Oh, wow. So back at that time, I was married 10 years. Now I'm 31 years married. But my wife had horrible menstrual cycles. She was anemic. she had thyroid issues, gynecological issues.

and the day that we were down here, we we're going on a cruise. Some friends of ours gifted us or thanked us for some financial help that we gave them with taking us on a cruise because we did not choose the date of the cruise.

The first day of The Cruise was the first of her menstrual cycle. And so she was doubled over in pain, driving all the way from Orlando down here to go off the Carnival Liberty ship at that time.

And so I figured out of this nine day cruise, she's going to get a day and a half maybe that she'll be able to enjoy. It was very sad for me. So we get to the ship and our friends give us a suitcase of water.

And I thought, what in the world? Who brings water? on a cruise. Like, this is the weirdest freaking thing I've ever experienced. And they're like, no, you got to drink this water.

Don't drink the ship water, and they were joking like it was toilet water or something like this. I'm like I drank the water off the ships every other cruise I have ever been on.

You know, I am not glowing at night or anything. So here we do, we get on the She gets on the ship, goes straight to bed. And I'm going to art auctions, I am coming back, trying to figure out what I gonna do with myself.

I don't wanna be a jerk and be like, see ya, you know, who wants to do that? And so she got thirsty though, one of the times I came to check on her, she get thirsty and said, can you give me some of that water?

I gave her some water and then she's like my body's craving this, like I dunno what's going on. and I like donno either, but here have some more, right?

I drank the water, too. I didn't levitate off the ground. And then sprout wings. Nothing crazy happened. So I'm like, it's water. But she was craving it.

Now, the thing that was amazing to me is in a day and a half into that cruise, she is up and around and the rest of the crew she enjoyed and was doing great.

So I'm asking my friends, what is this water? And they're like, we don't know. That's what saved the company, though. And that's why we were able to pay you back.

You know, and I've like what? What do you mean? Oh, well, you have like 200 people a day coming to buy water by the gallon. We're charging them two dollars a gallon for the water and like two hundred people are coming now.

I mean, like for water. Yeah. This is really, really strange. Well, I'm a guy. I was happy that my wife was feeling better. i was Happy that she was enjoying the cruise.

You know, we went to Panama, Costa Rica, right? We had a great cruise and I didn't think anything of it. Six months later, We're having like a family council and we asked my Wife, when is your cycle?

Because we used to plan our month around and she goes, oh, i'm on it right now. And we're like, what? And so unbeknownst to her, she's like wait a minute.

I'm better. Like, I don't lose a week every month like I used to. You know, because as you get better, you don' really know unless you're journaling, right?

Right. And so next thing you know six months later, her menstrual cycle was normal. I was like, what's going on? She goes, well, i'm drinking that water.

What water? And she's like the water from the ship. What? And she goes, you didn't notice there's a gallon in the pantry all the time? I'm like, of course I don't.

I didn' see that. And so long story short, I then was like I've got to figure out what's going on because my friends had no idea what could be causing her benefits.

So I started doing some research. They kept telling her it was the pH of the water. We all know that's nonsense. The pH in water does nothing for the human body.

But I wanted to understand what is actually a mechanism of action in a body? Like what' going? So it took me a year and a half to figure out that if hydrogen is present in water during a production like electrolysis, for example, it will also change the ORP, which is an electrical potential.

It's not an actual voltage in the water, but it's an electric potential that water that my friends gave my wife had a negative ORT, or oxidation reduction potential, That was enough to restart her gut or to help her system.

And so it was later that I said, well, what happens if we actually keep hydrogen? Because I had tested the water that my friends gave her and there was no hydrogen in it.

But it is the negative ORP, which is a residual effect from having hydrogen present at one point in the And so I wanted to find out, well, what if hydrogen is there all the time and the ORP?

And it was like major benefits. And once I started researching, I start finding some studies from, you know, the 1800s, like amazing studies that I had never even heard of and no one I knew heard before.

How I got involved, I almost stumbled upon it. But when I was learning what the mechanism was. I. Was like, oh, my gosh, never even heard of this. Is anyone I know heard this and no one had heard.

Of this kind of stuff. And so luckily, i was able to find when i started searching hydrogen. I was able to find, back to World War II, gunshot wounds were being handled by hydrogen.

I mean, there's, we were just talking, Dr. Davis and I, about hyperbaric hydrogen for cancer tumors and things for many years before. And then again, all of the science was just abandoned.

If we really go back, to who was the first that discovered hydrogen? It was in 1800, Dr. Anthony Carlisle. He was a surgeon in London and he discovered water electrolysis because he was wanting to harvest hydrogen out of water.

Because he had been in a medical conference in 1798 learning that hydrogen was an antioxidant. And so, again, this has been out there all this time and nothing seemed to ever be done with the information until I was like, This helped my wife.

I don't know how many other husbands there are that don' know what to do, but there's got to be a lot of them. And it turns out, there is a. Lot and there.

A lot. Of wives and people in general who needed help. So that's really how it started for me. It was very organic and it was just me wanting to help people like my.

Wife had been. Now with your wife, did you know exactly what she had? It was a PCO. I had a number of things. So she has adenomyosis, which was an uterine issue where the lining of the uterus was growing into itself.

Extremely painful.

Why alkaline water falls short

And so half of these are the muscle work. The other half didn't. Of course, you have tremendous pain when part of you just was trying to fire and the other wouldn't she.

Had thyroid issues, hypothyroid. She had gynecological issues. He was very highly anemic. And so just on and on short term memory issues. Because she had yeast in her brain, a lot of stuff going on with her, because, you know, once you have gut issues, You start to have a.

Lot of cascading problems that can occur. And. So she. Had a bunch of issues one of the most fun things that I had is her gynecologist was like, I don't know how you're physically walking and coming in here because your anemia is so acute.

You should not physically be able to get out of bed. Your hemoglobin levels in your hemocrit, right? And so my wife came home and said, my doctor's telling me I shouldn't be to move.

And I'm like, well, he's right. But what he doesn't know is you're drinking hydrogen water, which allows you to function like your normal, because it will affect the hemaglobin and hemocrite levels within minutes of drinking water.

And she goes, well, next time she comes back and she tells him and he pooh poos that, right? He's like, whatever, that's stupid. And I don't think he used the word stupid, but pretty close to it.

I said, Well, I'll tell you what, let's screw with him. Let's have some fun. Because most doctors have no clue what hydrogen can do for the body or even what it should do, because they've never learned this in chemistry, or they don' know that nine and a half percent of the bod is supposed to be hydrogen.

So I say, Next time they ask you to come in and do a blood test, which they were doing every month for her. I said, drink the water when you leave the house, because their office is about 15 minutes, Drink the Water.

And by the time you get to the office, it will have activated your hemoglobin and hemocrit, and they're going to freak out because your anemia, which is down here, will all of a sudden be, your your Hemoglobulin and Hemocryt will be peak, And they are going freakout.

So sure enough, she does that. So she goes in for them to look at her blood results. And they're like, oh my gosh, it's a miracle. Were you taking that?

The pills we were giving you for, you know, the pills when you have anemia. She goes, no, my husband wouldn't let me take them. He told me it'd make me constipated.

and she's like what? Well, how was your levels? Your levels are so high. Then she says, I told you guys already last time, It's the water I'm drinking.

And so the doctor still didn't believe it. Wow. Because her iron levels were at peak and before they were extremely low. So I told her next time you go, one month from now, they're going to do it again.

Don't take the water and your levels will be low now. It is humanly impossible in 30 days to go from peak iron level to nothing. And he'll know what's going on.

Now, I'm surprised you didn't let her go back to that. Oh, no. She kept going for a while. And finally, she goes back and the doctor's like, Tell your husband I see what he's doing.

I believe him now. OK, because I just had her yo yoing like every other month. It was showing peak and then nothing and peak. Then and he was like. Okay, tell your.

Husband, he is right. Now, Dr. Paul, there's a lot of different waters out there. Of course, you hear everybody talk about mineral water, distilled water.

Yeah. You know, spring water? Yeah, Earlier, you just mentioned something about alkaline water. Yeah. So I got to go back to that. You got it because you kind of threw that in there.

And you know, when you talk about the when we talk. About the the wellness space. Yes. A lot of people are talking about, oh, yeah, to drink this high pH water, right?

So, obviously, we got two doctors here. Someone is even better than me. No, the water expert, my friend. That's the one expert. I want to. Go back today where you says that alkalin water does absolutely nothing for you.

Why? So let's unpack that. First of all, what does it mean when we say alkaline water? It simply means the pH is higher than seven. Now, What a lot of these companies are selling is a electrolysis device.

that causes water to change pHs. And typically you can't make alkaline water without making acid water because you have a pH scale from 0 to 14. So what does pH stand for?

Potential hydrogen, right? And the opposite side of the scale is potential hydroxide. You have pOH and pH. When we understand 0 to 14, 7 and up is alkaline, seven and lower is acid water.

So what these people are talking about when they say alkalin water, it's either a pre-bottled product that has some chemicals or minerals in it to increase the pH And that's one type of alkaline water.

The type alkalin water that we typically see in the natural medicine industry are these machines that are electrolysis based and you run water through it and it creates two streams.

One that acid, one that alkalines. And the reason why the water is alkalining is because you've added hydroxides, OH minus, into that stream of the waters.

So that is going to naturally increase the pH. But there is no buffering capacity in that water, zero buffing capacity. So why that's important is when that hits your stomach, you have stomach acid.

What is the pH of bio? Is it supposed to be one and a half? One and half. That's very acidic. It's extremely. Then you add some gastric juices. So the stomach environment, let's just depending on who the individual is.

Let's say it's an average of four, three, to four pH, five pH. Now you're going to throw a pH nine water into that. What do you think is going It's going to become basic, right?

What will the the acid in the stomach? No, no, because there's no buffering capacity of the water. So if there is no buffer in capacity, the. In other words, The water has nothing in it to keep its pH stable.

But stomach acid is highly buffing. so what's gonna happen is it's can turn that water to acid immediately. And if people don't believe me, what else do we have available to us that is acid?

Lemon juice. Yeah. So you take one of these high pH waters from a machine, put the pH reagent in it, and it'll show nine and a half. Now put a few drops of lemon juice in and, it will plummet.

So if lemon juice would do that, we know stomach acid is far more buffering than is lemon. So the thing that we need to understand is there is not one single study you can find to show that higher pH water will do anything for the human body.

Possibly the only possible would be a slightest, slightest buffering. If you really put like eleven and a half into the stomach, it might slightly buffer, but a nine and half gone, gone.

So the reality is there's nothing happening, But the body is turning that water acid again. So then the question is, if the pH by itself does nothing for the body, then why are people having these wonderful benefits when they drink the water?

Because there are People that are buying these new alkaline water machines and they are having miracles the way they talk about it. They're having wonderful Benefits that Are occurring.

So why is that? The molecular hydrogen is generated from that. Right. Yeah. And, and here's the thing that people need to understand when these machines are brand new, they make hydrogen very well.

The problem is. Inside of the device, the technology is called electrolysis. And what electrolyses is, is there are cathodes and anodes, or what we call electrodes, that are being charged with energy, and they cause water to separate based on if it's a positive electrical charge or a negative electrical charged.

In an electrolysys technology like these water machines that are alkaline water machine, calcium is positively charged or other minerals in water are positively charge.

They will be attracted like a magnet to the negatively charged cathode. You have an anode and a cathod. That cathodes that's negatively charge calcium will bond onto it starting immediately when you use it.

within typically within two weeks, three weeks four weeks definitely no more than six. You've already got all the calcium bonded on the cathode. And so now what happens the hydrogen gas that's produced is no longer nano size.

Those bubbles coalesce or group together and become larger bubbles because of the Calcium layer on anode or the, excuse me, the Cathode then they're too large to be dissolved with no pressure.

And so they go straight out to atmosphere. So in these very expensive alkaline water machines, you've got two weeks to three weeks of hydrogen and that's when they are experiencing the benefits and then it's gone.

And that's gone after that. It's going until they clean that machine physically, either with citric acid or something to get the calcium off of those electrodes, then won't ever again have hydrogen in their water.

And they just paid thousands of dollars and they're going to have the benefit once. Then if they cleaned a machine, they got another two weeks or three weeks.

So this was a bad thing, clearly. When I got into water machines, which right after my wife was helped, I got involved with a company that made alkaline water machine.

However, there was a patent on reversing the polarity of the electrodes every time the machine got turned on. So it's a cathode this time, but next time I go to use it, it is going to be an anode and then a Cathode, and an Anode.

And the Cathodes and Anodes, you can't ever have build up of calcium so that you continue to produce that molecular hydrogen dissolved. Correct. That's where I was is Yes, it was alkaline, but I would tell people the time it doesn't matter because we're reversing the polarity of the electrodes.

So it's impossible for the calcium to build. That was the Echo seven machine back in 2011. Right. I was. The first Echo product was that the echo seven.

And so we had that by 2014, I. Was creating a neutral pH hydrogen because I didn't want the alkalin because 15% of the population will have a Hertzheimer effect when they drink alkaline water.

And the salespeople will tell them that's a detox symptom, but it's lie. It's just their body balance is thrown out because what is that? It hurts timer.

Yeah. That's where people feel sick. It's a reaction to the fact that their body balance has been knocked out because they're drinking something that the body doesn't like and doesn' want.

The body's kind of rejecting it. Well, your body is having a negative effect by it, and so they call it a hurts. I'm your effect. But the reality is people will tell them, oh, that's the detox symptom because it feels like it but it's not really a detox.

It just your bodies out of balance and it'll take a few days to come back into balance. And deal with what you're putting into it right, which is unnatural.

The final thing I want to say on alkaline water, because we could spend two days on this, but the reality is there is no such thing as alkalined food.

There's no. Such thing is anything you would put into your body naturally. That is a high pH. And yet you probably hear all the time alkalin diets, right?

But it's false. I don't say to people, what are you talking about? And they're like a cucumber and I'll say a cucumbers five and a half pH, there. Is no vegetable that grows on the earth that's alkalines.

It doesn't exist. Everything is acid. Your stomach is asset. And so what I always say is it has nothing to do with pH. pH isn't the issue. PH isn' the problem.

We should get away from pH these alkaline water companies will say that they'll claim that cancer can't live in an acid environment. They're full of crap.

Cancer can live in an acid or an alkaline environment. It can in a oxygen-rich or oxygen poor environment, it doesn't matter because cancer thrives on glycolysis, which is sugar.

Cancer doesn' t care about oxygen. And so all these alkaline water companies, their salespeople are taught and trained to say Otto Warburg said the cancer will do great in an acid environment, but actually cancer thrives in alkalosis.

How molecular hydrogen works

It's the opposite is true. Everything they say is false. The more alkaline a cell is, the more apt it will become cancer. So it's kind of crazy actually when you think about it.

And Dr. Davis, I mean, we've seen it a lot, right? Especially even in the functional medicine space. with patients that are dealing with all kinds of issues, specifically cancer.

You know, you hear about this alkaline water and alkalin diet, alkalined water. What is it that you've seen? Because that's something that I've heard too much of.

And let me just I want to put an exclamation point on something and I'm going to have an admission that made the very mistake that you're talking about with these devices as we were choosing devices to put in our wellness facilities.

You know, and the whole hype about alkaline water and this was, you know years well actually not that long ago still. And the hype of alkalin water. Then just recently as I started to look at water more you go to the literature and really there is no data On the true benefits of alkaline water.

Whereas when you look at molecular hydrogen, there are thousands of studies and multiple arenas from cardiovascular disease to cancer to autoimmune diseases on the benefits molecular Hydrogen.

So I just want to make sure that the listeners understand and don't get caught up in this alkaline water. I can't

emphasize it enough because again, I got caught in it and went down that whole road about the alkalin water and so to Sam's question as far as you know, we hear a lot still in the cancer world that you have to alkalize your body, right?

And I think it's very interesting, you for you making that comment about, there's not a food that's alkalined. That's actually really Pretty, I mean, that's news to me, too.

So, you know, it makes me want to look at that part up and look up. I've never I'm thinking about all the foods that we've talked about celery and all those things that are alkaline based diets.

And I don't know. Yeah. Every vegetable is acid and you can go on the FDA's list. and get a pH chart for every vegetable that grows on the earth. They publish it right on governmental websites and you can see every one of them what the pH would be of a vegetable or a fruit or whatever it is.

And it just comes down to nothing's alkaline or it would rot. You need the acid protection, you need that lower pH that protects it. It's just like an almond.

Almond itself is a higher pH, but the skin around it is acid to protect against bugs, right? So just like we have an acid mantle on our skin to Protect from invasion.

So in nature pH is man is monitored and managed by by nature. So our body, for example, you probably always hear people say, oh, drinking this alkaline water will make your body alkalines.

Right. And I'll say to them, what does that even mean? What part of the body are you talking about? Right, like a human cell is multiple PHS, depending on which part.

Of the cell you're talking. About and I say. To them. What do you mean by it's making the. Body alkalin? what part? Of. The body? And they'll say, I don't know, blood.

And I'll see what way well, well. Blood can only be seven point three five to seven. Four or five. Or you start to go into shock. Right. So if blood pH is such a tiny, narrow window, nothing you put in the stomach is going to affect that.

I think heavens, because imagine if a nine pH water helped. A soda would kill you. Yeah. If you're putting a nine and a half pH in your stomach would affect blood positively, one soda, which is a one and half to two pH, is going to kill you instantly.

So will lemon juice. Lemon juice is one-and-a-half to 2 pH. We just have to stop spreading nonsense. And we have say, how does blood pH get managed? It's carbonic acid.

through breath. So we could breathe one more time a minute and do more for blood pH than anything goes in our stomach. You know, so we would measure that in title CO2, right?

To actually measure the levels. Yeah. So anyways, we just need to understand that the body manages pH through calcium. That's why we have osteoporosis, the bodies pulling calcium out of itself to manage pH systemically.

Thats why you have these issues of declining bone density because the bodys managing itself. But there's nothing we're going to do except for have proper mineral in our food content so we can give our body back what it needs.

But the pH of water is not going do that. The pH water really has to in nature with mineral content because you can get water on this earth that's five and a half pH.

You can water that 8.4. It depends on the mineral contents purely. Doesn't matter. Water itself can exist in nature. Five and a half to eight point four.

And that's where we find it. It doesn't. Matter what we're putting in the body. and what I would say is it's unimportant to the human body what the pH of water is when we drink it?

Wow. Wow, man. I didn't think this podcast was going to be debunking alkaline water, which I love it, I. Love it Dr. Davis. Now, now that we know that alkalin water.

Is not the way to go. We're here to talk about hydrogen water I always hear you recommending hydrogen water to a lot of your patients, patients with autoimmune issues, all kinds of stuff.

What is it that you can treat with hydrogen? Well, lots of things. Kind of where do we begin? You know, I think that we all talk about, we've talked about over and over on this podcast about oxidative stress, right?

And I that this is where the conversation heads when we talk all the benefits of molecular hydrogen. We talk inflammation and we talked oxidated stress.

And that oxidative stress is basically reactive oxygen species, too many an imbalance of our antioxidants and the oxidating stressors, things like hydroxyl radicals and superoxide.

And what molecular hydrogen allows us to do, I think it has this terminology of a selective antioxidant. That's the beauty of it is that It's kind of, I call it the adaptogenic antioxidant, right?

So it'll work. It won't do too much. We need some oxidative stress. If you have COVID, you whatever condition that some infection, You need oxidant stress to get rid of those infections.

But it's when our body is imbalanced that we have all the issues. And so molecular hydrogen really is able to help to serve as a balance of all those reactive oxygen and reactive nitrogen species.

Remember, we talked on the phone the other day before we got started, but a balanced of these reactive, nitrogen, species and oxygen species so that we don't have that imbalance that affects our mitochondria, right?

And so when it comes to the conditions, Conditions, neurocognitive diseases, right? People who've had a stroke, giving better blood supply and cutting down on inflammation in the brain and oxidative stress that causes the condition once they don't get enough oxygen to the.

I use it a lot in. I mean, I'll be honest with you, in my cardiology patients now, just because heart disease is an oxidative stress process as well. I don't think anybody would argue that anymore.

All chronic disease, is driven by too much oxidated stress and inflammation, right? And those two things feed themselves, Right? Inflammation feeds more oxidator stress, oxidators stress feeds, more inflammation.

And you get in this rampant circle. that you have to break if you're going to get patients better. So I mean, I really use it for neurocognitive diseases.

I use for honestly, more recently, the data that's coming out with cancer. Now I'm a heart doctor, everybody's listening. But I see a lot of patients because when you get into functional medicine, you just kind of chase everything to root cause and you end up seeing all kinds of conditions.

A lot the cancer patients and the date that is coming back with molecular hydrogen and cancer, and I'll let you speak more to that. That's the most profound stuff that I'm seeing that's being published these days.

And even utilizing some of the molecular hydrogen products, if you're getting chemotherapy, it can mitigate some other side effects from the chemotherapy agent.

So there are lots of ways we can use it. I just think that it's really not the new kid on the block, as Paul was just saying, how long it has been around, but it is the kid that people are starting to pay attention to right now.

Right. That is exactly right. I didn't create hydrogen. It's been around for a while. Right. A long time. Long time, kind of like you could say it's what sparked life, right?

Like hydrogen, water, you know, we got to understand hydrogen and oxygen have always been here. Hydrogen is a reducer. Oxygen is oxidizer. You put the two together and they make water, which is life sustaining.

And so it's really a beautiful, almost romantic conversation with oxygen and hydrogen. But when we want homeostasis, it is the balance of reduction and oxidation.

That's where life exists, is in the balanced. And so too much oxidation, too reduction can cause us problems. Having a balance in the both, which is why hydrogen and oxygen are innate to the body.

We need oxidation. But when we get to oxidative stress, it can start to cause cellular issue. And as Dr. Davis said, when, we have an acute issue or a disease model or something else, then we need stress to get the body functioning.

But in a normal every day, We need oxidation. And we don't wanna get to outside of a normal range of oxidation to where we end up with oxidative stress, because then inflammation will come.

And again, on a temporary basis, nothing wrong with it. That's normal. It's when we have chronic inflammation and oxidated stress combination, that is where disease comes from, is when these become chronic.

Dr. Davis just talked about cancer. Normally we would never have cancer in our body other than little bits. Every one of us sitting here in this room have Cancer cells in us.

There's never a day you're not going to have a cancer cell in your body. That's normal. But apoptosis, which is a process where cells destroy themselves.

when they're duplicating incorrectly, that takes care of when cells are dividing unnaturally. The problem is when cancer begins to take hold and apoptosis is there, now these cells start to divide and nothing is stopping them because apoposis has turned off in cancer cells versus a healthy cell.

Well, what hydrogen does is turn the apobtosis back on. That's why you end up seeing cancer cells dying when when you're utilizing hydrogen water, even in conjunction with a chemotherapy drug.

And there was a beautiful study published in 2015 with colon cancer colon 26 induced cancer showing that Hydrogen water naturally occurring from Mount Fuji in Japan was anti-cancer, but then high content hydrogen water, like what we do, had even a stronger antioxidative and anti cancer activity than did the naturally-occurring hydrogen from Mt.

Fuji. Then when they tested the chemotherapy drug, the high content hydrogen water had even a stronger anti-cancer than did the chemotherapy. But when they combined high-content hydrogen and chemotherapy drug, 5-fluorosil, in this particular study, there was 100% cancer cell death.

Wow. So that was combining a chemotherapy that's targeting those cells and turning apoptosis back on, so they're destroying themselves. The combination of those two was a 100 percent cancer-cell death, but high content hydrogen water by itself had tremendous anti-cancer activity in the body.

And so that's why I was in The Truth About Cancer documentary years and years ago. I've been talking about this for a long time because there's currently 125 cancer studies, good cancer, 77 with diabetes, 22 with Parkinson's.

You're showing disease modifying effects And we should be preaching this from the rooftops. If my family had cancer or my families had diabetes, I would be telling them, go drink some water that has hydrogen gas in it because the studies are showing that it can inhibit type 2 diabetes mellitus.

I mean, it seems like this should a standard of care. Right. So Dr. Paul, with these cancer patients or diabetes patients, whatever it is, Well, what's the delivery method of the hydrogen water?

Is it because I see it like there's bathing. There's inhalation. They're drinking. Yeah, all of which can get hydrogen gas into your body. But where would we get Hydrogen from naturally in our body?

Prior to me creating hydrogen, water in 2009, 2010, where Would we Get it from? Or is that our Body? Our body is designed to manufacture hydrogen gas in our colon.

Okay. But it requires that the bacteria in the gut and the terrain of the got be correct so that we can produce that hydrogen. It's called flatulence, right?

But today we'll call it fart therapy because now we know it's good for you, all right. So all those husbands can tell their wife, honey, it is good that I fart.

Oh, I saw an article that smelly farts can cure cancer. Is that where they got that? No, that's serious. I totally saw that. There is multiple articles out there saying that if he sniff farts, it could cure cancer.

It's crazy. But now we're talking about fart therapy, so I don't know. Maybe it's hydrogen sulfide and methane in there, I guess. Yeah. So bottom line.

To make people understand, like a vehicle has a tailpipe, right? Right. So when you convert fuel into energy in a car, you have water and methane and what have you coming out the tail pipe.

Well, we got a tale pipe, too. Right, and so when we convert food and energy and we ferment that food, You're going to create gases. If you're not farting, I'm going this is you guys are going love me for this.

if you are not farting, your unhealthy. You're not processing foods. You might, you might be the type of person that eats a salad and has diarrhea because you're, not actually making fecal matter properly.

Cause you don't have the bacteria that can function properly or convert fiber and fatty acids into energy. So I was just talking to this a bit ago on people going, well, how do you know you are not doing well if you have food allergies?

If you have food allergies, you know you've got issues, period, because you shouldn't have allergic reactions to food. Now, eat whatever you want, but you should be able to eat, whatever, and process.

The problem is chemicals, the problem pesticides, what's in our food that's causing our bacteria in the gut to not live and thrive and have communities.

And so we cannot process foods. Most people do not understand that their food cravings are based on the bacteria in their gut, not based upon who they are.

People that are wanting sugar, carbs, it's because they have aerobic bacteria mostly in their gut, and they should not.

Hydrogen for cancer, diabetes, and disease

They should only have one to four per, one, to 4% of the bacteria in the gut should be aerobics. Or candida in they gut with the sugar. Yeah. And so we want 96 to 99% should aerbic bacteria.

which requires short chain, medium chain fatty acids and fiber. Now, if we look at what foods that covers now, that's all naturally occurring foods. We don't have a lot of sugar in a lotta stuff that you would get.

You have glucose, but you don' have sugar. And we also don''t have ton of carbs. we have starches that occur

naturally, right? We make carbs, When we think about carbs, like people are craving, right?

But the reality is we should have both types of bacteria and it should tell us if we have one to 4% are anaerobic, then we Should have small amounts of carbs and sugar.

If we're having anaeroic 96 to 99%, then We should Have more fat and fiber and things in our diet. But that hydrogen gas itself that we would produce in our gut, we, I mean, this is round numbers, but we should be able to produce 10 to 12 liters of hydrogen, gas per day with three meals of eating.

Now some things, you know, the song beans, beans and magic fruit, right? You know the rest of that. Some foods produce more gas than others when they're processed, but that gases, those gases that are being produced can be beneficial for the body.

And in this case with hydrogen, they are absolutely beneficial. For reducing oxidative stress, inflammation, signaling, nerve two pathways, all the different pathways in the.

Body. Dr. Davis will understand this. There's currently over 200 biomolecules. that are regulated by hydrogen in the body that covers everything. When you, when you start about 200 biomolecules that actually regulated the presence of hydrogen that you just, you indicated the entire human body is regulated hydrogen.

And we need to understand that nine and a half percent of the bodies hydrogen, we are made up of carbon hydrogen chains. So now, to get a little less egg-headed and say, imagine for a minute, what is stomach acid?

We talked about that earlier. What is Stomach Acid made of? Or what's it called? Hydrochloric acid, right? What are the three letters? H, C, L. Well, What's that H?

It's hydrogen. You can't even make stomach Acids without hydrogen in the body. So again, it's critical. It's mission critical for the body to have hydrogen.

We can't even produce stomach acid without. So what happens if someone has gut damage, and they are drinking some of the high, high pH alkaline water, And they do have some buffering of their stomach acids.

And the bodies only way to regulate it is to put more HCL. Oh, but I don't have Hydrogen. I can make HCl. Now we have digestion issues, which 60 million Americans have.

Digestion issues. Why? Because we don't have hydrogen and we can't make stomach acid appropriately. And we're eating all this stuff. We can process it.

So people are now taking HCL tablets to have fake stomach acids. when if you just had hydrogen, you can make stomach acid. And that actually messes it mess them up more.

Oh, yeah. Well, it's a huge metabolic burden. Right. By drinking alkaline water, if there's no hydrogen gas in it, because any buffering you are doing, the body can't respond.

Dr. Davis, what are you seeing with your patients when it comes to, you know, I would assume like microbiome, the overall health and whatnot? Well, gut health is being, obviously, we all know that good gut help is imperative for our overall, period, right?

And clearly, because of the food sources and all the other toxins in our environment, Most people have some sort of gut dysbiosis, whether it's overgrowth of specific bacteria or the lack of the appropriate bacteria to produce those other gases that Paul was talking about.

So we always start when we talk about addressing people, whatever chronic issues they have, we all start with gut health always. And again, invariably, There's some gut issues going on.

You know, I want to ask a question to Paul. I got to get back to this whole I really want. To get into the metabolic part of this again, because this is this.

Is really interesting. We do a lot of metabolic health and kind of pre diabetes, diabetes work and. Any idea mechanistically about the molecular hydrogen and how it's improving insulin sensitivity?

I see the literature out there, but understanding mechanistic, is there any understanding on the how? Lipid and glucose metabolism. Okay. There's also You know, for leptin can create insulin receptors and functioning again, right?

So people can get desensitized to insulin, which is what happens obviously with diabetes. It's not like everybody's is not producing insulin. Right. The insulin receptor is don't work.

Yeah. So we can left in sensitivity back up, Which will create a help with that. But, but hydrogen will increase the receptors in the body, and I'll send you some studies on this.

Currently, that's why there are 77 studies of diabetes having to do with lipid and glucose metabolism itself. So you're actually metabolizing glucose and lipids profiles are changed.

We also have cholesterol reduction in this study, 15 and a half percent. What's happening with hydrogen is you're signaling processes in the body to work that weren't working before.

And so when it comes to diabetes, when It comes To the gut, we've talked about the Gut. Not only can hydrogen help you, but it can fix the in two weeks.

So people that are gluten and dairy intolerant can end up drinking hydrogen water and then eat gluten in dairy two week later and not have inflammation.

We need to understand that everything comes down to the bacteria in the gut being able to signal different pathways and we can unpack all of these disease models.

And it's always going to come back to oxidative stress and inflammation in the body. The body has it and hydrogen is undoing it. But when it comes to diabetes in general, your main studies are showing lipid and glucose metabolism.

So your body can actually do something with the glucose. Yeah. That's good because probably then I'm just kind of thinking this through. Theoretically, what's happening is the mitochondria are functioning more efficiently with fatty acid oxidation and the whole getting fatty acids into the mitocondria to use fast for fuel, glucose for, fuel and no hydroxyl radicals.

Right. So you're not producing as many of the hydroxy radical's while supplying more hydrogen for that whole complex five of electron transport. And there's big words and stuff.

But so so it's really making the Mitochondrial more efficient. Yes. is probably how it's helping with the glucose. I mean, just the whole insulin sensitivity issue.

That will make some sense. OK. Yeah. And so you're able to produce ATP and use it up instead of what's typically happening is we're not producing energy on our own.

So people are sugar and carb loading, which is messing up leptin sensitivity and glucose metabolism in all this whole process, because we are chucking so much sugar at ourselves just to feel normal.

Yeah, when you don't have that need anymore the body starts using fat and other and cholesterol which is energy right if we understand what cholesterol is about but it gets into some complex stuff and we can do more podcasts for sure on these topics and dive into them, but I Just want people to understand that Hydrogen is natural and

normal and We should not be having all these issues.

It's not normal in natural that we're having it Yeah, I think we're starting to understand. I was just at a conference in Scottsdale, a conferences just a couple of weeks ago, and one of the speakers spoke on the role of hydrogen sulfide, right?

And it turns out that hydrogen sulphide is a very potent vasodilator. So in the cardiovascular world, from a blood pressure perspective, it's one the things and you know, we think about vaso dilators, think of nitric oxide, nitroxide, Well, it turns out hydrogen sulfide is a very important basal dilator, too.

And so, again, without hydrogen, we can't make hydrogen sulfur. Correct. So it's very interesting. Well and nitric oxide is the same. You know, you have to you can have oxidative stress to produce and produce nitrate oxide.

and so with hydrogen reducing oxidates, the body can make, all kinds of things, peptides, nitrous oxide, and you start to get into naturally occurring things.

Yeah. you offload. The body is pretty smart. It will say I don't have time for that. I got to make sure my heart's still pumping over here. Yeah, I can't make this over.

Here. But you take away the major issues all of a sudden. It's like, oh, OK, and start doing that again over Here I could take resources up for. That right.

And so the body is very smart because it prioritizes everything it's doing. and most people are sick. in our population, 90 plus percent have gut issues and all the rest of the body is prioritizing what it can even do with the resources it has.

What's amazing is you give the buddy the resource as it needs and also it's like, oh, I can do all this again. Right. All right. Let's let's just real quickly, because we have to touch on this.

We touched on it in brief conversations. So we had this conversation. You said something that really had my head spinning about the role of molecular hydrogen and how it affects one of the specific nitric oxides.

And we had talked about different nitrous oxide enzymes. I think this is really important for us to bring up because part of that benefit, I thing, of molecular hydrogen has a lot to do with its effect on this peroxynitrite that we talked.

So you had mentioned something about this. Go ahead and finish up that thought for me about the nitro oxide. It only affects one or the nitrogen oxide that we had talked about.

It can affect the production of all three, but there's one of them that's pretty difficult without hydrogen. That's the deal because of proxy nitrite and you have other interleukins and things like that that are involved with the process that hydrogen frees up the entire system.

Kind of like what I was talking about earlier that when your body is burdened, with metabolic processes and it does not have the tools it need, it will prioritize resources.

The body's incredible. It can do a lot of stuff that we don't normally see it doing because they're not as critical as other things. Like even digestion is less important to the body than the heart pumping, right?

Or breath. So it, will stop doing these things, but when it comes to nitric oxide, when comes natural occurring peptides, you end up having hydrogen And really, again, the primary role is reducing oxidative stress and inflammation, which is the reason why we don't produce nitric oxide naturally as we should, because oxidated stress gets into that process.

There is three, as we talked about, three types of nitric oxide. The one nitrate oxide that we want less of, we, want it not being produced in the body, is what hydrogen will cause to not happen as much because we won't have

oxidative stress causing that type of nitrogen oxide, We want to less sub it.

But all of these processes that have in a body where hydrogen is functioning, What's amazing is that hydrogen can do everything intelligently. For example, telomeres.

We talk about telomeres. It'll lengthen telomares with a healthy cell. it'll shorten telomeres in a cancer cell, what else does that? There's not many other things because it's intelligent.

That's exactly what we'd want. When it comes to nitric oxide, people in their mind are thinking nitrous oxide is good. I want to have nitroxide. Well, we don't want all kinds, all types of nitric oxide.

Or extremely high levels. I mean, I think the thing is with the nitrous oxide, you know, there are enzymes, ENOS produces, certain levels of nitrogen oxide we're always kind of, but there is an inducible nitro oxide produced by our white blood cells that the concentration of Nitroxide is incredibly high.

And so when that Nitric Oxide level gets high, it then binds with a super oxide one of the reactive oxygen species. And that's what produces this whole peroxynitrite molecule, which is an extremely powerful reactive nitrogen species.

And I think that, in my opinion, there's a lot more that we have to learn. We're going to hear more about it, peroxy nitrate. It really is, for all of the toxins we're exposed to and when we had infections, what ends up happening is inducible nitric oxide produces more of this nitrous oxide that binds to superoxide.

So the peroxi nitrite levels are extremely high. Vibrant Wellness now has a test called the Oxidative Stress Panel that allows us to measure all these nitrocitive stress molecules, which I'm starting to use right now, because what I've realized is that we always talk about reactive oxygen species, right?

And that's, we're always talking about oxidative stress, and we've always talked about the reactive nitrogen species. What we have neglected is the nitrocitive stresses and reactive nitrogens species And this panel actually measures all of that.

So I think we're going to see a lot of the importance of upregulation of INOS. And so one of mechanisms, as we talked about the other day, when you go to the literature, exactly how molecular hydrogen works is downregulating INOs.

It may be one of the major ways that molecular hydrogen is doing all the things that it's doing. In my opinion right now, as I start to think about, because I've been in the, you know, the nitric oxide world for a little bit now.

And as that started to thinking about wow, okay, molecular, hydrogen down regulates INOS. Right? All the bad stuff in our environment, right? Whether it's mycotoxins, whether it is Lyme, it works through upregulation of INOS.

So if I can calm INS down and not have these incredibly high logarithmically high levels of nitric oxide that then bonds to the superoxide, then that may be a big part of the mechanism of molecular hydrogen.

Well, Dr. Davis, I know you're really big into toxins. Yeah. Right. That's one of your specialties. So are you saying that hydrogen water, molecular hydrogen, has a direct benefit for people that have these toxins?

I mean, it absolutely could, through the fact that the INOS is being upregulated by these. There's a guy who talks a lot about this, and I will shout him out because he's mean a brilliant guy.

Bob Miller is a naturopath that does a lot of genetic work. He's the person who talked about the hydrogen sulfide recently too, but he's also the one who's put peroxy nitrate and INOS to the forefront.

And we, again, as we start to understand more of how this peroxynitrate is causing inflammation And and it's not oxidative stress, nitrosative, stress.

I truly believe it is not as infections as toxins. All of these things upregulate, I mean, tremendously. And you can interfere with molecular hydrogen.

There's some other things you could do. Molecular hydrogen down regulates it. Nitrites and nitrates down regulate peroxynitrate and I and in this expression as well.

So we have to do more work. we'll start to understand like I could see a study right now just looking at the reactive oxygen species and reactive nitrogen species lab measurements and then you you have a strategy towards whether it's for like the hydrogen or whatever the strategy is right and we measure if we can bring those levels down well yeah and and here's the beautiful part of it our bodies are supposed to yeah So instead of creating more product, let's get the body regulating itself, get a body producing hydrogen the way it's supposed to.

Because, as I said earlier, we're not supposed. To have all these issues. We have. All these. Issues because we have chemicals coming into our body on a regular basis every day through eating and breath and lotions and potions, and whatever else.

that are doing things to our body. And therefore there's a cascade of problems that come when one system is knocked out. Other things don't work. So in medicine, allopathic medicine we give a drug for that.

In the natural medicine where we gave a supplement for it. I don' know if one's better than the other because neither one is aimed at fixing the source problem.

What I love doing is empower the body to do what it was created to or designed to and then see what's left. But let's fix the core issues first because what Dr.

Davis is talking about is beautiful, but it means the bodies should be self-regulating. And if the body, if we didn't have so many of these oxidative stressors, we wouldn't all these issues.

But because of gut dysfunction, We have parts of our chain, the chain that occurs with all the regulation in our body. We're missing pieces. And when we're Missing hydrogen production, or missing our antioxidant pathways, We're missing our immune function pathways.

We are not digesting and therefore we're not eliminating properly either. And so your entire pancreatic system is under stress, inflammation, all these things.

So when we start looking at major systems, It's amazing that our bodies do as well as they do with all the failures. Right. Yeah. Because we look at a vehicle, pull one spark plug.

That thing works. The thing's working like you have no engine. But you had eight spark plugs, but just pull. One of them in engines toast. Try and drive right with the right.

So it's a credit to the creator. That we can pull spark plugs out and our system's still jamming. Yeah. God forbid if the spark plug is not even set up properly.

Correct.

Gut health, nitric oxide, and toxins

You know? Yeah, so wow. Wow. That's amazing. So it's a huge, huge testimony to the grand engineer. But imagine for a minute what my whole life is in the last 20 years of my life.

Is putting all the Spark plugs back, right? and getting the body the tools it needs to function. And then all of a sudden people are like, whoa, I feel better within an hour, within two hours, six hours.

I. Feel great. Yeah. That's because we plugged the spark plug back in and you now have, when we talk about

electron transport, how critical is that? It's everything.

We wouldn't be here without it. Right. So what did the University of California San Bernardino discover? is that when hydrogen is present, electron transport speeds up to a trillionth of a second.

And they called it a picosecond. They said it's a new term. We've never seen electron transfer this fast when the body has hydrogen the way it is supposed to.

So now we talk about all the cascade of benefits that hydrogen can do. And then we're saying you're going to speed up electron transport chain. So stuff is actually communicating and working and firing and doing all things.

It's no wonder why people feel better with hydrogen. All of this goes to prove what the body needed hydrogen to begin with. That's why it creates it on its own.

And that's what we need to understand is that you don't have it because of gut damage. The focus of all this is fix your gut. Fix the gut, your first breath, right?

So Dr. Paul, when you dive into the world of functional medicine, there's these three sectors that I like to divide it into, which is prevention, early detection, prevention early, detection and treatment intervention.

And we did a lot of talking about, you know, cancer patients, patients with autoimmune issues. Now, what about the people that are listening and viewing this podcast and says, You know I don't have cancer.

I really don' have issues with my gut that I know of. Um, I fart consistently. Right. That doesn't mean you're healthy. Yeah. Unfortunately, farting or not fart therapy, right?

Yeah, yeah. But but, the question is like, Do I Really Need Hydrogen Water? Well, how does it work towards the prevention side, right? For the people that are looking for like the muscle recovery, performance, cognitive health.

How does hydrogen water work for those people? So hydrogen, water is just meaning that we have H2O liquid with H two gas dissolved in it. All I'm doing is using water as a delivery vehicle for hydrogen gas.

You can get it through breathing it, you can it in a bath, but where would you get in nature? You would get It in your gut. That's where you should produce hydrogen.

So the reason I like water and it is the most effective method of administration is because we're getting hydrogen back down into the intestinal tract where it should be created so that we can change the terrain in the biome.

We can get the right bacteria back there and the hydrogen tropes that should in gut that are converting things to hydrogen and taking in hydrogen as an energy source themselves come back.

And now the entire process is working properly. You don't have fatigue. you don' have mitochondrial issues. We have we have NFL teams right now that use our water.

Why? Ten percent of the recovery times they used to have. And they're tracking it with digital devices that show them. Yesterday you had two hour recovery after your workout.

Today it's 15 minutes and they're going, what in the world? All I changed was hydrogen water. So we can get hydrogen into the body through inhalation, but you would never breathe hydrogen in nature in your nose.

You wouldn't, where would you get that from? So yes, it is a modality. Yes, It's mostly because China used inhalations for COVID what's called long covid, you know, for those that had cytokine storms that lasted way too long.

They have had them breathing because it's going to hit the lung first. OK. But where would you breathe gas,

hydrogen gas and in nature? You wouldn't. Where would.

You bathe in it? In the huts in a spring, Lord France, that's right. And all of the naturally occurring waters on the earth, they've proven now have hydrogen in them.

So you could get a bath naturally. You would. Through drinking hydrogen water, it's going to hit the stomach, which means what gastric ghrelin is going into the hippocampus, the hypothalamus and the brain stem within three minutes.

If I drink hydrogen, water right now, echo water. Right now my stomach. Within three minutes to five minutes, I'm going to have plasticity change in my brain because of gorilla integrations.

I am going have normalization of brain 58% and all you got to do is put an EEG on their head and watch it happen before your eyes. So you can see in front of your eye the brain change.

So that's significant. Right. And then so imagine if it's doing that, what else is doing everything? And we need to understand that getting hydrogen back into your system will fix your gut.

And that alone fixes so many more issues in the body. Now we have fun with with people, too. We say go in. The gym and work out and then drink some hydrogen water half an hour before and see how much you can bench press.

And some of them are saying I could do double what I was doing. Oh, wow. And then a lot of them will say, I can now work out for five hours before I'm feeling fatigued before.

I could never do that. Maybe an hour and a half. Right. So we, we have, so we. Studies on elite athletes, like soccer players. They were doing a double blind crossover study on exercise induced muscle decline.

Zero with those drinking the hydrogen water. What about VO2 max studies pre and post? Same. We we were talking about that yesterday. You're working with Pinoy.

Yeah, yeah. Because Pinot is going to be doing the whole thing with us in Greece. Where we're shipping them 20 of our flasks. They're going take all their employees and do before and afters and see those 13 bar markets.

That's happening because it's going be significant. Now we can have fun with this there's a gentleman amazing gentleman named Elliot. He's the human performance guy at the 49ers.

Okay Those of you that aren't 49er fans just listen to the content But Elliot is their human-performance guy he ended up getting a flask Compliments of another gentleman professor at ASU and so He got it.

And he started drinking the water He calls his professor, I need Dr. Paul's number, need to call him, and I talk to him and find out what the heck this is.

And he calls me. I said, yeah, what's up? He goes, i am the human performance guy, the 49ers. Obviously I'm active. Everything's digital. i'm tracking everything in my life.

He says, we just had our fourth child. I haven't been sleeping at all. You know how that is? Yep, I do. he goes and I start drinking your water. and i haven t slept like that in 10 years.

Like, oh, my gosh, he goes, and then I'm working out and my watch is telling me, hey, you're getting better sleep last night. And by the way, your recovery times are nothing.

In your heart rate is this and you know, but you. Know, it's like he. Goes, Paul, I. Look at all this stuff going the heck. I've seen a huge difference first day and.

Then second day he calls me again. Yeah, It's saying and now now this is my new normal. And he goes, I need this for my top eight players on the NFL on 49 years.

And I'm like, done. Right. So now they're drinking and he's going, they are all feeling it. Wow. Oh, and so again, for even elite athletes who have turned their body into a machine and they.

Are demanding that that body perform at a level that's different than I am expecting my body to perform. Without hydrogen, they were able to, but not as good.

Now with hydrogen they're able function and they are all seeing and feeling it. And so again, it doesn't matter what we're thinking or talking about. We can get into my new details of medical conditions and everything we are doing.

But what I'm saying is every aspect of your life will be differences and the very function down to sleeping at night. will be better and different, because hydrogen is needed for all that stuff.

And if we started looking at ghrelin, G-H-R-E-L-I-N, which is one of the two master hormones, leptin and ghrelin, if you were to go even to Wikipedia, and I'm not saying Wikipedia is like the perfect information all the time, but if go to wikipedia and type in ghrellin secretions, you have 100 hours of research on what ghrealin takes care of in the body.

So when we're talking about hydrogen can signal ghrelin secretions. And I'm telling you, there's 100 hours of research you could do on just what ghrelin does for circadian rhythms.

I mean, you start naming all the stuff that ghrellin manages in the body. That's just one thing hydrogen does. But I can sit and we can talk about thousands of things hydrogen signals or manage manages in the body and every one of them you could go off at 100 hours 100 100 hundred hours hundred dollars.

This is why Tyler the Baron spent 12,000 hours. Probably now it's 25,00 but. 12,000 hours researching hydrogen because every place you go every, place, you, go, every.

Place you. Go. You're like, Oh, my gosh. Oh my. Gosh. Look at this pathway. I had no idea all of this. There are studies on sexual drive in mice. How important is that for humans?

Mice we don't care about for. Humans. Oh, my gosh. Right. So every crazy little study we have on every little nuance of health, hydrogen effects. And so I'm never surprised anymore at all the things that occur.

To affect every aspect of life, it's not just performance, but it is performance. It's just sleep. You know, and then we talk about autism. And I started reading studies on autism and how individuals with autism have low ghrelin secretion levels.

So this is where the neuro issues come from. Right. Because their guts messed up from from whatever reason. But the next study then shows when you get ghrellin back into them.

Those behaviors go away, which is why hydrogen water people can talk about helps with Autism. Now, typically, you might use a tenolol, right, to produce ghrelin in the body.

Well, hydrogen produces 10x hydrogen or ghrelin than a 10ol for example. And so you can take these young kids that have expressions that are autistic or whatever you want to call it on a spectrum.

The next thing you know, they're behaving much different. How valuable is that? Right. The whole point is every aspect of someone's life will be modified or changed by having hydrogen because it's critical.

Right. Now, Dr. Paul, a lot of the stuff that we talked about on today's podcast, we're hearing a of this stuff in the media. There's a big movement. I wish there was so.

So the big movement that we have going on, the Make America Healthy Again movement, which I know you guys participate because I went to the not we were one of the funders toxic nations.

Yes. And I got one. Of my cool spray bottles here. Yeah. What do you think about this? Make American healthy again. How do. You actually contribute with hydrogen?

Well, I think we should make America healthy. Again, we're the most unhealthy country in the world and the wealthiest. and it has nothing to do with money, and has nothin' to with smarts and brilliance, because we have some of the most brilliant people here, we're just destroying our body's ability to what it's designed to.

And so I 100% support the efforts to get rid of toxins that are injected or sprayed on our food, on out sources of everything, I'm more so than that. I am an advocate of education because I think if people want to put pesticides in their smoothie or vaccines in there, smoothie, or whatever they want do fine with me, do whatever you want.

But they should be educated to know what they're doing. Right. And everyone needs to have a choice. Look, you have choice, but be properly educated. That's been my problem in the past is that education is not available.

Because with with no with, no safety studies, you can't say something safe. Right. That's the big issue I have is you. Can't tell the public it's safe, but where's a safety study?

We've never done one. Well, then how's it safe? Because we want to be safe. We want. To tell you it say, so you're not worried about it, But it. It's definitely never been tested.

And when they did test it in Europe, 50 percent of individuals had autoimmune issues. OK, So it' not safe And that means for the rest of my life, my children might have autoimmune issues because I did this thing.

I was told it was safe. That's not appropriate. So I would say to you that it would be far better if we weren't damaging the gut by having chemicals in our food and water and every thing surrounding our body so that you could have an immune function.

What a new concept of having an immunity function, right? And so hydrogen will absolutely make America healthy again. That's what I've been doing for 20 years.

And I don't think we should mandate hydrogen. We should educate on the benefits of hydrogen, we could educate how certain pesticides destroy our gut and let people choose if they want to eat the foods with that stuff in it or not.

Right. I believe that people will vote with their dollars and all of a sudden there won't be pesticides and stuff. Because you go to Italy, where my ancestry is from, and it's one of the healthiest countries in the world.

And boy, do they eat some pasta over there. Yeah, they gluten, the pasta they ate it all and zero issues. Very, very few. Now they started doing vaccines and stopped the program because all of a sudden they saw huge autoimmune issues in their country.

Oh, wow. So they stopped and they were not going to do that anymore. I wish we would do that here, but the problem is too many people are making money who then govern the programs.

That's where the problems is. Sounds like corruption. Correct. And so anytime we put a human being on something, corruption is bound to happen. And so there's got to be checks and balances, which is what our republic was set up.

So there was checks in and bounces. Well, our problem is now we don't have checks. And balances anymore. We have the same individuals as the check and the balance.

and so when they receive a check, there is no balance, right? And that's the reality of and. so make America healthy again to me is simply going back to the basics.

going back to what it should have been in the first place, going. Back to a checks and balance, go back. To where we're not destroying our bodies with chemicals so that an organization can make a lot of money in.

The process and it being very hard to tie back all these medical conditions to them. Right. Now, Dr. Paul, can you one one more thing I think is really important for us to comment on here is, you know, we talk about the toxins in our environment.

We talk. About all the things that we are exposed to. And we can continue to try to eradicate those things from our food sources, from my water sources.

But I want to give you the opportunity to also talk about, you know, in my practice, I've struggled to figure out, You know I understand that our water resources are contaminated, right?

And as the practitioner trying to make recommendations to my clients about, well, what kind of water source? What type of reverse osmosis system? what type water purification system should I be recommending to clients?

And I think this is an opportunity to talk about and after speaking with you a couple of days ago, it made me realize that, OK, there are tons of rare osmosis systems out there to purify your water, but There are systems that you guys have that actually have reverse osmosis systems or whole home systems.

That also are able to supply you with molecular hydrogen water. To me, that is a huge plus now because we've already we been talking for the last hour about the benefits of molecular.

Hydrogen. But now not only do I want to get the molecular to hydrogen, we want. Make sure we get those toxins out. So talk to us a little bit about your devices that are.

Able to purify the water at the same time delivering molecular hydrogens. Thank you. I don't think there's any water on the planet anymore that is safe.

Even if a human being never touched it, it's still not because you have fallout from atmosphere and other stuff.

Water filtration and whole-home systems

So all water has to be filtered or have the contaminants removed before you put it in your body. And I always say don't be a filter by a. Why on earth cause your body to get rid of the toxins when you can easily get to them before it goes in the body?

I like that. So don't be a filter. Don't buy a. Filter. We do have a whole house system and it ranges from $3,500 up to $17,000. It depends on what people are comfortable living with and what they're not.

And this is a modular system where you can add things and take away things, and get up in price because maybe you say, I don't want microplastics. Maybe I don't want Teflon.

Maybe, I want PFA, PFOAs, PFOS in my water. So I have been blessed in life and I had enough money. I can afford to get that stuff out of my waters, so I'm going to.

Because I am not going count on a government agency to decide for me how much of a filter I will have to be. And so you can get rid of everything out of water other than water.

And people are going to immediately say, yeah, but what about the minerals? Because this is another wives tale that we have. You know, alkaline water, we already went through that one.

There's going be another one where people say. Well, gosh, how can you, Dr. Paul, say reverse osmosis is theoretically the healthiest and best water to have in your house?

because A, it's pure and you've got all the contaminants out and B, there's very little maintenance. versus a distiller or distillation unit, which is equally as filtered, but you have to clean all the calcium and the minerals out as they fall in that system to the bottom.

So I, in my home, have a softener. I have the Echo Pure system is what it's called, and it is a softer and a purification system. That removes everything.

There's nothing left in the water for showering, bathing, because we've removed everything out. OK, heavy metals, pesticides, pharmaceuticals, microplastics.

It doesn't matter what it is. Is not getting through the system that I have in my house. And that's good for bathing. Then under my sink in my kitchen, I have the Echo RO, which is a reverse osmosis system and hydrogen.

So I'm getting hydrogen in purified water, and that is, i think, the best for having your body. There's nothing better than having pure water coming into your that your buddy knows what to do with and doesn't have to anything with, so it's going to accept it, not going reject the water.

because if your water is contaminated, your body can reject it. There are people that drink water and they got to pee right away. Cause why is that get out of here?

There's too much for me to do with that. And I'm already in the burden over here. I can't, I, can even do that, right? And so you can be drinking water, and be dehydrated.

People don't understand this, but I recommend for drinking and if, if people can only afford to fix their drinking, water get, The echo RO so that you have pure beautiful water going into your body and then add hydrogen or dissolve hydrogen, which is the echo flow and the Echo RO.

It's a combination that they can get. That's the first step is purify the water and then get hydrogen in it for drinking. Then if you don't want to bathe and have your skin dry and your hair dry, and all these things, even the simplest system we have, which is $3,500, will be day and night difference from what the tap would be.

And people need to understand that the water statutes in this country haven't changed since the 1960s. Do you know that? No, I didn't. So water, what your municipality has to live by.

is laws that were put in place in the 60s. Well, you and I know a lot has changed since the sixties. A lot. Oh, yeah. And so they weren't even looking at stuff in your water.

Today, we have so many more drugs. Imagine what you're taking in drugs in. Your body, whatever is unused by your body. You're peeing it in a toilet, right?

If the municipality is not filtering those drugs out, then it's coming back to you. So you need to filter it out so that you're not on Ritalin. You're you.

Not on, you know, blood pressure medication when you don't have blood, pressure issues. Your not. On class three narcotics that are given to people because of me brain issues and other.

Why do you want it to even in small amounts? Why take it in? So I would say to your point, thank you, Dr. Davis, because I think people somehow believe that, oh, I have a well.

And so I'm safe. But here's what I would say about that. Anyone spraying pesticides within a three hundred mile radius of your well, you got pesticides going to leach right into it.

Oh, yeah. It's going go right in the groundwater and any chemicals that are being sprayed. Anything is in your groundwater. So. Anyone who thinks I have a well, so therefore I had wonderful pristine water coming out of the earth.

No, you don't. You need to filter it. And so the days of not having a filter in your house are over. They've been over for a long time. But I'm telling you, as of today, forbid I forbidding you as Mr.

Wonderful says, I forbade you from not filtering your water. So filter the water and the last thing I'll say is people will immediately say, well gosh, doesn't reverse osmosis and distill water, remove the minerals out a water?

So isn't that bad? I've heard people say that's dead water. That's bad water, that is completely false. You know who started that? The alkaline water companies.

The Alkaline Water Machine companies, why? Because their machines are electrolysis and without mineral content, you have no conductivity in the water so they can't process the waters without minerals.

So they start trashing reverse osmosis and distilled water which are appropriate filtration methods because they cannot use it in their machine. So how sad is that?

But the reality is distilled water has been used on Navy ships forever, hundreds of years. And we would see a huge health crisis in Navy personnel on every carrier, every ship in the world, if that was the case, and we don't.

We also, people need to understand that you go to Seattle, you got to North Carolina, go the different parts of the country who have very low mineral content in their water, around seven TDS, which is even lower than reverse osmosis.

They have no health crisis over there. So the water coming to you is coming from mountains that have granite. You're not going to have any minerals precipitating out of granites into water.

Now, here in Florida, where we are, you're going have a lot of lime or calcium that's in your water, why? Because it's water soluble. When water is running over lime, it is going pick up pieces of limes, pieces lime and calcium.

Well, where I live in the high mountains where it's granite, you're not going to have necessarily a lot of that and other places in Italy, Germany, Switzerland, they have low TDS in their water.

And my final point on this is where does the minerals in water come from? Dirt. So the Minerals that are in, the water that you are saying, Oh my gosh, I have to keep that.

It's just, it starts. And I don't know about you, but I'm not looking rocks to get my minerals. I want minerals from food. The vegetables we were talking about that put their roots down in the soil.

They pull up the inorganic minerals that make up soil, convert it internally in that plant to an organic state, and then we eat that. And now it's bioavailable.

Well, the minerals in water are in an in organic. State, they're not as bio available to us as would be if we're eating vegetables. So you cannot worry about the whole conversation about, well, gosh, reverse osmosis removes the minerals.

So it must be bad for me because somehow now that water is going to leach minerals out of my body. And I say, you just drank that. That water's now in you.

Where's it leaching minerals to? It's part of you now. Where's it you know the whole the hole premise is nonsense? You know because it would also mean that water has to have a minerals For a certain function that Water has if it's gonna pull it out of you.

It's because It needs it more than you do that's how nature works Why what does water need minerals for more so than we do? It makes no sense, right? And so it's just false.

It's completely false that water needs minerals and it is going to leach it out of our bodies. Its crazy to think. So just

know the best thing you can do for your home and your family is to filter your water before it gets in your body.

And the more filtration, the better. I love that. Love that Now, Dr. Paul, as we wrap up here, we got a few devices here. So really quick, I want you to kind of just go through it, you know, so people kind to know what we have here and what are some of the other devices that you have.

Awesome. I'll start with this one because it's close to me. This is the Echo Clean. What this does, right? You put water in it and it can be tap water or reverse or whatever you want.

But when you push this button right here, what you'll see in my little old hand is starting to come up is hypochlorous acid. So you start to see some bubbles in here.

And what this is doing is producing hyprochorus acid water. It's converting regular water into a disinfectant. So hypochlorous acid, which is what our white blood cells make, by the way, but hypoxlorus acid is 80 to 200 times more kill spectrum than bleach, But it's non-toxic.

So this unit is EPA registered as a disinfectant. And I told you before in the fire department, it was like a ghost. Oh, yeah. Yeah. We had something.

Same thing. Yep. In we actually made that the first line tool to disinfect the back of the rescue trucks after being traumatic call or, you know, so so, we're utilizing it in EMS services.

Well, it'll hyperchlorous acid will kill E. Coli, salmonella, MRSA, staff, covid on contact. Right. When you get it over 200 parts per million, which which this we wouldn't even spray the whole stations, the bunk rooms and all that stuff with it.

Yeah. And it's and because it is water, It's nontoxic. Well now on the on. The bottle. Thank you. On on The Echo Flask. This is the other device over here on this side.

You see a little touch screen. And when you press that, it'll start a 10 minute cycle. And so here, all we're seeing is bubbles coming up. Those are just hydrogen because this is a proprietary technology with a proton exchange membrane in here.

Out the bottom, you can kind of see the blue light on the button. Right there is where O2, O3, and Cl2 are coming out. and just H2 is going inside the bottle.

So we're just adding hydrogen, which is what we've been talking about all day, the importance of having hydrogen in your system. Now, why do I say that?

Because 99% of the products on the market that are sold as a hydrogen device don't actually produce hydrogen. They're not a proton exchange membrane. they have no place at the bottom where the contaminants are coming out or oxygen coming So you got chlorine going in that water, and those are electrolysis devices.

So they're making chlorine, And you're drinking chlorine. And so they are scam products. Please don't go buy the cheap stuff on Alibaba or Amazon, because you are just drinking chlorinated water and very little to no hydrogen.

That's with this device. Now we do have a big brother to this called the Echo family, which is a pitcher. OK, right. And this will make 12 ounces. The pitcher will take 58 ounces or have roughly half a gallon.

OK. So that was just the echo clean being done. This is this is great. Now this you have an app to go with this. You can change the color. If you don't like blue, you can do pink or purple or whatever you want to do.

Um, and this also track how much water you're drinking. and how many milligrams per liter of hydrogen you're getting. And you can set up for it to run multiple times a day, so the water's always ready for you.

So this is a travel battery operated, the pitcher is too. Then we have the whole house system we just talked about for filtration. Now we the hydrogen machines, which can make a quarter gallon a minute of Hydrogen water.

We have them in clinics, we them have in homes, of course, and then we a bath unit. which will make a luxurious hydrogen bath for collagen, for aesthetics, have your skin look as good.

You can look like Dr. Davis, then if you do the hydrogen bad. So, yeah, I do it every night. Yeah. That's it. It's like, that's what you're doing. And it's a David's bath.

Oh, so anyway, you know, people like the rock Leonardo Caprio, Jake Paul, all these guys have our bath unit. Right. You know, Grant Cardo, all these guys, they have it because it gets it.

It's another delivery and it's more luxury. Let's be honest. This is where you're going to do more benefit is drinking the water. But if you have the ability to get a bath unit and you want to have a luxurious bath, that'll that will put two parts per million of hydrogen gas in your bathtub.

When you are laying in there, it is absorbing on your skin and causing collagen. All right. So you don't your skin is more elastic. You have all that kind of stuff.

We also have an inhalation unit that two individuals, if it was in a clinic, two people could be hooked up to you at one time. And that's really for acute lung issues, long covid, for example, cytokine storms, anything where you have issues with inflammatory response in the body.

You can breathe it in. It is not as convenient as water. And you guys got this powder, too, right? And so the yeah, that's right. So the powder is a drink mix.

Now. This is. A lot more cost effective.

Echo Water products and closing takeaways

because you can have everybody drinking this. It's not going to increase your cost. All you got to do is keep it charged and use it. However, this is if you're trying to repair your gut.

Hydrogen does repair you gut, but this has three prebiotics. and hydrogen and it tastes like a crisp apple flavor. So it taste amazing. People are like, holy cow, that tastes good.

And there are a lot of people out there that are trying to do the tablets and they'll say, but the tablet's taste gross to me. Like it just tastes magnesium is like gross taste.

This tastes amazing, it's like people are. I don't even care if it had hydrogen. It tastes so good, I want it. Yeah. You know, and people love drinks these days.

I'll tell you, people all kinds of prebiotic sodas, all kind of stuff. This is three different pre pre biotics, plus the same concentration of hydrogen as you would get in here.

Yeah. Which is over six. But I'm excited to try that one. Yes, I do see a lot of tablets. No, Gary Brica has a tablet out there. You. Know, but if it doesn't taste good, you know what?

They all taste the. Same because the, same guy in Canada makes the tablets for everybody. They just stick different labels on it. This is far better for you and far You know, but I'll tell you, the tablets and even this are the most expensive way to get hydrogen.

This is really the best way cost effective to refill it. That's right. You got to refill it and it doesn't taste like crisp apple. So just know that that the prebiotic is good.

If you're rebuilding your gut, it's good to have pre-biotics. But we also have the machines. We have one machine that makes four types of water. And everything I did to talk negatively about alkaline water for consumption, I stand by.

You know, don't drink alkalin water, okay? And think it's gonna help you. Drink it if you wanna drink it, you know? But don' think is gonna to help because of the pH.

I do have the Echo Ultimate, which is a machine that makes four different types of water. Hydrogen, hypochlorous acid, water and an alkalined water cleaning dirt.

So and a filtered only for coffee and tea. So we give them the ability to make four levels of pH with the alkaline. Now, what does soap do? Soap increases your pH.

That's how water becomes a surfactant. so being able to Make alkalin water, it'll help you clean dirt if you want a chemical free kitchen. And so we do make the Echo Ultimate machine, which makes four types of water so you can disinfect.

You can clean dirt and you could have one unit. Amazing. Yeah. Dr. Paul, as we wrap up here, if there's anyone listening to the podcast or watching the podcasts and resonates with today's message, what's that one thing you At least get this at least start with as if you're skeptical, which you should be.

That's that's the way we should all be is a little bit skeptical. But get hydrogen water into your life. And we have a special code that we did. Oh, yeah.

Yeah. Well, right. Healthy POV, healthy POB. So if. You go to ECHOWater.com E-C-H-O don't go ECO E CHO Echowater dot com. When you're in the shopping cart, there's a place to enter a coupon code.

Type in healthy POV. And you'll get a nice discount. From Sam, let's go. It doesn't matter what you are getting, it'll apply. So start somewhere. Get something simple.

Once you love it, get something else. Or if you need a whole house system, order the whole-house system for your home. Just start. Do something. Let me ask one last thing in here for everybody's listening.

If you have not had environmental toxin testing done on yourself, we want to make this conversation relevant. And I would encourage every one of you guys to obtain an environmental toxic test.

There are several out there. It's a company called Vibrant that I use to do most of mine. I would encourage you because that's going to open a conversation.

That's where Paul was talking about educating the educating people, educating yourself. Right. What I want to do right now is educate you about the issues that we have.

I mean, I do environmental toxin tests on every single patient that comes to my practice. And over the last three years, there's probably been thousands of them.

and I can tell you there are very few people who don't come through that don't have toxins everybody has pesticides herbicides plastics metals and so it really we should take it upon ourselves to make sure Paul said to me I won't drink tap water my people think I'm crazy I will never drink top water ever again in my life because I see every day day in and day out and I have a lot of sick people who come through the office.

So if you guys are listening, it is very important to filter the water, but the beauty of the molecular hydrogen is it can offset a lotta the oxidative stress and inflammation that's being caused by all these toxins.

Amen. Absolutely. Dr. Paul, where can people find you? Right here with you, brother. No, our website is echo water dot com. For those of you that want to research the studies, go to hydrogen studies dotcom.

And the study's are all there. You can search them by organ, by subject, Pathway you want to type in nitric oxide we were talking about type a nitrate oxide If you, want, to, type, in whatever you.

Want to. Type in It'll parse that data or search that database on there but that's hydrogen studies with an s.com and then the main website for our products is Echo water dot com, ECHO water.com.

We are we do have an Instagram presence with Facebook X. All these things connect with us there, like us, share it, you know, the whole the. Whole thing.

But that's where we are. And most importantly, You're not going to hear this on the news. So be the news. Go tell somebody. If you found any of this information useful or even intriguing, pass this on to someone that you care about.

Because imagine if one person has diabetes that won't have it anymore, then you've done a tremendous service for someone. Amazing. Dr. Paul, appreciate it.

It's been a pleasure having you on the podcast. You know, myself, co-host Dr. Davis, you know this is something that we truly believe in. So thank you.

Thank you, it's an honor. Guys, as you guys heard from Dr Paul and validated by Dr Davis hydrogen, hydrogen water is gonna make a difference in your health.

Also, don't be the filter, buy a filter. Make sure you share, subscribe, do all that fun stuff. You'll see all the links down below and we'll you for the next one.