A lot of the stuff You Can't Hold tour. But another episode of the Peptide Summit and today we have a treat. We have, Paul Barrett tarot, who is founder and CEO of Synergy Science.

Postman, a pioneer and leader in the hydrogen water industry for 15 years. And I really think you'll find a lot of great information. And I take, you know, the hydrogen pills and just speaking before our.

Anybody learned so much. He's a brilliant guy. And, I think you'll learn. You know, why the heck yeah. Are people, using this high water and kind of what I thought I was doing, as I learned, wasn't really what it was doing, but.

So, he's a wealth of knowledge. He has labored to bring the most cutting edge, science based natural healing technologies to facilitate detoxification, gut recovery, reduce oxidative stress.

And inflammation, of course, and as well as for reduction, protection from emfs, which, you know, I kind of thought, a number of years ago, back in MSP and then I started looking at the studies and I'm like, how can this be out still?

You know, so those are very important as well. And well, I'm sure we'll get into that. You can find them featured in numerous shows and documentaries.

Is coauthored a number of books. And he lives his family in Utah. Yeah. Oh, welcome. Thank you so much for for being on. And, I think this is a, a topic that it's one of those things I kind of hear raised.

Good for you. And made sense to me. And, been using the tablets, and now you just now I've, learned way more, than I ever thought I knew, even after going to other lectures.

And then ten minutes, I learned more from me. And so I think, I guess let's say what, you know, what what is or how did you get in the hydrogen water business?

Well thank you. Yeah, it it was really many years ago, right after 911. My wife was not doing well. She had thyroid issues, menstrual cycle issues. She had anemia. Pretty severe.

There were just issues. We were married about ten years at that time. Now it's 27 years. But I wanted to help her. And I at the time, I was working with individuals, diabetes patients for diabetes and what have you.

And I was trying to prevent, acute ulcers and, and helping them in that way, and through helping my wife with her anemia and normalizing her menstrual cycle in a matter of a few months, I was like, Holy cow, I need to share this with the world.

And that's really what happened. I was searching for ways to help her, and once I had helped her, I thought of all the other millions of people that could be helped.

And so I started giving the water to some of the patients with diabetes and within 3 to 5 days, their blood glucose levels were normalizing. And I was like, Holy cow, this 3 to 5 days.

Yeah. Isn't that amazing? If I don't say that too loud, you're going to end up, missing. I tell you. I tell you what, we have some great studies on lipid and glucose metabolism and how hydrogen affects lipid and glucose metabolism.

And in these studies, these double blind studies, 80% of the individuals in the in these with either IgG or impaired glucose tolerance, as well as type two diabetes mellitus, were normalized in this eight week study.

And I was finding the same things before the study was out. I was finding the same thing. So, you know, the bottom line is diabetes is not terribly difficult, especially type two to to modulate that or to help that.

But this is how I got started, is helping my sweetheart the my Queen and so many people get into this alternative space. You know, their doctors don't help.

And yeah, and you really took it upon yourself to to. Yeah. Oh, yeah. And it was amazing. You know, she I was learning everything I could to see what was wrong.

So anyways, here we are 17 years later, and she's doing amazing. And life is life is good. So wow. And then yeah, I just think of how it changed your life and her life and how many other people lives you've changed, which you don't even know.

You know. Yes, yes. And once I once I began focusing on this, it is amazing how many people are suffering from all kinds of stuff that they don't have to be suffering from.

But but that's how I got started. And and really, it was, originally getting hydrogen from the alkaline water, which is really what the deal was. You know, I think everyone remembers when alkaline water machines were crazily popular.

And I think to some people they still are. But the reality was we learned that it has nothing to do with the pH. It it had everything to do with the hydrogen gas.

And if we really look back at how alkaline water machine started, it started in 1800. Doctor Anthony Carlisle discovered water electrolysis because he was trying to harvest hydrogen gas.

He had been at a conference in 1798 that talked about hydrogen being an antioxidant. So we have research going back very far. We have found it and literally in world wars, they were using hydrogen for gunshot wounds.

I mean, literally if you go back and do your research, this isn't new. It's just we kind of quote unquote forgot that hydrogen was an antioxidant or it can't be patented.

So there's the yeah, they're going into a drug. That's right, that's right. Exactly. So, you know, it was in 1950, the doctor Misha Sewa and Japan began doing human trials for 15 years from 1950 to 1965.

They were using what's called a batch ionizer, a batch electrolysis unit, to create water that they called at the time, thin, all liquid. And really we understand now is hydrogen gas that was in the water.

And they were giving it to individuals with different disease models. And what they proved with the Japanese ministry of Health and Welfare was that they fixed improper fermentation in the gut.

So that's when these devices became medical devices in 1965, was because they proved that they fixed gut issues effectively or improper fermentation. So I, of course, learned about that and said, Holy cow, this is amazing.

How how could that help us? So fast forward from 1965, nothing really happened until the 1980s, at which time someone woke up, read that literature and said, Holy cow, let's make some machines that can produce this water and help people.

And so I that's how I initially I got involved and again, it was alkaline. Through the years we figured out how to take the, the the things that were responsible, which was hydrogen.

That's what the mechanism of healing was from was hydrogen gas. But we wanted to figure out how to separate water molecules back into the gases that form them, hydrogen and oxygen with and dissolve the hydrogen gas without changing pH.

And so that's what we figured out how to do. That's what the echo machines are, is hydrogen devices that don't affect the pH of the water. So you don't have the timer effects.

You don’t have throwing off your body chemistry from high. You don’t mess with your stomach pH. You just get hydrogen gas to reduce oxidative stress and inflammation.

And you have negative LRP that will help rebuild the gut. And so that’s what that’s really what we focus on. It is amazing because I was then in my head and we talked about this, that hydrogen equals basically alkaline acidity.

How much time. Yeah. Well so so the, the alkaline water. And you’re right, when you talked about, you know, hundreds of studies on this, hydrogen gas thousand, there’s, there’s not much on alkaline water.

No, no. Well, there’s none there’s not one single. So there are about 6 or 7 studies out of the 1104 that in the title say alkaline water or electrolyzer reduced water.

But when you actually get in to the study and you look at what was responsible for the effects, it will say d.h, which is dissolved hydrogen. So even in the studies where they might have been using alkaline water from machines or other ways, it’s the dissolved hydrogen that was doing the, the work or causing the effect or what we call the mechanism of healing.

It was hydrogen gas. It never has been the pH of the water. A lot of people falsely believe that somehow if you drink a higher pH water, that that’s going to affect your blood rapidly.

That’s false, never going to happen. And if it did, it would be very dangerous, because if you would drink a water of a never nine pH and somehow it would elevate your if you drank a soda that was a two and a half, it kill you on the spot.

And so we just know it’s not true. This is not how you affect me. Because I thought, oh, a lot of work. Like it just makes it more alkaline. And then the so the body will, will basically secrete, you know, basically, bicarb in the stomach which will shoot out to make it equal alkaline in the back, or shoot out an ass in the stomach and then shoot up bicarb.

But that was, that was that was definitely what was talked about 15 years ago. It’s false. That’s not true. Well, what will happen is if you were to drink a nine water.

Ten water. I hope you don’t. But if you were to do that immediately, the stomach acid is going to buffer that water. There’s there’s no buffering capacity in alkaline water from an electrolysis device.

I mean, literally from a stoichiometric perspective. We did the math one time, and it was 10,000l of a, a balloon when you. Yeah, you did things like that and, like, do people get it right?

Right. I mean, 10,000 is by 10,000l, right? Like you’re going to drink 10,000l. You know, it’s like a swimming pool of water. And so 10,000l of water from a machine just to buffer the same amount of stomach acid as a quarter teaspoon of baking soda.

That’s literally a quarter teaspoon of baking soda versus 10,000l of water from an alkaline water machine. It’s just stupid to think about it. But the reality is you’re not going to do that.

And we know that bile is a one and a half pH. We know that with gastric juices you have a four pH. You’re never going to buffer that with water. That has gotta come up at some party.

And I’m going to use this line that I just bought at Alkaline Water. I don’t see as much as we used to, but yeah. Again, I use the, the hydrogen tablets and we do for those in the, in the office, but, we’ll, we’ll, we’ll talk about that. But.

Yeah. What is hydrogen water. What what the heck is it. So that’s a good question because, you know, it does confuse people because they’re like, is it they’re hydrogen already in water H2O.

Hello. Right. The reality is no, there's not. Even though H2O, which at one point was hydrogen gas and oxygen gas, once you combine those two gases, they are now a liquid.

So you have water. It's a new substance. You don't have hydrogen and oxygen functioning anymore. You have to break the bond to get them to actually function as hydrogen or oxygen.

So that's what we do in our device. We have a proprietary hydrogen chamber or module as we call it, that separates hydrogen and oxygen. Oxygen we send back out to atmosphere where people can breathe it.

And the H2 molecule, we dissolve into the water. And that's how we do it. Now, what's what's very different than any other machine in the world. The electrodes are never in contact with the water you're drinking.

So all the alkaline water machines, the electrodes are in contact with the water you're drinking. So you will put metals into that water because electrolysis, that's what it has.

How do you get around that? Well, in our machine we have two streams of water. And what we do that's different is we have one stream of water going into the electrolysis chamber, where we're separating hydrogen and oxygen gas out of that chamber.

Any gas can. Yeah. So we out of that chamber, we push hydrogen out a specific port, and then we mix that hydrogen gas with a second stream of purified water.

And then we go through a dissolving chamber to dissolve that hydrogen gas into the water. So that's what's significantly different than any other machine in the world.

Because we have separated water, we've separated the electrolysis chamber from the water you're drinking. We're just harvesting the hydrogen gas, and we're sending the hydrogen gas into another stream of water that has never touched the electrodes.

Now, that's one thing that makes us different. The other thing that makes us different is in our chamber. Water is never in contact with the cathode. And so you can never have calcium buildup on the cathode either, because we never have water touching it.

And so you're constantly dissolving, you know, you're constantly dissolving hydrogen because we're just getting the gas out of the water, and we're sending it out a port at a specific pressure, and then it is sheared off with water going by it.

And that's how our our product function. So you can use distilled water, reverse osmosis. You can use spring water. You can use any potable water source that you want in our devices, which is not true for the other machines.

You cannot use distilled water or reverse osmosis because they require conductivity in the water. We require. Yeah we don't. We have a we have a totally, completely different process.

And we do not require conductivity in the water. Or can you contrast this because we will we'll give, ozone water to people. Yeah. And if you mix the ones, you just get but you wouldn't, you would have never, yeah.

You wouldn't want to mix ozone and hydrogen at the same time. But there's nothing wrong with ozone. It has a very short life cycle, as you know, in water.

But that's that's a killing agent. That's an oxidizer or hydrogen is an antioxidant or selective. So you would just do that, them at separate times, but there's no problem to be doing ozone treatment at the same time as hydrogen ones.

And oxidizer one's a reducer of oxidative stress. So it's totally different. Yeah. Because well we'll we'll do it the same day but wait hours. But in between because you kind of strain ozone.

It’s kind of strange because like, why would you want to give an ox to, you know, but well, you know, there’s signal modulation with oxidizers and there’s signal modulation with hydrogen.

So it’s it’s a totally different, process, having a selective antioxidant what’s, what’s really beautiful and what makes hydrogen wonderful is it’s signal modulation and enzyme action. And, but hydrogen doesn’t do any heavy lifting on its own.

It’s all second messengers because hydrogen gives direction to nerve. One nerve to Sirt1, telomerase activity. We start looking at all the antioxidant pathways that hydrogen functions on.

And the fact that hydrogen signals ghrelin secretion is to go to the brain. So you have more, more brain function. So you also have major energy production because you stop hydroxyl radicals from being forming in the mitochondria respiratory chain.

So there’s many things that hydrogen does. And then when you get down to the building blocks, whether it’s peptides or it’s it’s just the, the core of the body, you have carbon hydrogen chains everywhere in the body, whether it’s amino acid bonds which we call peptides or it’s all hydrogen, everything has to function with hydrogen.

And I kind of say it like without hydrogen, nothing’s going to happen. So you’ve you’ve got to have hydrogen. And so really why I developed this is because people have got issues.

I think we all know that. I think we we hear everyone in their mother in the natural medicine industry saying got damage, got damaged, got damage. And and we say, you know, leaky gut and you might think something’s going down your leg or something. I don’t know what that even means.

Leaky gut. It could be inflammatory gut. Or it could be. I mean, I don’t know, there’s better terms of a leaky gut, but the reality is, what constitutes gut damage or a dysfunction in gut.

And it’s really bacteria. We’re what we’re really saying is your your combination or balance of bacteria is not correct. And so what people don’t understand is if they have too much anaerobic, or aerobic bacteria, for example, they’ll have cravings of sugar and carbs.

They’ll have more anxiety, depression and and the food that they’ll want is based on the anaerobic bacteria, what it wants. Well, what we we should only have 1 to 4% anaerobic microflora.

The rest of the gut bacteria, you know, I mean, excuse me, we should know. Only have 1 to 4 aerobic. The rest of the bacteria should be anaerobic. And that’s because it will break down fiber and short chain fatty acids, meaning medium chain fatty acids to produce.

So they just say no anaerobic because then they don’t use oxygen. Yes. Correct. So that’s you know, in 94%, 96% should be anaerobic. The problem is if we overuse antibiotics, I’m not against antibiotics.

I just think we overuse them. I think if you have a life threatening bacterial infection, then it’s a great thing to use an antibacterial or antibiotic.

But if you have a virus or something else, it’s not going to touch it. But what has happened is you’ve destroyed the electrical potential in the gastrointestinal tract tissue.

And so therefore, anaerobic microflora can no longer live there. And so until you change the electrical potential of the gut tissue itself, you’re never going to have the proper gut bacteria back because you’ve never reestablished the terrain or the microbiome.

I totally believe that. And it’s like we think of the gut brain axis, but there’s also the brain gut access, and people do something to fix it, and it just never happens.

And that's one reason why I think this is such a great combination with peptides. Yeah, the peptides will work on both sides. So the brain fixed and gotten that fixing the brain and or now I'm just starting to picture all these, I basically the, molecular cascades and enzymatic cascade and hydrogen is a signaling molecule.

That's right. All the body. Which way to go? That's right. You know, and there's. Yeah, 100%. And so many people get stuck in that you know, that basically oxidized state and it's and it's sensing hydrogen telling it which way to go.

If enough hydrogen it goes this way like NAD and Ida H and you know. Right. Wow. Well, I mean, it was, it was what, 1955 when, John Sharman figured out the peptide H bonds, which is all about protein folding.

Right. That's all hydrogen. You know, you it's pretty difficult to the hydrogen bonds are. Yeah. E yeah. So I mean, it's fascinating. Peptides are fascinating and know you got peptides that can pretty much do anything you want them to do. Right?

I mean it's amino acids. So those are building blocks and they cause things to function. And what's beautiful as I said earlier, hydrogen doesn't do any heavy lifting.

But hydrogen is like a manager or a coordinator. It's going to manage or coordinate things to happen. Over 200 biomolecules in the body have been shown to be regulated by hydrogen.

So we just need hydrogen in the body because then everything works. It's when we don't have hydrogen then we have a problem. And so when we have gut damage and whether you believe it's deliberate or not or, and that's a whole nother, topic, whether you whether you believe I.

What? I said you're crazy couple of years ago now. Yeah. I'm telling you. Right. Exactly. So whether you see, it's it's deliberate with, and any different introduction of chemicals into the body people.

I was just lecturing in Nashville last weekend, and I was in my lecture. I said, look, any given day, most human beings have 29 pesticides in their body.

Well, okay, what's that doing? You. Right. And so we just need to understand that at any given time, you have chemicals in your body that aren't supposed to be there.

They were not natural, not supposed to be there. They're going to disrupt your function. And we know that they're going to disrupt your gut function. And if they disrupt gut function, that's why I created the device.

I wouldn't have needed to because we're supposed to produce hydrogen gas. And here's me at the at the stage with, with with hundreds of people listening and going, look, you're supposed to fart.

And of course, everyone laughs their head off. They love it. But the reality is we should be producing 10 to 12l of hydrogen gas per day based on our diet, and most importantly, only if we have the right bacteria in the gut.

And because I believe 97% of the population have this functioning gut, I created these devices that will introduce hydrogen back into your body and immediately you will feel more energy.

You will feel better sleep. You'll feel, you know, all kinds of things because hydrogen was supposed to be there in the first place, I didn't. I know it's shocking to everyone, but I didn't discover hydrogen.

It's been here for a long time, but it's supposed you're supposed to produce it. You have a hydrogen generator in your body. The problem is it's been taken away from you.

The keys were taken away from you to to manufacture hydrogen. And so we not only can get it in your body to help you with oxidative stress and inflammation, blah, blah, blah, but we can also help you fix your gut.

And so if I can maybe summarize in my mind, there is a it's an antioxidant, but it's really a way more than that. It's a secondary messenger. Yes. It's driving all these, you know, basically there's so many, you know, enzyme reactions that we talked about.

Well, yeah. You take an antioxidant as soon as it gets used up. It's now an oxidant. That's right. And it's going to pull something from somewhere else.

Yeah. Yeah. Your typical antioxidants are electron donors. And and when you donate the electron, they become a prox. And just as you're saying. And so now that's a burden that your body has to get rid of.

The beautiful thing is hydrogen. What it really blew up hydrogen was in 2009 when Nature Medicine published that hydrogen was a selective antioxidant and what they said was that it's selective because it only reaches and reacts with Ros or reactive oxygen species.

And they particularly mentioned hydroxyl radicals. Now hydroxyl radicals are the most cell damaging or cytotoxic. Yeah, radical in the human body. And most importantly they destroy cell function in the mitochondria.

So you don't have proper ATP, you don't have energy. And so you feel tired. And this is this is one of the things they first noted. Well guess what. Since then there were maybe 100 studies in ten years.

We now have 1100 studies, hundreds of human studies, and 200 disease models that are benefited by hydrogen gas in the body. And literally we already have studies started for 2022 that are going to be published that are amazing pathology, that are being affected, but again, it will go on forever because people are doing more and more studies and all they're doing is is figuring out why our bodies had a hydrogen generator in them in the first place, because it's critical to homeostasis, it's critical to life and health.

And this is what we all need to understand. And so having hydrogen, even as simple as hydrochloric acid in your stomach, HCl in your stomach, remember there's an H there.

So it's hydrogen. You can't have proper stomach acid without hydrogen. And so every aspect of the body requires hydrogen. And peptides of course require hydrogen amino acid.

All of these things function together in a beautiful symphony in the body. And that's really is a huge bio hack. When you talk about biohacking or you talk about what can I do to have health?

Yeah, yeah. You drink water with hydrogen gas in it and it's amazing what what happens? I'm telling you, all these big breakthroughs or some things get hot when you know.

Yeah, it's look at the literature 40 years ago. Right. And it's things that get bypassed because they take over and suppress it. You know, if we're talking about, you know, the electricity of the body, how it so that we throw that away and just said, okay, we're the pharmacological model.

And and so many core concepts of medicine are just so now screwed up. Yeah. That I, I just I'm disgusted the care that most people get, you know, their standard. Standard care.

Yeah. And, so this is seems I'm very excited about this because this is, a whole new understanding of hydrogen for me. And can you show like, so how to what would how are people, be able to use this the we have everything.

We have things as simple as just a spa bottle where you put water in and you push a button and, you know, next thing you know, you'll see bubbles coming up.

Out the bottom comes the oxygen. And in here you see a blue light. Come on. And next thing you know, bubbles are coming up. And that's simple right. Because you can take them to go.

And then we have machines that go into someone's home that can filter the water of all the stuff in the water that

you don’t want in your water and then produce hydrogen water.

So you ask the the million dollar question, what’s the difference of plain water and hydrogen? Or what? What is that? It’s simply this you have H2O plus H2 gas.

Kind of like if you have Perrier, you have H2O water plus CO2 gas. That’s called carbonation. In our case we’re doing H2O water liquid with H2 gas riding along.

So think in our case we’re using water as a delivery vehicle for hydrogen gas to your body because that’s what will help you is the hydrogen gas. The H2 molecule will help you from a brain, from a gut, from, an immune function, rapid immune function, and then repairing of the gut, which is huge for those that have gut issues and food allergies and all kinds of things.

But we’re using water as the delivery vehicle because that is the most effective mechanism of administration or way to get hydrogen into your body. But we have everything from a very inexpensive sport bottle that’s rechargeable all the way to a machine that’s going to make four types of water where you can kill E coli, salmonella, mercies, staph.

So, you know, we have everything possible, for them based on their lifestyle, based on what they need, you know, and we have many doctor’s offices across the earth, many, many, many that have our equipment and are giving it to their patients and educating their patients on it so that they can have that.

And then the, the, their patients end up buying our equipment to have in their home because they don’t want to just have the benefits when they go to the doctor’s office, they want to have their own or or even I just get the stuff, you know, in a bottle.

Right. So that little bottle would be equal to how many bottles of the tablets? Well, you have each bottle of tablets is 60 uses. Right. So each charge of this is 20 uses.

So every time you recharge the battery you use it 20 times until you have to recharge it. But you’re going to be able to use this bottle for years. And you just keep making the water as much as you want.

Your return on investment pretty back pretty quickly within the first month. Yeah. And, and so what is the optimal amount should. That’s a good question.

So what’s been accepted as a therapeutic amount of hydrogen is 0.5 parts per million. Half a part per million. Now what in most of the studies, you see them drinking 900 ML per day in the study.

So if you can have significant benefits in the body by simply getting hydrogen once per day, that’s great. But when you have the ability to make it whenever you want, I would say, let’s mimic the body.

You would normally eat three times a day, and therefore you would produce hydrogen gas three times a day through fermentation, and you would end up having hydrogen gas throughout.

And so I would say, let’s mimic that. Let’s have at least three times a day, 16oz, for example, of hydrogen water. And that would be great. I think that would be wonderful.

Wow. And, that’s that’s just amazing. I’m kind of mad at you now because I’m going to have to spend all my time doing more research on hydrogen water, and I know I’m going to be one of those, like, damn, why is that everyone talking about this?

Well, yeah, I’ve been I’ve been lecturing on hydrogen since 2009. Everyone thought I was crazy all of a sudden. Now I’m brilliant. And, you know, that’s just the way it works in life.

That’s the. Yeah. You’re a clerk. And then even then, they won’t change. When you’re proven right, you know,

that's that's what keeps happening, you know, and I think it's we have lots of great stuff is happening in the integrative space and very slowly in medicine.

And it's just like I study after study after study in this group says this, but the standard will never give in because, oh, there they said it. It is like la la la la la la la, you know. Yeah.

And until it just becomes overwhelming and then they'll kind of say, well, maybe you're right. And the rare cases or something. Yes. But I imagine there's so many people.

Well, the, the best resource they can go if people don't understand hydrogen and they want to study it, it can be quite difficult because the studies, many of them are very, very scientific.

But we have made the best resource in the world for studying hydrogen. And it's a website that is hydrogen studies.com. So it's pretty simple hydrogen study.

It makes sense. Yeah yeah yeah I know how I came up with that name but they weren't I didn't come out there, you know, but you can go to hydrogen says.com.

And there's 1104 studies indexed. And you can search by subject, by country, by years, by pathology, by condition, doesn't matter. It's completely a searchable database.

And you can go crazy because people go in there and I type in all kinds of stuff like skin spots and it's there, right? Hydrogen helps with that. So there's many different things, you know, people, crazy diseases, crazy things like, innate immunity and zebrafish.

Who would ever think there's a study? But there was a study on hydrogen showing that it increases. That's why I found you have to find these just crazy studies.

And there's, like, one great nugget. Yes. You know. Yeah. Exactly. Yeah. Most doctors, they don't even read the abstract letter. Let me. Right, right.

And how long does it take for someone to feel a difference or notice a difference in what types of patients do you see the biggest benefit it that's a great question.

It really depends on the pathology, how quickly they'll feel it. If they have RA or joint issues there, it's immediate. If they have neurologic issues like Parkinson's, Alzheimer's, I'm just going to go back to that.

So you say they have autoimmune disease. Yeah. Immediate. What what do you mean by that. Well if they have rheumatoid arthritis for instance, they're going to feel pain relief from their joint issues almost immediately.

Okay. I just want to make sure you're being recorded. Yeah, I'm being recorded. Yeah. No problem. Raise your right hand and no, that's okay. I mean, here's the deal. We have studies on RA.

And not only did the hydrogen help, but it fixed. There was no reoccurrence after they stopped drinking the hydrogen because that actually what reduced the oxidative stress and inflammation, which is the cause of the issues.

So this is what we need to understand. Hydrogen isn't a Band-Aid. Hydrogen is a fix. And that's what people need to understand when we talk about Parkinson's.

So when I do my lectures, I share, a study on the hydroxyl radicals. I share a study on colon cancer. Because why do I share that study on colon cancer?

Because when cancer's big, when cancer takes over a cell, apoptosis is no longer active. And apoptosis. For those of you that don't know what that is, it means that the the cell would destroy itself.

Apoptosis means the cell destroys itself if it's duplicating inappropriately somehow. We don't know why, but when cancer takes over a cell, apoptosis is stopped.

And that's how cancer thrives. Well, we don't understand fully, but hydrogen benefits, apoptosis, restarts that process, so the cells destroy themselves.

And funny enough, the study on colon cancer was done by the company. That makes chemotherapy drug five fluorouracil. So interestingly enough, they wanted to find out what happens when you combine hydrogen gas.

At the same time, using a chemotherapy drug. And what they found is that it was 100% cancer cell death. But in the study, it says that hydrogen water can inhibit.

So literally, the end of the study says hydrogen water can inhibit colon cancer comma, especially when combined with five floors. So and so it's a great study because they were looking at naturally occurring hydrogen water on Mount Fuji versus hydrogen water from, you know, devices that is producing more hydrogen in the water than would be the natural hydrogen water on Mount Fuji in Japan.

And they were looking at all these things. The other study that I show is diabetes. And why do I do that? Because not only do you see 80% of the individual diabetes normalized, but you also see you see cholesterol reduced by 15.5% systemically.

Again, this is another understanding that your how many drugs you've just eliminated. Well we're to right. And you want to take chemotherapy drugs right right right.

It's like your immune system right right right. And and so we can go on and on I share I share a study on athletes how there was no lactate buildup in the muscle for those that were soccer players.

There were, you know, soccer players in their 20s. And when they would drink the water half an hour before exercise, there would be no fatigue or no lactate buildup, you know?

So I share, Parkinson's, for example. There was another study I showed on Parkinson's, which at the end it says hydrogen has a disease modifying effect with Parkinson's.

This is huge language. Normally it might say something like on possibly. It's rare to get them to say that. Yeah. Yeah. And so what what we need to understand is it's the the jury's not out.

The jury's in. The FDA gave grass status seven years ago. Seven years ago now, on water with hydrogen, they gave grass status, meaning it's generally recognized as safe.

You've got 1100 studies from all the countries in the world. And these and these studies were not paid for. They were done by universities, hospitals, medical makes a huge difference.

Yeah, yeah. No one's paying for these except for the one on the five floor. So but no one's paying for these studies. It's just wanting to understand science and how the body was supposed to function in the first place.

But it's funny to me because they are treating it like it's new. And I'm like, guys, your gut was supposed to be producing this in the first place, so I kind of do a tongue in cheek a little bit.

But the reality is people can understand and there's never a guarantee with any study, as you know, but people can understand what they could potentially experience.

And so I would tell you, it's typically pretty quick. Now the healthier you are, the less problems you have. Yeah, it's going to take you a little longer to to feel or palpate something or to experience something.

The more issues you have, the faster because your body is going to have a tool it hasn't had in a long time. And

that’s important to understand about any modality.

The less issue you have, you have nothing. You have no point of reference. But I can tell you that for me, when I began drinking it, you know, 17 years ago, I didn’t sprout wings and fly.

I didn’t, levitate off the ground. But what I noticed, and I was extremely healthy. And I’ve never had a disease model. I’ve. No, I’ve never had it very lucky when it comes to health.

What I noticed is I needed less sleep. That’s what I personally noticed is that I had more energy, I needed less sleep, and I woke up. It was like a switch, right?

You’re just on and and those things were great. And so and you asked me, what do people notice? Most people noticed increased energy right away. More clarity of mind.

They don’t get tired in the afternoon. If again, if they have specific issues, they notice those issues going away. Another big one is eyesight improvement, whether they have diabetes or not.

You see an increase of eyesight. I personally have 2015 and 2010, and I’ve excellent vision. But I had a 70 year old the other day who had acid reflux for the last five years of his life, and he was taking obviously Tums for that.

And he said, Paul, I’ve had your sport bottle, your echo go now for a month and I haven’t had acid reflux since I began drinking you on the very first day.

So it’s not cancer, but it’s acid reflux, which is high reflux affects almost half the country. Yeah. And and you know, I think that if you’re depleted in hydrogen production and you give the body hydrogen, you’re not going to have acid reflux anymore.

You know, it’s not a miracle. It’s just science, right? It’s just plain science. But but that’s what he experienced at 70 years old. No acid reflux. And he said after, two weeks, his eyesight improved to the point that he went to the optometrist and said, I can’t see as well with my glasses.

And she said, that’s because your eyes have improved. I got a decrease your prescription. Of course, she never asked. What did you do? She did ask. And he told her and she was like, okay, cool.

Yeah. Like, yeah. Okay. What I ask, that’s so it’s it’s interesting. I’m, put together a talk on, longevity analytics. It’s kind of a, it’s a holistic.

Oh, yeah. And it seems to me that it, you know, like you’re saying energy. I think mitochondria that picture comes to mind where, and sometimes we’ll do mitochondrial peptides and we’ll stop working.

Yeah. Because I think they kind of used up their hydrogen. Yes. And the proton proton pump. Right. Yeah. Yeah. And the other thing I’m assuming you’re involving telomeres or telomere length in your lecture.

Yeah. So there is a study on and I’ll send it to you. It’s on Nerf one nerf to Sirt one and telomerase activity in the body. And basically when you’re drinking hydrogen water you’re going to increase your telomere length which is obviously telling you it’s anti-aging.

So and an interesting and and all the circuits now are the hot hot topic. And are two and and and that well, well this is, this is great. And it just again, kind of blows me away that you kind of know about something and, I guess one of those things, the more you know, the more you know, you don’t know what.

The more I like it, the more I like, the more importance. I’m. I’m getting one for my house, for the, us and also the travel. So lots of it makes sense, you know. Yes.

And, and how so how do people find you. Well our website is synergy science.com s y n e rg y science.com.

That's that's our main website. And then of course you have the hydrogen studies with the Nasscom which you can do research on.

There are also studies on our site but there's not 1100 like on the other one. But you can learn you can check out the machines. The easiest way to do it is to when you get to the site, you can look at the, the hydrogen or you can just go to the shop page because it's going to give you a lot of detail about each and every machine.

But please understand, you can also call us. We have a toll free number. We have a chat on there. Just you can call and ask questions. But we understand some some doctors on and some, general public knowledge or general public actually, you know.

Yeah. So, sounds like you can get them to doctors and. Oh, yeah. So patients can get them. That's our main focus. We want. I mean, just in the last week, we've picked up 30 functional MD offices in the last seven days that are that are implementing our technology into their offices so they can educate their patients.

We have Synergy Science University, which teaches you everything about hydrogen, and you get a certificate to print out. We have many, many medical professionals that are educating their patients on a daily basis.

So that patient not only gets a discount on our products, but they can have improved health. And this is where our focus as a company is, is getting medical professionals educated and understanding how to talk to them.

Think that's the way to where to go, because education is the key. And just so out there to, educate so many people, and it makes sense. Well, now I know what I'm doing this weekend.

I'm reading this study, though, because it's fascinating. So. Yeah. Thank you. Give me your, website one more time. Synergy science.com. So s y n e r y.

Yeah, yeah. Well, this was just, wonderful. And, thank you for taking the time and, educating us. And, I'm I'm a I guess I am a nerd. I'm excited about this, and I'm I'm trying to picture all the pathways that, marijuana and hydrogen, there's a lot.

So, Oh, yeah, it's it's, it's a, I tell you, one of the neatest experience I ever had. I had a doctor that came to our booth at a show we were exhibiting at, and he had parking.

So he's coming up with, tremors. Right? He had tremors and both hands. He couldn't even hold the glass. Hardly for the water. Ten minutes later, he comes back with his hands still and said, I have tingling in my brain and my hands are still.

What did you do to me? And I said, gorilla and secretions just went to your brain, your hippocampus, your hypothalamus and your brain stem. He goes, I'm feeling tingling in my brain.

I said in, in a few minutes it'll be down to your feet. Just understand there's it's working. It's through your system. And sure enough, he came back about 30 minutes later and said, it's in my feet like you said it would be, because this is amazing.

I my hands are still I haven't felt this clarity in a long time. I mean, I cried with him. What are you going to do? Right? Like you, you see this medical doctor who walks up with his hands in his pocket because he's embarrassed, right?

Yeah, yeah. And and it's an amazing, honestly, an amazing moment that even now thinking about, I get a little bit choked up because this man's life was changed as a doctor.

Because here he's treating other people and he didn't know what to do for himself. Well, yeah, doctors don't live as long as other people, so it's kind of like going to a poor person for financial advice, right?

Yes. That's good. Yeah. That's, but, yeah, that's, I just love all of, all the stories as well. And it does seem to like you think of so many models of aging and dysfunction comes out the mitochondria.

Yeah. Inflammation and hypothalamic pituitary hippocampal I mean, one study where they had rats in the middle of a box or the middle, they stuck a cell phone in there and put them in there for three weeks or so.

Yeah. And sacrificed them. And they found that hippocampal degeneration. Yes. Yeah. So it's crazy. Oh, just real quick. I know we're we're out of time here, but, EMF protection.

Okay. So we have a device is different from any else. Anything else in the world? We are not blocking the signal. I think that's foolish to try. It's almost impossible to block the field.

People are, people are still wanting their technology, so you can't block the field. What we need to do, and this is what we do. We have de we have a device that depolarize, polarizes the radiation and lower signal strength, not completely, but between 74 and 80%, so that you don't have the voltage in the air that you normally have.

So typically, if we were to look in someone's house where they have Wi-Fi, cellular, whatever, they're going to have 3V/m of electricity in the air, we will reduce that down below 1V/m with our devices.

So you still can carry on a phone conversation, still do your Netflix, do whatever you want to do with your wireless technology, but don't be harmed by it.

That's really what we're accomplishing so well. Not polarization is the big problem, right? Yes, yes. Yeah. Yeah. So we're depolarizing and and people that are electro sensitive, these are people that can feel WiFi when they enter into a building.

They can no longer tell if you have Wi-Fi on or off when you enter that space. When you have our technology, there. So it's a that's great. They just like totally blind and walk in the room.

The heart rate goes up to 140, you know. Yeah, yeah. And it won't happen that way anymore. So that's what our device does it. You don't plug it in, it creates its own electricity.

Inside we have, vials of liquid that are conductive liquid in them. And they're all tied together. And they create a small electrical charge and an electrical field, and you just you choose the device by the size of the area you want to treat.

So we have devices that are three inches by five inches to do one person. We have one like you can see you carry that around or what do you do. You can it's it's pretty small.

It's like I said, three inch by five inch by less than an inch thick. You could put it in a pocket or a purse or on your desk or something like. Yes. Yeah.

Like behind me, you see. You see that device right there? The copper one. Yeah. I think where my fingers pointing to. So that's our key shield. That'll do 16 by 16ft area.

So anything in that area 225ft² is now handled. Then we have a bigger one of those that will do a 50ft by 50ft area and then up 16ft and down 16. So it'll do like a three story home.

And then we have the big one called the key Max, that will do 328ft by 328ft. So that's 100,000ft² on one level. And the field goes up 100ft and down.

So it's a up to a 20 story commercial building with 100,000ft² on each level. That is up to 2,000,000ft². So we have a device that will do that for me.

And I should have asked the beginning, are you a chemical engineer or are you? No, I'm a medical dude. Oh, I'm

a medical professional. I’m an indie. But, I’ve been podiatrist in a bunch of stuff that I’ve done in my life, but I don’t do patient care any long.

I just focus on developing products that fix people. Well, great. Again, we went over, which I did not expect. We’re talking about some how to water question and, so thank you.

I think it was a great interview and, sure, all our listeners, doctors and and patients, just learned something pretty cool for their health. So. Yeah. I thank you.

Thank you. And have a, have a great have a great weekend. Thank you as well. Bye bye. Bye.