How Hydrogen Gas May Transform Cancer Care Transcript

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Introduction to Hydrogen Therapy

Well, I have the pleasure of having Ben Tammetta with me. He is with the H2 Biohacker. Ben, thank you so much for spending some time with me today. Yeah, great to be here.

Thanks for having me. Well, so one of the things we're going to talk about hydrogen, I mean, we have some of the basic elements. Now, we all need oxygen.

We all need a hydrogen and nitrogen. I mean, there there's just very basic fundamental components that are so vital for life. I'm just curious. Yeah. Hydrogen and cancer.

I mean, why, what what have you experienced? What have you seen so far? Yeah. I mean, hydrogen in the medical scene is starting to get more popular. It's, you know, some of the first studies came right around 2007.

So it's still a bit of a cutting edge science. So there's not a whole lot of case studies done just yet. But so that's a experimenters kind of place to work with.

And because it's so natural and, you know, neutral and easy to use, a lot of people experiment with nowadays and special practitioners and, yeah, just to make that tie real quick to show the potential.

I've been working with a local doctor in, Costa Rica, and I travel between Atlanta, U. S. that's where we're based out of in, in Costa Rica. And, some of the local doctors here are open to experimenting with these, you know, type of technology to experiment something new, especially if it's something natural, you know, talk to the body.

And, you know, she's reported back to me recently that she's been using it, with three different, you know, cancer patients and, you know, with before and after, ultrasounds.

In cases where there are tumors in the liver and in the colon. And she's watched them gradually shrink over the course of three months and to the point where she says they're they're healthy again.

I'm like, wait, what? You know, I want to see those ultrasounds. But, and so she's like, yes. Then you know that that's what I'm seeing. That's what's happening. So there's like, because it's so natural.

It's like a very synergistic treatment to use along with other cancer treatments.

How Hydrogen Therapy Is Delivered

And so it's like very little of any downsides to using it in conjunction and in this case she was using mostly natural therapies. So there it seems to be, there are natural cures out there.

And I think once more practitioners start using this, still start to see the benefits as well. I mean that that's that's phenomenal. I mean to have something so non harmful and just so supportive and I mean nutritive in a way, you know, because it is essential a nutrient.

So, so then, you know, for people out there, I mean, I mean, we, we know what hydrogen is. But in therapy what is hydrogen I mean, what what what is that.

Right, right. Good question. So the way I like to describe it for the first time to people is like, now hydrogen therapy is the administration of hydrogen gas into the body through inhalation or drinking hydrogen infused water.

Also, diffusing hydrogen through the skin by enclosing the area in a with a bag or a sleeve. And this is also the

purpose for faster healing, healing and overall general health and bettering the health.

And for and for example, I've got some props you with me. You know most people familiar with it, but they call it oxygen, right? A cannula, you know, a nasal cannula.

It's got to prongs on there. It sits around your ears. Nose is a slider. It goes up and you breathe. So it's like so natural and there's no smells. And you can't feel anything. Yeah.

So that's the inhalation part of it. The other part of it is administering it through diffusion into water with a diffuser. So we bubble it the hydrogen gas into the water and drink the water, though I say 80 to 90% of the benefits come from the inhalation.

And then the other method is like a bag or a sleeve over the hand to treat, you know, say arthritis or inflammation or achy joints and pains, you know, sleeve would go up around the, the shoulder or your knee in cases like that.

So that's the short story right there. So, so you're actually so as you're breathing in hydrogen, I mean, do you have to do that on a continual basis?

I mean, what is usually kind of like a treatment protocol that you would do, you know, to kind of when, when you do the inhalation process is like an day or as much as possible or.

But yeah, it really varies depending on the condition in the person and how they react to it. But in general, I mean, I myself, you know, I push myself to the limit sometimes because, because it is, you know, nontoxic and, you know, you can do a lot of it.

So, I mean, actually for like 3 or 4 years, every night overnight, I'd breathe it, you know, on a low setting. Right. And so I'm the living proof that, you know, 3 or 4 years overnight breathing is not going to hurt you.

And if anything makes you better and healthier. Right. And so that's, that's the, the extreme, you know, to do with, say, eight hours a day overnight.

But in a lot of cases, just one hour, a half hour to an hour intensely every day. People do see significant benefits. And then from one hour a day going from there to two and three hours a day, there are additional benefits.

And so and it depends on the condition and what state your body is and what it's trying to heal or what you can improve on. Those protocols can vary and also the method of treatment as well, because sometimes the water is more beneficial for certain organs than the inhalation.

And also, in some cases where, you know, I had a bad shoulder joint pain for two years, breathing it after several years did not fix it, but bagging it for three overnight treatments every three days fixed it and no more pain.

So I've got lots of stories with external to tell that with external treatments, you know we can get it too, but that's phenomenal. As for now. So I mean, I always say curiosity.

I mean, why why are you so I mean, the stories in himself are amazing, and the impact is amazing. But why why, why did you get so excited about this?

Treatment Protocols and Personal Experience

What was what drove you? Right? Right. Yeah. Good. Good question. So my story is kind of interesting, but I come to this from a different perspective.

You know, I'm not a doctor, so I have a very different perspective on my academic background is in electrical engineering, you know, as a scientist and as a natural health enthusiast for 30 years.

And so my initial goal was to, you know, when you similarity tired, you've got your stuff and you're doing good. It's like, well then the natural way to think it's like, I want to stay.

I want to be able to live and enjoy life. Right. And so I wanted to increase my health span and the quality of my life as I started aging, because in my 40s, I was starting to feel like rundown, fatigued and just like brain fog and like what's going on.

And it took me a while to get going and it's like, man, I'm this is what it feels like to get all the, for, for getting things. My mind isn't sharp. And so as we start aging, we experience this lack of energy, fatigue, cognitive decline, decline rate, more susceptible to sickness in very age, various age related, you know, health conditions.

And so my goal was, you know, just overall better health, more energy strength, better sleep, you know, sharper mind, faster healing, reduce aches and pains in general.

Feeling more youthful. Right. And so that's what was driving me initially. So and and that's I mean we all battle kind of that's as we get older, then all of a sudden we realize we're not immortal anymore.

And we start to kind of feel the effect of aging. And then obviously, as the body is aging more, then we start to develop. Then these chronic diseases.

And so the more we can do to to inhibit that and then reverse that. Yeah, that that's you know that that's phenomenal. So, so with hydrogen and with hydrogen then you know, what are what are all the things that it does in the body.

I mean, it's I mean obviously as you're breathing it that goes everywhere. But what does it do in the body? I mean, what are the effects? Right, right.

Right before you get into that, it's like, you know, I was, you know, in longevity groups, experimenting with different, you know, protocols, you know, and hydrogen became one of those.

And so, a roundabout way, this is several years ago that, you know, some people may have heard of, carbon 60, you know, C60, which is, a strange molecule associated with some of these, you know, benefits we're looking for.

And so in the, you know, anti-aging groups I was working with at the time, we sort of experimented with that and making our own, you know, C60, you know, oil and taking and and we were seeing benefits from that.

And so what's interesting about this molecule is it's very stable. So the question is why is this providing, you know, these anti-aging type, you know, benefits that we're seeing.

And so as I researched more, into the, into what's going on with it, it seemed like the, you know, hydrogen or the C60 was also used for hydrogen storage for cars, but it's very expensive.

So it wasn't practical. And so I said, well, well, let's dig into the science. Well, maybe it's a hydrogen then it's going on it. It turns out that the working mechanism behind the C 60, the carbon 60 molecule, the working mechanism, it was actually the hydrogen.

It was it was acting as a transport mechanism or agent for the hydrogen molecule. Holding on to it just had enough. So in the body needs it, it will release it.

And then when free hydrogen was available it would hold onto it. And so it's not the carbon 60 because carbon 60 is fairly neutral. It's a very stable inert molecule.

But it's interesting that that led me to hydrogen. I said, well, let's let's skip this carbon 60 stuff and focus on the hydrogen. And so from there, you know, we get a you know, I spent with some, some of the hydrogen water bottles, you know, which is kind of like this, which I, which are pretty much I found pretty useless.

You know, I've talked to a lot of clients that don't experience any benefits from that. And, you know, when you're inhaling it, you get literally 1000 to 10,000 more, like a per volume volume.

Right. Talking about the volume of hydrogen to your body. So it turns out there's an effect of the threshold or effective dose or a meaningful dose of hydrogen before you really feel the benefits.

Why Ben Got Interested in Hydrogen

And so, and like you mentioned before, like, you know, hydrogen is a nutrient, right? And so we began to think of hydrogen as a nutrient or almost a vitamin.

And because it's made naturally in our own gut microbiome, and not everyone has a healthy gut microbiome these days. So I, like people are as a disadvantage to get this natural, you know, supplement nutrient hydrogen into our, you know, system.

And so we get into the benefits or I can talk about, well, yeah. Yeah. So, so yeah. So you have it has a nutrient but also, you know, and then you said kind of the benefits along with the C60.

But I mean what is you know, so when hydrogen gets into, you know, the cell, you know, what does hydrogen do. We know oxygen. Yeah. It drives mitochondria.

Yeah. And you know, you have the you know like energy production. There is hydrogen involved in that as well. And what what are some of the things that it's involved in that's in the cell.

Right. Right. Exactly. Yeah. I mean it all boils down to from from what I understand, it all works. You know, go back to, you know, high school and, you know, college, you know, biological biology and sciences.

You know, the the ATP molecule that's created inside the, the mitochondria, that energy currency of the body itself. And part of that process is creating a, a voltage differential or a voltage differential inside the mitochondrial membrane.

And that whole process is about separating the proton from the electron and then recombining them at the end. Well, I mean, a proton, an electron that's basically a hydrogen atom, you know, and so at the most core level of what makes us function and gives us energy is basically the hydrogen atom separating that electron and proton and putting it back together.

And there's so many other processes that go on just to make that one little process happen, to arrange everything just perfectly. And so, you know, hydrogen works directly with the mitochondria, makes that energy production more efficient, and also that clean up process afterwards, because if the mitochondria is not operating it, it's, you know, highest efficiency rate or, you know, you know, in that in the best capacity it can a lot of the, reactive oxygen species come into play in the oxidative stress.

And so if that might occur, if that, you know, metabolic process is not efficient, then you start to see these, you know, super oxidase anions, the O two negative molecule in hydrogen peroxide in the, free radicals, like, the hydroxyl, molecule that and those are directly neutralized in most cases from the hydrogen.

So if your body is primed with hydrogen, you have free hydrogen in your body. The hydrate helps to neutralize those free radicals, which then leads into or cascades into inflammation.

And that inflammation cascades into a lot of age related diseases. So the hydrogen is working at a core level. Where are you producing energy to make your whole body more efficient?

So it can heal itself and have that extra energy to do some. Yeah. And and as we know, I mean, we're, we're seeing cancer being more and more of a metabolic disease rather than a genetic disease.

And so anything that you can do to promote healthy mitochondrial activity or energy production within the cell, you know, is, is going to put you. And so much better place to, you know, minimize cells to turn cancerous because you are continually supporting that that battery effect, like you're talking about within the mitochondria where, you know, just electrons are, moving through and their movement, you know, is what them, you know, supporting that, that energy production and with electrons moving, then you got to have the positive, you know, which are the hydrogen, you know, positive.

The ions are moving as well. And then like you said, the recombining and producing ATP.

Cellular Energy, Mitochondria, and Antioxidant Effects

So it seems like it's such a fundamental component in regards to cellular function because, you know, for a cell to be healthy, to be able to detoxify, to be able to build protein, to be able to do all these things, it needs energy.

And this seems like it's just foundational. Right? Right. So speaking of energy, well, we really notice, I mean, some people with their first treatment, you know, I did many others notice.

It's like less fatigue. You know, it's more energy comes less fatigue a boost in energy, better performance in recovery, better sleep, less need for naps.

That was my case. Two I was getting tired in the afternoon is oh, I need a nap and get worn. At the end of the day. It's, you know, in general I feel just much more energetic.

And I think this all happens because on the core little core level, you mitochondria produce more energy that your body has available just to get you through the day.

And because of the, the metabolism seems to be more clean. There's less of the, you know, oxidative stress. So that also, you know, inflammatory molecules that are neutralized pretty quickly.

And so that leads to less inflammation. And so we see that, you know, in cases with arthritis or inflammatory diseases, the inflammation is, you know, is subdued or kept in check.

And that cascades into lessening of symptoms from any of these inflammatory diseases. So hydrogen is like that's one of the most noticeable core effects is inflammation decreases and it's all traced back to, better metabolism, more efficient metabolism.

And in that process to, you know, talking about the electrons that we just mentioned, we are electrical beings. You know, we run off electricity. It's like super interesting to think of that, you know, that the Earth is, negatively charged and we walk around barefoot, we absorb those, ions, you know, electric, electric electrons, you know, through our feet.

But we nowadays walking the shoes, we're insulated so we don't have those any negative ions available to, to operate. You know, ourselves in our cells, ourselves.

And so what we notice, breathing the, the hydrogen a lot of what we're breathing because electricity is used to break up the watermelon into hydrogen and oxygen.

And so with that combination of gases, we get additional electrons and charged ions, which are good for you. And so you're actually breathing in electrons in electricity, which makes up for us not being able to walk around barefoot on the, you know, sandy beaches nowadays.

Right. And so in because our blood is negatively charged near the surface of the blood cells are negative. You know, and when we see micro clotting, you know, I forget the technical, you know, scientific name for this.

But, when the blood cells start stacking, like pancakes. Right. And formula. Microbes. Lots. Well, a lot of that is, is

due to some of the cells becoming, or your blood or system becoming more toxic and not, not being able to hold on to that natural negative charge.

And so we can see under a microscope, looking at the capillaries in your fingers, little micro clots in stacking of blood cells, but within 10 or 20 seconds of inhaling inhaling, inhalation, inhaling the hydrogen, you start to see these blood cells.

They flow. You can send their micro in these little micro clots, these stacking disappear because you're actually breathing in these negative charges and electrons, which make the cells repel off of each other, kind of like, you know, repulsive magnet.

And, so anything to do with circulation is improved as well. And so the hydrogen comes from various different angles to affect, you know, that are better than of health.

I mean, we, we know that cancer is it is inflammation always precedes cancer. And then also, you know, we know it's hyper coagulated, you know, because it is inflammatory, you know.

So then, you know, like you're talking about these kind of low formations, you know, that that you see when you do like a live blood cell analysis, you know, take a drop of blood and look under the microscope, you know, which I exactly do here.

And it's really fascinating then to see, you know, when, when the, the blood is acidic or inflammation and they kind of lose that in a bit or lose that ability to kind of, separate themselves, you know, the red blood cell thing start stacking.

And obviously red blood cells are stacked like that. They're not going to be able to transport oxygen to tissue, you know. So now we are getting both, you know, hydrogen and oxygen deficient, you know, in the tissue.

And and then energy production is reduced. And then lo and behold that cancer cell or that cells start to then yeah, shift into a different way to produce energy, which is, you know, using, you know, not oxygen.

And producing not the mitochondria for energy. So the key is, you know, to reverse those processes. And that's why hydrogen becomes such a powerful tool.

Right, right. And with it better circulation in the, the, you know, like I said, it underlies my life blood analysis. We can see before and after pictures of, you know, cells stacking and becoming more independent and very more, fluid in the way they flow through your blood vessels.

But yeah, with that, in comes, you know, improved oxygen delivery, better energy delivery to your cells, better nutrient delivery. And also when you talk about, you know, your brain improve brain function, function, you know, mental sharpness improvement, memory.

I just talked to a client yesterday, and he's like, I don't know what's going on. I'm starting to remember things I haven't remembered in a while. You know, that's that's what happens.

You know, your mind becomes more clear, more productive, better sleep. And so a lot of people notice to their, their dreams more vivid and colorful. And I myself have more lucid dreams.

And if you've had brain fog before, that all goes away. That was a big problem of mine. Just brain fog. But now it literally, I say, makes you smarter, you know?

And you think better. And so, because your brain's getting more nutrients and better circulation, more oxygen. So it's just a natural progression of your body having more energy and healing itself.

And, and we see in cases, you know, in all timers in Parkinson's and dementia, all those, you know, symptoms of

those conditions are improved. A woman I just talked to reporting back to me just a couple of days ago, or she's treating her husband for Parkinson's.

She's like, I'm getting a little worried or scared now. I'm like, well, what's going on? What's happening? You know, she's like, met my husband. He just started going out and water in the garden.

He's going out by himself now. I'm worried he might fall. I'm like, oh, I'm like, I think you can handle that problem. That's a good problem to have. But he's like, all of a sudden he has more energy and he's more productive around the house.

Yeah. Another woman was treating her, her mother for Parkinson's, and she's like, she's starting to make her bed again and help be more helpful around the house.

And so it's like, it's not you don't have to wonder about it. It's like, you know, pretty obvious when you see, you can start to make a correlation between, okay, they're starting that hydrogen therapies and things are changing.

You know, we're starting to see more benefits. Yeah. And then you have obviously patients that have gone through, you know cancer patients gone through chemo and their nerve nerves are impacted.

Circulation, Brain Health, and Neurological Benefits

Yeah. So you know, things that have such a strong neurological, support like hydrogen can then be extremely beneficial for that regeneration. And also obviously the chemo brain is a big deal.

So that that leads me to the question, I mean, is this something that can be done alongside with traditional oncology care, or is there any kind of negative interactions between.

Yeah, very good question. Because a lot of people asking, especially people that are, you know, because, you know, if you have cancer, you want to start all these treatments and it's like a shotgun approach, you know?

And so, the, the general train of thought is like, you know, how you're going to improve your circulation, increase energy, and just make you feel better in general.

And so anyone that's on traditional, say, chemotherapy or cancer treatments, there's one client I know he was doing, so the type of blood cancer and just like the chemo was just getting him down, just run down and just dragging and, and as soon as he started the hydrogen therapy, like, he had more energy, he was feeling much better.

And so, you know, it can be used in and in combination with, traditional, you know, cancer therapies and in most cases it protects from radiation because a lot of studies were done, to show how hydrogen actually protects from radiation and not just like, you know, take chemo, but, but also solar radiation, microwave radiation.

NASA did a study on how to best protect his astronauts. You know, traveling slowly from a long distance from Earth to Mars. And they say, breathe hydrogen.

That's what they came up with because hydrogen protects from radiation. But we also found out is that, you know, through my cell phone forensics, they're coming to me saying I don't get sunburned anymore.

I'm going on the side meditating with my bald head, and they're saying it's like I don't get summer anymore. Well, it turns out that, hydrogen, you know, when the radiation breaks up, say, you know, molecules of water molecules in your cells.

But if your body is primed with hydrogen, that's that, you know, there's basically considered reactive oxygen species. Those free radicals are quickly neutralized by hydrogen, you know, if your body is primed with it.

And it's that when those reactive atom molecules become, you know, say damage and they're freed up, they want to just combine with that. The quickest thing they can, it could be a cell or a piece of DNA, but when the hydrogen starts to gobble them up, you know, in the case of sunburns and radiation, you see, it's like it's neutralized before it can damage your cells and your DNA in your body.

Okay. Yeah. And essentially when, when you look upon, you know, cancer, I mean, that that just means that you have, genetic damage. You have tissue that is produced in a way that is, non usable, essentially.

Yeah. I create a bunch of protein that does not resemble what the normal cell would look like. So anything that you can do then to prevent that from taking place, you know, which is what what hydrogen does, you're then able to protect healthy cells from turning cancerous.

But it it also, like you mentioned that it really improves that kind of therapy tolerance. You know, if you're going through chemo or radiation, you can you can handle it better, you know, so that you are able then to complete your, you know, your course of therapy that your needing to do.

Yeah. Which is obviously every oncologist dream is, is not having to stop therapy. Yeah. And the metal hour delay at because we want to have the full effect.

Yeah. While while they going after the cancer with those type of therapies. Right. Right. In addition to that it seems like someone that's doing regular hydrogen treatments that does have cancer.

The hydrogen seems to help spread. It's very difficult for cancer to spread well on hydrogen therapy in a way in your actual cells. So if nothing else, if the cancer is contained and it's limited in how it can spread throughout the body, and at the same time, the hydrogen boosts your natural immune system.

It it acts as a trigger molecule for, for your body's natural glutathione production. You know, it's it's a master antioxidant. And so if you're boosting your immune system with the hydrogen ions helping to stop the spread, that gives you a chance, it gives your body a chance for your own natural, you know, cancer, cancer protection, cancer protection system to kick in and so your body can heal itself naturally.

I mean, even, you know, babies, teenagers, young, young, young people all have some type of cancer always, you know, it comes and goes, but your immune system is strong enough to fight that off.

Just as we age, our bodies get less resilient and that hydrogen seems to be boosting the natural bodily processes that help eliminate and prevent cancer from taking hold and spreading.

And what a lot of people don't, recognize as well. I mean, the white blood cells, I mean, they can get exhausted. And so if we promote energy, you know, energy production within them, you know, then that prevents that what's called the T-cell exhaustion and really kind of boost the the immune system's activity and their, you know, vigilance and be able to go after cancer cells or pathogens or whatever that is.

Right? Right. Yeah. Speaking of, T cells, there's a couple a few studies I want to mention that, bring up the connection between hydrogen and cancer and so on.

T cells, if I can, mention some of the topics there. Right. I would love to. Yeah. So so people can understand that this is something that has been, you know, there's a lot of studies out there that really proves the validity of this type of therapy for the immune system for, you know, and people battling cancer.

Right. Okay. So I mentioned three studies here. One is in, 2019, there's a study in oncology reports. And so this this clinical trial actually focus on the advanced, focus on advanced colorectal cancer patients receiving hydrogen and hydrogen gas inhalation alongside chemotherapy.

The results indicated enhanced overall survival and progression free survival attributed to hydrogen gas reversing imbalances in T cells, thereby improving prognosis.

They say patients inhaled hydrogen gas for three hours daily at home, demonstrating the feasibility of this approach in real world settings.

Cancer Support, Chemo Tolerance, and Radiation Protection

That's phenomenal that there was one of the quick quickly two more here. Another study in 2000 to 2020 right. This was an oncology letters. So this study investigated the combination of hydrogen gas inhalation with lung cancer patients.

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

So interesting. Interesting stuff. And and the last one I want to mention here is again in 2020, a study in medical gas research was a publication. So this study explored hydrogen therapy's role in advanced lung cancer, focusing on controlling tumor progression and alleviating, medication side effects.

So the trial found that hydrogen gas inhalation significantly reduced cancer symptoms with progression free survival improving from 4.4 months in the control group to over eight months in the treated groups, while also diminishing drug related side effects.

And so it goes back to improving the quality of life, enhancing your health. Then, you know, I don't mind living, you know, to a ripe old age, but I want to be healthy when I die.

I don't want to be on my deathbed for the last ten, 20 years. That's no fun at all. You know, it's all about health stand. And that's what it seems like hydrogen's able to do.

You know? And that's. And that's the incredible thing about it. It's natural a way to just improve your health. Skin. And I mean, correct me if I'm wrong, but it's I mean, compared to things like vitamin C, zinc, selenium.

Yeah. The different antioxidants that we think of. Yeah. How does it compare in its antioxidant capacity. You talked about neutralizing these oxidative stressors.

You know that that's that's produced from, you know, produced within the cell just from energy production within the cell. Yeah. How how does it compare to these other antioxidants.

It varies I mean, on who you talk to. But I mean, some even say that vitamin C is not so bioavailable to the body. You know, you've got to take it in like liposomal C in different forms of vitamin C for your body to actually be able to absorb it and use it.

There's also, a few other ones. Astros anthem right is another popular nowadays. But the way the hydrogen, what's great about the hydrogen, it works with your body's natural ability to create its own anti toxins.

You know, body creates its own natural antioxidants, you know, like blue dot iron. And so the most dangerous, dangerous and, you know, superoxide, the hydroxyl radical or the most dangerous, you know, free radicals the hydrogen can directly neutralize.

But when it comes to, improving your natural production of, you know, antioxidants, hydrogen is, like I said before, it acts as a triggering molecule for its own production.

And what better way to get more antioxidants in your system to combat these? You know, foreign molecules in your, in your system that are not beneficial, but then do it in a natural, natural way.

So I think that's where the difference comes in. The hydrogen makes it more natural process your body that's more obviously bioavailable than some of these, vitamin C that are not so absorbable.

Yeah. Yeah. No it's a it's a powerful powerful tool. And like you mentioned it it's hard to overdo and I and what's so great I mean from, from what I've read and what I've learned is that you know, it has that protective mechanism done on the healthy cells, but it actually also induces cancer cell death, you know, within the cancer cells, you know, like you talked in the beginning of our discussion.

You know, what what the doctor was seeing in in Costa Rica. So yes, it has this product protective mechanism. It does upregulate the immune system, you know, a fantastic antioxidant to clear out kind of oxidative damage or reduce oxidative damage helps to turn on the mitochondria.

But it also in cancer cells, it actually, you know, supports that apoptotic effect, you know, to, you know, so it has a different effect on cancer cells, you know, versus healthy cells.

You know what's interesting that brought up a point I want to bring up here is, is that the body knows best how to heal itself. Right. And so given the right environment and nutrients, the body knows what to do.

Go back to example, when a couple was saying like she's that her husband is fallen asleep more when he does a hydrogen, but she has more energy. Well, it's like the body knows what to do given more energy.

So if you're falling asleep, you're getting more sleepy. Your body needs to rest, relax, and heal itself. Your body does most of its healing when it's sleeping, right?

And growth and healing take place when you're sleeping. So that's what he needed. But and she was in a much more healthy state and she's more energetic.

And so it's interesting that, the Hydra affects people differently depending on where they are health wise. And they'll leave it up to the body to, to do what's right for yourself.

Right? Yeah, yeah. Now, the body is fascinating in that way. And and that's I see that again and again that. Yeah. You have one therapy that affects the healthy cells in one way.

But on cancer cells it behaves completely different. And and it's important for people to understand that you can't just say yeah. Yes. This substance it does this, but it doesn't do the same thing in every cell.

Each cell are impacted differently depending on the need.

Research Studies and Clinical Evidence

And then, you know, like cancer cells are going to be impacted, in a different way than, than healthy cells. So, and that's true for hydrogen, which is so, you know, the the intelligence is just so phenomenal.

Exactly. So and any anything else that you feel is, is really important because I mean to me this seems like such a foundational therapy. You know how how can people kind of connect and benefit from this therapy.

I mean obviously they can go to places like myself. We offer it here. But I mean, it seems it seems like this is something you can have as a home device.

That's the best thing about it. And, when I first started experiencing the effects and how powerful it is, I've tried almost every medical, you know, whole medical device out there just experimenting, trying to get the most out of my health and just, improve myself.

But, I mean, I'm, like, a different person. I feel better now that, you know, 55 that I get it. You know, in my 2030s and 40s and feel like I have a whole new life.

And I'm like, oh my God, this is like, life changing. And, you know, no more aches and pains. My joints. I mean, the fatigue, all that's gone now I'm like, I'm raising my, you know, teenager. I'm beating him now.

It's like one day you're leaving, you will say, but, I couldn't do that with my dad, you know? And it's like she would with me. But now I'm keeping up with all the young kids.

Now it's it's great, you know, it's like a whole new life now. And so, I mean, I think, like, every it's just a matter of time before everyone has one of these devices in their home.

But, I mean, it really starts, like with practitioners like yourself that are going to introduce this to their clients. And we work with a lot of practitioners that have one in their office.

You know, in their waiting room, especially naturopaths and, you know, chiropractors, they'll put their patients on it, you know, while they're waiting for treatment.

And it works very synergistic with a lot of natural therapies and treatments. You know, it's like for massages and ionic foot baths, you know, if you're in there for treatment, you can be doubling down and doing the inhalation of the hydrate at the same time.

And so it's an additional benefit for the patient. And we find because it does enhance a lot of the normal therapies that you would be, you know, using on your clients.

They have a better experience. They heal faster, and they're going to want to come back and see you and they're going to refer other people. So it's a it's a win win situation for everyone.

And then people, then the, the clients sort of say, well, can I, can I have one at home? I feel great, but you know, it's like I gotta wait a week to come back and so they can this is affordable to the point where you can have it in your house.

So it's just a matter of time before every household has one or should have one. And so yeah, it is a device that everyone can use. It's so simple and easy and you can keep it in your house.

It's not, you know, difficult. If you can make coffee, then you can use the hydrogen. Oh, Ben, thank you so much for for spending this time with me. Thank you for being.

Yeah, to driving this technology out there because I feel that this is again, as so fundamental. And so thank you so much for for doing this. Yeah a couple quick takeaways and then we close it up here.

So basically hydrogen hydrogen seems to jumpstart healing. And that's the best way I can see it because you know in bagging limbs my shoulder and in my foot 20 years of pain plantar fasciitis just bagging it overnight over the course of the week.

It jumpstarted the healing process. No more pain. Same thing with my shoulder.

Home Use, Practitioner Adoption, and Closing Summary

So what I do, and that's how I, you know, like the top, I just jump starts the healing process in your body. So I mean, it's safe, it's natural, it's easy.

It can be. It used in conjunction with other therapies. We see positive results and get positive feedback from our clients. And but it's not just hearsay.

This is starting to be backed up by real research and studies like we mentioned. And, you know, we we became a sponsor of doctor talks like here just to get the word out more.

We've we've grown our business just organically just by sharing our results and just by referrals. And people say, well, you got to get more out there.

This is going to help so many more people. You need to talk about your story and experience. And so that's what we started to do. And so up to this point, we've built a large internal knowledge base of protocols.

After getting feedback from nearly thousands of clients now. And so we have an idea of what it works and how it works and how to, you know, work with patients, get through, you know, the therapies and, you know, and coach them through it.

So we're doing that nowadays for people. And yeah. So Twitter a website is H2 biohacker.com. And right now you mean, we've got time. I don't know how long that's going to be available, but you can sign up for a 30 minute free consultation where I can talk directly to people and, you know, to their particular conditions.

And it can relay stories of how I may have helped other, you know, clients in, in similar conditions. And, we're also offering a discount code for people attending the doctor Talk summits here.

And, that's, the discount code is doctor talks the RTA. So if you enter that discount code, you get a nice discount, when you get to purchase one of our machines.

That's awesome. And, and just to kind of, you know, do the a summary like you're doing in regards to cancer. I mean, we know it it neutralizes reactive oxygen species.

You know, that that, you know, drives cancer. It's anti-inflammatory. We know cancer is inflammatory in nature. Apoptosis modulation. Yeah. It helps to, you know, trigger cancer cell death, improve, you know, therapy tolerance.

You know, if you're dealing with chemo, radiation, suppressing tumor growth and metastasis, series of studies showing that, immune support and then mitochondrial activation, you know, driving mitochondrial.

So, it's, yeah, the evidence is there, the studies are there. And so, yeah, it's phenomenal tool. Thank you so much about it. Great. Great summary of points right there.

Great summary. Thanks.