Hydrogen Therapy: A Game-Changer For Heart Health And Stroke Recovery Transcript

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Introduction to the Summit and Guest

Hello everyone, and welcome back to another episode of the Heart Attack and Stroke Recovery and Prevention Summit, where we're bringing you the best experts in health and wellness to help you prevent a heart attack or stroke.

Or if you've already suffered from one, recover from one. And today, I've got Mr. Ben Tomita, and Ben is here with us from a company called H2 Genesis, and he is a biohacker.

And if you know what we do at Natural Heart Doctor and a lot of the summit here, you will live well. Think well. I'll test on guests, evidence based supplements, biohacking strategies.

So today we're going to bio hack with Ben Tomada. Ben, welcome to the summit. Yeah great to be here doctor Jack Wilson. Glad we can do it buddy. You got it my friend. All right. So listen today we're going to talk.

You're an expert in hydrogen and I've heard a lot about hydrogen over the years. Hydrogen as far as its ability to help people with things like inflammation, oxidative stress, things that ultimately wind up, as causative and as a sign that they're at risk for heart attack.

Stroke inhibits people's recovery. So dive into what is hydrogen therapy and what are we trying to achieve by using hydrogen in therapy. Right, right.

To start, you know, at the bottom will work up.

What Hydrogen Therapy Is

But hydrogen therapy is basically the administration of hydrogen gas into the body through inhalation or drinking hydrogen infused water. It's for the purpose of better health, overall healing and well-being.

And, you know, inhalation. We use a can you give an example right here on your ear nose. Most people are familiar with this. And then you connect the cannula up to the hydrogen put gas producing machine and you inhale it through a cannula.

The other method of treatment is water with an air stone. We diffuse the hydrogen into the water and you drink the water. Those are the two main methods also diffusing into your skin through bags, you know, through your skin.

Because hydrogen is very your small molecule, it diffuses really quickly through your skin. And so, I mean, I'm not a doctor myself, so I offer a different perspective on hydrogen therapy.

I came about this from a roundabout way. My back, my background is actually in electrical engineering. And as a scientist and as a natural health enthusiast for over 30 years now.

So I want to talk a little bit of hydrogen and share some of the benefits, and how I've got into this, you know, because it's a little bit an interesting story.

So my goal initially was, just increase healthspan. I kind of settled down to Costa Rica now just avoiding all the toxins and craziness. So that's part of my health journey.

And and once you've kind of like settled in, you've got your lifestyle doing, it's like you want to increase your health

span as long as possible. You people get to the age where they've made some money, they want to retire, but their health starts declining.

So my goal initially was to increase my health, standard quality of life and preserve that as long as possible. And so, you know, as we start to age, we experience, you know, the lack of energy fatigue, you know, cognitive cognitive decline.

We're more susceptible to sickness in various age related health conditions. And so my goal was like, you know, overall better health, more energy strength, better sleep, sharper mind, faster healing, reduce aches and pains.

And overall, you know, more youthful, you know, feeling, and so, you know, back back years ago, frequent longevity forums in chats to looking for the latest, greatest bio hacks and longevity secrets and, and we were, I, we discuss research papers with other, you know, biohackers in the community and, and one point we came across this molecule some maybe if we with called carbon 60.

And so that was the age like 4 or 5, six years ago when a study came out. We started, using that in our, you know, little niche community. And we started getting results, you know, some of the anti-aging results you would expect that I was looking for.

But, and so as I dug deeper into the science, and so why is this inert carbon 60 molecule that has no, no purpose in biology? How why is it having these anti-aging effects?

And when I dug deeper into research papers, I, I found some papers that showed that, carbon 60 could actually hold on to hydrogen and there were actually using it in for storage of hydrogen, for hydrogen cars, there were hydrogen.

Those are very expensive molecules. So it wasn't practical. But the key thing is, hey, it holds on to hydrogen. So it turns out to be more research that, the carbon 60 was actually acting as a transport mechanism for hydrogen.

And so what, skip this expensive carbon 60 molecule and just go straight to the hydrogen. And so that's when I started digging into the hydrogen. And at the time there were some little you know, this is like five, six years ago, some little desktop bottles.

You sit on your desk, that bubble hydrogen you used to water.

From Biohacking to Hydrogen Research

Things are expensive back then. And I also found research, you know, in Asia this was bigger, you know, hydrogen, you know, treatments and therapy. But, I didn't I don't really know many benefits from the, the little devices that bubble water through there.

And so I ended up, you know, being an engineer, I was already running the car, my car partially on hydrogen. So I was familiar with electrolysis and generating hydrogen gas on the fly.

So I'm like, well, I'll just make a machine myself and experiment with inhalation and just treating the water myself. And so I was able to build my own, you know, electrolysis machine, hydrogen generator.

And so experiment on myself. And then once I started that, I mean, it was like mind blown. It seems like there is an effective threshold of hydrogen that really, stimulates the real benefits that, some people are seeing from this.

And so, I saw I share my results back with the community, friends and family and before you know it, they wanted to machine. And so I started tinkering and building more machines for them.

And we kind of got pushed into the business, too, just sharing my story in testimonials. And so, the next question is like, well, why hydrogen? You know, is hydrogen natural to the body? I mean, what is the relation?

Because it's like kind of a it was a new thing for me at the time because I come from an engineering background, not health necessarily. Well, I mean, let me ask you this because we think about what do we want to breathe, right?

We want to breathe air. And air has oxygen in it and nitrogen in it. It as presumably, of course, other gases. And it has hydrogen. So why would we want to breathe in?

You know, we don't want to breathe helium, you know, to any appreciable level. What what's so special about breathing hydrogen? Is it safe? And then what does it do to us?

Right. Exactly. Well, yes. So again, as you dig deeper into research, it turns out that, hydrogen is naturally produced in the body as a result of the healthy gut microbiome.

And so in a healthy gut, your body naturally produces as but as much as 6 to 12l per day. It's been measured. And so since most people do not have a healthy gut, they're at a disadvantage.

So that natural byproduct of digestion that your body has evolved to, utilize the hydrogen is not available for most people. And so that's not mainly helping the person maintain their natural, you know, most beneficial healthy self.

Right. And so so then you start to think of, well, hydrogen is really a supplement. You know, if you're not getting enough of it, you know, naturally, then you can think of it as a, supplement in like some of the characteristics of it.

It's the smallest molecule with two hydrogen atoms bonded together. You know, we call it H2 for short. It's highly diffuse, usable. You can't store it in a container or anything like that.

So it has to be made like on the fly from a machine or something. It doesn't accumulate. It diffuses quickly. No measurable toxic effects. And it interacts with nearly all bodily processes in a beneficial way and all associated with improved health.

Yeah. No. That's good. That's good stuff. And, you know, regarding, the hydrogen then, you know, talk about obviously a hydrogen, of course, combines with oxygen that makes, that makes water.

It makes, intracellular water. That's something that's very commonly discussed about actually that the majority of the water in our body is not what we're drinking down.

It's what the body makes in the mitochondria. Maybe touch on that from a, you know, physiology, you know, standpoint at that mitochondrial level, what's the benefit of using this exogenous form of hydrogen?

Right. That's been great questions. And that's like really the core of it because once I was starting to, experiment and say anti-aging, everything points back to the mitochondria.

That's like the core level, the most foundational level where you've got to address that. And once that's addressed, a lot of other everything falls into place.

So, because, you know, in the mitochondria, you know, it's all about, you know, hydrogen, you know, separate the proton from the electron, recombining it to produce the ATP molecule, the, the energy currency of the cells.

And if that process is done efficiently, then there's less waste products and byproducts in this I hydroxyl radical radical that causes inflammation. And so one of the things that, we noticed, I noticed in class with this is that, increased energy in better metabolism.

So it improves all aspects of cell metab metabolism at a very low level. Mitochondrial level. And also since there's a lot of mitochondria in the brain, it affects your your mental state.

So, you know, concentration in focus, you know, a better sleep, but also with the energy.

How Hydrogen Supports Mitochondria and Inflammation

I mean, if you're an athlete, you know, you know, some improved performance, recovery, you know, strength, endurance, all of those are improved. And, and it's also known as hydrogen as a selective antioxidant.

So if your metabolism is an efficient when it is not efficient, it creates all these free radicals, these, oxidative species. So the hydrogen, if your body has enough of it, it will neutralize those reactive oxygen species before it has a chance to cause damage and inflammation in your body.

I mean, how many stories of inflammatory conditions I've seen in in fiction, both myself and in clients, like conditions like arthritis. I mean, client, two years of arthritic pain.

After two months of the hydrogen inhalation, the the pain is gone. Joint pain. I healed, toward rotator cuff here. You know, years of pain, but especially joint pain and any inflammatory diseases which are most of the age related diseases, it the hydrogen, you know, squashes that it takes care of the inflammation before it causes a problem.

Do we have any data on the use of hydrogen therapy objectively in people to lower inflammation iron markers, HSC, CRP, or oxidative stress markers, things like oxidized LDL, Milo, peroxidase, lipid peroxides?

Because I know that there's a lot of, you know, research papers on hydrogen. But I wonder, you know, I haven't really researched that in a while. I am familiar, again, with dropping the idea of tablets, into that, and it looks like you're doing something that's even next level above that, because you're just making something that's so eminently bioavailable that you're able to breathe in from able to, you know, infuse into the water and drink that down it.

I love that, I love that idea. But, any objective data that's been produced yet in that arena? Yeah. This, I can go out. There's a couple studies I want I mentioned, but first, like, there's at this point, you know, the the studies regarding hydrogen are increasing exponentially that are being published now.

So now they're more of more than 2000 papers that have been published on hydrogen as it relates to health. And, you know, research as well as my experiment show that hydrogen therapy helps benefit all bodily systems.

And you can literally research, you know, a Google search for molecular hydrogen in your condition and you will find some kind of, you know, study related to that, whether it's, you know, animals or even human trials.

But, a couple of the other benefits that are, you know, significant that I wanted to mention, you see here, I had a note here. Yeah. We talked about, you know, inflammation in the energy, but also circulation.

What's incredible is that, you know, I, I bought a nail for microscope, and I'm for me with those where you can look at the capillaries in your fingernails and see the actual capillaries and individual blood cells, you know, circulating around, I was because you can feel the effects almost immediately, and your circulation improves, your mental clarity and focus improves.

And your energy to go, what's going on? And so we start looking at the, the capillaries in your, in the fingernails right here. And what we can see is that, you know, people that are, you know, have been living in a toxic environment.

The capillaries are darker red almost. You can see little micro clots in there. And within ten to 20s of the inhalation of the hydrogen, you can see the little cells start to break loose, break loose and start circulating.

It's pretty amazing that it has an effect that quickly. And digging more into the research, you know that blood cells have a natural negative, you know, charge surrounding them. You know, ourselves do.

But when your blood becomes toxic and diseases start to, take effect in the body, your blood cells lose the natural ability to hold on to that negative charge.

And so breathing the hydrogen gas, which is also, you know, charged electrically, it brings back that negative state to the, you know, blood cells. So what we've seen under the microscope and also in, live blood analysis which the toxic blood or damaged blood the cells start staggering positive negative positive negative.

If you see it on the microscope and because they're like pancakes, they'll just stack up and create micro clots. Well, looking at before and after, under the microscope, you can see cells are clumped together before and afterwards.

They're, you know, separated the natural negative charge that repels, just like two north poles or south poles of a magnet. And so that alone helps improve circulation and nutrient delivery to cells where it can't get sometimes.

And so, it just the mental mental sharpness I mentioned also before, you know, better circulation in your mind, more oxygen delivery. And you know, it affects your, normal day, every day focus and you can be more productive.

Evidence, Circulation, and Immune Support

And with all that comes your natural immune system boosting potential less colds, flus, faster recovery. Jumpstart the body into to healing. Love it. I mean, I think this is such an exciting topic.

I mean, listen, as much as we tell people, eat well, live well, think well, the world is such a toxic, polluted place. Before you and I started reporting, we were talking a lot about mold.

And I think ultimately, what's happening is, is that all these environmental toxins, one of the biggest things they do is damage the gut microbiome. You damage the gut microbiome, it leads to intestinal hyper permeability, often called leaky gut inflammation, oxidative stress, immune system activation and autonomic, dysfunction.

Related to that. And ultimately you wind up with all these diseases. So it's interesting and exciting to have a product like yours a device like yours, in order to kind of bio hack the system, to deal with all these toxins while we're trying to avoid them all, you know for sure.

But again, what are the strategies to help our body recover? So this is, exciting in this arena. What about, is there any kind of, like, rectal insufficiency that people are doing and can your, technology be used in that area, and if so, how so?

Yeah, I've actually had a client that, you know, does their own ozone installation. And so he asked me, but you know, it never been done at the time. And I don't know of any other cases. But he's really into that.

He's like, can it be done? I'm sure it can't hurt necessarily. So he actually did some experiments with it. And when he was getting results, you know, feeling the same results as if you would have inhaled it.

But and so after some experiments and doing that for a while, that what we've determined is that, yes, they're results, but they're not to the degree that the benefits outweigh the extra time for the set up and all that, you get just as good results.

You know, just plug in the machine you put on the canyon and breathing for, you know, say 20 minutes have over an hour or so. And so between that and the drinking water that gets you like, you know, 99, 95% there that, you know, it's possible the installation, but it's not necessary, you know, it's not worth the extra trouble you have to go through.

Got it. And then as far as time per day, like you said, what is what is the protocol or is this on a daily basis. Is this every other day? What are we doing as far as the nasal cannula is concerned.

Right. Exactly. What I find, what I recommend is like a minimum of an hour a day, you know, there's great. There's based on feedback from clients, as many as three hours.

You there are more results. So you for if you do it for an hour in the morning, afternoon and evening, sometimes

the results are enhanced. Me, myself, I'll lower the, the gas output on the machines to about 20 to 30% lower and sleep with it, I think almost probably 80% of the nights for the last, you know, 4 or 5 years.

I use it overnight and that helps with sleep, dreams. Your dreams, your mind is activated, but in a state that it's more natural for it. So you have more dreams, more lucid dreams, more colorful dreams, deeper sleep.

And you wake up feeling more well-rested, like you're ready to go. I used to wake up just groggy. You just took me so long to get going. But, you know, I just wake up and I'm, like, ready to go.

And where do, Well, I guess the other thing is that, as we're, as we're kind of breathing that in, is there any is there anyone who has really pulmonary issues?

I'm sorry. This is the question I want to ask. What about for the, prevention, excuse me, regarding sinus issues, sinusitis. Obviously you're breathing in, and that's got to have an impact.

It's coming in through your lungs. I know that there was a lot of research done on this during, you know, Covid and what it did for people in the prevention of Covid in the treatment of Covid, break down what it's doing for the sinuses and for the lungs.

Right. What really good questions. We've got a lot of, you know, results and feedback for that. Me, myself, that's one of the first things I noticed because I sinus issues too.

But within minutes, you know, 5 to 10 minutes, you feel your sinuses clearing up. You're able to take a deeper, you know, fresh breath of air. That's what it feels like.

I had a friend recently visiting, you know, plugged him into the machine. He came up all stuffy bodies, like, yeah, I can breathe better now. And I know in China, early on during the pandemic over there, they were doing studies with Brown's gas, you know, hydrogen gas in the patients.

They put on, the Brown's gas, hydrogen treatments, left within 2 or 3 days of starting the treatment as opposed to other patients that were 2 or 3 weeks in the hospital.

And I can't tell how many stories, you know, during the pandemic time that, I got calls later on from people saying, well, you're a client of yours. Let me in the machine. And it saved my life.

I ended up not having to go to the hospital, but it really it stops the the hydrogen in the lungs stop any cytokine storm. You know that. You know, those molecules just spit being spit out that caused increased inflammation.

Hydrogen for Sinuses, Lungs, and Mold Recovery

So once that stopped, your body can start to, you know, get back to normal and heal itself. But on my my lung capacity has gone up tremendously as well.

So in back to the mold you mentioned, you know, mold is like a bigger problem nowadays more than ever. And I get calls all the time saying, hey, I got more, you know, issues.

I, you know, my house is contaminated. I'm trying to heal from it. You know what what what can this do? But, you know, the first thing I recommend is like, you know, get out of your ozone, your house, put ozone in there, right.

And just get, you know, free your living conditions of mold as much as possible. But, what I've seen with, clients, it helps heal the lungs faster after mold contamination and your own, you know, your body's natural ability to heal itself of, you know, such mold contamination.

So two things, you know, ozone, get rid of it. You know, maybe ozone treatments can help jumpstart your body, but the hydrogen really helps to to heal yourself faster in those cases.

So, yeah, I mean, how would you compare? You know, I guess maybe I'll just kind of umbrella this as, like, hydrogen therapy, to, to ozone, to, you know, again, a lot of people are using I. V.

ozone known as IBU suppositories for ozone. And even, Yeah. I mean, as it relates to ozone, what are the differences? Maybe with, you know, using it, using oxygen therapy versus hydrogen therapy?

Excuse me, I meant to also even talking about hydrogen peroxide, there's this whole kind of spectrum that we're using here. That's what I was looking for. So you got hydrogen.

The hydrogen peroxide, and then you got pure oxygen or, you know, ozone in that scenario. So, tell us about the differences there. Yeah, that's a popular question as well.

You know, ozone is three oxygen molecules combined together. It's a very unstable molecule. And so that O3 really gives up, an oxygen molecule and is considered an accident.

And when it does that, that's why we use in treating like viruses and bacteria is in mold because it latches on and gives it that oxygen to kind of neutralize or kill, you know, bacteria or infections in some cases.

Right. And so it's considered an accident. The same with hydrogen peroxide. And I think I've experimented with both of those myself. You know, the, the H2o2, the peroxide, it also has that extra oxygen, which is fairly unstable.

And in the right conditions it'll give off that oxygen and oxidize other, pathogens out there. And so those two things are good for, you know, acute conditions that, you know, you may have an infection or you know, killed a mole in the house, something like that.

So I've experiment both in. That's the opposite of hydrogen, which, you know, hydrogen itself is an antioxidant, and it stimulates the body's own production of antioxidants, including iron.

So, they counteract each other. And so, you don't want to do them together, or they just neutralize each other, so you lose the benefits. But I find, you know, hydrogen peroxide and ozone may be good for treatments.

You know, for cases where you've got something that you need to really cure or fix. And once that condition is fixed or cured and out of the way, the hydrogen helps, you know, rebuild your body, jump starts the natural healing processes.

So you can't do too much hydrogen. It's not toxic. And so and you don't want to do them too. Yeah. You can do one in the morning and one in the afternoon.

Or it's even better to separate, say, ozone one day and hydrogen the next day. So you don't you know, lose the beneficial properties of either one. Yeah.

So, so one of the things I want, I want to get into a little bit more about, how, you know, it's tied into the whole heart, you know, conditions and strokes and how hydrogen can help in those conditions.

Can we go into that a little bit? Yeah. Most certainly. I mean, how do you know, would this therapy be a biohacking if we're like, okay, listen, maybe we got a family history we're concerned about maybe we've already had a cardiac event.

Yeah. How do we how can we use hydrogen therapy to prevent this from happening to us? Right, right. Yeah. So so there's two, you know, clients I want to mention that, you know, they relate to both these cases.

And I want to mention to, you know, I mean studies as well. So and, and one story and there's also during the pandemic times, a friend, a close friend of mine, he actually started with, the, you know, the blood clotting he passed out in his bathroom.

You can see his veins in his arms, just, you know, turning blue and purple in there. His wife found him, took him to the hospital. Turns out he had a 30% enlarged heart.

Over 60% of his body had micro clots. His D-dimer test was 30,000 plus. He was off the charts. And, they put him on blood thinners, you know, right away.

And so it was like a month or two later that, you know, we got in touch and I'm like, hey, where are you, Finn? You know, he's like, you've been out of touch.

He's like, so he told me a story. I'm like, we need to get you one of these machines as soon as possible. And so he had MRIs before of his heart, you know, his body, the clotting going on.

And, long story short, two months later, after, you know, starting the hydrogen therapies, the inhalation therapy, he well, really quickly he was off of the the blood thinners.

You know, doctors say he would be on that forever.

Hydrogen vs Ozone and Peroxide

But because it brings back the natural ability to for your body to, to heal your blood and, create the right conditions for your blood viscosity. Right.

So it's quickly also, the blood thinners and then, two months later. So he went back and got all the same scans. He's like, your heart is back to normal and there's no more, you know, client anywhere.

And his D-dimer was back to normal. And, this was after several drugs and several other attempts to to fix this situation. And all this is documented, you know, with his doctor, you know, with, you know, the cat scans, CT scans or whatever scans.

He was doing the MRI at the time. And so he's been, you know, touting this all his friends whenever he, you know, runs into people with, you know, these type of conditions, you know, he's, you know, talking a lot about it.

But that's one of the first cases we have, like before and after. And he's such a dramatic, you know, you know, improved, proven in health. So that was you personally regarding, you know, heart and conditions and circulation.

Another one. We got a stroke. So, another friend of mine, and this was several years ago. She she shows up in the neighborhood and, really kind of debilitated, barely can talk and walk, and her friend walk in and she just, you know, was kind of like coming down to your driveway just to retire, you know, just. And, anyways, she told me she had a stroke, you know, she couldn't walk the same anymore.

But anyway, she was like, actually one of my first clients or 5 or 6 years ago. And, once she started the inhalation of the hydrogen, all her conditions got better.

I mean, like a year or two later when I was talking to her, she was sharper in her mind. I can talk to her like we were in college, talking about super detailed, you know, things going on.

But, you know, her walking improved. Her mental clarity was insane. Better than, you know, just like a 20 year old again. So you end up starting another business.

You locally food, health, really natural business. Making a bunch of money. Bought a house and you know, in selling out of that and this was after she was, you know, came to the area to just kind of like live, you know, in a debilitated state.

And that but there's been other clients where, that have, you know, stroke conditions and the sooner you can get the hydrogen, its neuroprotective, improves circulation and it also is associated with, neurogenesis, you know,

creating new neurons in the brain.

And it heals from a lot of these, you know, stroke like conditions. Love it. Great information there. You know, I found something and, you know, it's from the journal molecules.

In 2023, they analyzed 81 clinical trials and 64 human studies on hydrogen therapy. The findings indicated positive outcomes in major disease areas, including cardiovascular disease, cancer, respiratory diseases, central nervous system disorders, and infections.

This, The review highlighted hydrogen's ability to counteract deleterious reactive oxygen species. Then we again we talked about most commonly produced in the mitochondria thereby maintaining tissue homeostasis and reducing inflammation.

That all sounds like pretty good stuff. Then what what kind of technology, do you guys have over at your company that can help our people here? Yeah. Well, can I mention two quick studies I found as well?

Of course. Okay. Yeah. So a study published in the Journal of Stroke in, cerebrovascular diseases, November 2017, found that, the addition of hydrogen gas inhalation to the initial treatment plan significantly increased and approved eye patients recovery after a stroke.

Researchers evaluated 50 stroke patients, patients in the hydrogen group were more likely than their control group to return to activities of daily living within two weeks after having the stroke.

That's incredible. That's incredible data. Thank you. And so that so another one to and this is from a Chinese article and publication which you don't see much in you know the US.

So they do a lot of work over there.

Hydrogen for Heart Attack and Stroke Recovery

So in the from a Chinese university, a paper their February 2022 titled molecular hydrogen is promising therapeutic agent for Pulmonary disease. So it goes on to state that, in cases of a heart attack, stroke, acute ischemia, hydrogen is the administration through inhalation was found to reduce damage in organs such as the liver, kidneys, gastrointestinal tract, and the retina.

Multiple studies have shown that following color vascular surgeries or cardiovascular arrest, the use of hydrogen resulted in a better outcome for the patient.

Additionally, the brain damage was is off, which is often associated with the cardiac arrest has been shown to be diminished by using hydrogen inhalation.

So that's from a Chinese, you know, study paper. Yeah. So you know, people would typically ask how how soon should we start using hydrogen. You're going to say that there's no that there's no danger in using hydrogen therapy.

I know you're going to say, hey, I'm a doctor. Check with your doctor, all that kind of stuff. It seems, it seems to me that's been quieting down. Inflammation and oxidative stress, very soon after an event happens would be beneficial, but that there's room to help people at any time on their journey, whether or not they had a stroke.

You know, a week ago, a month ago, you know, six months ago, there's probably going to be some ability there to help improve people. But then also for us, oftentimes it's about preventing the next one.

A lot of people who did survive the first heart attack, the first stroke may be a Tia, you know, as well, a transient ischemic attack. So they didn't have a major stroke, but something more, you know, mini or resolved, fairly quickly, that this could be an opportunity to get this on board to help prevent the next bad thing.

Right? Right. With most treatments, like you mentioned, like, the sooner the better, but there's never a time too late to start, you know? So let's say the sooner the better.

Prevents more damage and promotes healing faster. And no matter when just the idea is, start as soon as possible, right? Well, you know, I'm on I'm on your website and I'm looking at some of the tech that you that you have there.

You got a couple, you know, machines. You got one called the H2 Genesis, pure hydrogen oxygen generator. All right. So maybe tell us about that. And then kind of like you've got a similar system, as well, which, so it's like, you know, there's, you know, one where you don't need lye and the other you do need lye, but it's not included.

What is that about? Right, exactly. So what I find is like a therapeutic or minimal dose or effective dose. So we don't sell machines that are less than one liter per minute of, of gas or more.

You know, more is usually a waste. It seems in less is not effective. So we just, you know, sell two different machines. One is considered a browse gas machine where the the gas is produced in an aqueous solution of lye.

You know, the light is a little bit caustic and that may scare a few people, but that's, some of the original treatments and studies were done with that.

So we know it works. I work with a local cancer doctor. This. So you said she you cured three patients within three months. You know, tumor is gone. You know, she's got scans of that before and after.

And so she sticks with the Brown's gas machine, for example. Elderly people that, you know, maybe a little bit not as, you know, agile and mobile, you know, working with the lye could be a little bit you know, you know, precarious or dangerous.

So, I would recommend them towards the pure hydro machine. In my experience, you both get the same results, but it's a matter of, you know, preference or what fits into your lifestyle better.

I've also used to, like I said, the small little bottles for producing hydrogen gas as well as a tablet. And we don't sell those either because I find that a waste of money.

They're ineffective. So we want to I would just want to focus on what works. So my engineer I'm not like a salesman. I just like, okay, this works. This is what I deal with. And, you know, forget all the other stuff.

And so, yeah. So I mean, basically the hydrogen a jump starts the healing process of all the major body, you know, systems in a holistic way. So it's, you know, safe and natural and can be used in conjunction with other therapies and so on. Them is so is there anything that we for example, so the, the, the one where the no lye is required, that one's a little bit more expensive than the other, but let's just maybe focus in on this.

So, so there's nothing else that anyone needs. You know, you're not we're not adding a hydrogen gas to anything. We're not talking about a canister of gas that were kind of, you know, hooking up, like, almost like a, like a can of propane.

Right. So how was this, how is this? How do you make the hydrogen? Yeah, the the only inputs are electricity and water.

Research Findings and Clinical Evidence

You know, when you pass electricity, you know, through, any kind of metal place, pass electricity through the water, it breaks, it charges up the water molecule to the point where the you know, that that bond, it's like stretches and stretches until it breaks apart.

And so at one electrode, you get hydrogen, and at the other you get, oxygen. And so using electricity, you break up

the water molecule and you produce hydrogen, oxygen gas on the fly.

And in both machines, those gases come up together. In the pure hydro machine, you can get hydrogen out of one port and oxygen atom out of the other, but it's good, too.

And we recommend breathing both gases simultaneously together, because, there are also additional benefits from breathing. Absolutely. Not just hydrogen, but the majority of the benefits do come from the hydrogen.

Okay. And other protocols. You guys recommend or you guys have on the website. How do people use that? One of the for me, which has worked a lot and we've got a lot of people doing this nowadays, is, you know, bagging your limbs, you know, with, bags.

We sell those on our website. Also, we've got a combination of a bag and a sleeve. The sleeves are good for your elbows and shoulders and knees. One of the quickest feedbacks I get from customers clients is that their inflammation joint pain goes away.

Any aches and pains in the joint goes away. Especially using the bags. Oh, myself, I healed a sprained, you know, ankle overnight. I couldn't walk, I go, I go from not being a walk to limp the next day and completely gone by afternoon.

Plantar fasciitis probably say that long 20 years of pain. I didn't I didn't even think of it till recently. So just in the last month, about, 4 or 5 days of treatment, bagging my foot and putting the canyon inside the bag, sleeping with overnight, I mean, it's gone.

I can't even find the pain anymore. It's, like, incredible. Same with bagging my shoulder. I couldn't even lift up my arm a while, you know? And now I can do heavy weights over my head.

And that was after two years of pain on my shoulder. So bagging it fixes the extremities. Joints in arthritis in your hands, as opposed to just your inhalation and drinking water.

And so those are the three main treatments. And, we support all those and we can advise people on different protocols and what to do when and how much of that.

Very exciting, very exciting stuff. Wonderful. Ben, any final last words about yourself? The company hydrogen.

H2 Genesis Products and Usage Options

I'll. I'll throw it back to you for a final word. Yeah, yeah. Final word. A website is h2 biohacker.com. Lots more details and information there. We're also offering a 30 minute free consultation.

People can sign up on our website to learn more. And I could I mean, I can talk for hours on the subject, but if people have specific conditions, they want to know if it will help, how it would help, or if we've had experience with treating certain conditions, which we most likely do.

Set up a call from our website and, we can talk to you directly to your condition and how we can help you. Also, another thing to mention, for attendees of Doctor Talks right now, we've got a special discount coupon.

If you put in Doctor talks in the discount coupon code section of your when you're checking out, you'll get at this point it's $300 off. So it's, special for doctor talks attendees and other that, you know, thanks for this opportunity to, share our knowledge here on hydrogen, you know, with your audience.

I mean, really want to get this out to more people. I've seen so many benefits from, you know, clients using this. It's like it's so natural and easy and holistic, so more people need to use it.

It's really. That's fantastic. Banner to meta of H2 Biohacker appreciate you so much on this episode of the Heart

Attack and Stroke Recovery and Prevention Summit.

Thank you all for attending and watching and listening. Support our sponsors and we will see you next time with another fantastic guest. Until then, be well.