Introduction to Hydrogen Therapy

Well. Welcome back. I'm your host, Doctor David Jockers. And today we're talking about hydrogen therapy and how that works with fasting for anti-aging and longevity.

My guest is Ben Tammetta from H2biohacker.com. Ben is an electrical engineer, a homesteader, and the creator of the H2 Genesis molecular hydrogen generator.

He found his way to hydrogen therapy by researching anti-aging therapies and experimenting with different biohacking techniques himself. His mission now is to bring the powerful benefits of hydrogen therapy to as many people as possible by making it accessible, affordable, and sustainable.

And we're going to go into that in detail today. You guys are really in for a treat. So if you want to know it, if you are waiting to know everything you can about hydrogen therapy, it is a powerful revolutionary therapy.

That and something now you can do at your house. You are in for a treat here. This is the interview I've been waiting for. Again, check out H2biohacker.com for Ben's site.

And without further ado, let's go into the interview. Well, hey, Ben, great to, connect here. And I know you're in Costa Rica, and, I'm interested to learn more about the hydrogen therapy that you guys are utilizing.

And so let's talk about that. What are the benefits of molecular hydrogen? How did you get involved in it? Right.

Ben's Background and Discovery of Hydrogen

You're going to come back to that. Yeah. Good to give a little bit of my background story because I didn't just I got into it from around the roundabout way.

But first of all, hydrogen therapy is, using, a gas, a hydrogen gas, for the most part through inhalation. Most people are familiar with a cannula. I've got one right here, you know, it sits on your ears and your nose, and you breathe the gas.

The gas is generated, you know, on the fly. H2 you know, it's two it's a molecule, hydrogen molecule. It's in the two hydrogen atoms connect bonded together. Right.

And it's stable in that form. So in to my, my background, I'm, not a doctor. I got into this as an engineer scientist, and just as a, you know, a electro engineer.

And I've been a health enthusiast for 30 years, and now I kind of. And while I kind of semi-retired for a while and I was saying, well, I mean, I want to preserve my quality of life, increase my healthspan.

And and so that's why I got me deeper and deeper into it's kind of like the longevity aspects of just general health and nutrition and, I, you know, frequent some anti-aging forums because I once you're set up in life, you know, people, you know, they, they get you start to get old and diseases and then you can enjoy life to the fullest.

Right? So like, I didn't want that to happen to me. I want to preserve my healthspan in my quality of life as long as possible. Unfortunately, when people get to retirement age, they're like limited in their body sometimes.

Right. So I was frequenting a lot of, anti-aging forums and this was like, you know, ten, 15 years ago, but I kept checking back in and with them to see what the latest, greatest stuff is.

And, there was an obscure molecule that came to the forefront that a lot of people were experimenting with. And, it goes back to some, you know, rat studies that really kicked it off.

You know, the the rats live twice as long as they should have, and then having to kill the rats because they just live to only in the scientists want to get it paid.

And so we started meeting me in a group. So I experimented with a sphere molecule, but it was expensive. And, it was, just hard to get. But when I dug into the science visor, I mean, I want to get to the horse's mouth, like, what's really going on?

And what's the active component? Why? Why is it doing? Why does it have any effects? You know, like, you can see, like, anti-aging longevity effects. And, when you, when you drill down, down into it, it seemed like this, inert molecule is acting as a transport mechanism for hydrogen.

I'm like, well, let's skip this complicated, you know, process and just go right to the hydrogen. So that's where, you know, I started going deeper into hydrogen and really into the research, to figure out what's going on at a molecular level, biological level in the body.

Why is this helping? Because we were experiencing all the benefits you would consider, you know, associate with anti-aging, more energy, less brain fog, faster recovery from exercise, better performance, an exercise in, strength, endurance, and just everything that you would consider of consider in the realm of being more youthful.

Yeah. And, and so that was with, the molecule, but, just the, you know, working with this extra supplement. But once I got into the, once I did for me, it was hydrogen, right?

I started there was just coming out at the time. So, the hydrogen water, you know, a little bottle bubbler system that you sit on your desk, really kind of, you know, toy, like, in the bubble, little bubbles.

But I didn't really know as much effects, you know, from that. And so I kind of put it to the side for a while. But you continue with the research and some of the supplements.

But then, I, I was, I dug into there was so much research pointing to the benefits. When I finally got back to, I said, well, I need to go into the inhalation because there were I found some studies where there were, you know, experiment with inhalation and the benefits were, seeming much, much better.

And so being an electro engineer, I actually, and, building a machine myself to experiment because I want to spend thousands of dollars on a device that I wasn't sure would work.

And so, I mean, I was sort of running the car off of hydrogen to some degree, you know, supplementing the gasoline with, the hydrogen gas. So once I did that and started, you know, experiencing the real benefits, you know, directly what they would consider a therapeutic dose of hydrogen.

I started getting the same benefits. I as I started getting with that initial, you know, supplement that was acting as a transport mechanism for hydrogen.

How Molecular Hydrogen Works in the Body

It would hold on to hydrogen, helped deliver it. When hydrogen hydrogen was released in the body, it would grab on to it until the next, you know, bodily process needed hydrogen.

So it just made so with the how to be more available to your whole body. That's when I really started getting into it, seeing this and said, wow, there is really something to it.

And so, see, what are we going to so question, do you like how hydrogen works in the body? Like what is how how does it work? Does it work to help buffer oxidative stress?

How does it, what are what are kind of the physiological impacts of it? Right. Yeah. A few more characteristics of hydrogen is, you know, the smallest molecule.

So it's very, it can pass through. You can't contain it. So that's why you you produce it on the fly. You know, even metal containers really can't contain it very well.

It's also so it's highly diffused or diffuser. So it diffuses through your body very quickly. It does not accumulate. So, there's no toxic buildup and there's no measurable toxic effects, you know, whatsoever with it.

It interacts with many, bodily processes to improve health. What I found, just experience with myself and on with clients because I ended up, you know, as a build the machine I started shared with friends and, and friends and other, you know, family members.

And in some of the groups I was involved with, and everyone started to notice the benefits as well. And so, like some of the benefits, getting back to that is, you know, reduces pain, you know, joint inflammation, that was one of the most noticeable things that would go away right away.

I had a, like, torn rotator cuff. And I was, in a sense, experience various joints, you know, issues, you know, injuries mostly. And I mean that it increases the healing time and tremendously.

And one of the reasons it does that is because of, circulation. I've also since got a microscope that can look at the nail for capillaries in your, fingernails here, you know, pull oil there.

No microscope in this. Under a microscope, you can actually see the capillaries and the blood flowing through there. And, you can nurse within ten to 20s of breathing the gas.

The blood flow increases. And I've also had some clients that are saying older or different health conditions. And you can see where the there's little blood clots.

It's very dark in there in the capillaries are malformed or damaged. And once they start breathing the hydrogen you can see the little the, the blood cells I mean it that's the resolution.

It is in the microscope. You can see the clots start to dissolve and dissipate in, in the blood slower increasing. And so, we were speculating that as to what was happening, but seeing it under a microscope with your own eyes, it's like, wow, there is a real effect.

There's very few things you can, you know, correlate with, you know, taking any supplement and seeing the difference right away like that. So that's pretty incredible.

And hydrogen, going back to what it's doing in the body, it's, it works at a mitochondrial level, you know, within the mitochondria, in the cells, they produce ATP by ATP molecule, which is an energy energy currency of the body.

And that whole process of producing molecule is all about separating the proton from the electron, you know, and recombine it back together and so that the hydrogen is an integral, integral part of that.

And we the reason why we eat is to get hydrogen to produce energy for our bodies. To, to work. In digging into research more, I found an obscure paper that actually shows a, a pathway for hydrogen to be almost metabolized on its own in that, not necessarily.

It can't replace food, necessarily, but there's an obscure pathway that the by in, mitochondria in the cells could actually use hydrogen directly in, there's actually a lot of bacteria and well, that live off of hydrogen.

And another thing going back to, you know, is hydrogen natural to the body? I mean, why is it, you know, having these effects? Well, I mean, in a, in a healthy gut biome, your body natural produces between 6 and 6 to 12l of day of hydrogen, molecular hydrogen.

And so if if for any reason your gut microbiome is damaged or not healthy, it's, your body is limited on that hydrogen supplement that your body is you know, evolved to, you know, use, utilize, and this bacteria in there that, you know, eat, eat the hydrogen gas as well.

So it's not just about getting the right probiotics in your system, but if you've got too much of some other types that'll consume the hydrogen before it has a chance to dissipate your body and have those, you know, effects.

So the microbiome helps regulate the hydrogen balance in our body. Exactly, exactly. There was a study done on, longevity in Japan on centenarians. Think that's how you say it.

But, you know, seniors older than 100 years old. And one of the studies they did is measured their breath as they were exhaling, and they found a four times higher increase in hydrogen as opposed to, you know, younger, you know, people that had this long.

And so that there was a, you know, I can say this, you know, it's not, 100%, you know, correlation there. But it's interesting in fact, that these people living all over 100 years old had a higher amount of hydrogen in their breath.

And so there's a correlation there, which I think that would be a byproduct of the microbiome producing that hydrogen in this case. Yes. If they're not supplementing with hydrogen then then that's really the only your body doesn't produce hydrogen in any other way other than through the the gut.

You know, another interesting anecdote is you know, they say, a diet high in fiber, helps reduce the risk of cancer, right. Was I what is that correlation.

What does fiber have to do with, reduce risk of cancer? What's the fiber that the bacteria, probiotics. They eat in your gut that produces byproducts which can result in hydrogen being produced. Right?

Yeah. So we're learning more and more about host biotics, which are, you know, the byproducts of, what bacteria produce. You know, things like butyrate, which helps support, you know, intestinal cell mitochondrial function.

So hydrogen would be another one of these really powerful, post biotics that's produced from the good bacteria. So things that that's exactly it's like people don't realize how important a healthy gut microbiome is.

And, you know, it digests your food and makes all the nutrients available, including hydrogen, which was it's not stuff that you can grab and measure very easily because it dissipates so quickly.

So this is like, you know, new health science coming to the forefront, you know, but it's it interacts with your body in so many ways. You know, it increases your immunity.

You boost your natural immune system, less prone to colds and flus and faster recovery, you know what I mean?

Hydrogen Water vs Inhalation

Is, myself and other people, during the whole pandemic time, you know, in China, there were doing, well, there in, in Asia, the hydrotherapy is big over there.

So they were putting people on not, you know, the, the ventilators, but, you know, on hydrogen therapy. And they were saying recovery times as fast as, you know, 2 or 3 days as opposed to 2 or 3 weeks, you know, breathing hydrogen gas.

Yeah. You know, it's that it stops the cytokine storms. It's also antiviral as well. And in it's when you inhale, it goes directly to your lungs and also your, your brain just it penetrates your body really quickly.

But, it heals your lungs much faster. It really jump starts all Bali process into a healing recovery mode. No no, no, no matter what your condition is.

Yeah, that's really, really interesting. And so this hydrogen gas, I mean, I've heard of hydrogen water. You said you started with hydrogen water. I personally take hydrogen water.

What's the difference between hydrogen water and hydrogen gas like, as far as, the impact of it. Right. It just in my I've done so much experimentation.

I've been doing this for five years, and then we've, dealt with, you know, hundreds if not thousands of clients at this point. And I'm always, you know, getting back in touch you and saying what's working, what's not working, how are things, are going with you. Right.

And so what I've really determined just by, you know, just real world life experience is that about 20 to 30 benefits may come from drinking the hydrogen water.

And if you can think of it, the, the machines that we, that we sell on our website, they produce as much as one liter of hydrogen gas per minute, one liter of gas per minute.

And so we recommend, you know, 1 to 3 hours a day. And that's a lot of hydrogen that's passing through your system that you buy, take advantage of. If you contrast that with, how you can film, or bubbling any hydrogen through a water, you can't fit a liter volume of hydrogen gas into a liter of water.

It's just physically impossible, right. And so you're getting though you're getting nano bubbles of hydrogen when you drink, the hydrogen water, whether it's been treated or with the, with the pill type form, the, the amount the quantity is just not there.

And there's a threshold. I found that once you reach that threshold, I'll have the benefits kick in. Anything lower than that, it's like, you know, it's hard to, you know, fill much now with the research.

I know there's a lot of research done on molecular hydrogen. Is it mostly done on the hydrogen water? Is it done on the hydrogen gas, or is it like a combination of both?

Yeah, a lot of the early research was done on the hydrogen water. Just because it's, I think easier and just, it's, there's a much less, volume in and it's easier to produce in a lot of cases.

Right. A lot probably easier to have a placebo. I guess you could do the gas, too, and just give some sort of placebo gas. Right. Yeah. Yeah, that that's true too. Yeah.

But also more and more of the research is leaning towards inhalation nowadays, and there are a lot more studies coming out on the inhalation because it is becoming more and more popular.

And people I think the real reason is a lot of people just see the benefits, you know, because there's no toxic dose of hydrogen in any. You can't it doesn't because it doesn't accumulate passes through your body.

So it's a very, natural, nontoxic supplement that, you know, with there's no downsides to using it. Yeah. For sure. And how does it how does it interact with fasting?

Right. You know, we're talking a lot about fasting. How does hydrogen synergize with fasting? Right, right. One of the goals of the a fast initial, autophagy.

Right. Where cells, you know, recycle, remove damaged, dysfunctional components in the cells. You know, this happens at, organelle level and especially the mitochondria, where hydrogen is associated with, minus Genesis.

You know, about you know, what do you call it, the production of new mitochondria. Right. That both the production of new mitochondria and also the disassembly of damaged mitochondria, you know, hydrogen alone is associated with that.

And that's what, you know, fasting does as well. So they're having some of the same effects. So they worked very synergistically together. You know, the fasting you know, I guess you consider a hermetic stress where, you know, a low dose, you know, of, you know, not necessary toxicity, but stress into your system.

It stimulates an adaptive response, leading to, overall beneficial effects for health and longevity. You know, that example that, you know, exercise and cold exposure, you know, at home makes it stresses the fasting as a, you know, that effect on the body.

And that's why it's so popular and you get such great results with it. Well, the hydrogen also it mimics some of those, homedics stresses, and even mimics, you know, fasting and exercise, you know, to a small degree, not nearly as, you know, fasting alone, but it has some of the same, triggered or stimulated responses in the body.

Hydrogen and Fasting Synergy

It's a small but and so in that way it enhances the effects of, you know, the fasting, but also during the fasting process, a lot of, as that cellular repair is going on, a lot of reactive oxygen species is released, you know, the free radicals release as the body as the cell starts to clean up and excrete all those, you know, toxins that has been building up over time.

And it's a whole point just, to fast, let your body rest in, you know, rebuild. And a lot of those toxins that are released from the cells, they, these free radicals, they create inflammation in other, you know, like healing crises and depending how toxic the person is.

So the hydrogen is there to, neutralize those because it is a, an actual antioxidant in itself, but it also stimulates the body's natural antioxidant properties and glutathione and in other words, it.

And so it's kind of boosting the body's natural ability to make antioxidants into, neutralize these free radicals produced from the fasting. And so one of the as a result of that, you know, your body has an easier time in the fasting process, you know, less brain fog and you more energy.

And you can fasting for longer periods of time. So it's kind of like, you know, fasting on, you know, on steroids or just being, it enhances the benefits of fasting because they have they work so synergistically together.

Yeah. It's supporting and protecting the mitochondria. I always say, you know, the quality of your life comes down to the amount of high functioning, stress resilient mitochondria in your body.

So hydrogen's able to get in into that mitochondria and help protect, the mitochondria from oxidative stress. Right. And that's going to allow the mitochondria function better.

It's going to help get rid of trigger the the breakdown the my top a g process of old damaged mitochondria and help with mitochondrial biogenesis forming new healthy mitochondria or increasing the amount of healthy mitochondria.

Then that's going to help improve our overall quality of life, our longevity. And and so much more. So really good stuff here. Now, is there a particular dose of the hydrogen gas that has been shown to be most effective?

Again, that the studies are catching up with a lot of our real world experience. Right. So, talking from, you know, our real world experience, you know, what works best is, I would say almost, you know, a half hour to an hour a day, you know, it's a minimum.

And a lot of clients say they really, you know, exceed some of their, you know, healing hour. We would say, just they, they feel more of the benefits and effects after 2 to 3 hours a day, you know, let's say that's like, you know, if someone's in, in a condition where they want to feel the effects or heal, you know, 2 to 3 hours a day is what I, what almost recommend to do with the inhalation initially.

You know, I tend to, like, overdo thinking. It's just an experiment to see what the limits are. And actually, for the first

1 or 2 years, even sometimes nowadays, I would breathe overnight, you know, reduce the amount of gas the machine is, you know, outputting and put the can you on and I would sleep with it overnight, you know, six, seven, eight hours.

Go to bed with that just in my, nose. And, after an hour or two, I would take it off or an hour, take it off or something. When I wake up in the morning, I would also, you know, put it on to, to wake up with it.

And so, but it definitely it has a decreasing, effect over time. So. Well, for example, I mean, if you stop it, the effects lasts for two or 3 or 4 more days.

If your body has been saturated. So it's not a complete drop off. If not like coffee, you get a buzz in you body process and it's gone right away. But when people most notice the effects of it is if they've been doing it consistently for a few days or a few weeks, even in then life situations change.

They stop it for a few days or a week. Even in a star, this happens to me all the time. They start dragging. Say, why am I so tired? I think I need a nap, but as soon as I plug back into again, it's like energy levels come back up.

You know, your brain's activated. It's great for brain fog and concentration, especially if you're working on a computer, your mind, because you're inhaling it and it passes the blood brain barrier and it works directly with the mitochondria.

There's more mitochondria per brain cell than, every other cell in your body, I think, other than the male sperm, which has more mitochondria, I think, if I remember correctly.

But there's so many, so much mitochondria in your brain cells that that really has an effect to light them up. And it's not like a stimulant where, you know, like like, say coffee, which would you get a buzz from?

It's a very subtle but powerful effect. Yeah. It really interesting now is the machine kind of loud when it's, pumping out the hydrogen gas or you just kind of sit there and work.

Oh, no, it's not like at all. I mean, at the loudest, it would be like a computer fan running something like that. Okay. And then, there's some people really sensitive to the sound.

You can put them. You just extend the cannula, you can put it outside the room if you're trying to sleep. But, in like cases, you know, my partner uses a white noise machine for the baby.

And it's kind of like that noise that's that's louder than it. Is that the same effect? I'm like, they said you left a white noise machine on the machine running, you know?

Right? Right. Yeah, yeah. That's great. So what you recommend is kind of a minimum dose about an hour or so. You know, but you can work up beyond that.

All right? Right.

Dosage, Safety, and Practical Use

You can, like, you know, do all day, especially with people with, you know, conditions that, you know, they really need to see some results with. Right.

You know, conditions like, well, what we've seen a lot of is the, the micro clotting, you know, going on, you know, how do you do, you know, with the micro clotting going on, people have to make a decision once they start using hydrogen to either reduce the hydrogen or stop the medication, because within a day or two, the blood levels, the viscosity of the blood goes back to normal.

I've seen that happen on in every, you know, in every case that, I was on blood thinners. In some cases, the

doctors scare them of, you know, getting off the hydrogen.

In some cases, the patients are like, well, let me like, wean off the thinners if I don't need it so much. And so there's two directions people can go with that.

But that's, you know, happens in every case. Yeah. That's really interesting. Now, why do you think hydrogen therapies are not more commonly used? It because it is new.

And there's not a whole lot of studies done and know it can't be patented either. You know, just kind of like, you know, just natural supplements out there that, you know, you know, drug companies are looking to, for a drug they can patent and when you can pad and make money off of, they're going to push it to doctors and, you know, in the pharmacies, and they're going to push it out to people because there's no real money for the big pharma in hospitals to make, there's less promotion out there because it really puts health back in the user's hands, you know?

Because if you don't, you've got your ailment. You can buy pills to make hydrogen water. But then there's another supplement. They try to get you on paying 50 bucks, 100 bucks a month for that to get the benefits.

But once you have your own machine, all you need is electricity in distilled water and you're good for life. I mean, and it helps with so many conditions, you know, all the insulin inflammatory diseases as well.

You know, arthritis and your with you know, two years of arthritis pain after two months on on breathing hydrogen, the pain has gone away. Yeah. It's just incredible.

So I think that's one of the main reasons there's no money to be made in in hydrogen. And it's power to the people. And that's why it's, it's, it's becoming more of a grassroots movement as people sharing their stories and also their healing and yeah, see the word out.

Yeah. And people can find that at your website. Right. H2hacker.com. And that's how did you go about how did you go through the process of actually making this hydrogen, therapy.

Yeah. The website is H2Biohacker.com Biohacker. Yeah. You know, yeah. The process of making that, I mean, all the hydrogen is made through the process process of electrolysis, which is basically pushing electricity through water.

And in some cases it's an electrolyte water solution. So the water conducts electricity. And so when you create that difference of potential between the, you know, the positive is negative on the plates inside the water, electricity going through it excites the water molecule to a to a point where the hydrogen and oxygen break apart.

They recombine in a stable form of H2 and O2. And that's what comes out. The machine, depending on the, on the machine that's, been used to conduct electrolysis that can either come out one side or the other.

You can use the gases independently or together. And what they consider Brown's gas, which is a, a very stable form of hydrogen and oxygen gas. Together, the gas also has, the property of being, charged electrical electrically.

So if you're familiar with grounding or, earth mass, that type of thing, it, brings back a natural negative charge to your body by inhaling the gas, you know, because you're pumping electricity in the water, the water breaks apart, but they're also free electrons in there as well.

And so you get a similar effect to, you know, grounding to walking on the beach, on the sand. You know, your body absorbs electrons through the, through the soil.

Another example that we saw under the microscope, under, a dark field or life blood analysis, before and after reading the hydrogen, you know, blood cells naturally have a negative charge on them, too, and surrounded by negative charge.

Why Hydrogen Therapy Is Less Mainstream

And I think that's what in large part allows them to just bounce off and flow. So slowly. They say that the heart does not. How it's not constructed doesn't have the power to push blood through your body.

That's something to carry something. Yeah, something is physically different in there. That's the physics. Physics doesn't add up. So if you can imagine, like, you know, magnets to North poles repel, right?

You know, you flip them around north and south will stick together. Well, it's the same with the blood cells, you know, a healthy, natural, blood cells, negative charge.

So they they bounce off each other, you know, they can't stick together. And, and now these are so many toxins in the environment. Your blood, you know, absorbs.

So, you know, positive charge it will. The environment is pulling off the negative charges. You know, in all different directions. And so what's happening is, you know, what we see, too.

And under the microscope, the, the blood's, some of the blood cells can't hold their negative charge, so they start stacking like pancakes. You know, positive negative, positive negative.

And that's why you see under the microscopes, cell stacking like pancakes. And then and again within, like a few minutes of breathing, you do another blood sample and and there and the cells are more separated.

They're not stacked anymore. You know, which lends credence to why we saw, you know, the D-dimer testing patients going, the microphone didn't go away.

And so it's, you know, it's increasing sort of common. A common blood test that's used is the erythrocyte sedimentation rate and ESR. Right. And, that's basically how those blood vessels are clumping.

Right. And, you know, if it's if the, if the, the blood is clumping, right, you're gonna have a higher ESR score. Right? Which is a sign of inflammation.

So absolutely, as those blood cells lose that natural charge, they start to stick together, clumped together. And that's going to result in poor circulation.

And it's going to result in poor oxygenation to the cells. It's going to result in poor nutrient delivery. Right. And therefore, you know, your mitochondria in a sense are being starved.

They're not gonna be able to function well. So yeah, that's a really powerful benefit. So that that's such a low level, you know, baseline to take care of that affects the whole body systemically.

Yeah. Absolutely. Well this is really great. Great. You know it's great that you've been able to create these machines and people can actually check it out.

And a lot more detail on your website H2biohacker.com. That's all it is H2biohacker.com. You could check out these hydrogen therapy machines. And you said you've got people using them all over the world.

What are some of the great benefits? I mean you mentioned some of the testimonials were were some of the other great benefits that people have been having with these.

How the Machines Work and Real-World Results

Yeah, I can talk for hours on that. But, just just myself, me firsthand experience, like, toward rotator cuff, you know, I mean, years of pain, after three overnight treatments, you know, and we bag it.

You can use it externally as well. So we put a sleeve, you know, you know, let's say with a rubber band here in here or drawstring, put the cannula inside.

And so just surround that joint. You know like I said, if it's if the gas is diffusing into the skin improving circulation where the joints there's very little blood flow in there.

So any you know, increase in blood circulation is going to benefit from it. And so three overnight treatments for my shoulder in this start healing, I stopped doing it.

And I noticed like you know, later it's like pain gone. This was after years of pain. Just just recently another example that I had plantar fasciitis I think they call it in in your foot.

It's like a I get up in the morning because I do like a dancing as well as pounding on my heels. And this is I had pain for like 20 years, sometimes be worse or less.

And it was getting bad again over time. And I just it just on me. So I need to try the hydrogen on it. So again bag my foot, put the cannula in there about a week or so of, you know, over overnight treatments when I when I could do it.

And I'm like amazed. It's like but it seems to stimulate the healing. It's not like an immediate effect. Right. It simulates a healing. The effects last longer.

But what's really interesting is like there maybe a little bit of pain after week. But I stopped doing the treatments. But after 2 or 3 weeks, it's completely gone.

A case of diabetes. A client was about to get their leg amputated. Was in bed for over, you know, two months after, he started drinking the water and doing treatments.

He wasn't even bagging this leg in this case. The first day he showed up in a wheelchair next to him, he came down on crutches. After that, he started limping.

By the end of the week, he's like, man, I can go back to work. He was walking normal. This was when he was about to get his, you know, leg amputated. Yeah. Amazing.

Yeah. Amazing stuff. So guys definitely check this out. Really cutting edge therapy. And if you're looking to really optimize your health, if you're looking for longevity, anti-aging, definitely check out H2 biohacker.com.

Ben, thanks so much for this great interview and all the great work that you're doing. Any last words of inspiration here for our audience? Yeah, I can go on forever, but I know our time is limited.

You want, I think, to measure it on our website. I mean, everyone's got different conditions. And so using with fasting is a great I mean, I do it myself with, fasting, because it increases your energy.

Bring far goes where you can fast longer and better. So we're actually offering a free 30 minute consultation on our website. People can sign up there and we can talk to, you know, your specific condition, how it can help give you a ruler will do examples.

We've got we've created a knowledge base of conditions. I'm not a doctor. I'm a scientist. So I look for real world results in my what's making and things work.

And so we can, directly talk to people and, you know, connect them with, you know, a therapy and, and show them how it's working. And this has helped other people.

And so we're offering a three minute consultation, free domain, free consultation for people to sign up on our website to learn more about it. So just go to H2 biohacker.com and you can find where you can get a free

consultation there.

And they'll talk. You can talk with Dan or one of his team members and they'll walk you through all the details. One more thing. We'll click the there's a coupon discount code we're offering for a special doctor talks, you know, summit, attendees.

And that's, if you put in doctor talks in the discount code coupon section, when you're going to check out, you'll get a nice discount. So we're offering great people here at the summit.

Great. Fantastic. So take advantage of that discount Ben, thanks so much for your time. Again. Check them out H2biohacker.com and we'll see you all in future interview.

Be blessed everybody.