## Introduction and Sponsor Welcome

Hello, ladies. Welcome back. It's doctor Sharon Stills, your host. I'm super excited to have you all here at the summit, where we are always learning and growing together and finding out the latest and the greatest.

And I'm super excited. We have one of our sponsors with me today and we all like say thank you to the sponsors because without our sponsors we couldn't host these summits.

So we're truly grateful for that. And we are going to be talking about something that is really near and dear to my heart, because it's something that's going to be offered in my new clinic in Scottsdale for opening in the spring of 2025.

So this is really good medicine. This is something I know and believe in, and I wanted to let you all know about, because we have options. Even if you can't come to my clinic, you're going to learn about options where you can embrace this on your own, wherever you live.

And so my guest today is Ben Tomita. He's from H2 Biohacker. He is lucky enough to be residing, in Costa Rica. So living living the fake dream that I've got going on behind me.

And he has a wealth of knowledge, really excited to talk to him. This is my first time interviewing him. And so we're going to dive into hydrogen therapy.

And if you don't know what that is, stay tuned because in the next 30 minutes you are going to learn all about it and see why this is applicable for you and could be something that you can embrace on your hormonal journey.

So Ben, welcome to the summit. It is super, super great to have you here. Yeah, thanks for having me here doctor. Sharing. So my pleasure, my pleasure.

And so we're going to jump in because there's a lot to talk about. And I just want to start like just tell us who you are and how did you become the hydrogen king.

## What Hydrogen Therapy Is

Like what got you into, you know, wanting to share the beauty of hydrogen. Right? Right. Yeah. All good questions. Well, first background for the new people that have never even heard of hydrogen therapy.

Hydrogen therapy is, the administration of hydrogen gas into the body through inhalation or drinking hydrogen infused water or diffused, through the skin, through bagging the, the limbs or joints.

And this is for the reason of, general improved health, faster healing and overall well-being. And, and, you know, healing. Right. And so, to demonstrate, I've got a cannula here.

So most people have seen this and that's as simple it is. And you hit the on button and it's going right. It's easy. I find it easier than vitamins. So you inhale the, the hydrogen into a cannula.

That's, that's the main what, way of, using a hydrogen therapy. I find it between 80 and 90%, effective for, say, the benefits. You know, you get the majority of benefits through the inhalation.

The other popular treatment is, diffusing the water. You know, we use, any kind of glass or stone. The the gas is powered through the water. And after shooting the water for, you know, 20 to 50 minutes is infused in is, is it possible it could be, and then you drink the water.

The other method of, hydrogen therapy is, you know, like I said, bagging the lens where you put a bag or sleeve, say, up to your shoulder, place the cannula inside the bag and I say, you know, strap down or cinch down around your joint that you're a problem area, and the machine is turned on and the the gas surrounds the joint.

And because hydrogen is such a small molecule, it just penetrates, diffuse right into the skin. And so, so that's the basic story about what it is, what it is.

Right. And back to my story and how I got involved in this. I'm not a doctor. I'm actually a electrical engineer and scientist, and I've been, a health enthusiasts physicist now for over 30 years at least, and always looking for better performance, improving my health, you know, fixing all those aches and pains and weird stuff going on in the body.

And so I come from it from a totally different perspective. You know, doctor, you know, I'm researching and where that's guiding me. And so my, my initial goal was increase health spend and quality of life.

You know, as you start to age, you know, you start to get those debilitating, you know, conditions of age related, you know, symptoms that, you know, you want to push off as long as possible.

And so that was my initial goal, you know, you know, better overall health, more energy and strength. Better sleep, sharper mind, faster healing, reduce aches and pains and generally feeling more useful. Right.

So the fountain of youth to to a degree. Right. That's got all women on the hormonal journey are looking you know, those are just so many common complaints of women who are suffering with hormonal imbalances, depression, anxiety, sleepless nights, no energy, worried about getting older.

So get go on. Right? Right. So, yeah. Back early. This was like years ago. I used to be involved, you know, in the Biohacker community, five, six, seven years ago in some private, longevity groups where we shared and discussed the latest research that were coming out of papers on, supplements and biohacking.

And so, at the time one, one particular, you know, paper came up and it had to do with the molecule. You may be familiar with it, call it, carbon 60 or C60 for sure at the gala gallery.

This was before it was in the mainstream.

## How Ben Got Into Hydrogen

And at the time we were, you know, buying the carbon 60 powder and, you know, dissolving in a magnetic stirrer into the olive oil for two weeks and then drinking that and, I mean, me and people in the group were starting to really to feel the benefits, you know, just like, you know, you know, focus, with your mind, brain fog, more energy, faster healing and recovery, more strength, stamina, all these, you know, benefits that we're looking forward, that, you know, we can be considered more useful. Right.

And so, and but, you know, carbon 60, when you look into the science, it's a it has no biological purpose in your body. It's a very inert molecule. It's super stable.

So stable that they use it. They were doing studies to, to use it as a lubricant and food processing machines because it's like a nano ball bearing, you know, it's like so stable.

And so, so why the question was, well, why is this having the effects that it's having. Right. And so when I dug more into it because I'm like a scientist, an engineer went, well, what's the working mechanism?

Why is this working? Why are we seeing these benefits in such a strange molecule? Right. And so as I dug deeper into the science, as to why it was working, we realized that the, the C60 derived its power by acting as a transport mechanism for hydrogen, and it was actually the hydrogen that was the working mechanism producing results we were experiencing.

You know, I also found a paper at the time where they were using different forms of, you know, carbon 60, 70, and 80 and various carbon molecules to store hydrogen for hydrogen powered cars.

But it was working great, you know, and C60 being the most efficient at storing hydrogen, but it was a very expensive molecule. So they couldn't, you know, scale it up in a, in a way that was practical for that.

But that triggered the investigation. Say, hey, well, maybe there's some link between, you know, hydrogen and carbon 60. And that's what's going on here in the body.

And so then the focus became on hydrogen, you know, you know, let's just, you know, cut to the chase and just focus on, you know, hydrogen rather than the carbon 60.

So at the time you could find some, you know, small like, hydrogen diffusing bubble bottles, you know, that were like bubble, these small nano bubbles into some water, you know, a really small bottle set on your desktop, battery operated, and, that was, you know, one of the few things out at the time.

So I said, well, we'll try that because it was I was finding more and more studies, mostly in, so China and Japan, you know, in the Asian countries that were ahead of the science.

And as far as hydrogen goes, and so I really didn't notice much benefit from drinking all this water. And you can only get so much hydrogen dissolved in a liter of water.

You know, some of the machines we're working with now produce as much as one liter of gas. And so this per minute, right. And so there's no way you can fit a liter of gas into a liter of water and somehow get the same effects as you could with, inhalation. Right.

And so I almost lost interest in it, but you just the science kept more, kept pointing me back to like, there's something about the hydrogen, you know?

And so I eventually, being an engineer, and I was already running, my car on hydrogen at the time. Well, partially on hydrogen. I said, well, I can adapt some of these, electrolyzers.

To produce hydrogen for inhalation. It was just reduce, the quantity and make it safer and so on. And so I end up building my own, hydrogen generator for inhalation.

And the results, I mean, completely, you know, blew me away. It was night and day compared to the, the hydrogen. You can and you actually get out of, just drinking the the hydrogen water.

Right. Everything that we were seeing with the carbon 60 and then more because we were getting a more concentrated amount. So it turns out there is an effective threshold.

There's no, like, toxic dose of hydrogen because I want your body get saturated, just diffuses through your skin and goes out, you know, into the there.

So there's you can't get too much of it. But we found that up to a certain point, the results become more prominent, you know, and your body reacts more favorably to, you know, a certain threshold.

And so, from there, I started sharing my the results I was getting personally with, friends and families and other people, and they were like, well, make me one, then make me one.

And that's kind of how we got pushed into the business. Just by word of mouth and organically sharing my experiences. And from there, people report back to their healing stories and testimonials and how it was helping them.

And I share this with other people. And then we just, you know, cascaded, you know, going along that way. Wow.

That's cool. So hydrogen talk a little bit of, you know, we hear like, oh, you need to be oxygenated a lot of diseases are due to, you know, deoxygenation.

So where does hydrogen fit in and what do you find. It fits in most importantly for like is it for everything or are there any things you wouldn't want to use it for?

It turns out from my experience, right. I come from a different perspective, you know, both experimenting self-experimentation we research papers, but, you know, the next question became, well, what is the connection between hydrogen in the body?

Is it natural to the body? And why is the body responding so positively to this hydrogen gas? Right. So it turns out that your gut microbiome, where those microbiomes are in, in your intestinal tract, right, and your, in your colon and, they produce as much as six, in some cases, 12l of hydrogen per day.

And so your body's not a stranger to hydrogen at all. And you could almost think of hydrogen as a, a natural vitamin that's produced by your gut microbiome there.

And in most cases, people are eating so many, you know, toxic foods and be exposed to just environmental toxins that their natural biome, the probiotics in there are in our gut are all out of whack.

## Hydrogen, Gut Health, and SIBO

And so in many cases, and not just, I mean, a lot of diseases can be traced back to an unhealthy gut. And so it makes sense that, a healthy gut producing lots of hydrogen and hydrogen is a can be considered a supplement at that point, because you evolved with these, you know, a healthy gut microbiome to produce hydrogen that your body uses.

There was a for a second, because I know a lot of women are probably wondering because Sibo, small intestinal bacteria. Oh, right. Right. Exactly. Good question.

The hydrogen or methane. So how do you, speak. Right. I think it's the H primarily bacteria, if I'm pronouncing it correctly, that lives off of hydrogen, you know, and that's part of the Sibo type of, you know, problem or it, it contributes to that problem.

It's a bacteria that live off of hydrogen. And so yeah. So that's a good question. And there's that. So does that bacteria benefit from the additional hydrogen as well?

Well recently I saw a doctor doing research on this particular subject and one of the Asian countries, it could be China or Japan, one of those, because it's very it's more prevalent over there.

But, what he discovered in studying the same case was this is a really big question. He discovered that the, the, the inhalation of hydrogen does not affect any of those Sibo is producing those problems.

And the probably, you know, you know, disease or condition. And it seems like mostly because when you inhale the hydrogen, it goes throughout your body.

So your entire organism and body benefits from the hydrogen in starts. What it's naturally doing, healing, you know, more energy, you know, goes to your brain.

And that the little bit of hydrogen that goes into your gut and maybe near that H probably bacteria, it's not accessible or not usable. And that could be because the, the bad bacteria lives in, in a symbiotic relationship with other bacteria producing the hydrogen.

So they have to be neighbors, you know, in order to help each other. And so any extraneous hydrogen floating around is not available. It's like you can't reach out and grab things floating around in the sky.

You need they need to be living together. This guy produces the hydrogen in this guy consumes it, you know, in the same vicinity, in close proximity. And so, that's in a nutshell, in layman's terms, that's what this, doctor discovered.

So there is no real, worry in that. And if any, if anything, the inhalation of the hydrogen will boost your natural immune systems. And drinking the hydrogen water helps with your whole digestive system.

So it would help, rather than hinder any of those type of symptoms and conditions. So what actually is the mechanism of action? What is the hydrogen doing in the body?

Why is it boosting the immune system? Why is it healing, decreasing inflammation, getting, you know, strengthening the aging process, decreasing pain.

Like what what's what's going on. Right? Right. Yeah. That can be talked at several different levels in various steps here. Right. But the, the most fundamental, common denominator across everything, it seems, is the effect hydrogen has on the mitochondria.

And, the, the hydrogen makes the mitochondria more efficient. You know, if the mitochondria is not, producing the ATP molecule, the, the energy currency of the cell efficiently, then a lot more free radicals, you know, produce the reactive oxygen species and oxidative stress.

And if those molecules are not neutralized, you know, quickly in most cases by hydrogen, the the most harmful, those free radicals, the hydrogen can neutralize pretty quickly, as well as, hydrogen boosted all natural antioxidants system in your body.

So that reduces free radicals in your body that create, inflammation, which lead to other conditions. So what we notice you, me, me and other people that, one of the first things that people notice is, improved, you know, energy, performance and exercise, endurance, faster recovery.

And a lot of those can be associated with mitochondrial strength and efficiency. And, you know, you notice a difference when you're on and off of that.

I mean, even elite athletes, when they're on hydrogen therapies, they can see a 3 to 4% boost in their, you know, performance, which is incredible. Most, most people that are aging and starting to feel the effects of aging, they see some of the, the more obvious and faster benefits because they've got, you know, obvious conditions that they're trying to, to deal with.

## How Hydrogen Works in the Body

And so the inflammation, aside from affecting the mitochondria under that level, the, the, the way that hydrogen produced is produced, it's the light type of hydrogen or deuterium free type of hydrogen or water that is coming out of the machine because it takes more energy to separate the hydrogen and oxygen molecule when it's a heavy hydrogen and the heavy hydrogen, which, as you know, it's a double atomic weight.

Plugs up your mitochondria, a little motors in a damages. And so you're eight times more likely to get the more beneficial hydrogen to your system, and that gives your chance, your body, a chance to detox from the the deuterium, the bad hydrogen, which is associated again with, you know, aging and age related, you know, conditions and symptoms.

And so moving on, you know, so it's you know, it helps with metabolism, mitochondrial level know, it's a selective antioxidant, it's anti-inflammatory, and you're gobbling up these free radicals around there.

It's neuroprotective, you know, which means that, you know, it protects neurons. And so we definitely know, I mean, myself and others that, your brain fog tends to go away.

Better memory, clearer mind, more productive, and better sleep. And what's, what's incredible is like, I keep getting

storage bags like, oh, you know, I don't know what's going on with me because, like, after I want to do the hydrate, I have all these, like, super vivid dreams and colors and, like, that's that's one of the ways, you know, it's working.

Also in meditation, it helps you get into that zone much quicker. And nowadays I'm dreaming all night nonstop. You know, I also breathe the hydrogen overnight as well.

I lower the, the, gas output on a machine and just breathe it a slow, steady rate, you know, for eight hours overnight and. Yeah. And I'm the only the only drawback to that is, you know, with the cannula, if you lay on your side, a lot of sleep on your side, you'll have a line on the side of your face in a way. Right.

And strangle yourself with the can. Right? Yeah. So but I mean, hydrogen is a component of our bodies. So are you saying, like, as we age, we need to supplement back, just like we lose, like we supplement hormones back because as we age, we stop producing them.

And, you know, if we already have hydrogen in our body, like giving more, is there a point where it's too much or could you just explain that a little?

Well, in most cases, you know, the hydrogen produces in your gut and most people are deficient in the correct microbiome to produce the kind of hydrogen that is needed and necessary.

There's enough. So another interesting study, done in Japan on centurions, you know, people that have lived over a hundred years of age. And one experiment they did was measuring their breath as they exhale.

And they found that people living over a hundred years old had a higher concentration of hydrogen in their breath. Oh. So yeah, that's I found that super interesting.

And so that's another. So that led people to research more, you know, in hydrogen and in its effects on the body. And so did that answer your question or to go deeper into that or.

Yeah, I mean, so it's a gut microbiome issue. So if someone balances their gut microbiome, should they still be inhaling hydrogen. Yeah. Because if you think that, you know, we recommended between 1 hour and 3 hours a day, you know, you can really see the difference in the effects.

Yeah. And then a super healthy, you know, gut biome is going to produce maybe 6 to 12l of day and you're getting a liter every minute when you're inhaling the hydrogen.

So it's a magnitude of difference. And we see nothing but positive effects, you know. But your body needs a break. You know, just with exercise you can't exercise 24 hours a day.

You know, that. It's that ebb and flow that, or hermetic stresses, right? That you stimulate the growth and the changes in your body for a positive outcome.

And so I think hydrogen influence a lot of it's a signaling molecule as well. It influence a lot of other body bodily processes. On a cellular level. And so there is a threshold like I mentioned earlier, that it's, it does increase benefits the more you do, you know, up to a certain point.

And it's hard to, you know, get reached that point. So you do you recommend taking breaks or you do it every day? Almost like for the last two or 3 or 4 years, I've been doing almost every night overnight, eight hours a day.

And I wake up more alert, more energized, like I was already drinking coffee. I used to be just dragging in the morning. It used to take me like an hour or two just to be productive.

Like, what am I doing today? And just brain fog and just having to take naps and just dragging and just getting tired at the end of the day and just being like, emotional, like, I just groggy and not not there.

But I mean, it's like, I'm a totally different person now compared to before, so much more productive, just focused, more energy, a clearer mind. Some people say like after a session, like their, their mind and thoughts, you know, they can write a book, you know, like just, you know, super, super sharp focus.

We're all like, yes, I'd like some of that, please. Call it vitamin H, right. Exactly. I mean, it's really I mean, you should think of it. I don't know how it exactly defined a vitamin, but, you know, hydrogen, it is pretty close to in the way that the body needs it and reacts to it, if nothing else.

Definitely a supplement. And we're not that we're not getting enough of them. So is there anyone. And then I want to get into a little bit more of what you're actually have, how your administering it, but is there anyone who you would say this is not like active cancer?

Is there anyone that you would say this is not a good idea. Foreign is there an age limit? Right? Right. Yeah, definitely. No. Definitely no age limit.

I've used it on, my, my my kids when they were little, when they were have, you know, some health conditions. And as long as they can keep the candle on, you know, it's good for them.

I'm even, a story, one of my friends was, you know, pregnant. She had, you know, two really bad pregnancies and the third one, and she really got on the hydrogen, and it was helping her with her health condition.

She was doing great.

## Safety, Pregnancy, and Mental Health Benefits

And, so third pregnancy while on the hydrogen during the whole time, it was a flawless pregnancy. She even had a cesarean as well because the two previous ones was this area, but, less bleeding than normal, the doctor said.

And she was out quicker and she was the first one out from her group, you know, that was, you know, giving birth at the time. But the first two pregnancies were nothing.

And she was, like, bedridden almost the whole time. But this time around, it's like, you know, by the book perfect Pregnancy. And she attributes that to the hydrogen, you know, therapy she was doing at the time during pregnancy.

Safe. If you're breastfeeding or you have been breastfeeding. We found because, we I was doing it when my now almost five year old was, you know, born and, my partner wasn't producing a lot of milk at the time.

And so she found when she drank the hydrogen infused water, she would produce more milk for the baby. So that was a big relief, because we were really worried.

And and for a while, also too, when, the, the hydrogen, it passes into the breast milk and into the baby, it's like drinking hydrogen infused milk, right? For for the babies.

The babies have better digestion, less, you know, colic or just, digestion problems. So it definitely benefits the babies. You know, the infant's on that scale as well.

Interesting. So what about I mean, with hormonal imbalances, we see a lot of mental health challenges anxiety, depression, sleepless nights, brain fog.

These are some of the biggest complaints I hear from women who have, hormonal imbalances. And so what have you seen in that respect? Are there any. Right, done or just experiences?

Yeah. Yeah, definitely. I can relate some experiences and I know I mentioned some studies and that I, that I found as well and I'll get some notes on, but one particular client comes to mind and she has like, an anxiety, you know,

attacks, you know, every now and then and to the point where she be just completely lose it.

She couldn't function or make decisions. And so, you know, we got her a machine, and, she noticed that her, her mood, her emotions, and, anxiety attacks were lessened both in, degree and frequency.

And, she actually instructed her a 11 year old at the time. So, like, you know, if I start freaking out for any reason, just help me just get into bed, you know, help me lay down to sleep.

I mean, she and get the candle on me. And she says, you know, her attacks went from, you know, lasting long durations to just 5 or 10 minutes and then just really calm her down, you know, centers her and then, they just life a whole lot, you know, easier.

But she's definitely noticed a difference. And she definitely relay that to me. She's like, this is amazing. You know, it's helping me out tremendously.

And so, Yeah, well, went with sleep as well. Most I would say the majority of people noticed better sleep. But sleep is, you know, it can be complicated.

There's a whole lot of things that go into, you know, sleeping better. But in general, if you're taking care of the the other things that would help with sleep, I would say you'd do that first.

The hydrogen definitely, works synergistically with other types of, you know, sleep related advice. I would say. Right. A little about, I want you to say the studies, but I also don't want to forget.

I want you to talk a little bit because we're offering it, you know, molecularly inhaled hydrogen in our new clinic. But, you know, right. Thinking about bagging the limbs, and that's something, yeah.

Only ever done with ozone. So I just want to make sure. I want you to talk. About what? That why and what? That's doing, but also the studies for. Sorry.

All right. Right, right. Yeah. I think we've got time, but, Yeah, the bagging one. Well, it started with, you know, I had a torn rotator cuff on my, my shoulder here.

Pain. I couldn't lift my arm straight above. I would get here, like, I couldn't lift it up. And I was like, man, it was like, over two years of pain. I'd heard it. And injury.

It never healed back properly. And, I tried the ozone injections, the platelet rich plasma injections as well. So I'm saying that. Right? Yeah. What else was it?

PMF you know, the poster, like like the magnetic frequencies. Also that the dans or tends machines to stimulate muscles in I mean, almost everything, in other types of injections, but nothing really helped.

And then, at the time, I was getting more into hydrogen. So I really wanted to test all these things before I tried the hydrogen. Just to say, just from to prove to myself as a scientist, I'm on my own experiment.

And I had a silicone funnel, which I would attach to the end of the hose to and put it on my shoulder, and I found it. It did help, but it wasn't like, you know, to the degree that, you know, it's like, you know, we'll see. It's helping, but it's not, you know, maintaining, you know, the pain free state.

And so what I did then is, I created a sleeve out of a, a produce bag from the grocery store. Just a plastic bag, just, you know, cut off one end. So it's, like, open on both ends.

And I had, cinched it around my shoulder here in right here and put the cannula on the inside to maintain the hydrogen around that joint. And I ended up doing that overnight.

You know, I put the machine on full power for, three sessions every three nights. And then after that, I kind of like, oh, it's feeling better, you know?

And I just got busy with life because it's hard to arrange things to do it, you know, every night sometimes. But since then, it seems like it's it's completely gone.

That was a couple years ago, 2 or 3 years ago. And another case, on my ankle. Sprained it. Could not walk. I was worried about being able to, do my chores and stuff the next day, but, I was so bad I had to hop to the bed.

I asked my son to, like, bring me a bag rubberband and strap it on my foot in the machine, the cannula. He helped me hook it up. The next morning, my foot was like a rosy red.

The inflammation had gone down because it swole up immediately, and now I don't know what happened to it, but, So the next day I was limping. By the end of the day, the pain and swelling were gone back to normal.

I was like, I thought I was going to be like in the hospital, but I broke something. And just this is my. And I've got other friends with, you know, similar experiences. Right.

But it's like so much more, you know, personal when I experience it or myself or, you know, when a person experiences themselves to tell the story. And the last one most recently, for almost 20 years, I've had our plantar fasciitis in my right foot.

You know, my, I like, you know, I love Latin dancing. So I just do that a lot. And there's a lot of pounding on your feet. Right? Especially when you're running, but, you know, pounding and not so comfortable shoes, you know, damages the, the sole of your, of your feet.

And so, as a result, you know, going out dancing the next morning, almost every morning, I step on the floor and excruciating, like bruised pain, feeling on the bottom of my foot.

And this was, you know, on and off, but super painful, you know, up until recently when I thought, like, man, why? I wonder if I thought it was like my foot was damaged in some way.

I don't know what it was, but, I didn't even know what it was called until I looked it up. And, you know, I found the term plantar fasciitis right? So anyways, same thing again. I bagged my foot.

It took me a few days if you had the best way to do that. But over the course of a week or ten days, I do it when I could. And then I noticed it was getting better.

And so okay, well, I'll just continue. And I kind of stopped doing it, but, since then it continue to heal and I can't even find a tender spot on it, no matter how bad I treat my foot or pound on it, it does not come back.

I mean, and this was like hurting. As soon as I wake up in the morning, step on the floor is like, oh, that's bad. But, was super interesting about the hydrogen.

It stimulates or jump starts the healing process in these joints like this. It's not like, okay, you do it and it goes away, or you do it and it gets, you know it, you do it until it gets better.

And there's no more pain. No, but it stimulates and jump starts the healing. That's what I find most interesting because, even after the treatments I did, there's still a little bit of pain, but it ended up healing itself over the course of the next few days and weeks to the point where you know no, absolutely no, you know, reminiscence of pain in there.

So it's like pretty incredible. We're going to have to play with that. And real quick before we finish up, I interrupted you because I was just very curious about that.

And now we're going to start bagging joints and seeing what happens. But you know, it works, but it's what works. That's great. You said you had some studies related to anxiety, depression, right?

Right. Yeah. I'm in a pub, PubMed and a few other sites like that are great for like research, researching articles.

## Bagging Joints for Injury Recovery

You can basically just type in molecular hydrogen in the condition you want to treat anxiety, depression, heart conditions, cancer, the glass of cancer stories as well.

But that's where another another day. But since we're on the topic of, you know, women in depression, anxiety and some of the studies that came up and I've, I've made some notes to kind of like summarize somehow read those off, if you don't mind.

Like a here it this a study published on PubMed entitled Effects of Hydrogen Water in Psychology in Psychological Treatment in a sample of women with panic disorder.

So randomized and controlled clinical trial, they say in this study, the use of hydrogen therapy showed significant improvements in anxiety severity, reduce pro-inflammatory cytokines levels, and better general health state suggesting hydrogen hydrogen's potential as a complementary therapy.

Along other alongside other psychological, you know, say therapies for example. Right. Another article here is like the potential of hydrogen improved hydrogen for improving mental disorders.

So, reviews, reviews the use of hydrogen for mental disorders, including depression and anxiety. It highlights hydrogen's antioxidant in anti-inflammatory effects as promising for stress related disorders.

Another study here hydrogen rich water for improvements of mood, anxiety and auto or atomic nerve. And I can't talk now on on nerve function in daily life.

So this was published on pub med. Also they found that consuming hydrogen hydrogen rich water improved mood and anxiety in daily life, further supporting its potential.

One more quick one here. Another study I'm entitled on molecular hydrogen and overview of its neuro neurobiological effects and therapeutic potential for bipolar disorder and schizophrenia.

It discusses how hydrogens anti about tonic, anti-inflammatory and anti oxidative properties which address some of the root causes of these mental disorders, suggesting potential therapeutic applications.

Apoptosis. Apoptotic is really important for cells that are going rogue for cancer cells. So these are all right. Right. And and powerful medicinal tools.

So before we wrap, if you could just talk a little bit about what it is your company offers, you have machines. Could you just talk a little bit about that?

Because I'm sure the we offer to many machines, we find that anything less than one meter, one liter per minute is, you're missing out on some of the benefits in anything more is usually just a waste of money.

So we're really just, so, you know, two machines on our website, H2 biohacker.com. And, one is the original Brown's gas machine. I, you know, put together a, you know, off the shelf parts and pieces, you know, as an electro engineer and we people still request that and we're still offering that today.

And that uses an alkaline solution where between the plates, where the electricity is passed through, it breaks up the water molecule. The other machine is, called a we call it a pure hydrogen machine where they use a membrane instead of an alkaline solution.

The electricity passes through there. The membrane is called proton exchange membrane. And because of the membrane is in place, oxygen can come out one side and hydrogen out the other.

We recommend using both gases together. But in order to not complicate more than that, we offer those two machines because we find that's the best bang for the buck.

That's the sweet spot, you know, for effectiveness and and costs. Right. And so I mean, one machine over the other, it's really what fits into your, your lifestyle, the Brown's gas machine.

I've got a control panel on there that allows you to decrease the volume of gas. The pure hydro machine, you can at least decrease the volume of gas. So it's like full strength, but that one has a timer on it.

And so if you want to inhale hydrogen overnight, like I do, then the Brown's gas machine is more likely to, to work better for your condition if you want it more intense for a shorter period of time, see, the pure hydrogen machine is better.

And also, some people don't like working with an alkaline, you know, caustic solution. You know, that's, you know, we recommend every six months, you dump that out, rinse the machine and make a new solution.

And so as the water solution is used up, you top off either machine with distilled water. So you're not working with the solution too often. But the, the newer machine is a little bit easier to maintain and, little less, you know, so easy for people that maybe worry about dealing with the, sodium hydroxide solution. Right.

Gotcha. And, you said if you're going to inhale it like an hour a day is what you recommend for optimal results. Is that correct? Yes. And, you know, obviously, recently a client was, treating her Parkinson's mother, you know, with some, you know, care workers as well.

But she found that the difference between 1 hour and 3 hours a day made a difference. So she she noticed improvements from just doing it for one hours a day in the morning to doing one hour in the morning, then afternoon and evening.

It's much more, mobile capable. She she making her bed participate more in the household chores and being more mobile. Doing it a little bit more frequently.

So I'm not sure what that super sweet, but sweet, super sweet spot is, but anywhere between 1 hour and 8 hours, which is what I do for night sometimes at a at a lower level. Right.

And is it portable? Like, could you hook it up and move around or you have to be, has to sit there for three hours is a lot of time. Yeah. But I mean, if you're like, laying down before bed or as you're getting up in the morning, that's the best time to do it, I find.

And when you're working on the computer, that's a really good time. Or looking at your phone or tablet or scrolling or watching a movie or TV, something like something like that.

So, you know, we keep a machine nearby. You know, sometimes one in the kitchen, one room and one by the bed so that wherever we are, you know, someone can plug into it and, yeah, both these machines, you can plug in two to them.

They produce enough for two people as well. So that's, you know, great. So me, my partner, we say lay in bed, both breathe in hydrogen from the from the machine.

Great ideas, ladies.

## Research, Products, and Consultation Offer

Yeah. That just also means giving fun date night ideas. Do it. Oh, yeah. They're doing. Oh, yeah. They're, you know, you're hydrogen together. Well, another thing to I have noticed on my side, but I'm talking about hormones.

But it definitely improves tech, not testosterone and, sexual desire, you know, and so, another woman I was talking to as well, she's like, you know, Ben is supposed to do this because I find myself, you know, craving more, you know, like, yeah, it does to some people.

So, I mean, both men and women has that effect. So it it's got to be doing something in there with the hormones and regulating, you know, upregulated and down regulating when necessary to get your body back into balance.

So it's interesting how that works. Well thank you. Thank you for bringing something new to the audience. I'm sure it's new any of the listeners. So again it's too biohacker for H2 biohacker.com.

And right now we've got a special like a 30 minute free consultation. So if someone wants to talk to you with me directly I can talk to their specific conditions.

And, give them suggestions on what machine works better for them and what method of treatment or therapy would be better in their cases. And also, I've relay some other case studies or clients testimonials that would help, you know, give confidence in, you know, improving their conditions, whatever they have. Right.

So we've got lots of feedback from lots of people. One last thing to notice is, people that are listening to this summit, if you type in doctor talks in the coupon discount area, you'll get a I lose a $300 discount off the current price on the website. So and I think that's about it.

Great. Well thank you. That's really nice that you'll talk to people because I'm sure people still have questions. And so hit them up at H2 biohacker.com.

Inhaled molecular hydrogen is a really good you know, we're we're building a toolbox. And it could be a really important piece of your toolbox on your hormonal journey.

Once my office is open, you'll see me, like, in the immortal chamber, inhaling my own hydrogen. And, yeah, I think it's great with the bagging of it, because I've never even thought to do that.

Yeah, you're on the cutting edge of this, and that's like. That's great to see doctors. Like you're doing this kind of stuff. It can be because it really works and people are going to feel the benefits.

Yeah, well thank you. Thank you for what you do. Thank you everyone for being here and listening. And so go to H2 biohacker.com and learn more. And thank you for sponsoring and sending you all of love.

And we will be back with another talk. So stay tuned.