Hydrogen's Hidden Powers: Reversing Aging, One Breath At A Time Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Hydrogen Therapy

Welcome, everybody, to another episode of the Exponential Longevity Summit. I'm your host, Doctor Jeffrey Gladden, and we're here discussing leveraging AI to outlive disease and live young for a lifetime.

And today we have a really interesting topic on molecular hydrogen, something that I've been interested in and involved with since 2015. And today we have Ben to matter with us, who, is going to talk to us a little bit about hydrogen and some of his, experience with it, some of the equipment that they've developed and it's going to take hydrogen and a little bit of a different direction.

I think a lot of people are familiar with hydrogen in a bottle, or hydrogen out of a tap, or a hydrogen from a tablet. We're going to discuss that, but then talk about, hydrogen that you inhale.

So pretty interesting stuff. So Ben, welcome to, welcome to the show. Yeah. Glad to be here. Thanks for having me today. So, so, yeah. Go ahead. I was just going to say, well, what do you share with the audience a little bit about how you got involved with hydrogen?

I'm sure at five years old, you weren't running around saying, I want to get involved with hydrogen. So what brought you to that? Yeah.

Ben's Background and Entry into Hydrogen

Well, first off, the administration of hydrogen therapy, what I consider is, administration of hydrogen, gas into the body through inhalation or, by infusing it into water that you drink, you know, for the purpose of better health and healing.

You know, my story is interesting because I come across came to this from a different direction since. And doctors and other healers, and I'm not a doctor, so I offer a different perspective.

You know, my my background is actually in electrical engineering, so I come to it from a scientific point of view. And I've been a natural for, you know, 30 years.

So I'm always looking for that age and natural health. And, so my, my goal originally was to, you know, increase my own personal health spending, quality of life as I started to age, you know, into, you know, 40s and 50s, I started feeling, you know, like the fatigue, the brain fog, you know, the lack of energy, you know, just cognitive.

I was my mind wasn't as sharp and more susceptible to sicknesses and colds and, you know, I see a lot of my friends getting these sicknesses that they put all these labels to, you know, you know, cancer, diabetes, heart conditions and all these things.

And so, well, I still had a mind. I was, you know, I started really digging into, you know, longevity in research and, and looking at, you know, what can I be what can be done to preserve the overall, you know, quality of your life and health span as we start to age.

So so the goal is goal is really more energy strength. You'd better sleep a sharper mind faster healing, reduce aches and pains, and just feel more youthful.

You know, we're here to talk about longevity, right. And so in in studying longevity and trying to get the most out of my health, and just better my health, I would frequent log longevity forums online.

And this was probably 15, 20 years ago, you know, it started, but, around the same time you're going to die. You

and you mentioned like 2015. I was, there was some research being presented in some of these forums regarding you, carbon 60, which is like a an inert molecule made of carbon.

And then there was a boom at one time people were using this. I was actually making it myself in my house. And it was working. We're receiving. You mean other people were getting these benefits?

You know, feeling more useful, brain fog going away, more energy, better recovery, and all this what we're looking for. And so when I really dug into the research as to why this was working, it seemed like this molecule was acting as a transport mechanism for hydrogen.

I've actually found some research and papers showing that, they're using this molecule to store hydrogen in the case for hydrogen cars. So then I made the connection.

Well, if this is great at holding on to hydrogen just tight enough where it can be grabbed on to in the body and released to other bodily processes that need the hydrogen.

Let's just skip the carbon 60 altogether and just go right to the the hydrogen. And so that's when I, got into some of the little, diffusing bottles that, you know, create hydrogen fly diffusing into water, which, I didn't feel many effects of that.

And that was already, you know, as an engineer, I was already, running my car partially on hydrogen just to make the engine more efficient.

From Carbon 60 to Hydrogen Inhalation

And so mean all of these devices, they use electrolysis to create, you know, break up the water molecule into hydrogen and oxygen. And so I said, well, I can just adapt this system.

So to, to make a machine that we can breathe the hydrogen. And this is before a lot of any of the, the inhalation devices were even out there hard to get a and if you could, you know, super expensive.

And so anyway. Let me, let me interrupt you for second. But it sounds to me like you're driving around in a back to the future Delorean with hydrogen and fueled by hydrogen and carbon 60.

Right. And so just to give the audience of a view of what I'm seeing in my mind's eye here. So that's pretty cool. So you're really innovating around the clock on some of this stuff.

And I, you know, it's interesting to think about we like carbon 60 also. It's interesting to think about maybe stacking those two together even like, you know, either inhaling drinking hydrogen and taking some carbon 60 blah, blah, blah.

So yeah, pretty interesting. So I'm sorry to interrupt, but go ahead. No no, no, we do some you make some good points. We just so the carbon 69 would be a new kind of expensive.

And, you know, I was saving money by making it myself, but still, just to buy a gram of it, you know, super expensive. And, you know, once it caught on, the price went up even more.

But what I, what I saw experience is experience you through the inhalation was even the same benefits and then some. But not only that, you know, once you've got a machine, you're kind of like independent.

You don't have to buy supplements every month. And so it does work to stack them because the carbon 60 holds on to a longer, it keeps it in your system more.

But, it's just as easy to, to breathe the hydrogen, you know, more often if you a few times, a few times a day. So once I made my own generator, started breathing it and getting those results, you know, I started sharing that with

friends and family, and.

And that's how I got a, you know, kind of got pushed into the business. What results were you getting? I'm sure the audience is interested to know what kind of results were you getting when you're inhaling.

Right? Right. Exactly. All the water bottles or even the tablets. Yeah. I almost gave up on after just getting a water bottle and bubbling with that because I didn't really feel anything significant.

It only gets two parts per million and a water bottle, right? Two parts for my. If you double click parts for liquid, a tablet has ten parts per million.

We feel that. But, but when you inhale it, you get, you know, a lot more than that. So. Yeah, a comparison I like to make between the, the, the water, the hydrogen infused into the water and the inhalation and some of our machines produce as much as one liter of hydrogen per minute, one liter of gas per minute.

You know, actually hydrogen gas, you cannot one tablet or you can't fit a liter of gas into a liter of water. That's right. The volume doesn't work. And so, if you're getting a liter.

From like a half hour to an hour or two, as many as three hours a day, and I often put it in a lower setting and breathe it overnight. And so when you can do it seven hours a day, you really start to notice the effects.

And because there's no toxic dose of it and it's in a diffuses so quickly through your body, but it doesn't build up. So there's no harmful effects from it.

So one of the first things I noticed was just, just energy. And it works on the cellular level with the mitochondria. So it improves all aspects of cellular metabolism.

Benefits of Inhaled Hydrogen

You know, the mitochondria responsible, producing the ATP molecule, which is the energy currency of battery body, which also explains why a lot of brain fog goes away, because you're the neurons in your brain have a higher density of mitochondria than almost any other cell in your body.

So just overall energy performance recovery, you know, exercise and, and running, your endurance increases, you know, faster recovery time. My sleep improved, brain fog and a sharper mind.

I, I used to have to take naps during the day. I'd just be worn out in the middle days. I mean, I can't wait to take a nap. And then, when I lay down, I plug into the machine.

I first, I didn't have to take a naps for a while, but if I ever did feel a little bit, you know, run down, I plug into the machine thinking, oh, I just take a nap and snooze for a while, but within ten minutes I'm like, raring to go already.

It's like really, you know, wave. And, and I got not like a coffee effect, but just like you just feel like you're turned on in a nice, healthy way. You're ready to go in the mornings and.

Studies done, there have been studies done on that actually comparing in college students that were sleep deprived. They basically took, kind of what's called an academic test of sorts.

Cognitive assessment. And then of course, they were sleep deprived. They didn't perform as well. Then they gave half the group coffee. They gave the other half hydrogen.

And both groups improved to the same extent just by different mechanisms, of course, which is interesting. Right. So. Well. That's pretty amazing. Yeah.

So we recommend people if they're starting to feel that 2 p.m. fatigue and you're not next to a hydrogen inhalation

machine, if you do drop a tablet or throw in some water and drink it, we noticed a nice boost at that point.

So hydrogens for real. The real deal. Oh yeah yeah yeah for sure. Yeah. It's a selective antioxidant. You know, it neutralizes some of those free radicals, those reactive oxygen species in your body that result, you know, from aging and, you know, as your cells produce, you know, just toxins from just normal metabolism, you know, if those are neutralized properly, then that creates inflammation.

So that's probably one of the main reasons that hydrogen reduces, you know, overall inflammation across the body. You know, for examples from clients that, you know, arthritis pain for two years, you know, you know, nonstop.

And after two months of constant use of a hydrogen inhalation device, the pain is gone. Yeah. And that's one of the the first things a lot of clients know is because that's the most obvious thing, if you've got joint pain in different places near each other, that's one of the first things people notice.

And that sometimes happens within a day or two. I mean, I, I had, shoulder pain, torn rotator cuff, you know, two years, your pain wouldn't go away. I tried every other treatment, and I was on injections as well.

The plasma rich placement. Injections like that didn't work. Yeah, exactly. Yeah. But when I, when I finally was able to bag my shoulder with a sleeve, you know, you know, I've ever been here.

I've ever been here with a bag and put the hydrogen to, you know, in this area and diffuse a hydrate into my joint. Three overnight treatments every three days.

And, you know, after years of pain, it just started to stimulate healing and healing it right away. And I forgot about it. And so I plantar fasciitis in my foot.

I had that pain. You wake up in the morning, you step on the ground like, oh, it feels like you're your heel is bruised. Just recently I thought, well, man, I should have just back my foot after about a week of treatment is completely gone.

And I've been dealing with that for years and years. And it's like, it's amazing. It's not like an injection where you and you know, it's like, injected into make the pain go away.

It seems like it, you know, it does improve circulation tremendously.

Pain Relief and Healing Applications

And I think just stimulates the healing. If anything, that's what it's doing is stimulating the healing, the body's natural healing processes. Because after the first week, we can have I noticed a little bit of difference, but it's 2 or 3 weeks later where it just completely heals itself.

Yeah. That's interesting. So we've seen a similar thing with arthritis, even if you drop 2 or 3 tablets and drink it, people's arthritic pain is improved within a matter of minutes.

Right. What you're talking about more sustained hydrogen exposure for actual healing. But it works great for pain relief. And you combine, hydrogen with their amine termism.

An FDA medically approved food there. I mean, or am I any, it's a it's a supplement you can get over the counter. Used to be sold through doctor's offices, but now it's available to the general public.

Those two things together work amazingly well for pain control. So if you're listening to this and pain is an issue, think about hydrogen therapy together.

It works really well. Come. Right? Right. Yeah. You know, a couple of the key things that I noticed and to mention

here, you know, just it improves circulation tremendously.

And, if you remember, with, a nail fold microscope, we can look at the capillaries and nails right here. There's a whole, you know, science, around diagnosing diseases by just looking at the capillaries in your fingernails right here.

And so, what I've noticed you know, we've got one of those microscopes ourselves. And what I've noticed, within ten to 20s of inhalation of the how you can get, you can see a change in the blood moving through the capillaries.

Very cool. And you can also see people that have, you know, or filled with toxins or have some, you know, medical conditions. You can see how the the capillaries are malformed or damaged in much the blood is much darker or even even clot it up.

You can see the capillaries, but there's like, you know, smaller or micro class in places. But within like I said, seconds of breathing. You can start to see them release and start to move.

Right. If I was really interested in comparing and seeing different people, as opposed to, you know, how their capillaries were, but it became you can there's really a correlation there. And.

In my age, my mind looked like my ten year old son. Oh, wow. Or also had kept capillaries looking like mine. So it's like. That's super interesting. That's fantastic.

No, that's really fantastic. No, we love hydrogen. I love the fact that you're doing this. I, have not done it while I'm trying to sleep, but that's a really interesting, thing to do.

Also, and just so the audience understands, is bagging process, right? So let's just try to get a mental image for that. About that. You're putting sort of a cellophane bag, kind of around the joint, if you will.

You're taping it down, then somehow you're, connecting it to the hydrogen so you can put hydrogen gas into the bag. And so now the hydrogen gas is actually diffusing through the skin into the joint, just so the audience understands what, what's actually happening here.

And because hydrogen is the smallest molecule, you know, in the, in the universe, quite honestly, it has no barrier. It can it can go straight into the brain.

It can go straight into the joint. It has no barrier. It's good for healing the gut. Any any place in your body when you inhale this stuff, it's going throughout every single cell. So yeah.

That's another reason you have to produce it on the fly. With these machines, you can't buy and sell it because it just it'll pass middle as well. Way to. That's right. It's so small.

But yeah bagging it really works well for extremities you know elbows shoulders knees and feet. Yeah. Because when you're inhaling it, it goes to your brain and through your lungs into your, your torso really quickly.

But to get joints where there's not as much blood circulation, the diffusion really helps. And we sell some special bags for that on our website.

Circulation, Blood Health, and Bagging

But you can easily just use like a produce bag, you know, I use sometimes from the grocery store or a clear bag. You just strap that on, you know where you want to, you know, actually apply the treatment to.

Yeah. But also with regards to the, the, the circulation and blood, you know, blood cells have a natural negative charge surrounding them. And that allows the flow more, you know, easily throughout your, you know, blood vessels and arteries.

Right. And so, looking at blood under a live blood analysis microscope. Right. Blood that is toxic. So people that have different health conditions, you can see the cells stacking one on top of another, because those toxic cells lose their ability to hold a negative charge.

So those positive negative cells, they just start stacking life pancakes. But again taking samples before and after, the blood cells, the, the hydrogen because you're pumping electricity into it to create the gas.

I mean, the what, pumping electrons into the water to make the gas. It holds on to extra electrons, too, similar to earthing or grounding mats, where, you know, you build up the electrical, the electrons in your body, the same things happen with the gas you breathe in it.

And so again, within seconds or, you know, taking a sample after a few minutes, the blood cells are more dispersed. They're not clumping up so much. And so that extrapolates to, you know, D-dimer test, which is a measure of blood clotting on a, on a really micro scale.

You. Know, blood test. So you get through a lab if you're listening to this, you know, to go to a lab and have this drawn, it's called a D-dimer, but it's, indicator of blood clotting.

It's used to diagnose things like, deep vein thrombosis, where you might develop a blood clot in a vein following an orthopedic procedure or something like that.

So it's it's commonly used in hospitals a little less commonly used as an outpatient, but it's available at pretty much every lab. So. Right. So, so both friends and families, this has happened to where they're actually on blood thinners.

And then within a day their blood starts to change in. They've either got to stop the thinners wean themselves off or the doctor, their doctor scares them from stopping the hydrogen completely.

But, a good friend of mine was, you know, had a D-dimer, like 30,000 and then, you know, he, you know, blood clots around his body. You can see them in his veins. They found them passed out.

You know, we got them on the machine and the doctor said he would be on blood thinners the rest of his life. Well, after two minutes, after two months on the machine, he goes back for additional Cat scans, or scans being done.

Is in large heart. Was back to normal. No blood clots anywhere. And he was after thinners actually within within a week of starting the hydrogen you know therapy. That's awesome. Yeah. That's awesome.

You know, it really is a kind of a magic molecule. And does I think it does human more than we than we realize that it does also. So yeah, we're excited about the inhalation elements of this.

So what where do people find out more about you and your, your website and those kinds of things? Yes. A website is h2 biohacker.com. And we on our website, we've offered a free three minute consultation to people that want more information.

And we've built up a large database of, you know, protocols because we've dealt with, you know, hundreds if not thousands of clients by this time, by this time.

Devices, Pricing, and How to Learn More

And, we've get a lot of feedback and we've tried on so many different conditions and, so we've kind of have a really good idea nowadays on what it works, how it works, how long it takes and how long it what amount of hydrogen you need for different conditions.

And, it's so then we offer a 30 minute consultation to, to educate people on that. On that process. Yeah. That's wonderful. And I assume that you also have developed machines that people could buy and put in their homes,

and that kind of thing.

Is that is that also true? So do you have yes. Machines or what do you actually have? We've got two main machines we work with. I mean, there's a spectrum of all kind of devices out there.

But just to make it simple and what's most effective, because we can smell small cells, small little bottles that I have or tablets that I find or, you know, they're somewhat effective but not as effective.

You know, I don't want people to have, an experience like I did and say, oh, I don't feel much. And and they throw it out, stop using it. And so we focus on two machines.

One is, a brown gas machine where the, the gas is created in a electrolyte medium where the hydrogen oxygen gas come out together. The other is, we call it a pure hydro machine, whereas a, you know, proton exchange membrane where you can actually get hydrogen in one part of the machine and oxygen out the other part of the machine.

And so, those are the main two machines we work with. And they both produce in, in total about, one liter of gas per minute. Okay. Combined gas. And we find that's the most effective range, for people to be working with to get the right, the benefits.

The biggest benefit. Yeah. Okay. And then, what's the what's the ballpark pricing for these machines? Thousands of dollars. Hundreds of dollars. How much are they?

Right now on our website, one goes around 2500, another one close to 3000. But, we're offering a discount to people, you know, hearing about this on the doctor talks.

And so if you go to our website, go to check out, there's a discount, you know, a little code box there. If you enter doctor talks in that area, you get a nice big discount off of that price there okay.

Beautiful. Well I appreciate all the work you're doing in this field. I think it's very exciting. And, I think people will learn a lot, from their consult with you.

And, we encourage you to explore hydrogen. And if you don't have the money to buy a machine to put in your house, the tablets, you know, are a lower cost to start with.

And quite honestly, they do work. It's just, if you really want to go next level is inhalation. Is the way to go, too. So beautiful. All right, well, Ben, thank you so much for joining us.

All right. Thanks a lot, doctor Glenn.