# The Gas Naturally Made by Your Gut Bacteria Might Be the Missing Piece for Menopause Symptoms Transcript

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## Introduction and Sponsor Welcome

Hello, it's Doctor Stills welcoming you back to the Future of Menopause Medicine Summit, where we are unconventional, unapologetic and unfiltered. And as always, my honor, my privilege to be here with you today.

Today we have one of our summit sponsors with us. And as you know, without our summit sponsors, we wouldn't have a summit and we wouldn't be able to bring you these wonderful days of all the free information and amazing conversations.

So let's all bow and say thank you to Ben from H2Genesys for being one of our sponsors. He was a sponsor last year and we love what he's doing so much.

And we got such great rave reviews that we brought him back. And so Ben is an engineer and a bio hacker, and he is the creator of H2Genesys, which is a hydrogen machine, inhaled hydrogen, which we have here in our office at Lasting Wellness Center.

It's part of our communal healing area and a highlight. And so this is something I believe in and want to share with you all, because it's something that could be very beneficial for you.

So he's developed accessible hydrogen therapy solutions to support your mitochondrial health, to slow down the aging process and to sustain wellness. And so grab your pens, because if you don't know about the power of hydrogen therapy, by the time we're done chatting over the next 30 minutes, you're going to be like, oh my God, I need some hydrogen in my life.

So welcome to the summit, Ben. Thanks for coming back and sharing with us again. Yeah, thanks. Thanks for the introduction and having me here, doctor stills.

Appreciate it. You're very welcome. So I think I always like to, you know, just let you kind of, you know, why hydrogen what's your story.

## What Hydrogen Therapy Is and How Itu2019s Delivered

How did you get started in this? If you can just tell us, the first thing people ask is hydrogen. Hydrogen therapy. What's that all about? Because people think, well, hydrogen, doesn't that like a blimp that, you know, exploded a long time ago?

And so what does that have to do with the body? Right. And so yeah, I'd like to say that hydrogen therapy is the administration of hydrogen gas into the body through inhalation, or drinking hydrogen infused water, or diffusing of a hydrogen through the skin by enclosing that area in a bag or a sleeve.

And this is all for the purpose of faster healing from various health conditions and better overall health. And so next question. Well, how do you administer it?

Those people are familiar with a well, some people like nasal cannula is what it's called. And so the machine like this one behind me, it produces hydrogen gas by breaking up the water molecule in hydrogen and oxygen gas, this simply loops around your ears, sits at the base of your nose.

You really don't feel anything. It's it's very unobtrusive. And you really have to put up against your lips to feel the gas coming up. And so that's the number one way that is way to do the hydrogen therapy.

Another way is through bubbling water. So say a diffuser stone. You bubble the hydrogen gas into the water for 15 to 20 minutes. That diffuses the water, the gas into the water, and you consume the water.

And then the third way, which is actually I think the most were the second most important depend on your health issues is, for example, with your joints at a real bad shoulder at one time, constant pain for two years.

And I found I put a little funnel over it with the with the hose, the camera, it the pain kind of went away for a while, but it wasn't completely gone.

And so what I end up making is this sleeve slide up over your shoulder. It has a drawstring here and a drawstring here. So you cinch it down the the cannula you actually put in their first.

You put the candle on first, cinch it down and you wrap this, you know, so you have bags for your feet and then also for your hands. And the sleeves are for your ease and shoulders and elbows.

Right. But as long as you have to do that for because I have someone, I want to do that for tomorrow. Now that I didn't know that you could do that, I certainly a treatment should be probably an hour at least and do it as often as possible.

I did it almost every condition I treated for myself and others, off and on, as often as we can do it for over a two week period and almost all the pain had gone away.

And it's really jumpstart sealing. And so that's like an incredibly effective way. And so so that's like the third most important way to get hydrogen into the body to jumpstart healing.

And that really works. So we'll go into some of that a little bit more. But and so like my story you know I'm not a doctor. So I offer a different perspective.

You know my academic background is as an electrical engineer, scientists in a natural health enthusiast for over 30 years now. Right. And so my initial goal was to heal myself, increase my own health span and quality of life.

I was like semi-retired at the time, but my body in my 40s was like, oh man, aches and pains. And just like lack of energy fatigue, I mean, I was really like burnt out fast.

I needed naps, I mean, my mind was all, you know, like brain fog, serious, right? And just more susceptible to sickness in various age related health conditions like, oh my God, I can't let this happen.

You know, I was just as you like, get to enjoy your life. You start to feel these effects of age, you know, like, no. So I really started started studying on anti-aging and just health and just trying to figure out what's going on.

And so we're all looking for the same thing. Just more energy, better, you know, strength, better sleep, a sharper mind, faster healing, reduce aches and pains and overall feeling of more youthfulness.

Right. There's a saying I like this. A healthy person has thousands of dreams, right? But a secret only has one to get healthier. Yeah, I've heard that.

Yeah, that's a good one. Yeah. And so I used to be involved in some private longevity groups where we shared and discuss the latest research on anti-aging supplements and biohacking.

And one day an interesting supplement came along called carbon 60 or C60. A lot of people were familiar with the nowadays, but back then, 79 years ago, it was like, you know, brand new.

It was before it became, you know, publicly available. So anyway, we started experimenting with this and making ourselves and we started, started feeling the effects of anti-aging.

But the thing was, we had to take a lot of it to get these effects. And, you know, C60 is a very stable molecule. And so the question was, why is it providing these health benefits?

Because like a really, you know, buckyballs like a ball bearing almost it's like super stable. And so as I dug into the research, I found that they were using carbon 60 or C60 as a method for storing hydrogen for hydrogen cars.

So I'm like, well, maybe there's something to do with hydrogen there.

## Benu2019s Background and Why He Built H2Genesys

And so as I dug more into the research, it became more apparent that Hubbard, 60, was actually acting as a transport mechanism for the hydrogen in the body, holding on to hydrogen just long enough and just hard enough so that it would release it when the body was needing it.

And so once we figured that out, I'm like, let's skip this expensive carbon 60, because to get the effects, we're having to spend a whole lot of money.

Right? And just, you know, cut to the chase and just focus on the hydrogen. And so at that point, I was, you know, I started dissolving the hydrogen into water, drinking the water.

But the effects were still not near as good as the carbon 16. And so I said, well, maybe it's and also with the tablets to know real facts, you know, that we that was like noticeable or significant.

And so as an engineer, I was already working with hydrogen and electrolysis and doing experiments in that era area. So I said, well, I'll just build my own hydrogen generator and just adapted for health purposes and see what happens.

And so the long story short, it ended up working that we were getting me, myself personally, I was getting more benefits and more results than, you know, the original carbon 60.

And especially compared to drinking the water and using the tablets, you just can't dissolve enough hydrogen in the water to get enough in your body. I mean, the machines we work with now produce minimum one liter of total gas per minute, 660ml of gas per minute, and you can only dissolve one, two, three milliliters, a super small amount in a liter of water.

And we're delivering over one liter per minute, you know every minute or two minutes. So it's a factor of a thousand plus times more hydrogen. So it turns out to be you know there's an effective threshold or a significant dose I mean significant meaningful dose of the hydrogen to really, you know, have the effects we're looking for.

And then as I shared my results in more people wanted to experiment with it and try. So I want that, I want that and that kind of push us into business.

They're like, man, make me one, make me one. So is there anyone that hydrogen is dangerous for or it's contraindicated? Or is this like anyone listening can benefit?

For the most part, anyone can benefit. There's only maybe 1 or 2 cases that I would say it's like to be aware in, say just, you know, consult your doctor.

And that's if you're on blood thinners, it has a tendency to, you know, make your blood more natural or heal your blood naturally. And I'll go into that a little bit later.

And then also because it does improve the function of the mitochondria, anyone that has a serious bacterial infection bacteria has mitochondria also. And so I say take care of the infection or any real serious condition before you do the hydrogen again.

But other than that, you know, 95 to 99% of our clients feel benefits in the results and maybe 1% that don't. They just don't feel anything, you know.

And so this and so I just people tell people, you know, I'm blood thinners, you know, work with your doctor because in most cases you'll have to lean yourself off of the blood thinners or, you know, do one or the other, right?

But, and the next question becomes, you know, what is the connection between hydrogen and the body? I mean, what does hydrogen have to do with the body? Right?

So if we're getting these results, there's got to be some way interact. Right. But it turns out that hydrogen is naturally produced in the body as a result of a healthy gut microbiome, as much as 6 to 12l a day.

Scientists are saying no, that's a lot. And so because most people most people don't have a healthy gut nowadays, there a big disadvantage. Another thing interesting to mention is that a study was done in Japan on people that were living over 100 years old, and they found that they had a higher concentration of hydrogen in their breath compared to the rest of the general population.

And so then they trace that back to the hydrogen being produced in their gut, you know, with the microbiome there. Another saying doctors say you may hear in health circles, they say I'm fiber reduces the risk of cancer.

So what's the connection there? Well, it's because the bacteria in your gut eat the fiber. And one of the byproducts is hydrogen gas. And so that's why the fiber has no really meaning in your body other than never gets helping. You know, things move through you. Right?

But it's the bacteria eating the fiber that produces the hydrogen, which we can tie to the real health benefits people are experiencing. But what about people with hydrogen Sibo?

Really? Good question. And I wondered about that as well. There was actually a hydrogen summit that was mostly based in Asia. Just was like 2 or 3 years ago.

And there was a doctor. I mean, it's like super technical. Some of the doctors doing this research. Right. And there was a doctor that specifically asked that question, did research on that, but he found that the hydrogen you inhale is not, say, bioavailable to the bacteria, the what you call it the power bacteria.

Right. That causes the ball. Well, there could be many things causing Sibo, right, right. But that is a priority. Lori pylori. Right.

## Safety, Gut Health, and SIBO Questions

That's it that actually ingest hydrogen and, you know, can cause problems in your digestive system. But it turns out that when you inhale the hydrogen, it improves your overall gut microbiome in a way that it doesn't affect that bacteria.

It doesn't make it worse. This is what he found. If anything, it reduces that the problems caused by that which I was like really surprised in good you know, glad to hear because, you know, a lot of people have that nowadays.

So so that is not a problem as far as I have been, you know, noticing and especially seeing this doctors talk on this subject. Okay. Because like if someone has hydrogen producing bacteria, we actually like measure it in their breath.

That's how we test for Sibo. And it could be anything from right streptococcus or in taro coccus or E.coli. All of these produce, you know, they ferment the carbs and then they produce the hydrogen gas.

So has it been like truly studied, like someone who's dealing with like to me, I feel like that would maybe be a contraindication, that it would be. Yes. But then when you get into the details, I will I can send you a link to that

study or this does to talk to scientists gave that's he can I don't remember all the details because I didn't have that prepared for this.

But I can definitely follow up and say that. Yeah. So we're going to do we're going to do a post summit webinar with Ben. So we can if you can bring that study and we because I'm I'm interested to know because I've always wondered in my mind like you know and I know like hydrogen has so many good benefits.

But that's always been a right. But but I definitely I was pleasantly surprised to see that there were benefits, you know, to inhaling the hydrogen, even if you did have that condition.

That's the bottom line there, right? Awesome. So so what have you noticed? Like tell tell us some stories. You know, what have you noticed about clients of yours using you know, the machine.

Like how would it help the women listening and the women listening are concerned about their, you know, either going through menopause. Yeah. So there's five things that really stand out.

What like the layman permit person would notice what we noticed. And also going to tie that into the science and how that works. And then we can go into connecting that to menopause and how the hydrogen connect can help with menopause. Right.

And so the first thing we noticed is more energy. And everyone kind of notices this, you know, so you notice less fatigue, a boost in energy boosting exercise performance and recovery, better sleep, less need for naps.

I noticed as well and just be more energetic. Also your mood to and when we traces back as to why the hydrogen directly interacts with the mitochondria in the in the production of ATP, where that energy molecule is made in the mitochondria, and so that it becomes more efficient, you know, so you produce a more efficient energy on the cellular level with less reactive oxygen species.

And so that's done in a complex one in the mitochondria where the actual the hydrogen acts as a proton donor, in electron donor in the complex one and in complex three, the hydrogen actually attaches to a sulfur based protein that creates a stressor on the mitochondria.

And so what that does, it's a stressor like signal that breaks down the conduit in a way that builds it back more resilient, more mitochondria and more resilient mitochondria.

So like to exercise for the mitochondria. You stress it out a little bit and it says hey I need to build myself up. So it's like kind of exercise on the mitochondria level is what it's doing.

And it makes sense because. So they're working mechanisms. We've seen the studies showing how the hydrogen targets the mitochondria to help the production of energy.

But we also feel it. So it's great when what we feel in the real world corroborates with what the science says. And we find working mechanisms, which is great.

Right? Well, the second thing is inflammation reduction. You know, it's a lot of inflammation as we age is the number one cause of all these age related diseases. It's incredible. Right.

And so inflammatory conditions like arthritis, joint pain and other aches and pains in most cases they go away. One client that had two years of constant arthritis pain and after, you know, just over a month or two months of using the machine, the hydrogen, all their pain is gone. And they called me up.

I was like, oh my God, the pain is gone. I feel so much better. And I've got two, three, four, five, six. Many stories about just joint pain and pain just going away, you know, shortly after starting the use of the hydrogen, is it something that you have to use long term or like can just one session be of benefit or is it really something that's cumulative and you really need to be like doing it daily or weekly?

It depends on the condition you're trying to improve. Because in the case of my shoulder, in my foot healed up super fast. No more pain and that hasn't come back.

And if I stop the hydrogen now, I think it will not come back because that stopped for a week or more, you know, and then it doesn't come back. But like the energy, the boost and energy, you know, the feeling of well-being and just the better sleep, the more you continue.

It's kind of like vitamins. The if you're or say, creatine or some other supplement, it takes you to another level and your body works a little bit better.

Just like if you're eating a good diet, you know? And so hydrogen is for me nowadays part of a good diet and like part of a vitamin regimen also. And so some things will heal up completely.

And then other things you may notice like your energy after a week, it may be like, oh, I'm feeling a little lagging today. And so just like with vitamins, I mean, I don't want to stop the hydrogen.

Just like I don't want to stop a good, healthy diet. Right.

## Key Benefits: Energy, Inflammation, Circulation, and Brain Function

And so it does seem to, you know, supplement it does seem to help out a lot. Yeah, I had that just today. I was like dragging a little. And so I had a break and I inhaled hydrogen for 25 minutes with some red light and some PMS.

And I was like, bam, I'm back. Yeah, exactly. I do the same thing if have like a rough day running around doing all this stuff, I say, I may I come in like I just like when to rest for a few minutes.

I plug into hydrogen machine. I'm like, refresh. My mind is ready. I've got energy again. I said, hey, I can go from around today, you know, rather than just being burnt, you know, that's what happens.

And so one of the things with hydrogen reduces, you know, oxidative stress. And so when the metabolism in the, in the mitochondria become more efficient, there's less reactive oxygen species as a result of bad or inefficient metabolism.

And it's those reactive oxygen species that cascade into inflammation. And those inflammatory conditions will the hydrogen neutralizes those more dangerous molecules before it cascades into these inflammatory conditions.

So which is like key because and that's a common denominator. And all these inflammatory diseases, the hydrogen helps neutralize these bad cytokines and these cytokine storms to help just in modulates, you know, metabolism in an overactive immune system as well.

Is there are there any studies like on cardiovascular disease. We know that's the number one cause of death in women. And you know, we think about inflammation reduction.

You know, reactive oxygen species like these are things I see when I'm measuring like in-depth cardiac panels and that I see a lot happening. And so this sounds like such a good treatment for cardiovascular treatment or prevention.

Yeah. I listened webinar did with Doctor Joel Kahn, your heart cardiac specialist. I mean I have all list of articles. It was easy to find scientific studies relating hydrogen for health and heart health than almost any other condition.

There's a lot out there, and it definitely improves all kind of heart conditions and recovery from heart attacks as well, in large part because it improves blood circulation.

And I've seen it under a microscope. You know, blood has a natural negative charge around all cells have a natural negative charge around them in blood cells as well.

And when blood cells become toxic due to environmental conditions or factors, they lose their negative charge. And when that happens positive negative positive negative they attract.

So you see micro clotting in the clumping of cells going on in the hydrogen. Also, as you inhale it you're inhaling negative ions because you're pumping electricity into the machine.

Negative ions come out of the machine as well. You inhale those negative ions which is basically additional electrons. And so that brings back a natural negative state to your blood cells, which improves circulation.

The blood cells can no longer stick together. And so under I've got a special microscope though because the capillaries in your fingernails and what we've seen is like less micro clotting going on stock blood cells actually, you know, being released and also under live blood analysis before and after bleeding the hydrogen, we see more clumping beforehand and less clumping after.

And so it was like incredible. As an engineer, science is like, oh my God, there's a obvious difference. You know, something is going on here we're gonna have to start doing before and afters with the microscope at the clinic.

What is this, some finger capillary thing can I get where do I get that? Yeah, yeah, yeah I can get you some information on. It's called like, a nail full capillary microscope.

Right. That's interesting. And there's a whole science diagnostic like science. You can diagnose diseases and conditions based on the the formations on the capillaries in your blood cells.

And looking at mine from my age, my after breathing hydrogen for 5 or 6 years, my capillaries looked like my ten year old son at the time. Wow. All the other adults I was looking at, you can see there's deformities in the capillaries and much darker blood cells and just, you know, you can say capillaries that were kind of like, you know, they broken off.

But comparing mine to my ten year old's is like, oh my God. He was like, you can see a difference, you know? So it's a whole science that you can get into by analyzing the there.

So so you can tell us five things and I'm getting overly because this stuff is like so exciting to me. This is like such good medicine. And so so so the third one is to improve circulation. Right.

And more flesh skin, glowing complexion, some fine wrinkles. Go away Michael. Fighting goes away. I mentioned blood analysis and the negative ions. Right.

So all that ties into the improved circulation. The fourth one is the improved brain function. And so much more. Mental sharpness improves memory. Lots of people call me back then.

I can remember things now before things are coming to my mind that I would have never in my mind is working different, different now. So a clear mind and just, you know, that translates translate into being more productive and also better sleep.

A lot of people notice. I mean, I noticed a lot of people notice more vivid dreams and colorful, colorful dreams. What's interesting? The hydrogen. You know, when you're supposed to be sleeping, you sleep better and you have more deeper REM sleep and more REM sleep.

But during the day you have more energy. And so if you do it before bed, you better sleep in more dreams. Do it in a day. You're just more energetic. So it's not like a stimulant, like coffee, like you do it before bed and you can't sleep.

It's not like that. The hydrogen seems to find a balance, which is like because it's natural to the body, it helps your body just be more natural. And so this was great about it, you know.

So how long like to get the benefits? Because I know you sometimes where you I remember you telling me last time I interviewed you, you can wear yours like sometimes in sleep.

Like for the average person. For the average woman listening like is half hour a day enough to get the benefits is like, yeah, I mean, you can definitely get benefits a half hour a day or even you skip days.

But ideally I recommend trying to get, you know, one hour a day if you want to experience more of the benefits, you know, 1 to 3 hours a day. But what I'm doing nowadays and what most people I talk to are doing, is doing it for like a half hour as you're falling asleep.

And then sometimes when you wake up in periodically during the day, especially if you're working on the computer, it's really good whenever you're sitting still.

And it's not inconvenient. Me, I look forward to doing it, just like you mentioned a minute ago. Like, oh, I feel run down. Oh, but I do it right. You just plug in just like a recharge, you know?

So I look forward to it. Almost like Jake get a cup of coffee. So it's not like, oh, it's not taking vibes. Oh, I forgot to take my vitamins. No, it's not like that.

It's like you look forward to doing this kind of thing. Do you need less vitamins once you're, like consistently doing this? I would imagine the answer is yeah.

Yeah, because it does improve your circulation. Your nutrient delivery is better. So I say yes, but there's still some vitamins like I would, you know, not stop taking. Right.

But well to finish up on this fourth thing quick and move on quick. But so fourth thing was to improve brain function. And we've also seen this in all times in Parkinson's and dementia.

Patients can tell you how many Parkinson's patients I've worked with that they call me back and say, oh, just their symptoms lessen. Eating like we talk about time on it, on it.

Right? Going from one hour a day to two and three hours a day, they see their Parkinson symptoms, you know, reduce their minimize more so and more so.

And that's pretty obvious. And just over the course of just a week or two, the difference becomes pretty obvious. And you mentioned before well how long do you need to be on it to see the effects?

Another woman just recently got her start to use, and it was reporting back to me and said, hey, I don't know if this is the machine, but I started sleeping better since I started using it.

And that was after just a few days. And as she continued, she's like, it's definitely the hydrogen, because I haven't changed anything else. And her sleep improved over the course of a few weeks.

Better and better, more deeper, you know, just satisfying sleep. And the last thing is just faster healing in general. Like, no longer do I get clothes or flus.

I mean, my young daughter just sneezing in my face. I used to be the first one to get sick and the last one to get healthy. Now they can see these in my face. Just like give you around.

Take all the time. It doesn't affect me. I don't get it. I mean, it's like incredible just being like a Superman with a Superman immune system right now. But.

And a lot of that happens because hydrogen, they found that it boosts the the body's natural production of glutathione, which is a master antioxidant.

Right. And so that's one of the reasons why it works. It just boosts your natural immune system.

## Menopause, Research, and Clinical Applications

And so real quick I'm going to see if I can link menopause to, you know, hydrogen or I have one quick question first, what about in cancer? There's a lot of studies that I work with, some cancer doctors exclusively using hydrogen as part of their therapies.

And they've seen using ultrasound that wipes some tumors shrink. And there's actually an interview I did with Doctor Talks with doctor. It's on our home page, H2 biohacking, where we go into some of the details on how hydrogen benefits cancer patients.

And even with chemotherapy and people under traditional therapies, those therapies that kind of really drag you down, you just feel like just drag down and not good.

If people do in hydrogen and traditional therapies, they feel so much better. That's been reported back to me so many times. Okay, so now talk about menopause, right?

Right, right. So I'm no expert. A minute pause. But after studying, you know more of the subject and knowing a few women in their life right, of come to understand some of the things about it.

There's a lot of ups and downs, you know, difficulty sleeping, you know, brain fog, fatigue. A lot of these things were talking about anxiety, you know, joint pain and even worsened, like PMS, like symptoms.

And a lot of this can be connected to rising oxidative stress and inflammation as a result of declining estrogen levels. And so estrogen normally acts as a natural antioxidant.

But oxidative stress is also now recognized as a major driver of bone loss, especially in aging women. And so the hydrogen is well known to suppress oxidative stress.

You know, it keeps it in check. And so this helps maintain and improve bone health. Wow. That's good. And so what does the science say. I mean nowadays if you look on PubMed and other websites like that, I think there's now over 3000 papers now published on hydrogen.

And as it relates to health. And so a lot of these studies in general, they say that hydrogen therapy shows clear benefits in the area of hormonal health, inflammation, cognition and metabolism.

And so just to rattle off a few summaries of some of these studies that I found, right, 2024 randomized controlled trial BMC Women's Health Hydrotherapy significantly reduced the severity of premenstrual symptoms, including mood, pain, fatigue and sleep issues, and improved physical and psychological quality of life over three cycles.

As these symptoms frequently intensify as a women ages due to hormonal fluctuations, right? 20 2020 randomized, double blind Trial in healthy adults. Some daily hydrogen therapy reduce inflammation responses and improve antioxidant capacity, especially in adults over 30.

This directly targets the increased inflammation and oxidative stress essential to the menopause like symptoms a couple more quickly. Another in 2018, a randomized study in older adults with mild cognitive impairment hydrogen therapy improves the cognitive scores.

This is relevant for brain fog and cognitive concerns in aging people and women in menopause type situation. Right? Another 1 in 2019 published in Menopause Journal.

This is pretty you know, connecting. They said hydrogen gas protected against bone loss and reduced inflammatory cytokines in patients after ovaries had been removed.

That's super cool. And there's a bunch more articles on psychological improvements and move just mentioned one here a pub may article the potential of hydrogen for improving mental disorders.

If we use the use of hydrogen for mental disorders, including depression and anxiety, it it highlights hydrogen's antioxidant and anti-inflammatory effects as promising for stress related disorders.

I've worked with a few people with PTSD and excited disorders, and they say it's like their attack goes from like, you know, you know, 45 minutes to a half hour to just 5 or 10 minutes.

You know, as soon as they, you know, the substance starts happening, they get they start reacting, they turn on the machine, start breathing, and they just instantly it brings them back.

Well, thanks to I get so excited because it's just, you know, I always say not all medicine comes in a pill bottle. And this is, you know, this is such a good example because you can see the far ranging benefits.

So guys said, we're going to have a post summit webinar where Ben will do more teaching. We'll answer the question and then we'll have an opportunity to ask him live questions and answers to.

There's a quick, quick wrap up if I got another 30s here. Sure. So basically, you know, how do you jump starts healing and supports all the major value functions and systems in a holistic way, right?

It's safe. It's natural. It's very easy to do. It can be used in conjunction with other therapies. We've been getting positive results from our clients, have been reporting back positive results all the time.

And it's backed up by real research and studies like we've just seen here. Like I just went off and we've been built an internal knowledge base based on our own experiences, getting feedback from clients after talking to hundreds, if not thousands of clients right now.

And so if people have any specific questions about their conditions and how the hydrogen may help, we do have a an option on a website to book a call, a 30 minute consultation, and we can go more to death on specific conditions.

And I can maybe relay some case studies that we've had to to give you some hope to see how or if it can help. And so a company does offer a hydrogen machine as doctor had mentioned.

So for limited time we're offering a special deal. A special coupon DRSTILLS will be the discount code there. You'll get an additional $300 off the current sales price on machine.

## Wrap-Up, Offer, and Website Information

So it's a really good deal now. And also what I'm doing nowadays I'm say try it for 60 days. If you have no benefits, you don't feel the only thing, send it back.

I mean, I'm not taking people's money. I want people to get healthy and we get so few returns now and people are getting such great benefits like it's worth it.

And so really, people have nothing to lose. You know, you can set up a 30 minute call with this. You know, you can get the machine, get even a better discount, try for 60 days.

And if you don't see any improvements in your health or benefits and send it back. So really, nothing to lose, Well, it's still approved. Like I said at the beginning, looking at my machine right out there, we have one of them's machines.

And, you know, it's a great machine. So many far reaching potential. So definitely something to consider on your healing journey. And I learned something new every time.

That's really cool. I mean, it totally makes sense about the bone health and oxidative damage, but sometimes you don't put that together. So thank you for piecing that together for all of us.

So make sense. Check out Ben. Stay tuned for our Post Summit webinar and thank you for. Yeah. What is your website site H2Biohacker.com H2Biohacker.com.

So just the letter H the number two bio hacker.com. So go check him out and bring some hydrogen into your life. It could really be a game changer. So thanks for being here Ben.

Thanks everyone else for being here. And we'll be back with another talk. So stay tuned.