Introduction to Water Filtration and Hydrogen

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I don't know if you were aware of that, where they really were showing the water to be more contaminated after going through a filter. Certain things that did lower and other things increased.

So all these issues. But if I were to show you all this stuff, I mean, we're talking pages and pages of chemical herbicides, pesticides, pharmaceuticals, viruses, bacterias, know, so many things, PFAS, forever chemicals.

And so how do I eliminate all this stuff? And I remember thinking to myself, how does nature do it? Have a way. Do you know how nature does it? Tell me.

It starts with hydrogen. Well, welcome everyone back to Take Back My Brain. I'm your host, Laurie Hammer. Today, I'm really excited about this conversation because I kind of wanted to do more research on this myself.

And so I'm really excited to have Greg, the Hydrogen Man, on my podcast today. So he has an amazing story of his recovery and how he got into this hydrogen world.

And we're gonna dive into all the ins and outs. of what hydrogen is, why to use it as therapy and so much more. So make sure that you stay tuned until the very end, so that you can hear everything that Greg has to share with us today.

So Greg, you have an incredible story that kind of brought you to this place and I'm so excited to have you on. So thank you for being here. Oh, yeah.

And you have a YouTube channel called Uprising 144K. Yeah. So curious about the name. What brought that name up? It has multiple meanings to it. Obviously, it's a spiritual name.

The 144,000 is the 12 tribes of 12,000 in ancient scripture. And to me, uprising is like rising up from amongst the dead, which ascension or rising up has a lot to do with spirituality.

Greg's Background and Channel Meaning

we know, you know, like Elijah ascended, you know, Jesus ascended, all these people throughout history who are highly spiritual. And when I was going through my medical issues, I literally was bedridden most of the time.

And so I wasn't able to rise up. And, and I obviously, I was actually technically supposed to die. I'm living miracle right now. I'm not even supposed to be alive.

And so to me, it's just rising up and on both the spiritual sense and physical sense. So. I love it. I love it. Well, can we dive into your story a bit and then we're going to dive into the hydrogen because I think it's all going to flow together.

Oh, of course. No, my, medical issues were absolutely gut wrenching. if I can talk about it without crying, cause it was such a crushing blow for years.

Ironically, I worked in the medical field for about two decades, maybe a little bit more. So I really know how, and I should say, I'm not going to give any medical advice today.

I'm not going to make any medical claims or claims. And I'm not making claims for, or against any product or products. Just want to put that out there, but ultimately it was really terrible because the first decade.

And I've worked with so many specialists, so many doctors, so many hospitals. I really saw how things worked behind the scenes. And to be quite honest with you, I wasn't that impressed.

Sure. And then the second decade was just repetition. And by being in the field, I just hoped that I never would get sick because I did not want to go through what I was seeing people go through.

Yeah. And so that was that. But then I did get sick and I had multiple health issues. mean, just to name some of them, mean, autoimmune issues, gut issues.

Inflammation throughout my body that was so bad, I literally couldn't pick up like remote control and change the channel on a television. Bedridden, couldn't even use the remote.

So that was really depressing for me. Cause I used to be really athletic. Also had a major heart condition, which was supposed to end my life. They were saying I needed open heart surgery.

Yeah. I also had tumors in my body. Some of them specifically in my nerves. So that was extremely painful. Right? If you've ever felt what it feels like when you bite into something cold and you get that nerve pain.

Yeah. It was like that, but 24 seven. it was, it was driving me insane to be quite. And, and just, you know, multiple other issues, you know, my, my immune system was really weak.

So I would get sick so easily. It would take me forever to recover. I was losing bone. So they noticed that too, that I was losing bone way too rapidly.

so I had some of those issues and it was just one thing after another. And, and my liver and my kidneys were really not working optimally. you know, they weren't totally failing, but they just weren't at their best.

Sure. and yeah, just stuff like that. And the biggest issue was the inability to walk. That was the thing and the pain. Yeah. So those were the most excruciating of course, ruined my life.

because if you can't walk and you can't stand up to go to work or anything, I ended up. losing everything and, you know, savings until I could find my way.

And I tried everything, you know, I naturopathic doctors, regular MDS, you know, different specialists, different health gurus, different diets.

Health Collapse and Search for Answers

I mean, and you know, I started watching the podcast and listening to all these people think all these supplements, all these machines, right. And nothing was really helping.

And it was really frustrating. And so It was really hard for me. then what I decided to do, I remember, still remember vividly where I was. I was literally on the couch because I couldn't walk.

And that's when I was trying to, I couldn't even work the remote and I just broke down. You know, I had a lot of breakdowns, but this was a big one. And I just felt like I was on my way out.

I could feel how sick I was. And that's kind of where I was. And I made a prayer as we tend to do when we're at our local And that's what I did. And I just, honestly, I just prayed for God to guide me.

I'm praying for miracle, ironically. don't know why I prayed the way I did. just did it. It's instinctive. And so I just, I didn't pray, heal me right now.

just asked him for help to help me be actually more interested. Because I don't know about you, but like, after trying so many things and listening to so many people contradict each other.

And what I mean by this, you have one guy saying, you see nothing but meat. You got another guy saying, you see nothing but vegetables. They usually do this water, no this water.

And it's like, it was frustrating because you don't know who to listen to. And so I prayed for like guidance, like give me clarity on the direction that I should go and the path that I should go that could potentially really help me heal and overcome these medical issues.

But I needed to be interested because I kind of got a quirky personality to the point where if I'm really interested in something, not in my head, but like in my heart, I can learn almost anything.

Like I do have, you intelligence. But if I'm not interested, it's so hard for me to read through piles of data and medical research and- think that's true for most people.

That's true for me. Well, and I was, you know, super suffering. You'd think that I could get interested and I just couldn't do it. And I think it was within a week or two after that prayer was really close.

Something happened and I can't really explain what happened, but all of a sudden things started coming easier to me. Like if I'll give you one example, you have everybody telling you to drink different water, you know, someone's the spring water, no, the alkaline water or whatever, all these different things.

I thought to myself, What kind of water do I want? Like, what do I really want out of my water? And I thought of was, how about just clean water? Like, how about just something that doesn't have garbage in it?

There's a good start. Yeah. It's so obvious, right? It's like, why do I care about the pH? Shouldn't I care about what's in it? And so, and one of the things there's many methods I use to find my protocols.

I observed nature. I read ancient scripture for ancient knowledge and wisdom in regards to health. read scientific papers also, you know, a lot of data and do a lot of critical thinking.

And I would bring all these things together to try to figure out, you know, the path that I was about to try to embark on, because I'd run out of options really.

Sure. But all of a sudden I started being able to like understand things that I couldn't before and even visions. I almost like get visions of what to do.

Like I just knew what to do. And it was so obvious. I could give you numerous examples. I mean, another one is deficiencies. We know that everybody's nutritionally deficient in something.

It's a common thing. And we know through scientific data that deficiencies tend to lead to disease. For example, like if you're deficient in vitamin C, you get scurvy.

How do you fix scurvy? It isn't a pharmaceutical. Nope. It's getting your nutritional deficiencies back where they should be, your vitamin C levels. And so one of my goals was I want to be not deficient in anything, which is a total order because most people are deficient.

Yes. And that's something I talk about all the time with my clients as well. When we're talking brain health, the deficiencies that go on in the brain, know, leading to anxiety, depression, OCD, other mental health issues.

And so my goal is always to start with that deficiency first and then work on everything else below the neck. And it just kind of all ties in together.

So I understand exactly what you're saying, Greg, when you say we've got to fix the deficiency. Simple and I would

have and I would have faith in this creation meaning this body Function do I need to understand it all you're not going to I'm sorry No human being no doctor.

No scientists. Nobody on the planet understands the full matrix of the human body and how it works I mean even recently there's a study that came out on vitamin D and my gosh We just found out the vitamin D helps keep your telomeres longer, you know and and it reduces your risk of dementia and Alzheimer's and see I didn't need to understand that.

I just needed to know that I needed to have proper levels of vitamin D. That's how simple it was because I know that this matrix is too complex, but it's simple enough to understand I need no deficiencies, but that's a very common issue.

And then on top of that, obviously I learned about water is a beautiful thing. It's I'm literally in love with water. I think it's not only highly spiritual, but it's so basic that I don't think the average person thinks about it, but I have a lab report right here, a third party lab test about what's in our water.

And I am not kidding you, you'll be so shocked and horrified. to, and I became, yes, I'm a hydrogen production specialist because I needed to become one to do what I'm doing there.

But I also am a water specialist. I know every water filtration modality. know what they can and cannot do. And I know that there is a huge problem in the water filtration industry.

I'm not going to name companies, but there have been some lawsuits against them. I don't know if you were aware of that, where they really were showing the water to be more contaminated after going through a filter.

Certain things that did lower and other things increased. So all these issues. But if I were to show you all this stuff, I mean, we're talking pages and pages of chemical herbicides, pesticides, pharmaceuticals, viruses, bacterias, know, so many things, PFAS, forever chemicals.

And so how do I eliminate all this stuff? And I remember thinking to myself, how does nature do it? Have a way. Do you know how nature does it? Tell me.

It starts with hydrogen. Yeah, because it starts with the sun. Yeah, because it starts with the sun. The sun is pretty much entirely hydrogen. It's hydrogen and helium, but helium is basically hydrogen.

And it hits the ocean. And when it gets up, it rises, it rises up like the name of my channel. Yeah. It ascends and through the ascension process of water, it purifies itself.

In fact, it comes down as rain or snow and rain or snow is distilled water. Yeah. Yeah. And so then I started looking into all the different water filtration modalities.

And then I found that the best way to clean water is to what's called carbon distillation. And it's not expensive. Anybody who wants to see what I use, cause people always want to know, I only use the best.

I don't have anything else, you know, no matter how much money people offer me or anything, it doesn't matter. I only share what I use and it's a website called my pure water.com.

And so that's the one that I use. Of course, if people want to coupon, people love those. They can use the code Uprising. one four four K if they want to support what I'm doing to bring this information to people.

But if I were to just give you like one example, just cause this one's a really scary one. This is PFAS and there's multiple types of PFAS and these are the low water is like 20 something and a seven and after carbon distillation zero, look at all the zeros.

It eliminates everything. Now people may be like, well then it also eliminates minerals. Don't worry about that

because there is a difference between organic and inorganic minerals.

And some can potentially really be actually toxic to you. So you can remineralize the water in many easy ways. There's a lot of good companies that make good minerals.

So no big deal. But to clean the water is of utmost importance because guess who it affects the most? Contaminated water. I it affects us all, but guess what affects the most?

our kids are elderly or pregnant people. Babies and children. uh How many medical issues are there with children these days? Oh, it's astronomical. Exactly.

It's because their brains aren't fully developed, their livers aren't fully developed, they're at most risk than anyone. And of course, people who have medical issues, of course, they're at risk too, but children are the big one.

Water Purity, Nature, and Hydrogen Discovery

And I learned so much about water. I didn't know that they had radioactive contaminants in water. Most people don't know. I didn't know that. the viruses, the bacteria, parasites.

Carbon distillation removes all the mold, all the parasites, all the microplastics. most of radioactive contaminants here it shows to remove 99.8 to 99.9 % of radioactive contaminants.

So it's the only way really in my opinion to clean your water if you want to have perfect water. Well, that's how I started. And then I stumbled upon really new data because nobody knew about it.

I've been knowing about it for years, which is the molecular hydrogen aspect. And I stumbled upon medical data. And when I was reading the data, I was so blown away.

I thought this can't possibly be real. I actually thought it was a scam when I first read about it. And I literally read the data for years. Right. I read it for years because I was a little confused about what hydrogen really is or how do even get it.

But all it is is a guess. So it's oxygen, just a guess, molecular hydrogen. Don't confuse it with other forms of hydrogen or because some people really tricky like even something called Brown's gas.

I don't know if you've ever heard of this. I don't know if you've ever heard of this. to Brown's gas. to Brown's gas. very confusing because they show you the data on molecular hydrogen and then they try to sell you rouse gas.

It's like, it's not even the same. What are we doing here? So the companies and people trying to sell products and it's the world that we end up encountering.

So it's tricky. so ultimately I started reading a lot about hydrogen and I became so desperate after just about almost four years, cause my health was just horrible.

So then I was like, and I kept stumbling, the hydrogen thing kept popping up. And so I was like, where is this data coming from? And I started looking and of course it's coming from Japan, major universities, scientists.

It was very legitimate. To the point where it actually ended up being medically used and approved in roughly 30 medical universities in Japan. So it's the real deal.

Pan has a lot of research on water. mean, they seem to be like the leading in the world on their water research and development of machines. mean, they seem to be like the leading in the world on their water research and development of machines.

exactly what I found out too. And not only that, but they have extensive knowledge on water. And even the word

hydrogen actually means that which becomes water.

That's the history of where that the origination of that word. so hydrogen became something like, okay, well, how exactly do I get my hands on this stuff?

You can't go to the pharmacy. can't you can't ask the doctor how much do I take? I didn't know protocols. And so I had to learn everything from scratch.

And there's no doctor who knows about it. That's very you people and they were all in Japan. was all coming from there and nobody knew. And of course I'd see silly little products like, sorry to give you some examples, like those little bottles that they promote out there, which that's what I was looking at it first because I thought, well, this is an inexpensive, good way to get hydrogen.

After I learned what I learned, no. No, contaminates your water, doesn't it, with heavy metals? Well, you know, because I don't like to make claims, I can say is you think about it for yourself.

When you put metal in water and you run electrical current, you know, the metals are going to have an effect. Obviously, in fact, they make collodial silver.

I don't know if you're aware of that. Yeah. Pure silver electrodes in water so that it comes apart and dissolves into the water. And so that's one issue.

The other issue is that it's literally directly electrolyzing the water. So direct electrolyzation of the water causes other impurities. So there's just a lot of issues and those bottles, they're all made in China.

Yeah, and they're all plastic and they're all like your. And the plastic is not even a huge concern because some of them make it in glass. I found that through a lot of research that even because I used to be really big on glass.

I was surprised to find out that a lot of glass from China is contaminated. I was surprised about that. And then I learned from the Japanese that there are high grade special polymers.

So certain types of plastics that are actually quite safe. Japan's really strict about what they allow their people and their children. I don't know if people understand how strict the Japanese are towards their children.

They love their children. And I think it's beautiful. I absolutely love that. And so they have special materials for their baby bottles. They don't, they don't allow them to use the baby bottles we use.

Yeah. They're really high end polymers for safety. And so I learned all these, you know, I was learning all these different things and I was learning so much about hydrogen and I just couldn't figure out how to make it.

Like I even tried like the hydrogen tablet stuff. To me, this is I would never take after learning everything I've learned about the tablets and seeing lab reports, I personally would never touch that stuff, you know, and I would lose in it before.

I would love to chat about that, so keep going. And so ultimately I was trying to figure this whole thing out. And then I started calling many hydrogen companies, you people selling the products.

And I quickly realized that nobody knew what they were talking about. Everybody would give you a different story. I would ask more technical questions and it became very apparent to me that nobody knew what they're talking about to this day, by the way, don't claim they know what they're talking about, but I was looking at the best source of data in the world and they didn't know.

And there's a difference. think this is extremely important for people who are interested in hydrogen, which by the way is crazy amazing. What people don't realize is there's a difference between looking at the medical data and saying, hydrogen appears to be molecular hydrogen appears to be really great for my health for all sorts of things.

But what you don't realize is does the production of it matter? It matters how you produce a molecule. Anything matters. Yeah. Things like food, you don't want to spray with herbicides, pesticides, depleted soils, like how you grow the food matters, how you filter water matters, all these things matter.

so hydrogen production became the next step that I had to take in order to understand. And that's when I realized that there's numerous ways to make hydrogen and that many of them have their pluses and minuses.

So there's a lot of minuses that I was like, I don't want to consume this or I don't want to consume that. And that's when I stumbled upon, think my story's great.

That's when I found this particular device that all the data, the scientific data, it was like perfect. And I thought, what is this machine? Like who developed this generator and why is it so perfect lining up with the medical data?

And what I found out, felt so silly. They're the number one hydrogen company in the world. You didn't know that. They have the best technology, they're number one in Japan.

Like it would have been so much faster and easier if I would have just looked for that. And so these guys were so light years beyond everybody. And when I contacted them and asked questions, lordy, did they know what the heck they were talking about?

actually, it was very clear that they had extensive knowledge in the subject and I already had developed so much knowledge and then they were surpassing me.

And so I became very clear to me that, you know, they are my sensei. Like these guys know way more than I do. And then that's when I found out the story of the founder and the guy who created this machine and all heart wrenching.

I mean, I almost start crying right now. Just thinking about it. His poor daughter, you know, who was born with, you know, Lou Gehrig's disease, a very severe.

She'd be lucky to make it to the age of like three or five years old. His first daughter. It's so sad. If anybody wants to read the story, you can go to the official company's website, which is holyhydrogen.com.

have that in the show notes too. Yeah. and you go to the about us and then they have the story that he shares and literally they couldn't give his daughter, they couldn't give her hydrogen from any product out there that existed because the doctor was saying that the risks of impurities basically.

I'm not going to make claims. There's certain things that I'm not at liberty to say. All I can say is that the doctor was like, do not give her these things.

And I can't say necessarily why again, it's a stupid legal stuff, but let's just say that he wouldn't want to do that. ah And so he quickly realized that there didn't exist the equipment that was required to make like true medical grade hydrogen, it's super high purity, no electricity ever touched the water, which is why the little bottles never give these.

Again, can't claim, I can't tell you why, but all I can say is that, he would, it wouldn't have not been good for her. And so. he saw that there was nothing out there and he had bought all these different machines and was studying them and trying to figure out what the doctor would say okay to and he wouldn't okay any of it.

And that's when he realized the only way that I'm ever going to get her hydrogen is I'm going to have to create what doesn't exist. And I think for a person to go that far and it ended up being for the love of it, which is, I think we're the birth of the greatest products that we sometimes get are out there.

Yeah. I think from all my, from all my research, and this is sad to say, and I'm not naming names, the majority of health products out there are just, my opinion, not very good for you or just a waste of money.

Yeah. Stuff that people make. I found out because I've had people contact me who wanted, they're trying to drag me into a business that I just didn't want to get involved in.

like, for example, supplements and they didn't be behind the scenes again, I'm not going to name names, but they admitted to me that they cut corners and that they have to for purity and quality of the product.

Choosing the Right Hydrogen Technology

because otherwise they don't make the profits they want to make and the product gets too expensive. And I was like, I can't believe you guys are telling me this because that's not the kind of heart that I have.

want the best for others and for myself. Why do you want to some product that might even potentially harm you? There's been a lot of different stuff in a lot of supplements.

mean, there's been supplements that have killed people. stories and so much of the stuff's coming from China and they just don't have that heart. And this guy, They even told them, said, develop your machine in China.

You'll save money. He goes, no, I'm not going to, don't care about the money. I care about my daughter's life. goes, I'm doing everything in Japan, everything in house.

I'm going to get the top people in the world. Thank God they were Japanese. He got people from Toyota, like G shock, you know, the watch company, like, some, think it's called Kobe steel, like number one in the industry.

mean, huge people, not. It wasn't really business related. It was all for the love of his daughter and making the best machine and not counting pennies.

the fact that I found it, I was just like, my God, I can't believe this machine exists. And of course I got one. And that not only did it change my life, my heart condition, which I didn't expect the machine to get rid of my heart condition, totally gone.

Unbelievable. Hydrogen water cured your heart. What can you say cured your heart? Can't say that hydrogen water got rid of your heart condition Went away which I had had for decades.

My cardiologist told me this is going to be the end of you. This thing's going to kill you. Yeah. Really severe. Yeah. And then I use my technique on other people.

Our conditions, their heart conditions went away. And what are the number one killers in America? Heart disease. There's a lot of positive research in regards to hydrogen and cancer, which by the way, actually One of the people that I work with, I do consults for selective consoles.

I don't like to do it that much, but it's hard for me to say who need help because of I'm compassionate. I know what it's like. And I worked with this lady and it's been a year and a half now.

And I'm actually going to interview her if you're interested too. Yeah. My protocol, her cancer is totally gone. She did a, had breast cancer, never did chemo, never did medications.

She wanted to do it all natural. And she did my protocol and her cancer was gone. Wow. started seeing my protocols working for others, which is my prayer, by the way, because when I prayed for guidance, I also promised, which is why I'm even doing this show in my channel, I promised that if I found the way that I would share with others, right, that's what I've been doing.

And we talked about water as far as how the sun purifies in the process. The other thing that I found in nature was hydrogen. Have you ever heard of a place called Lord's France or Lorda's France?

The healing waters of Healing waters, yes. So many medical case studies, they showed that it clearly was doing

something nobody could figure out what it was, just a spring water from nature.

And it was a Japanese that found that that water has high levels of molecular hydrogen dissolved in it. nature's doing this, right? Nature does certain things.

And then I see the scientific data. Again, I'm lining everything up and I've created these protocols and it's just been unbelievable. Recently, I worked with a woman who's almost a hundred years old by the And she had like three or four heart conditions.

She had major problems. Her doctor was like, not only he goes, this isn't gonna kill you because we can't do open heart surgery on a woman this old. What's the point?

You're also on pharmaceuticals for blood pressure, almost for 40 years, you all these issues. And her daughter contacted me. She got on my protocol. I am not kidding you.

All her heart conditions are gone now. I literally got an email from her. Like I saw the doc, her doctor's email saying like your condition. disappeared.

Then the doctor got actually worried, if you can believe this, because he said, not only that, your blood pressure, we need to take you off your pharmaceuticals.

goes, and I'm nervous about this because you've been on these for almost 40 years. How in the world, what did you do to your body? You're almost a hundred years old.

And so they got her off the pharmaceuticals. It's another miracle. I have, by the way, for dimension Alzheimer's, I don't know if you saw my video on that one.

I did. Go ahead and share. I mean, the daughter was just like, what is going on here? This can't be real. And so that's why I, it's like, I want the world to know about this because the guy who created this beautiful masterpiece of a device, we can get molecular hydrogen in our home.

Right, without electricity. Well, it uses electricity. But I meant not in the picture. not what's called a dual chamber system. The method that he decided on how to make hydrogen, because I saw every method, this guy did his homework.

I saw every method. He actually chose the most difficult one because it was the best. Okay. The only problem is when he chose that method, the technology to be able to create that type of hydrogen didn't exist.

So he had to create the technology and it was in when you went to one of the big time companies that do metals, because he doesn't know what the Chinese do.

All the products that exist out there, all you have to ask is two simple questions. One, are they using plated or coated metal? Or are they using stainless steel, which is completely the wrong metal to use for hydrogen?

Or if you use chemicals too, like lye or sodium hydroxide? Any of these things are a big no-no. So the metal has to be of utmost purity, not plated, not coated, you know.

So was one thing. And of course the membrane, which is gets more complex. But so what I found out, I started noticing that all the products are pretty much coming out of China.

A lot of them come out of Korea and Taiwan. But what I found out through deep research is they order the parts from China, ship them there to be put together so they can claim that they're not eating.

They're trying to get away from saying China. Yeah, nobody wants to talk from China. Exactly. And so it became this huge ordeal. But they told him, the metal company, that sorry, but we don't have the technology to do this.

can't, you can't build a device. But they made a breakthrough, like, I don't remember, like a year later. And they said, we made a breakthrough, we can do it now.

So that's why they're, he's able to do it. And it's just so, so such a beautiful story. And I just, I really hope people can, can find out about it. Cause I think it's worth the world knowing.

Yeah, I'll have that website, holyhydrogen, in the show notes as well. Can you explain what hydrogen does in the body and why it has such a profound effect above and beyond other things that we might be using?

So I can tell you, I mean, I can tell you things like, yes, it's a selective antioxidant. It appears to be the most permeable antioxidant. I don't think most people understand that antioxidants come in different sizes.

don't know if you're aware that. Sides of vitamin E is different than the size of vitamin C, glutathione, co-cutan, on and on and on it goes. So it's kind of like, think of like a cell, like your house, and you're trying to put an elephant through the front door.

It's like, it ain't going to happen. But hydrogen is like a tiny little ant or flea. So tiny. it's the most permeable anti selective antioxidant too. So it's not ordinary selective in nature, which is wild.

If I get into that, it's like, it's got a mind of its own. That's it's using as far as how it works, because it'll do one thing for one person. It'll do different things, depending on what I personally call it two things.

I call it one, the great balancer, because they also discovered in Japan, they have a massive list of medical conditions that hydrogen has been shown to be really effective for.

And so what happened in Japan was they, it got a little complicated because they're looking at it. done literally not like 10 studies or 50 studies on hydrogen, right?

To point it appears to be almost over 2000 studies. It's a lot. It's extreme. It's probably, it's extremely legitimate, right? The effects. they had this massive list.

got to see it. It was a massive list of all these medical issues that hydrogen had been studied, you know, heart disease, Alzheimer's, dementia, blood pressure stuff, cholesterol, whatever, all these different issues.

And next to each medical condition, they had the pharmaceuticals that are used for that specific condition. And then next to that, they typically would have more pharmaceuticals that are added, either more for that condition or for side effects from the previous pharmaceutical.

We ended up with a massive list. The list was so big of pharmaceuticals for all these conditions. And then they had hydrogen. And even the scientists couldn't understand how one thing could do all these things.

Thanks. It was, was so mind boggling, what they came up with their theory, millions of dollars and countless hours of very intelligent people working on this, as they said, it appears to be the case that 97 to 98 % of all disease comes from free radical damage.

You know, re, you know, ROS reactive oxygen species, you know, oxidative stress. If you have too much of that in an area like your liver, it's going to look like liver disease too much in your brain.

Looks like some brain condition on and on it goes. hydrogen. being a selective antioxidant and I call it the great balancer because it appears to bring everything into balance because you don't want too much oxidation but you don't sort of want too little.

How Hydrogen Works in the Body

It's necessary kind of like farming. You you farm food but you support so much of it to go back and replenish the

soil you know and it's got a cycle to things and so anyway they did see that hydrogen appears to again function as a selective antioxidant it also appears to be anti-inflammatory It appears to, for example, it helps the body.

The body starts producing something called ghrelin when you drink the hydrogen water, which is a precursor to HGH, which is human growth hormone, cell signaling.

You should see some of this stuff in regards to ghost vessels. Do you know what ghost vessels are? It's a little odd because it's a medical term, but most doctors don't even know it either.

Basically what happens is we have these blood vessels in our body and getting blood where it needs to be is extremely important. right? flow is, you know, healthy, it's good for you.

And when we're little babies, you know, we're all plump, we're so hydrated, plump and you know, whatnot. As we age, apparently we have these vessels that literally don't get blood supply anymore.

yeah, it's a common thing. And so we literally are not, and that's why they call them ghost vessels, kind of like a ghost. And the number one university in the world that researches hydrogen found out that hydrogen appears to open up these ghost vessels and you start getting blood supply.

So you're in blood. reason blood is important for people who don't really understand is it's carrying nutrients, carrying minerals. It's even carrying healthy gases.

It's carrying oxygen. I mean, that's why we do oxygen saturation levels, you know, also carrying hydrogen. So it's carrying the things that bring life and back to ancient scripture that I'm quoting scripture now.

It literally says life is in the blood. Yes. If you see a blood supply to like my arm, my arms and the diets and I go numb and on and on it goes. And so that's one of the other things it does.

And then one of the other things it does too, there's a really great lab. I had a doctor, this was a funny story. My video number 68, I numbered the videos to make it easier for people.

Okay. So there was what's called a live blood analysis. And what they discovered is they took a woman and they saw her with no water and then drinking normal, healthy spring water.

And then they used the Hydrofix premium, which is the name of the holy hydrogen device. And they gave her that water. And what it did to her blood was so unbelievable.

And I have it on camera. I literally had a doctor contact me. I've had more than one, but this particular doctor, she almost was like upset. she contacted me and she said, you are fooling people.

You're not telling people the truth because where you're shown on that video is impossible. And I said, maybe this came from a very legitimate lab in Japan.

It's very real. And she still didn't believe it. And she said, this is what I'm going to do. And I ended up helping her with this. She was, I want to know all the parameters of the test.

I'm going to buy the same equipment and I'm going to take it to my lab and I'm going to do the same test. And if I prove you wrong, she said, do you promise to make a video and let everybody know that you were incorrect?

And I said, absolutely. Cause I'm all about the truth. That's I said, yes, she did all that. She got back to me she said, I can't believe it. She was, the results came back exactly the same.

So it was the real deal. And then she became so impressed by hydrogen. She started getting into her mother who was also almost a hundred years old, 90 something.

And she used to give her mom everything, like chaga mushrooms and the latest supplement, all the latest stuff, because she loves her mother and she was having medical issues.

Her mother could barely stand up for like one or two minutes. You know, she wasn't doing well. She started bringing her the hydrogen water from the holy hydrogen device.

And her mother started being able to get up and walk for like two, three hours. And then her mother, which she never questions her daughter because her daughter's a doctor.

And she even told her daughter, I was told all this by this doctor. She said, my mother basically told me, she goes, I know you bring me a lot of stuff and I always just trust you.

So I just take whatever you give me. I never ask. She goes, but this time I got to ask you because whatever this stuff is, this water that you're bringing me, goes, this is the one.

She goes, feel it so much. Wow. I don't know what it is. It just looks like water to me. She goes, what is this? Tell me. She goes, it's molecular hydrogen mom.

And she's like, well, I don't know what that is, but whatever it is, this is what's working. It really changed her life. And she saw it firsthand. And there's been a little, I got so many stories like this because I've been doing this for like a decade.

but the world is just recently finding about hydrogen. they're kind of going through the growing pains of not really understanding that how you make matters.

really isn't any professionals in America. I know there's people who claim that they're, that they know about hydrogen, but you know, I'm learning that sadly in my personal opinion, there just isn't.

let's hear something from somebody that they just trust. in fact, I think this happened recently with you know, Gary Brekha. in fact, I think this happened recently with you know, Gary Brekha.

Yeah. You know, He was promoting the bottles. I trusted it. The people who were giving me the info, he promoted the crap out of my Joe Rogan. He did back on Rogan again and said, I was wrong.

This is wrong, yeah. And then, but what is he doing now? He's doing the tablets. And I'm like, I don't think you're getting it yet, but he will find out.

He will find out. mean, he's a researcher and I think he'll come out and say, oh, here we go again. All you gotta do is go get a water lab test. Just drop the pill thing in water and get a simple lab test and you will see.

I've seen them. I've already seen what's in those things. And they don't follow hydrogen, just so you know. Hydrogen is pH neutral. When you drop the tablets, the water becomes highly acidic.

So it doesn't really follow that rule. Hydrogen is odorless, colorless, and tasteless. And when you drop the tablets, they give off this odor that smells pretty bad.

Yeah, I can't drink it. you've tried it? It's horrible. It's horrible. I did find one where you swallow it. You don't have to like dissolve it. anyway, and I do feel I know, but I feel a little different with it.

So that's why I'm glad to have you on because I want to know more, you know, because want to tell you is that no medical professional, like an actual doctor that's practicing, nothing that you see on podcasts because they're working and they don't do these things.

In Japan, none of them, they said, recommend those type of tablets to their patients. You know, there's a reason for that. In fact, what some super smart doctor, he is a neurosurgeon, like the head of like the Red Cross in Japan

or something, or he's extremely bright.

He came out and said, that the only machine that he uses for himself is that holy hydrogen machine. And he said, and it's the only one I recommend for my patients.

And this is for neurological conditions, whether it's dementia, Alzheimer's, know, things of the nature and just for overall health. But that's the only one he said he'll use.

was, I will not recommend anything. It's not about the money. He makes plenty of money. But he's come out and said that and he stands with that company because they're doing something special and unique.

which is unheard of. It's also the only machine that I've seen that does it correctly as far as not only making the water, but the hydrogen gas that you can inhale.

Yeah, I saw that. And both like the perfect levels, because when I kept looking at the medical data, I thought, why does this machine match the medical data so perfectly?

And of course, later on I found out is because it was designed that way. That's why they followed the data. they're also the only machine in the world.

Every single one of their machines gets lab tested and certified, which is nuts. Nobody in the industry does that because it's way too expensive. But they do that because when doctors take the machine, they know what they're truly getting as far as hydrogen production.

Personal Recovery Stories and Case Examples

Personally, I think that's a huge problem in America right now because there's companies that are giving these outrageous numbers as far as like, our machine makes all this hydrogen.

Have they actually been correctly lab tested? And I say correctly because there's a lot of methods of testing that are going on in America. I'll just tell you my opinion on it because I'm not going to make a claim, but they do what's called the bubble test.

So they count the amount of bubbles that a machine makes. That seems so unscientific. Exactly. So silly because there's so many factors in regards to that.

And I mean, I can make a fish tank, make bubbles, you know, you don't know what is in that bubble. You have to measure the type of gas it is. But that's what the test that they claim they're doing.

That's the correct test. And then they do these blue drops. I don't know if you've ever seen the blue drops. I've literally shown videos where you have the super expensive proper equipment to measure hydrogen and they have the blue drops and they measure the same water.

It's not accurate. Yeah. You know, but that's what's happened in America. America is just too far behind right now. It'll probably take about a decade before they catch up.

That's how. That's just the way it goes, yeah. So it's been very interesting to learn all this, but if you do it right, it's unbelievable. So it's been very interesting to learn all this, but if you do it right, it's unbelievable.

mean, truly unbelievable. If I give you another example, my dad was one of the better examples because he had blood pressure issues, cholesterol issues, diabetes, glaucoma and arthritis.

are the issues. I had a lot of stuff and I was concerned about medications he was on and everything else. And I got him on this protocol because this was great because he said, I don't want to do any of your protocol as far as, cause I do a lot of things, you know, the diet and you know, myself.

But he's like, the only thing I'm willing to do, because I don't want to change how I live my life. And he's a wine connoisseur and all that stuff. And so he's like, I'm not going to change my life, but I'm willing to do the clean water.

So I got him one those carbon distillers. And he goes, and I'll do the hydrogen. So I got him a hydrogen device and I showed him how to do the protocol.

In my mind, I was thinking, is this going to work with him eating French fries and drinking? Yeah, not changing anything. No, I was like, is this really going to work?

When it worked, I was so impressed. So arthritis gone, cholesterol, all the issues. The one that was, they were all impressive that they were gone. But the one that was quite impressive was this glaucoma because he had had it for over 30 years.

And he was a really well-documented case where they literally, every year he had to see the doctor to make sure he wouldn't go blind and continue to monitor where he's at.

And after one year of using the hydrogen, He was still testing positive for glaucoma. Everything was the same on the second year. So think about this.

He's been using hydrogen for two years now with the super clean water, still tested positive. So by the second time I gave up, meaning I was like, you know what, dad, it worked for all your other issues.

Yeah. It just didn't work for glaucoma. I mean, you can't bet a thousand sometimes. That's kind of what I thought. I was so grateful, especially for his arthritis, because he was on a terrible medication that can actually cause liver damage.

Yeah. were the bad one. And the reason I tell this story is because my father called me on the third year and he calls me and he's like, Hey, I'm at the eye doctor right now.

And I was like, dad, dad, dad, I know that it doesn't work for glaucoma. You don't have to update me anymore. And he goes, no, that's not why I'm calling.

I'm like, well, what is it? He said, they just told me that I tested negative for glaucoma. I don't even have it anymore. I was like, what? And then he said, even the doctors don't believe it.

brought me, they brought him back two weeks later to retest it. Like there's no way this is possible. Right? This doesn't happen. You get older, it gets worse.

It doesn't get better. So they did again, same result. They told them, come back again. They just couldn't accept the results. They tested them three times.

And then they said, this is ridiculous. We know you have glaucoma. So they sent him to one of the number one specialists in the United States. It took half a year to get an appointment.

they do it. Yeah, because they couldn't believe it. They said, this is nuts. And then finally he went through that and they're like, appears that glaucoma is basically gone and we can't believe it.

We don't know what to do because should we keep medicating you or not? really concerned here. We don't know what to do. it's kind of a wild story. And then I working with people who had macular degeneration and all sorts of different eye conditions because the eyes are really part of the brain.

And I was shocked. I created these special protocols that you'd never want to do unless you do them right. I've had these special protocols that I do for the eyes.

And I've had more than one person at this point who had things like macular degeneration, which is again, You're

never supposed to be able to get rid of it.

will lead to blindness. And that's just the way it is. That's what they tell us. people have macular degeneration. So it's been nuts. It's so hard to believe any this.

And I, and I still don't understand why the world hasn't caught on. You know, I don't know how hard I keep being told by people will prove it to me. like, how many scientific studies, how many, you know, the company has done so much in Japan.

They got piles of medical records. I worked recently with a guy who was like Mr. Healthy. Everything he does is for his health and he's a marathon runner.

And one of his friends told him about me and he does podcasts too. And he said, dude, I don't even want to do the hydrogen. And I was like, dude, it's unbelievable.

And you care about your health. He said, look, I'm in killer shape. I'm at the top of my game and I take care of myself. I don't think I need to add another thing to my regimen.

And I was like, look, man, I think it's the best thing ever. And I do for my health too. And he's like, all right, I'll give it a try. What I didn't know.

was that he wears a device that's been tracking his health for seven years. He knows all his numbers, like he sees all the patterns, everything, eats everything.

He knows all his numbers, like he sees all the patterns, everything, eats everything. He didn't really think that hydrogen would do that much compared to what he's been doing all these years.

And literally within months, he contacted me and he said, dude, this is unbelievable. He goes, my numbers have never done the things that I'm seeing and it's making my health amazing.

Cause it takes everything to the next level. Whatever you're kind of doing, you know, nutrient wise, mineral wise. Whatever you're kind of doing, you know, nutrient wise, mineral wise.

takes it to a whole other level. And now he's like a total believer. He's like, this is the best thing ever, you know? He's like, this is the best thing ever, you know?

And so it's been really exciting and I just can't, I love anything that's gonna help people. Too many people are suffering and I know how that goes. And so I'm just grateful and I appreciate you having me on and you be able to share this stuff with people.

Yeah, Greg, I can't tell you how much I appreciate you being on. So thank you. Thank you.

Closing Thoughts and Where to Find Greg

Thank you. I'm glad you're here today that you're alive and well that God brought all this information to you and you're able to share it with the world and you know water.

It seems so simple. We just got to go back to the foundations. What did God create? How does it work in our bodies? You know, and I love the fact that you look at nature and you ask God for help and he provides the answers, right?

That is the way our body is designed to work. So Thank you, thank you, thank you for being on the podcast today. I would love to have you back again sometime and kind of continue this conversation.

I think our listeners would really enjoy that. that would be great. Thank you so much. if anybody, I give all the

information for free. I never charge for anything.

So all the information's on YouTube, but it really helps when people subscribe. It's free. So subscribe, if you want us to support what I'm doing. And I'm also on Rumble, Twitter, Instagram, and it's good to subscribe to all of them because I have been threatened where they have tried to kind of pull my information off the shelf.

And I have had a lot of videos that have been pulled down. Sure. I have to be so cautious these days. It's unbelievable how much I've been attacked on this because it's just water and again.

just water. Yeah, it's just water. Yeah. how much people don't want me talking about this. People support, that's what we need. Absolutely. So everybody go out and like Greg's channels.

I'll have all that information in the show notes so you can just click on them and go and like and subscribe. Greg, thank you and thank you everyone for listening.

I appreciate each and every one of you. God bless you and I will see you in the next episode.