The Power Of Molecular Hydrogen For Parkinson's Disease Transcript

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Introduction to the Summit Interview

Welcome to the Parkinson's Solution Summit 2.0. I'm your host, Doctor Kim. Charlene. Today's interview is with Ben Tomita. Dan is an electrical engineer.

He is a homesteader. He's currently talking to us from Costa Rica, Central America. He is the creator of H2 Genesis molecular hydrogen generators. And he's founded that.

Hydrogen therapy helps people with aging. So reversing the aging process and may be a great tool to help those with Parkinson's. So I'm really looking forward to learning more about molecular hydrogen and how it can be utilized to really change the trajectory of our health.

Dan, thank you so much for joining the Parkinson's Solution Summit. Yeah, it's great to be here and be a part of the summit and to share what, knowledge we've gained here with, with regards to molecular hydrogen.

Well, what is molecular hydrogen and how did you get into molecular hydrogen therapy? Yeah. So when I call hydrogen therapy, it's the production of gas usually that is infused into water for drinking that does this, dissolving the gas into water for drinking, and also for breathing through a cannula.

You know, people have seen, like, or synonymous with oxygen.

How Molecular Hydrogen Therapy Works

They call, you know, a cannula in your nose. So there's devices where you they treat the water, you drink the water and also use a cannula for inhaling the hydrogen.

And so yeah, long story short, I mean, I'm not a doctor. I'm an electrical engineer, so a scientist. So I come from this from a different point of view, and I've studied natural health just on my own as an enthusiast for 30 something years.

Right now. And so my, my main goal in the beginning was increasing, increasing health span, you would say. Right. And so I would sometimes lurk in, say longevity forms in alternative health forums where we would like, discuss the latest research papers coming out to see if there's, man, there's this miracle thing coming out that's going to make us live forever, right?

And so it was that kind of forum in, it's, to how I got into this at the time of what sparked my curiosity was that there was this one kind of inert, really obscure molecule that was kind of expensive, but still available, and people were getting results with it.

And so results like in general, when we talk about anti-aging longevity, we're talking about like overall, you know, good health, more energy, strength, better sleep, sharper mind, faster healing, reduce aches and pains, and just feeling more youthful in general, like all those things you would consider, you know, more useful, right?

That's what we're after. And so, and so some of the started taking this molecule, based on some of these, you know, actually rat studies or did it was like inert.

So it was like, not something that safely we could do, actually. Long story short, we got we started getting results like, wow, this is really, you know, working. So but being an engineer scientist, I wonder, well, what's the working mechanism? Why is this working?

Why are we seeing the results? Because I want to understand it. You know, like, take apart things. Well, how does

it work? Right. And so as I dug more into the research, it turns out from, you know, my own research, right, that, the this molecule is acting, actually acting as a transport transport mechanism for hydrogen.

And I'm like, well, if it can do that and that's what's doing it. So then maybe we just skip this molecule and just look at hydrogen. How is hydrogen affecting the body.

What's it doing in the body. Right. And so that's, you know, direction we went into and, and, and so you can get into some of the, the personal experiences I had you know, from there. Right.

And so, as I, we focus on, on hydrogen and you say, well, this is working, right, but, at the time, there were some small little electrolyzers that would bubble the minute amounts of hydrogen into the water when you would drink it.

And so those were out there and really expensive and time. This was many, many years ago. And so I tried one of those and no results whatsoever. So like, man. So something's not working here.

And then, you know, some more papers came out, but maybe there's like, effective threshold or minimum amount that you need of hydrogen and just to, to feel the effects we're getting.

And so there were some really expensive machines, hydrogen therapy almost born out of, in Asia and, you know, Japan and China, they were ahead in it and still way ahead in this marketplace as compared to other parts of the world.

And so I was finding, companies and research over there that were, you know, had some, you know, luck in treating patients, you know, with hydrogen gas.

And, and some of those machines were, you know, like crazy expensive at the time. So, like, as an electrical engineer, so, like, I was already had a device or electrolyzer that I was, had put into the car and the car was running more efficiently on the hydrogen, you know, using that the, the additional or excess energy to put into hydrogen, you know, and that's plumbed back into the engine.

So the engine would run more efficiently. So I'm like, I know I understand the technology and how electrolyzers work to make hydrogen, you know, oxygen, gas.

And so, so that gave me the, I guess, the inspiration and the confidence that I can do something like that. And so I began tinkering, you know, order and parts and pieces.

And eventually I came up with stuff that I felt was you safe. So I began breathing the hydrogen myself. And, yeah, lo and behold, I mean, long story short, I started getting some of the same results that we got early on with this other, you know, treatment, this other molecule.

And, and so that's when I started, you know, share it with friends and family and other people that in my community that were into longevity and just so it was biohacking, we call it. Right.

And and that's when they started asking, well, hey, if you're getting those results to work, if you say, I want to try it and I'm like, well, I'm not going to share my, you know, machine if it's like that, well, can you make me one?

And so that's how it's got, that's how we started getting rolling in the business. And just like, answering just, the demand organically for people that were willing to experience some of the same results.

Right. But, you know, of course, they went through four years of medical school and quite a few years post, educational training, and there were a number of electrolytes, a number of molecules that are absolutely critical throughout the body.

You know, sodium, potassium, magnesium, calcium, you know, without these, elements, the human body would just shut down. It would not work at all. And yet, besides telling my patients, you know, drink this number of glasses

of water a day or whatever, I have to admit, I'm not sure that I can recall any time where I had a lecture on hydrogen were really studied the effects of hydrogen and in the human body.

So, please, definitely educate me. You know, what is the connection between molecular hydrogen and the human body, right. Exactly. That's exactly where my my my next.

It's like, okay, well, if we're getting results from this hydrogen. Okay, we know that for this molecule to hydrogen.

Hydrogen, Gut Health, and Aging

And we knew there's like an effective dose that really we start seeing results with, well what's going on in how I mean we're like the majority of our body is actually made of hydrogen atoms, you know, combined with carbon and oxygen and other atoms rising, especially water too. Right.

So there's hydrogen in there. But what process does it serve. What's and working mechanism of that. Right. And so it turns out that, your body naturally produces between six or depending on how healthy your microbiome is in your gut, but between 6 and 12l of hydrogen per day. Wow.

And so, I mean, I first I first read a while, it was six liters. But then recently more studies have come out saying it's as much as 12l a day. That's a lot.

You mentioned like a two liter bottle of soda. It's not so big, but, you know, six 0 to 12l. So it's pretty incredible. So like that's a natural substance that's being created in your body with a healthy, you know, gut microbiome.

And then there's also studies that have found that, you know, come out of Japan where they're actually measured the breath of centenarians, you know, people older than 100.

And they've actually, you know, with a focus on hydrogen to see how that may relate in, in the body, what's going on there. But they've actually measured a higher hydrogen content in their breath.

Well, these people that live into the hundreds of years old, not hundreds but all over 100 years old, right. And so and also some of the healing waters, those miracle waters that people bathe in, they have a higher concentration of hydrogen than normal and that comes up through the Earth in all the, the processes that are going there.

And so you start to see, you know, little pieces of this puzzle. Yeah, I was putting together as well. And it was like, you know, really interesting going on this journey.

But the back to some of the, the, the characteristics of the hydrogen, you know, it's the smallest molecule. It's like, you know, it's stable with two hydrogen atoms combined together.

We call it H2 for short. It's highly diffused able. You can't store it in a container or a can or anything. So you can't just bottle it and sell off the shelf and so the only way to really take advantage of it is to produce it on the spot.

And you'd be using it on the spot. It doesn't accumulate in your body because it's so diverse. It just like passes right through your skin. And so there's, you know, no accumulations and there's no measurable toxic effects either.

And, it's interactions. It interacts with, in almost all your body systems and processes that are also associated, associated with improving health. And for example, like, yeah.

So mitochondrial function for, oh, my mitochondrial function and energy metabolism, one of the, one of the biggest ones, but one of the first, feedbacks we were starting to get from our clients is, hey, my my my joints don't hurt anymore.

My knee pain is gone or my shoulder pain is gone. And so one of the known, benefits of hydrogen is, anti-inflammatory. So it reduces pain. It reduces general inflammation.

And, you know, throughout your body, no matter where the inflation is. I mean, I can tell testimonials. I mean, so many of our clients said, you know, arthritis pain for two years, after two months of treatment on the machine, their arthritis pain is gone.

All kind of inflammation in the joints, pain. I cured, you know, just my body all over from aches and pains in the joints, you know, just consistently breathing hydrogen.

But, another key point of the hydrogen, how it affects the body is, with the with the mitochondria, which is main key. And we're finding, you know, saying longevity, anti-aging is the energy.

Energy production of the mitochondria in the cells is key to longevity. And it seems there's a whole theory of aging, how it relates to the mitochondria and how the degradation and breakdown of the mitochondria in the mitochondrial DNA becoming damaged over time.

It's it makes it harder for to, to produce the energy the body needs for, repair detoxing itself. It just energy for just general everyday activities and even fighting off diseases that that, you know, that come around.

And so with, the process of making that ATP molecule in the mitochondria, this hydrogen is a core component, almost in there is like in that, membrane in the mitochondria, the process of, you know, removing that electron from the proton, the hydrogen atom, and then recombine it at the end of the Krebs cycle.

And stage four of that, I mean, the hydrogen is, you can say, an integral part of that process. And we can also go into deter, in deuterium depleted water in hydrogen and how that affects mitochondria, but also hydrogen produced as a result of electrolysis that's either breathed or drank through treated water has less deuterium in there.

So there's a whole theory of, drinking light water or deuterium depleted water as a treatment for curing all kind of diseases as well. Another important thing to to bring up, you know, besides, the inflammation, the energy mitochondria, it's known as a, selective antioxidant.

And so if your mitochondria aren't and cells aren't functioning properly, there's a lot of waste, you know, the, the across the reactive oxygen species that cause inflammation and damage.

And so the because the hydrogen is only reactive with some of those really reactive, dangerous, reactive oxygen species, it neutralizes some of those dangerous that can cause inflammation, which leads to diseases later on.

And so that's, that may be part of the reason why it brings down inflammation in so many, you know, ailments and conditions people have, are having nowadays.

Another key component, which it was like really great to witness with my own eyes is improve circulation. In the process of, electrolytes in the water through electrolysis, which produces the gas, a lot of electrons are pumped into the water molecule when it breaks into hydrogen and oxygen.

So there's a lot of free electrons in there. When you breathe those electrons or drink it in the treated water, it brings back a, a negative, a charge, a negative charge to your blood cells, a lot of toxins and diseases nowadays are associated with blood cells that are damaged, you know, through toxins or environment, environmental toxins, and they lose their natural ability to hold a negative charge.

And when you've got blood cells in there, you know, more common nowadays, you know, micro clotting and all this stuff going on. Right? So when there's some blood cells that reduce their negative charge in this positive cells, they start sucking negative attracts positive just like a north and south pole of mine.

In fact, if you've got all, south poles or all, it's not possible. Right. You know, physically. But, they repel like two south poles of magnet. They repel same with two negative charges. They repel.

You can't push them together. And so if that's the case, if all the blood said this in, this helps in general with

circulation in your blood, if your blood cells can hold that natural negative charge, which is natural for them, they bounce off.

They don't stack like pancakes if you got toxic cells damage also positive you positive negative. They start stacking like pancakes and produce microplates in your in your system.

And so no, they theorizing this and seeing some information in this direction. I, I bought myself a microscope which looks at the nail for capillaries in your fingernails right here, which you can you put your finger under there.

You can see the actual capillaries in your finger in the blood sink through there. And so, I took my macro to about two places to just, to look at people's fingers, you know, to see what's going on with their compare them to mine or what's going on.

But it was super interesting to see within, you know, some, some, some of the blood cells and there would be, you know, really dark colored in that certain in the capillaries when we deformed in very dark, especially compared to mine in my 11 year old son.

So it's like, wow. So I guess this is what they look like. But also I've seen other people's like, well, they don't look like ours for some reason. Something's going on.

But within ten to 20s of inhaling the the hydrogen gas coming out of the machine, you can start to see some of these clots break up in the in the cells start moving.

It's like wow to to to witness that, to see a difference in seeing over and over again. It's like it's having a real effect that you can witness with your own eyes.

It's like as an engineer, scientists, I'm like, well, I see some direct, you know, you know, benefits. But some, what do you call it? Just there's an effect.

There's a physical effect you're seeing. Right. And so you're talking about, you know, circulation, which I mean was incredible to see. It just goes to prove to myself that, hey, something's really going on here.

I'm not just making up this stuff and not the placebo effect necessarily. All of this, it really reminds me, there is a framework that underlies, functional medicine, which is sometimes referred to as systems biology and really focuses on sort of physiological systems as opposed to necessarily structural systems and understanding how these physiological systems interconnect, interact or interdependent, and that disruptions of one physiological system ultimately affects the balance in other systems, a disruption then of homeostasis that then, if it's persistent, can lead the person down the road to neurodegenerative diseases like Parkinson's, Alzheimer's and ALS.

And I'm mentioning this because we brought up mitochondria. We brought up the gut and microbiome, which I want to circle back round back to in a second.

You know, we brought up circulation, and you did say that the microbes in the gut, the healthier microbes will produce this hydrogen. And we certainly know that in Parkinson's, there is an alteration in the gut microbiome that seems to be part of the story of what underlies Parkinson's in the first place.

Hydrogenu2019s Effects on Mitochondria and Circulation

But I'm curious that are you also seeing that this hydrogen therapy actually helps create shifts in the microbiome itself? Or maybe you haven't looked at that yet, but, you know, we we have this term dysbiosis, meaning, you know, a pathological imbalance in the microbiome versus and I'll make up this word, but it's a good word.

You bias. Right. Balance harmony. Curious if we could look at it, what you know about this from a sort of a systems perspective, given that the circulation and and mitochondrial or improve surely things like it improves the gut microbiome and improves your immune system.

Right? Right. Well, improving the immune system is a byproduct of just helping your body on a cellular level. It has more energy to, to heal itself. Right.

But you had to mention to a few more points on the, on the gut in the microbiome and how that works. There's some recent studies that, that came out very, very, very recent.

I saw a talk recently on how, there's certain bacteria in your gut that produce hydrogen. A lot of the, a lot of those bacteria, they feed on fiber. So you probably heard that, a high the high fiber diet is correlated with, less risk of cancer, right.

There's I've heard that saying it. Many people have. Well, they don't say. Well, I mean, like, y you know, if I were doesn't like, you know, may cancer go.

There's got to be the what's the missing link right there. Right. And I my opinion is that that's, that's the hydrogen because the bacteria that eat the fiber produce hydrogen, and that hydrogen helps your entire system on a systemic level, your whole body.

But to mention this paper I was about to mention, what happens as people get older? It's not necessary. You're missing that bacteria that produces the hydrogen.

There's other bacteria that actually consume hydrogen. And so they diminish. So it was it was like there was a kind of a wow moment for me to realize this, but it's not necessarily you're missing the right bacteria, but you may have too much of a bad bacteria that's grown over time due to, a bad diet that, you know, is it eating the hydrogen that the good bacteria is producing in an excessive amount where you're not benefiting from the excess hydrogen that the perfect gut biome would be producing for your, you know, health in general. Health.

So it feeds into itself and, and certainly, that it's kind of reminiscent. There's a very serious disease. It has a high mortality rate called C diff colitis or pseudo membranous colitis.

And this is basically an overabundance of a bacteria in the colon. That can produce such severe dehydration and, bleeding and so forth that, you know, older adults, who get C diff colitis, more are more likely to die than not.

And we know this is often caused by, overuse of antibiotics, but the point that a lot of folks don't realize is C diff is not an infection, like we all have C difficile bacterium in our colon.

It's not that we're infected with C diff, is that we killed off all the good stuff. And we left that C diff to grow and multiply and take over. So I'm just using that as an analogy.

But it's about finding that balance the right balance. And perfect bacteria is in there to the probiotics to to make us healthy to maintain our health.

And I did find some, studies that linking gut health to Parkinson's. There is a link there. I don't know exactly what it is, but it could be some of these things that we're bringing up in this conversation.

It most certainly, there certainly is a connection. You know, for folks, there's fiber, among other things, allows bacteria to produce butyrate, which are short chain fatty acids, and then beta rates make their way to the brain, where they have an impact on all kinds of molecular processes that are tied into to degenerative diseases.

But it's clear from what you're saying that not only do we need these butyrate, but we need hydrogen as part of the mix, right? Right. Exactly. That's what we're a lot of the research is pointing to nowadays.

But not to mention one more thing that is, key also, as all these systems in your body are coming online, it increases your mental sharpness. And I've noticed that of myself, other clients, in, in some of the, results of that are more lucid dreams, more focus, better concentration and just being more productive in general.

And so that mental sharpness is a result of all these, so let's make it could be the better mitochondrial function as well, because you're the neurons in your brain have the most highly concentrated, population of mitochondria, right?

In all human cells, I think, other than, the human sperm cells. So the only cells that have, more mitochondria than the, the nerves in the brains. So anything that benefits the mitochondria is going to benefit, you know, the brain in those cases. Right.

And so the the hydrogen seems to jumpstart a lot of healing in the body in a systemic way. A lot of the healing processes. Do you think that in some respects we can make an argument that and this is purely speculation.

So I'm just not looking necessarily for data unless you have it, but that you can make an argument that one of the factors that then contributes to chronic disease is the lack of hydrogen.

Or if we are effectively natural hydrogen producers in certain respects through the microbiome. And we just got this sort of epidemic of dysbiosis from, you know, industrialization, our food supply, the chemicals, etc., etc..

Are we sort of a restoring a homeostasis by introducing molecular oxygen? Molecular hydrogen? Yes. I mean, Midwestern hydrogen, let's say. Yeah. Right.

But yeah, that's that's what a lot of studies are pointing to. And, and it's becoming more and more apparent and they're finding more and more, pathways or triggers or relationships and how it interacts with the cell.

It's it's, modulates so many processes on a cellular level that we're not we weren't aware of before, and we're finding more and more mechanisms in how that works.

So it's much more, you know, important. And, then we realize, you know, previously, and so, if you want, I can talk about some of the, my clients that have used machines that have had neurological disorders and just give you the feedback that they've passed on to me, if you like to hear about it. Yeah, I'd love to hear about it.

Yeah. So, so I, I've got, you know, three, you know, clients come up, come to mine, and I've read a few notes here that I mentioned of what they've told me.

And so one of them, that, actually how this is treating her, her mother for Parkinson's, you know, she's like the primary caretaker. She noticed that, she has the her mother has more energy.

Mine seems more clear and responsive. The time from sitting up to getting up is less. She starts. You say she started doing more around the house? So she's made her bed, which is like, you know, hasn't happened in a while since I slept in, you know, significant.

And there's also a caregiver like, a nurse that comes to visit, and she's noticed, too, that, the caregiver is giving, you know, more pads, if you like, noticing improvements, more clear thinking, and speak in speaking, less confusion, more responsive, if nothing else, her condition, her condition has stabilized and is not getting worse.

And so, yeah. So that's one particular when it's all, you know, and this is like, feedback in general. I mean, there's like, a lot of people notice, you know, their brain working better that are just on hydrogen for other reasons or just, I mean, even athletes, I mean, many people just notice a sharpness in better meditation and focus. Right?

Another, it's like a family member that doesn't have Parkinson's but has, I think what they call essential tremor. So you're familiar with that? You should be right.

It's like, I think it's eight times more common than in Parkinson's. You know, in sometimes misdiagnosed. But, I noticed they had, you know, shaky hands at one point.

Right. And that's one of the symptoms of the essential tremors. And so I, in this person, start using the machine.

And so I check back a few months later, say, well, what's going on with you still using the machine and how are your hands doing that shaking is because he was doing it just for general health.

He didn't know. But he's like, he's like, now that you mentioned it, he's like, it's like I've I've noticed the shaking is less when I, you know, breathe the hydrogen more frequently.

And so it's getting better. So it's a direct correlation. It's like when I stop when I go away for a while, you know, I'm traveling, I'm doing less with the hydrogen.

And so I know some of the shaking this comes back. So there's a direct correlation with, you know, it's a, a neurological I think, disorder the way I understand it.

And so there's a direct correlation with, hey, when I agree that the shaking just goes away when I, you know, stop it comes back. And so, yeah, it's and one other case to mention, it's yours.

Just one other one other practitioner mentioned that unless you treated patients, you noticed a significant improvement with, leg tremors in a patient, which stops for extended periods of time when they were breathing hydrogen.

Just felt much better in general in the mornings and just moving more freely without stumbling. So you breathe it for a certain period of time, but then its effects sort of lasts beyond the time that you're breathing it right?

Right. What I noticed is like the it's an exponential drop off with the effects.

Hydrogen Therapy for Parkinsonu2019s and Neurological Health

So like after a week, if you were really if your body was really lacking it and needing it and can use it, the effects really diminish off. After a week, I notice when I'm away I stop using it too.

I'm like, I might start dragging myself. I mean, before I was on, I was like, just dragging in the morning and afternoons. I needed naps and just like, just just, you know, it's hard to get going.

But now when I'm consistently on it, no naps, I sleep great, wake up in the morning like I'm ready to go, like I've drank coffee already or something like that.

And so, it's subtle but powerful, you know, because, it's, it's a gradual ramp up and just feeling good and better. And it's not something like a magic pill, but it allows your body to be more of itself into how the energy levels that you would normally, have if your body and systems were working correctly.

Right. So in, in medical treatment, there are two sort of broad categories. There are symptoms management. If you have a cold and you have a fever or whatever, and you recommend Tylenol and it doesn't treat your the virus, it's cause you're cold, but it brings down your fever symptoms management.

And then what we call disease modifying therapy where the treatment actually has some impact on the factors that are driving the disease. Now, of course, we're not trying to make claims that hydrogen therapy is a proven disease modifying therapy for Parkinson's.

But what you are saying is that there is scientific evidence, because of its influence on things like the mitochondria, on the immune system, on on blood flow and the vasculature, that it may, may well possibly have some disease modifying therapy ability.

But then in addition, there's symptomatic management as I've mentioned. So people with Parkinson's, if alluded to tremor by talking about essential tremor.

Tremor and essential tremor, by the way, is very, very common. But the prevalence of essential tremor is even

more common among people of Parkinson's.

And that's separate from the tremor at rest that characterizes Parkinson's. They may have changes in posture, in balance, in their problems with falling.

They do have, cardiovascular issues with loss of, the sympathetic nervous system input to their heart. So it disrupts their autonomic nervous system. They can have drops in their blood pressure when they stand.

So we're talking about ways in which hydrogen therapy may specifically help people with Parkinson's. We've already talked about possibly improving tremor, improving energy levels, and focus, improving sleep quality.

I'm hearing, given some of the other things I'm mentioning, do or have you observed other areas where hydrogen therapy has improved some Parkinson's symptoms?

Yeah. So I mean, I wrote down a couple key points to do with, so mental and neuro benefits of hydrogen because that's our focus here around Parkinson's and in neurological disorders.

But, in pulling in extracting some of these information from the information I pulled out of some of these research paper and studies, we can say that it, it improves, the neurotransmitter levels, you know, so hydrant therapy can positively influence the neurotransmitter balance, particularly with dopamine, which may alleviate, you know, these motor symptoms that people are experiencing.

Right. Also in studies, it shows that enhances, cognitive function, which we've experienced this firsthand in a lot of these studies are shown as well.

It has neuroprotective effects, you know, on the nerves, you know, by reducing oxidative stress and inflammation in the brain as well, this also slows the, you know, cognitive decline in patients with neurological disorders.

There's also studies that indicate that, it promotes neurogenesis, which is the creation of new neurons. And so, that's, you know, so they're real studies pointing to, that they corroborate some of the effects we're seeing.

Right. And because hydrogen is such a safe, gas to work with as far as breathing and for your body, and we found that's natural to the body, it's easy to experiment and gather a lot of these, we call it, just, you know, testimonials from clients.

It's not like, a very unique drug that needs to be tested. It's almost like, you know, a vitamin in, supplement. And so it's easy to, to get feedback from clients and patients, you know, experiment with this because, you know, we have so many people experimenting with it.

And so we can see some of these results. But also to to back up a little bit is, you know, there's more than just, you know, Parkinson's and neurological disorders.

It helps helps with as you dig into the research, I found out more than 2000 papers have now been published on hydrogen as it relates to health. And over a 150 papers I found that have been published so specifically, you know, specifically on how hydrogen relates to neurological, conditions and neurology in the science and how there's benefits in there.

There's, a couple like, for quick, like, you know, scientific studies that I can mention two if you want to hear. Right. Please. Yeah. Okay. So there was a hydrogen kind of symposium not too long ago.

But, Molecular Hydrogen Institute, which I participated in and, and, and some of the speakers there. Well, I just like up to date on the studies and what's going on in some of the research, but, this, this one, this one.

Doctor, doctor, a surgery technique. I think you pronounce it name. He showed that hydrogen is a modulator for brain metabolism. It was a 2023 study, in Korea, that adults ages 46 years old.

On four weeks of hydrogen inhalation. The results being, you know, dementia, brain related biomarkers significantly improved. You know, during the treatment, the total intracellular reactive oxygen species, you know, decreased, improved mood, anxiety in other measurable biomarkers.

And so, he concluded, or they suggest that the hydrogen improves brain cell functionality by up regulating the metabolism of short, short term fatty acids.

So those are 2023. So not too long ago, there was a 2018 pilot study and published in Movement Disorders. You know, there's talk about a lot of, toxins conditions there.

They found that hydrogen gas inhalation was effective in reducing oxidative stress and improving motor function in patients with Parkinson's disease. That was published in 2018.

Another holistic, nutritionist, studying hydrogen therapy for Parkinson's. She said it works by enhancing cell cellular communication, helping to prevent the breakdown of dopamine pathways essential for motivation, pleasure in adrenal production.

One last study to mention here, this is, done in 2018 by Doctor Kono at Dental University is a multicenter trial randomized, double blind, placebo controlled with 178 participants across 14 hospitals.

The what we call those special, scores. And now time is on the up doctors scores right? They were noted at various checkpoints throughout the trial and all suggesting that long term consumption of hydrogen water could lead to sustained benefits in managing Parkinson's disease symptoms.

Yes. Oh that's excellent. It's good to know those are some, you know, for quick studies. I thought that, you know what was worth mentioning here? You know, they're significant.

The journal Movement Disorders is actually the sort of preeminent journal of the international movement disorder, Association. And the fact, was just, we're recording now.

It's October, we're making this recording, but, my team and I were, present at the international conference that just took place, in Philadelphia, Pennsylvania, a few weeks ago.

That's the International Congress of Parkinson's and Movement Disorders with thousands of people there. But the journal that comes out from the Movement Disorder Society is it's called movement disorder.

So that's, that's like saying you publish in the New England Journal of Medicine and it's not easy, you know, to publish and something like that. So it says a lot for the quality of the, study that was published show.

She's right. Right, exactly. And so the question comes up like, why are these hydrogen therapies more common? You know, so I want to think about that.

People ask me this, well, what if this is so good? Why aren't more people doing it? Why is it more prevalent? And I think it's, it is, becoming more prevalent.

It's starting to get out there. It's still fairly new, but not many people know about it. And some of the doctor, some doctors are reluctant to try new treatments that they haven't been trained on or that haven't been haven't studied, you know, back in school and, residency and interns.

Right. And so it's kind of new to them. So they don't want to, you know, get into something that new or cutting edge. But it, it takes time for these technologies to be adopted with agreed upon protocols.

And so it's just every health treatment goes through, you know, a process, you know, and so hydrogen is on its way. But because it is so safe and effective and and just, invasive to the body and natural, there's very little, potential risks involved, if any.

I mean, I haven't come across any, potential risks or toxic side effects yet. Oh, I mean, I mean, for myself, I've breathed it over overnight for over three years.

I mean, eight hours overnight. You know, I don't, but I just as an experiment with myself, you know, I'm the number one guinea pig and, you know, nothing but benefits.

You know, I'll come off it sometimes, but there's, you know, no side effects to it. And so which is, you know, just for clarification, the, h2 Genesis generator adds hydrogen, say, to water before it produces hydrogen so you can breathe it.

Correct. And are there other ways that people might experience hydrogen therapy or those the main two, those are the main two. But we also sell on our website, we call a bag or a sleeve that, the gas doesn't so easily pass through.

And so I had a torn rotator cuff on my shoulder here two years. I tried all different alternative therapies, you know, ozone injections, you know, post like electromagnetic, therapy.

Platelet rich plasma. I that's called rate injections as well. It wouldn't go away. But I noticed when I connected the hose from the machine producing hydrogen to a little, silicone cup and put it on there, it felt better.

Right. And so I said, so what I have to do is making a sleeve, you know, attaching it here with a hose in here. And so it made a sleeve over my shoulder.

I put a little hose inside to it where you expand with the hydrogen. Three nights. Well, three treatments every three days overnight. And just laying still. And it's gone away.

I mean, it's like incredible. And so, sprained ankle joints. And so if people have really bad joints for a reason, you know, diffusing through the skin by bag in your hand, a sleeve on your elbow, your shoulder, or your knee, that really concentrates it.

And I think what it's doing is, because it does improve circulation, those joints, there's not a whole lot of blood vessels inside your joints right there, like cartilage.

And there's not a whole lot of blood circulating in there. And so what it does is, it maximizes what blood can be delivered into those joints. You know, I get it gets in there, you know, both the oxygen and hydrogen.

And so when it could get more nutrients in there. Detox. What's going on? Bad. Your body can heal itself faster. So it's just an enabler to some degree, right?

So your body can naturally heal itself.

Research Studies and Clinical Evidence

And and the way it was meant to be I have one application in my mind, and I don't know if it's been done or if it's really practical, but, it's sort of a variation of drinking and drinking it, which would be bathing in high water.

Yeah, that's, that's also done as well. Again. Yeah. Right. Yeah, exactly. And, there are systems where it creates micro nano bubbles of hydrogen much more expensive.

And, but people do do that. You just, you know, especially some biohackers that want to try every, you know, known way to do it. Another, friend of mine did it through, what do you call it?

Installation. Right. And, he said, don't try this at home. Yeah, yeah. Like do this. I want to be cautious, but I know a lot of folks are interested in these sort of approaches right away.

So he said it worked, but it was like, it's not worth the time because you get 90, 80 to 90% of some of the benefits from breathing it. It goes directly to your brain when you're inhaling it and direct into your lungs into your circulation, which gets through your body really quickly.

And so there are other ways of delivery, like when you're drinking the water, you know, and bagging your joints. But other than those everything you're getting like minimal benefit for the amount of work that goes into it.

I mean, it's incredibly easy just to sit down on a couch or chair or lay down, put on the cannula and hit the on switch and that's it. So walk me. Very practical. Okay.

I want to buy one of these devices from you. Right here's who now have commercialized the H2 Genesis device. How how do I use it? Do I buy it? You talked about breathing it all night long.

So it's just a cannula. You mentioned cannula. And I'm going to go to sleep because I still need oxygen. Right? I'm still breathing air. I still need but right to the cannula right here.

I can show people. And so this is my routine tonight as I go to lay down to bed or I wake up in the morning, sometimes I just slip on that ear, that ear, nose.

I hit the on switch and I'm. I'm good. Sometimes I do this in front of the computer while working, just relaxing. Or, you know, when I come home from a really rough day, a town running errands and just feel beat, it re-energized you as well.

But, it's it was putting this on and then hitting the button, and, we've got two different machines. One produces what's called brown. Get Brown's gas with a watery solution, electrolyte medium.

The other uses a proton exchange membrane where the oxygen and hydrogen come out. Different ports on the machine. And so there there are two styles of producing, hydrogen, you know, both are equally as beneficial.

And because of a preference, there. But, I find it easier than taking vitamins or pills or supplements because. Okay, I need a measuring spoon. Where's my container?

I gotta make sure there's water. Doing all the stuff is multiple steps, but, I've found that, the hydrogen therapy is, like, fewer steps. So easy to use.

And when it's easy to use people more often, more likely to, to do it right and keep up with it. And you're still getting the air. You're still getting the oxygen. You're right.

Adding more hydrogen into the mix are there any like you know, the reality is some people have chronic lung disease. Some people have congestive heart failure, chronic, you know, heart disease.

Are there any situations where hydrogen therapy might be at very minimum, discuss this with your doctor first. Make sure it's safe for you. Or is this just we're not aware of any safety issues.

There's definitely one that has come up in possibly two. I'll mention that right now. Well, that's a really good question. And the the main reason is kind of I alluded to it before, it, helps reduce blood clots, you know, micro clots.

So if people have very viscous blood, a high D-dimer score on their blood tests in them, doctors put them on blood thinners. This will make their blood even thinner.

And so I've had several clients that just after a few days of breathing it, they do a test on their, you know, the blood test and, and the doctor said, whoa, you got, what are you doing?

Because your blood is like, way to, you know, thinner. I don't know as soon as the technical terminology, but the

doctor says, like, well, you they're going to stop the hydrogen or stop the medication.

So and this normally the those, those clients patients go two different directions. They're, they get scared by their doctor into stopping the hydrogen or they say, hey, well, maybe I don't need these pills after all, if I just do the hydrogen so they wean themselves off of the the pills and they find they don't need anymore.

One of my, really good friends, during the Covid times, you know, he collapsed on the floor. Blood clots. You can see the veins in his arm. Just all you know, they're, you know, popping out just red.

They're, you know, like, bruise, almost, like, found on the floor. They, you know, blood clots. What was it? 60% of his body was clotted in that 30% large heart doctor, put on thinners.

This will be done on the rest of his life. About six months after that, I caught up with him, and I said, Mike, you got to like, you know, I guess any one of these machines.

I think it'll help. Two months later, it goes back. Just the whole body. You got off the thinners, right? Really quickly. Two months later, full body scan, MRI or cat scans, whatever he's doing, he's like this.

He's like, everything's fine. So what do you do? So I'll go in two months later. It's like, no, no medications right now. So that's one condition. You know, be careful if you're on blood thinners.

You know, you might want to wean yourself off and let your doctor know. So you can, you can adjust for that. Right.

Using the H2 Genesis Device and Safety Considerations

The second case where hydrogen may be I will caution may be, permitted is, if there's a bacterial infection, maybe a bladder infection because bacteria have mitochondrial, you know, you know, organelles, mitochondria.

Right. Yeah. Yeah, yeah. And so, and so unlike viruses, which don't this has a tendency to, help with any viral conditions. You know, it helps with colds and flu and that type of thing.

It's it's more obviously for the bacterial infections where if the actual hydrant is benefiting the mitochondria in benefiting the bacterial cells, more, that's a little questionable.

And so if it's a really severe case, another I know a friend reminded me, he got bit by a dog or dog saliva has really toxic bacteria in there. And so that infection wasn't going away.

And so rather than bag his hand. So heal fast, he was like, we got to make sure that infection is gone because we don't want to enhance or make that bad bacteria any stronger than it already is.

And so you want to get rid of the any bacterial infections first before you go on to the hydrogen or get off of it for a while before you, get back on it.

But what I packed go ahead please. But what I found in my own health is that, my immune system is, like, through the roof. I get sick less now than ever before, and that could be a combination of things.

But I definitely notice a difference. Just on the hydrogen, your immune system improves, so you're less likely to get, you know, flus and calls in at least are very less, difficult to get over there like just a few sneezes and it's gone.

You know, your body responds more quickly and any impact on blood page, that would be my only concern otherwise. Not very, very little, if any at all.

And I think, yeah, not anything significant whatsoever. And I think the only impact it would have if there was, is because when you are breathing, the gas that's coming out of the machine is 66% hydrogen and 33% oxygen, because we break up the water molecule.

And there's benefits to both gases, hydrogen and oxygen. And so you're getting just 1% more oxygen in than breathing the 21% oxygen. That's an air normally.

And so if you read a lot of oxygen you know are too much. That will change the pH of your your body and blood and actually prevent the absorption of oxygen and utilization of oxygen.

But other than that, which is like really insignificant, but it's just something to, to, to note, right? But in general, no, it doesn't change the pH of the water.

That's been treated or the pH in your blood in your body. Okay. So then so I want to get an H2 Genesis machine for sure. How do I do that. Walk me through that.

And do you have support through your company. So once I purchase that I'm not like, oh, I got a machine. I don't know what to do with it. Tell me how how it works.

Right? On our website, you know, kind of become I come from the biohacker background, right. It's called H2 biohacker.com. And so at the time I wrote the website, I gathered all the best information I can find out everywhere on the internet.

And, I've got over a thousand studies on one of our pages. So people that want like studies that can, they can find those there, but, I condense all the information down into a really digestible form.

And I think and we've got some testimonials here on our website as well, in order to just get this information out there, so people can visit our website, learn more.

We've also, on a, on a website, you can sign up for a free 30 minute consultation. Because we've gathered gathered a a pretty large database or knowledge base of, say protocols and testimonials, just working with hundreds and hundreds of clients over the years so that we have an idea of what works and what treatment or use case, could best serve for what health condition you may or ailment you may have.

And so that's what we offer a 30 minute, you know, free consultation just to introduce the fly in to hydrogen and how it may be able to help them in that situation.

You can sign up for for that on our website. If you're ready to purchase, you can go to our website and purchase it as well. And we ship from the Atlanta US all over the world.

And we've got, you know, set up videos and we're available, available for continued support calls. And, you know, because some people, they just have questions.

You how do you do this or how do you do that or, you know, so we're available to you. We answer the phone when people call. Should I have a technical issue with my device?

I can reach out to you, your warranty, them and all that. Oh, yeah. Yeah, in most cases. 99% of the time we just talking over the phone. You know, we can get any issues like a connection issues or just push this in hard or something like that.

But yeah, we've got, moneyback guarantee as well as a, you know, a warranty on parts and services, but, and then even then, it's very any parts that could break down, they're very easy to replace.

So we can do that easily, because it's taken care of. And, the manual, the, the maintenance procedures are followed. The machine should last a lifetime.

Ordering, Support, and Closing Remarks

And so it's, an investment in your health. But what I've seen other people spend on health these days, you know,

compared to what this costing can do for people, it's like this.

It's a no brainer. You know, every, when I first got in, it was like, oh, my God, this this is unbelievable how helpful, beneficial it is that, everyone needs to have 1 or 1 of these in their house one day.

I mean, that saves my friends and family in so many conditions or situations that have come up. It's like everyone needs one of these. And and to be able to share it with others as well.

Well, one of the things up to my sink, you know, and so when I wear water, it just comes out hydrogenated, right? Right. We've got one in our kitchen that's, running a few hours a day.

Just keep it a pitcher, a glass pitcher of water just treated. So we're just part of that and just, you know, drink that all day and go one of the better when literally when in the kitchen.

So it's like we're all drinking water in the, you know, in our house. One other thing to mention. We've got a special coupon and discount for, for doctor's talks, you know, attendees too.

So, if you add a machine to your, shopping cart, go to check out this little place, put a discount code in there. If you put in doctor talks or one word, you'll get a nice big special discount there.

Excellent, excellent. Well, then, some that, folks have been following along. This really informative interview. The creator of H2 Genesis, molecular hydrogen generators.

You want to go check out the website, learn all about it, watch the videos, get your 30 minute consult and give it a shot. So it's like there's tremendous potential for benefit and helping people have Parkinson's.

And that's just another example of a solution you just don't hear about in your doctor's office. It's H2 biohackers.com Biohacker no s no s h2 biohacker.com.

So check it out. And use the coupon code Doctor Talks to get your discount for being a part of the Parkinson's Solution Summit. Then. Tomada, thank you so much for spending time explaining, educating, and really for being an inventor because, you know, we need folks like you out there thinking about problem solving and coming up with solutions to help all of us, right?

Yeah. Thanks for the opportunity to share this knowledge of hydrogen out there with your audience. You know, I appreciate that too. My pleasure. We'll look forward to, visiting with you again very, very soon.