Uncover The Power Of Hydrogen Therapy In Cancer Care Transcript

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Introduction and Guest Background

Hi everybody. I am very excited about our next guest. I had the privilege of having a conversation with this gentleman several years ago, when I was curious about molecular hydrogen and knowing of its utility in my private practice.

And of course, you know, my area of expertise is oncology. And so I think this is going to be a really illuminating discussion today. joining me is Ben Tammetta and he is just a whiz.

The conversation I recall having with you, Ben, a couple years back still sticks with me. I was very much looking forward to having a revisit of this discussion, and for you to share this information with the masses.

So thank you and welcome here from Costa Rica. Yeah, thanks for giving me the opportunity to share my story. You know, and how we got here. I love it I love it.

Well, first I think people need to start with the most fundamental questions here. And I think the first one is, is what the heck is hydrogen water, Hydrogen Treatment?

in particular, can you just start to build some fundamentals for us? Right. Yeah, yeah. The the basics of Hydrogen Therapy is what we call it. And that's kind of what we're focused on right now with this.

this talk is, Hydrogen is a molecule, smallest molecule in the universe. And it's, naturally, you know, two Hydrogens to form to make a hydrogen molecule.

They call it H2 for short. And it's used in health practices more and more nowadays. And we got into a while back say, five years or so ago. And it's administered through a cannula.

You breathe in, you know, let me put on quickly show you how it works, like most people think it's oxygen. So you just inhale the gas as it's produced live, you know, on your desk in a, in a, in a machine.

that and we also infused it through, water bubbling the hydrogen gas. Water which the water is, you know, drink. so those are the two main methods to administer the hydrogen gas, which we call hydrogen therapy.

I love it. How did we learn about hydrogen? How do we know it was a thing to even use as a therapy?

What Hydrogen Therapy Is

yeah, that's a good question because, goes back to my story, which, I mean, I my background is an electric engineer. So I look at it from an engineering and scientist point of view.

You know, I'm not a doctor, so you wouldn't check with your doctor, you know, this is right for you kind of thing, right? and so, I got into it through, studying anti-aging and, and natural health, you know, because I was looking to extend my health span more.

And so as a byproduct of that, if you want to extend your health span, you're naturally avoiding, putting off any disease or degenerative, you know, qualities or any perceptible to those kind of things.

and so that led me to, a kind of another obscure molecule that some people in the longevity, community were using. but when I looked into working mechanism of that, I found this, molecule kind of expensive and inert, was actually acting as a transporter mechanism for hydrogen.

I'm like, well, let's cut to the chase and just focus on hydrogen. If that's the active, you know, active ingredient or the beneficial, molecule that's contributing to these benefits.

Well seen, you know, in the, in the, in the Asian community, you know, energy in your recovery, in healing from, you know, kind of, you know, issues, and so I was already, you know, doing experiments, running cars on, you know, hydrogen.

So I was familiar with creating hydrogen on the fly, and you can't can or bottle it. So to be able to use it, you need to really like, you know, produce it, you know, on spot.

and so that got me to okay, well, you know, doing some research, I found that hydrogen is used, you know, this a while ago, but in some health studies.

And so that got me to thinking, well, I could as an engineer, I can make a machine and try that out of myself in to see what works and what doesn't work.

And so, I made a machine, started using it, and I started getting the same benefits and then more, and then as I started sharing these benefits with friends, they were like, well, I want that too.

I want that too. And I said, can you make me a machine? And then so we kind of got, you know, pushed into the side of the business side of it, making these and sharing this with other people.

I love this. It's interesting. One of the reasons why you and I were brought together on a conversation is in the last several years, my colleagues and I have increasingly found more tenacious, coagulation issues.

We won't go into the reason for that. but people probably have a good idea of what I'm alluding to here. But no matter. All my typical tools and tricks that worked on busting up fiber and fiber and I burnage and, that came to helping, impact platelet aggregation and all these things, they weren't working.

So from just good hydration and fish oil and anti-Islam Tories and proteolytic enzymes, even two pharmaceuticals like heparin and even the other, like new generations of things like Plavix and, and whatnot.

So Rialto, they weren't touching it. I couldn't get the dimers to budge. I couldn't get platelets to come down. I couldn't get fibrinogen activity to come down.

How Hydrogen Therapy Was Discovered

And just having a conversation with Mark Isaacson a mutual friend of ours, he heard what I was struggling with and he's like, I got a guy, got a guy you should talk to that might have something that can help break this pattern.

And that's where I that was really I mean, I'd heard of brownes gas and hydrogen, water, molecular hydro, and I'd heard about all these things for many years. I'd never had use them clinically.

I didn't really understand when, where, why, how to use them clinically. And so I started experimenting. I actually had a few people get your devices and start to pre and post measure, and started to see some really extraordinary things where I was not making a dent with any of the old tricks.

This was making a dent. And so before we go into more the mechanism of action, could you maybe speak to what you believe or at least what you told me in that conversation a couple of years ago might be, a mechanism of action of how, this molecular or this, hydrogen treatment could be impacting our coagulation pathways.

Right, right. Exactly. Because, I mean, as an engineering science, I wonder, well, what's the working mechanism? Not just to take this magic pill and, you know, better say, I wonder why it's working?

Because we if we know why it's working, then we can better target our delivery and administration of it to get better

results in the end. And, also to that, hydrogen is a natural, a natural substance in the body.

people, there's a saying that a fiber reduces the risk of cancer. Well, what is that working mechanism? What's the connection between fiber and a reduced risk of cancer?

Well, the connection is there's bacteria in your gut that eat the fiber that produce hydrogen. So a nice healthy. But the gut, not both. Yeah. Exactly.

So that's the right thing. but those bacteria eat the fiber produces the hydrogen. So a healthy gut biome would actually produce as much as six liters of hydrogen gas per day.

So it's a it's a natural occurring process in the, in the body that we've evolved with over time. And so our body's adapted to need that and use it. And so have not having that supplement in our body, you know, inhibits some bodily processes.

You know. And there's three that I'd like to focus on that really stand out in how the hydrogen is affecting the body and talking about the working mechanism that's, atomism, how it directly affects the mitochondria and the production of ATP, circulation in, in your immune system.

Yeah. Cool. into more detail into the, metabolism. it directly works with the mitochondria to make that ATP, that energy currency, which all the body cells need.

it makes that, process of ATP production more efficient. because what we've noticed in both myself and clients is that once we start using hydrogen, whether we're inhaling it or breathing, you know, or drinking the treated water, we notice an increase in energy.

And so, strength, endurance, recovery in general energy, that's all increase. I mean, there's a direct correlation there. And because hydrogen is part of the mitochondrial process of creating ATP, it's taking that hydrogen and basically separating the proton and electron and combine it, recombining it.

That separation recombining is a part of the process. So hydrogen is at the lowest level of that, you know, energy production.

Mechanisms: Energy, Inflammation, and Circulation

and so as I go into more detail on that, part of the byproduct of that cellular respiration, mitochondria is, the waste products, you know, which are the reactive oxygen species, which are, you know, super oxidase, anions like to, to charge, oxygen atoms here, the hydrogen peroxide and also hydroxide or hydroxyl radical, those are very reactive.

And that's an end result of some of the cellular metabolism. And if those are neutralized really quickly, they tend to react with DNA and other important parts of the cell that can be damage.

And so the quicker those, free radicals can be neutralized, the better your body can recover and or not be damaged by that garbage being created in your cells.

and so if there's an abundance of hydrogen in your body, if your body is primed with hydrogen, then that's on standby. Basically like a mechanic ready to fix your car if it breaks or clean up the mess.

And so that quickly neutralizes those three, you know, reactive oxygen species to water. I mean, water is pretty benign, you know, so it's like you're taking them to it's hydrogen, a selective antioxidant.

For that reason. It goes selectively after the most dangerous free radicals, you know, as a part of that metabolism, metabolic process. so that's really important for recovery in the but to follow that chain, you know, the working mechanism.

Well, where does that lead us? Well, if there's an abundance of these reactive oxygen species that are not being treated properly, then that leads to inflammation in almost all age related diseases and many of the common names of diseases we hear today, they're associated with inflammation.

And so these reactive oxygen species directly cause inflammation. So what we've seen, people that become, a regular user of hydrogen therapies, their inflammation goes away.

And that can be shown in like, you know, I mean, I mean, arthritis, you know, joint pain, even, all kind. Of as well as laboratory results changing as well.

Right? Right. Yeah. But the first thing we just people just feel and notice the difference in inflammation in the body. And so, so we notice and see the energy increasing which is, you know, metabolic we see the inflammation going down, which it means that all these free radicals have been scavenged have been treated properly.

and so those jumpstart the healing process of the body. And so that's all part of the metabolic process. and then the next thing, circulation, because independent of what the hydrogen is doing for the metabolism, what I've seen is, that circulation you brought up a minute ago, it's like how different toxins, environmental toxins, whether they're put into your body or in the environment.

you can look at you can. There's all kind of test where you can see, you know, blood cells clumping up. And there's a slide I use in one presentation.

The what's interesting is the blood cells naturally have a negative charge associated with them, like surrounding them, their natural negative charge.

And if you think of two North poles on a magnet, they repel. You get to flip them north and south. They stick. So if your blood cells are damaged, they can't hold that negative charge.

So you've got positive negative cells when you start stacking up like pancakes. And that leads to micro clots. And so the hydrogen is negatively charged when you breathe it when it's created during electrolysis.

So that so while you're breathing it it quickly dissipates into your lungs and brings that charge, that electrical charge, I mean really quickly indirectly to your blood cells.

So it it helps bring back that negative charge to your blood cells. And this is like almost something physical that's happened. Aside from the chemistry and biology biological processes happen in your body.

And so when your blood cells have those negative charge they bounce off each other. They don't clump up. And I actually bought a special microscope to look at the nail folds in your in your fingers.

So as you can see the capillaries. And so looking at someone starting to breathe the hydrogen you can see some people are clouded up. The guy really dark spots of blood.

And you can't see any circulation in their in their capillaries right here in their fingernails. so within ten to 20s, that's how quick it is. You can see the clot start to break up and the blood starts to move and circulate.

And it's just pretty amazing to like, see it firsthand. So we're not just like magic pill. I want to see what's going on in the screen to see it having an effect that fast.

Amazing, I love this, I love this so much. And, one thing that you also, compelled, you know, like it was so compelling of what we talked about last time and you brought it up a little bit for the recording is that, you know, especially in the population we're talking to today, almost the people who are listening in on this are themselves someone dealing with cancer or someone loving and supporting someone dealing with cancer, or someone treating somebody dealing with cancer.

And so one of the cool things that we're always trying to find in our toolbox to support our patients are things that will not inadvertently impact the the outcomes of any treatments.

We don't want there to be any contraindications. We don't want there to be things that, make things don't work as well, or maybe make things work too well.

So they become really hyper toxic. And one of the things that really struck me is how well this therapy plays well with others, including in the standard of care realm.

So talk to us a little bit about that, where this has had utility in standard of realm, standard of care, realm of protective and supportive, and even maybe synergistic applications.

Know a few different directions to go with that. it's like because it's nontoxic, is toxic and natural, it doesn't interfere with other therapies. and when there is, you know, other therapies, it's almost like it regulates many parts of the body.

If things get out of sync in one way, it down regulates, if things are missing in, your cells or in different parts of your system, it upregulate. So it's very, balancing.

I know it's it balances the hormones as well. the only thing you have to watch with external therapies are drugs. because it does increase circulation and blood flow.

some medicines may have a quicker effect or more enhanced effect. So, the only side, I guess not benefit, but thing you have to watch for is anyone, blood thinners, you know.

That's you people. but that that that's happened, you know, to 2 or 3 of my clients, I know when they start breathing hydro their, their, blood thinners already because they've got very viscous.

Go ahead. They start the hydrogen and the blood goes back to normal. And so they do one of two things. They either, you know, stop the thinning medication, right.

Or they get scared by their doctor into stopping the hydrogen. So what's more natural. Right. another thing with the hydrogen, it protects from radiation.

Well, all forms of radiation, whether it's from the, the sun radiation, chemical or alternative, you know, cancer treatment or cancer treatments that have radiation.

It forms of protect. It's because it's there on standby, waiting to neutralize any radiation damage. any free radicals that are produced as a result of any radiation are quickly neutralized.

and again, going back to, like, real world, real world results. I've got some clients that are either, you know, bald or they meditate out in the sun, go out in the sun a lot that they come back to me.

It's like, then I know. So I don't get sunburned anymore. I meditate on the sun and I don't get red on my son anymore. And I noticed the same thing. And so it's it's not like all these people are talking.

They come back and they report this to me. So instead of putting sunscreen on myself, I'll do a quick hydrogen session for, you know, a half hour, not just, you know, ten, 15 minutes is enough in most cases.

Then go out to the sun and notice I don't get you know, sunburn or red anymore like that. It's amazing how it protects the body. It knows what to do when.

And leave it. So amazing. And you know, one thing I, I just I'm always in awe by this, but I really want to highlight the fact that in all my my years of being in medicine, I will tell you right now, folks, I mean, in the oncology space in general, I there's been amazing research, amazing things out about their doctors, very passionate to try and

change this, but the people who've made the biggest difference, in my opinion, in the last ten years in the space of cancer care, both cancer care and treatment, but also prevention are systems thinking engineers and biohackers and been is both.

And it's like you have to be out of you've got to like it's like that place you can't see the forest for the trees. So you were someone who, through your systems thinking brain through your solutions driven brain, you don't have all these other preconceived notions in your way path.

And so you could see things so much more clearly than the rest of us. And so, you know, because I can almost hear people like, well, how why didn't a doctor figure this out?

Using Hydrogen With Cancer Care

Well, in first of all, if you go back and look in the literature, they have figured it out a long time ago, but they don't really know when, where and how to apply it clinically.

So how could you, as the engineer, encourage or advise a clinician to bring this tool into their practice, or to, give their blessing of their patients bringing this into their, their homes.

Right, right, right. Well, me, after selling hundreds and hundreds of these unit units and getting feedback, we've developed our own protocols. You know, over the last few years.

And so we have a really good idea on how much is enough and how much is too much, which is there's not really too much, but I do find that too much of a good thing is not always a better thing.

Right. And so there's times where you actually after exercise, you want oxidants in your system because you but that stimulates your body to grow and recover.

You know, if your body is always neutralized, everything, that's not a good thing necessarily. So you want to, you know, do certain times or certain times or better to do the hydrogen than others.

if you've got a specific condition you need to treat and then it's sometimes it's more is better in those cases when you're trying to jumpstart your systems.

so we've got a lot of, feedback from our clients, you know, technical, clinical start, you know, trials, but I mean, just real world experiences. You know, as an engineer, that's what I'm mostly interested in.

I never got into this to to make money or start a business. We got pushed into it. And just my curiosity in just engineering brain. And why why is this working and what is work?

And then getting feedback, asking people, you know, what's what's working for them. So we've developed the own protocols and even external treatments where, you know, if you're a torn rotator cuff, my in my shoulder, it wouldn't heal for anything.

At eight months of pain, I could even lift my shoulder. But back in that limb, if the problem joints or problem parts of your body were, breathing, the gas may not necessarily get to really easily.

we resort to bagging, you know, different parts of the body, even your, you know, your wrist, your elbows, your knees, your feet, your joints. You know, if you sprained ankles, because the hydrant directly infuses it's such a small molecule, it infuses into your skin, into your systems, in, that increases the circulation, that are nutrient delivery, that are healing and faster healing.

and so we've got experience with different protocols and when to use them. Well, it's interesting because, you know, hearing you there, there seems to be a lot of similarities to the clinical applications of hydrogen to what we already, a many of us are already familiar with, with oxygen therapies.

Now Oxygen's going to release a few more reactive oxygen species, right. So I'm always happy to, have patients and doctors pull back the reins when they kind of push too hard with too many oxidative therapies, with too much oxygen therapy.

It almost sounds like hydrogen was almost like the yin to that yang, maybe more exacting and balancing. is it, first of all, how do the two how would you compare and contrast them, and when might you apply them, and in what order and what situation?

If you've got some examples. Yeah. I like to use them together because I've in through the process of electrolysis using the using the gases. And we're breaking up a water molecule into hydrogen and oxygen.

And so your body produces water as a part of the cellular respiration. it's, it's part of the byproduct. And so we're breathing, you know, oxygen your body's making hydrogen naturally.

And so your body's almost, you know, taking it apart and making water, you know, naturally. So you said that you're going to Yang. They kind of go as a pair.

And so the the machines that we use and and so on our website, they're both hydrogen and oxygen delivery systems and so hydrogen. So oxygen too much oxygen by itself could actually be harmful.

And you could actually make you dizzy. And, you know, you body, you change the nature of your blood and reduces your body's ability to absorb oxygen. Right.

And so having that hydrogen there, it helps balance all that out. So the I think they're made to be administered together. Love it okay. That's that's perfect. That's perfect.

And so one of the things you also that's you struck me about is a utility of this that might blow people's minds where you're thinking, well, this is so fringe or this is so not utilized in a any clinical environment.

Tell us about what you told me about NASA and where they're. Yeah. they're. Right. Right. I mean, I've read hundreds of thousands of research papers. Anything you can find, not just on hydrogen, but, obscure things and maybe try to connect the dots, you know, to find more working mechanism that I was working on.

Hydrogen vs Oxygen Therapy

I did find a paper that, explain how when NASA did a study on how can they best protect their astronauts from solar radiation on the way from, say, the the Earth tomorrow?

This is a really long trip. They say you can probably find this research paper. And they said the best way to protect yourself from radiation is to breathe hydrogen because it has no benefits.

That's amazing. Yeah. Thank crazy I love this. And so there are a lot of discussions because of the Biohacker community, picking up momentum. I've seen every time I go to a Biohacker conference the last 2 or 3 years, I'll see people dispensing, like selling these little hydrogen bottles, you know, making bottles and different things.

Talk to me like, how does the consumer differentiate about what's a good like, what kind of questions need to be asking or thinking about when they're looking at purchasing?

you know, a hydrogen system for their own use. Like what are what are things to watch out for? What are things to look for? And yeah, go from there. Right. Yeah.

When my focus turned towards hydrogen, you know, where the cheapest ways to get into it was finding, you know, countertop, you know, bottles that, you know, bubbles, hydrogen bubbles into the water to treat as well.

I said, well, I'll try that first before I spend more money or build my own system. And I really didn't notice of effect for

that. And I think in most part because it was just not enough to, to get an effective dose. Right.

There's a limit to the effective dose. And I wasn't getting it from a hydrogen bomb. And I got one of the nice ones out there was $300 for a little bottle.

and so I almost put it, put it to the side, on the shelf. And then I revisited it, you know, like, I don't I mean, six months later, I just said, well, this is not working.

so it's okay. Well, I thought I had some times I built my own machine that's producing as much as a liter of hydrogen per minute. And so there's also there's also to, to contrast that, you know, the little hydrogen tablets, you know.

I was just going to ask if you would contrast the tablets as well, which are picking up momentum of popularity. I like to have those by the way, like when I don't.

Right, right. Yeah. Which is a good idea. I mean that's that's great. If, when you're out of your normal element, when you don't have a machine to get the real, you know, therapeutic dose.

But, the way I like to explain is like, okay, well, in a, in a small, like, half liter bottle of water, we dissolve some hydrogen bubbles into it, or a small tablet that you put in some water.

And there's also nano bubbles into there. you can't fit a liter of gas into a liter of water.

NASA, Radiation Protection, and Product Selection

It's just not physically possible. So how much are you really getting? And so contrast that to the therapeutic machines which produce as much as a leader of hydrogen per minute.

Well that's great you know. And then you a normal session would be 15 to 20 minutes, half hour, even an hour easily. And so you're getting as much as, you know, 30 to 60l of hydrogen in.

That's really permeating your body and diffusing through your body really quickly. so there's a big difference. And so maybe you paint on a, you know, 30 bucks a day for a, you know, month of supply of these pills.

But, you know, a machine can deliver that and just, you know, 30 minutes or no less, because it's like just this is a big difference in volume right there, which you can put into water and then what you can breathe.

And so like a typical, let's say we have a patient who's going in to get right, you know, they're going through their ten, weeks of or five weeks of radiation therapy, what might be a protocol like, and I know you're very careful.

It's like an end of one. Please talk to your medical team to get advice here. But if they are looking at like, what is they sit with this cannula for 15 minutes morning at night, like what's a typical dosage?

How is it typically ingested. You showed us the cannula. You mentioned the water. Give us an example of how you dose this, how you apply this in a day to day experience.

it really depends on the person and their lifestyle I do. The more you do it and the better you can fit into your lifestyle and the easier it is to fit into your lifestyle, the more you're going to use it.

And the more you can benefit from it. Right? And so, for the first like almost 2 or 3 years, I was breathing it overnight because that was the only time I was still okay.

I was kind of the army and sleeping with it overnight, going eight, nine hours sometimes. Right. which is perfectly fine. And but then over time, I started doing it every other day, just experimenting.

in the recently, I've been doing it like an hour before I go to bed in and hour when I wake up in the morning, just before I go to bed and before I, you know, when I, when I wake, wake up right before I'm getting out of bed.

if, depending on what conditions you have, there may be times where you need more of it, you know, and like different delivery mechanisms, like we did a, a client with diabetes, his leg was swollen up, about to be amputated.

Couldn't walk. so, you know, with baggies laying and get him some water, you know, because you breathe in hydrogen doesn't get to your extremities, as you know, easily.

and so depending on condition, me wouldn't use it more so than a person that's, using it for just maintenance or an athlete. That's you just wanting faster recovery.

Wow. Wow wow. And so how do we learn more? There's so like I feel like this is the iceberg. We've just shown the teeniest tip of the iceberg for everybody today.

So how can people learn more. Where can they find, a device like yours? And how do how how do they get going? yeah. So we've and so with once we started getting once we started getting a lot of, you know, people contacting us, we said, well, we gotta put up a website either, you know, give people more information or so, getting this out to the public.

And so the, our domain now a website is h2biohacker.com. Okay. I've been a biohacker, you know, in that community for years and years. And so that's kind of how we refer to ourselves in because it's hydrogen, you know, it's like h2biohacker.com is what what it's become okay.

Awesome. I think one thing to yeah. So one thing to point out on our website there, depending on someone's situation conditions, we've got two machines that we offer on our website.

what we recommend it to people. People for people to sign up for free consultation. There's a link on our website. so that way we can tailor, you know, our the protocols and recommend different systems, whether it be, you know, pure hydrogen or brown's gas or combination of gases, and also work with them on how often to do it and and how to do it depending on their conditions.

I love the free on Twitter is anyone you really can help people understand when, where, how to apply this or help their clinicians know how to apply this.

right, exactly. We do have a practitioner program, and actually we've been focusing and specialize in that direction because it allows us to reach more people more quickly.

So we're actually teaching practitioners and we're working on a special program for them.

Dosing, Protocols, and Practitioner Support

So to teach them make it easier for them to, share with their patients, so that everyone benefits in that process. Well, you and I are going to talk about that one off line because we've got ideas for you on that one.

So that's great, I love it, I love it. Or you can already hear my network going, yay! So good, so good. And and so I understand that you have a special for the listeners of DrTalks Summit.

Cancer Summit 2.0. Cancer Breakthroughs 2.0. Is there something you want to say here so that folks know that not only can they get a free consultation, but maybe there's a discount code or some other code that you're offering for our listeners.

Right? Right, right. I can't say how much at this point, but it's going to be, I guess, significant amount. Right. But if you use, the keyword or discount code DrTalks when you go to check out a discount will be a nice discount.

We be applied to your order. That's up to just jump right in and try it out right now. But again, like there's a free consultation available and that'll put you in touch or schedule appointment at either I or Sherry will be talking to you.

And we can go into more details on how the hydrogen can benefit you. I'm excited. Well, I will be talking with you and see myself, soon, because I've been wanting to bring this into my home on a bigger level.

I have those bottles and I use those, and I use the tablets when I'm traveling, and I do just feel called to doing a little bit more, especially with how much I am on the road, being exposed to all the things, feeling like I'm being bombarded, lots of reactive oxygen species flying around in my body.

I need to, do my own due diligence for good hacking and prevention. So I hope that the listeners got as excited about this conversation as I am. And then thank you so very much.

Yeah, likewise. It's great. Great speaking with you, talking to you again. We'll be in touch.