

Guillermou

Great benefits reported by Dr. Mercola of molecular hydrogen. Molecular hydrogen is introduced into cells and protects our DNA and our genes, so that the mitochondria produce the energy necessary for growth, repair and regeneration of the body, improving our longevity. Molecular hydrogen is 80 times smaller than vitamin C, this provides great hydration capacity to hydrogenated water, and great power to hydrogen to cross the blood-brain barrier. Studies have shown that hydrogen exerts antioxidant, antiapoptotic, anti-inflammatory, and cytoprotective properties that are beneficial to the cell. avoiding chronic and neurodegenerative diseases.

Increases superoxide dismutase and glutathione levels just like the Nrf2 diet. The consumption of water in dissolved hydrogen improves the pathology of mitochondrial disorders. Drinking H₂-water stimulates energy metabolism, measured by O₂ consumption and CO₂ production. Molecular Institute of Hydrogen. www.ncbi.nlm.nih.gov/.../PMC6600250 (2019).---- www.molecularhydrogeninstitute.com (2018).---- www.ncbi.nlm.nih.gov/.../PMC5731988 (2017).---- www.molecularhydrogenstudies.com/blog (2020).--- selfhacked.com/.../hydrogen-water (2021).--- Molecular hydrogen exerts multiple biologic effects including anti-inflammation, anti-oxidation, anti-apoptosis, anti-shock, and regulation of autophagy, which may attenuate organ and barrier damage caused by sepsis.

Molecular hydrogen antagonizes oxidative stress through multiple pathways, including scavenging of hydroxyl and peroxy radicals, upregulation of expression of antioxidant genes superoxide dismutase, catalase, and myeloperoxidase, and suppression of inducible malondialdehyde activity. nitric oxide synthase, endothelial nitric oxide synthase, and nicotinamide adenine dinucleotide phosphate oxidase. www.ncbi.nlm.nih.gov/.../PMC6567800 (2019).----

Posted On 03/05/2023

Guillermou

H₂ has been shown to suppress inflammatory NF- κ B signaling and induce the Nrf2/Keap1 antioxidant pathway, as well as improve mitochondrial function and enhance cellular bioenergetics. Numerous preclinical and clinical studies have shown the beneficial effects of H₂ in various diseases, including COVID-19. Molecular hydrogen positively affects physical and respiratory function in acute post-COVID-19 patients. www.hindawi.com/.../5513868 (2021).--- www.mdpi.com/.../1992 (2022).---- Hydrogen indirectly affects gene expression through its actions to modulate molecules that have an epigenetic effect.

Molecular hydrogen can modulate inflammatory responses and apoptosis via NF- κ B and TNF α . 383 SCIENTIFIC STUDIES OF MOLECULAR HYDROGEN IN ENGLISH: HYDROGEN IN BIOMEDICINE www.molecularhydrogenstudies.com (2018).--- BENEFICIAL BIOLOGICAL EFFECTS AND THE UNDERLYING MECHANISMS OF MOLECULAR HYDROGEN - COMPREHENSIVE REVIEW OF 321 ORIGINAL ARTICLES. medicalgasresearch.biomedcentral.com/articles/10.1186/s13618-015-0035-.. (2016).---- The evolution of molecular hydrogen: a noteworthy potential therapy with clinical significance medicalgasresearch.biomedcentral.com/articles/10.1186/2045-9912-3-10 (2014).----

Recent studies indicate that molecular hydrogen can inhibit hydroxyl and nitrosyl radicals and can act directly as an antioxidant in cells and tissues, which can cause a marked decrease in oxidative stress and inflammation, leading to a significant decrease in oxidative stress. CVD and metabolic diseases. Clinical and experimental studies indicate that hydrogen therapy, such as hydrogen-rich water, may provide benefits in the management of CVD and metabolic diseases. www.preprints.org/.../v1 (2020).--- Hydrogen-rich water exerts antitumor effects. www.ncbi.nlm.nih.gov/.../PMC8790422 (2022).---

Posted On 03/05/2023

Guillermou

Molecular hydrogen increases the levels of coenzyme Q, essential for coronavirus patients with cardiovascular pathologies. The Q cycle contains three forms of coenzyme Q: coenzyme Q in the oxidized form (ubiquinone), radical form (semiquinone), or reduced form (ubiquinol). H₂ can be a donor of electrons and protons in the Q cycle, causing stimulation of coenzyme Q production and treating mitochondrial dysfunction. www.ncbi.nlm.nih.gov/.../31536712 (2020).---- REDOX EFFECTS OF MOLECULAR HYDROGEN AND ITS THERAPEUTIC EFFICACY IN THE TREATMENT OF NEURODEGENERATIVE DISEASES www.mdpi.com/.../htm (2021).---- MOLECULAR HYDROGEN ALLEVIATES LUNG INJURY AFTER TRAUMATIC BRAIN INJURY: PYROPTOSIS AND APOPTOSIS www.sciencedirect.com/science/article/abs/pii/S0014299921008207 (2021).--- Hydrogen inhalation ameliorate ventilator-induced lung injury.

Prominent effects are seen, especially in diseases mediated by oxidative stress, including cerebral hypoxia, Parkinson's, spinal cord ischemia/reperfusion, heart, lung, liver, kidney, and intestine. Positive evaluations in type 2 diabetes mellitus, metabolic syndrome, hemodialysis, inflammatory and mitochondrial myopathies, www.ncbi.nlm.nih.gov/.../PMC5891106 (2019).--- www.ncbi.nlm.nih.gov/.../PMC4610055 (2015).---- www.ncbi.nlm.nih.gov/.../PMC3377272 (2012).--- China is treating serious cases of covid-19 with a mixture of molecular hydrogen (2/3) and oxygen (1/3) with good results.

Zhong Nanshan epidemiologist and pneumologist and head of China's group of experts to fight the coronavirus explains it in this video. The use of hydroxyl gas inhalation will free and avoid the dangers of urgent ventilators needed for more critical cases. The inhalation method allows the patient to breathe normally and recover with fewer complications. <https://youtu.be/GxijtFO3EHw> .--- <https://youtu.be/E8LSXkod43g> .---

Posted On 03/05/2023

Guillermou

Hydrogen reduces inflammation and cytotoxic oxygen radicals. Hydrogen reduces sepsis damage, has neuroprotective properties, helps with COPD, reduces tissue damage from cardiac arrest.

Hydrogen reduces fan damage. www.molecularhydrogenstudies.com (2018).---- Molecular hydrogen protects against sepsis-induced cognitive impairment via the mTOR-autophagy pathway.

www.sciencedirect.com/.../S1567576919321812 (2020).--- 2% H₂ gas could suppress sepsis lung injury by regulating the expression of heme oxygenase 1, secreted by macrophages and activated monocytes secreting and mediating cytokines of inflammation.

Antibodies that neutralize HMGB1 confer protection against tissue damage and injury during sepsis.

This action is carried out by the Nrf2 pathway, which plays a major role in the protective effects of H₂ gas on lung damage caused by sepsis. insights.ovid.com/international-immunopharmacology/intim/2019/04/000/h..

(2019).---

journals.physiology.org/.../ajplung.00164.2012 (2015).--- Molecular hydrogen inhalation had beneficial health effects in terms of improving physical and respiratory function in acute post-COVID-19 patients and may represent a safe and effective approach to accelerate early restoration of function in post-COVID patients.

-19. www.mdpi.com/.../1992 (2022) Inhalation of molecular hydrogen (H₂) inhalation had beneficial health effects in terms of improvement of post-C-19 fatigue, physical (6-minute walk test) and respiratory function in post-COVID-19 patients . Patients also noted improvement in fatigue after undergoing hyperbaric oxygen therapy (HBOT) and enhanced external counterpulsation.

www.ncbi.nlm.nih.gov/.../PMC9403611 (2022)

Posted On 03/05/2023

juststeve

Gui, I love this stuff. I've been using Doc's product on and off as this seems to give me the best results. (Some of it involves personal finances, so it isn't used quite as much as I would like. Finances due to life and not the cost of the products either.) However as the article points out, everyday use may not provide the best results. I use a mason jar with a reusable lid normally used to save leftovers in the fridge. Instead with the H2 tab bubbling away with the lid on, Right or wrong, I believe this helps capture the H2 from fizzing off. When the pill stops bouncing up and down and the water is foggy, gulp it down. For me, it makes me feel good all over. Again, it makes more impact when I don't use it each and every day. About one or two days in a row, then wait until the next week seems to do it for me. Thyroid Girl good catch to point out Doc's product, easy to use.

Posted On 03/05/2023

Pete.Smith

Thanks Gui, for the interesting studies. So many suffer from chronic pain. And painkillers may kill you because of side effects. May this study give the sufferers hope: Molecular hydrogen as a new strategy for the treatment of chronic pain. Researchers at an university in Barcelona demonstrate in animal models that water enriched with hydrogen molecules (H₂) improves the symptomatology of neuropathic pain and related emotional disturbances, due to its analgesic and anti-inflammatory effects, as well as its anxiolytic and antidepressant properties. "This treatment can alleviate not only the pain caused by a nerve injury, but also the states of anxiety and depression that accompany it, which would substantially improve the patients' quality of life.

Twenty per cent of the Spanish population suffers from chronic pain, and between 7 and 10% from neuropathic pain. This condition, mostly caused by nerve damage, causes people to feel intense and constant pain. Treatments are scarce and often involve a large number of adverse effects that affect the patients' quality of life. "This treatment can alleviate not only the pain caused by a nerve injury, but also the states of anxiety and depression that accompany it, which would substantially improve the patients' quality of life.

In the study, the treatment was administered to mice by injection, but in the future other routes will be tested, such as oral administration. The next steps will be to investigate how the treatment works in animal models of pain associated with chemotherapy, because many times cancer patients present neuropathic pain as a side effect of the treatment, as well as evaluating its effects on the memory and emotional deficits that these same patients can also suffer.

www.sciencedaily.com/.../221213121557.htm December 13, 2022 Source: Universitat Autònoma de Barcelona

Posted On 03/05/2023

juststeve

Yes Pete, it is the chronic pain from traumatic severe injuries to be dampened down so as not to be so disruptive! So welcomed!

Posted On 03/05/2023

Guillermou

Just, you effectively apply the therapies that benefit your health. His COPD disease is minimized. Molecular hydrogen exerts biological effects on almost all organs. It has antioxidant, anti-inflammatory, and anti-aging effects and contributes to the regulation of autophagy and cell death. Short- or long-term exposure to these harmful substances often results in lung injury, causing respiratory and lung diseases. Acute and chronic respiratory diseases have high morbidity and mortality rates and have become a major public health problem throughout the world. For example, coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has become a global pandemic.

A growing number of studies have revealed that hydrogen can protect the lungs from various diseases, including acute lung injury, chronic obstructive pulmonary disease, asthma, lung cancer, pulmonary arterial hypertension, and pulmonary fibrosis. In this review, the multiple functions of hydrogen and the mechanisms underlying its protective effects in various lung diseases are highlighted, focusing on its role in the pathogenesis and clinical importance of the disease. link.springer.com/.../jzus.B2100420 (2022)

Posted On 03/05/2023

Hydrogen can also be used for the prevention and treatment of various aging-related diseases, such as neurodegenerative disorders, cardiovascular diseases, lung diseases, diabetes, and cancer. Inflammation is an important process related to aging that alters intercellular communication. H₂ also inhibits chronic inflammation, which can contribute to aging. H₂ improves biomarkers of inflammation in patients with metabolic syndrome and attenuated the inflammatory state of the airways in patients with asthma and chronic obstructive pulmonary disease (COPD), especially COPD. In the brain, H₂ can inhibit neuroinflammation caused by a variety of pathological conditions, such as cerebrovascular disease, neonatal brain disorders, and neurodegenerative diseases.

The mechanism of the anti-inflammatory effects of H₂ involves several aspects. (1) H₂ reduces the release of proinflammatory cytokines, including interleukins tumor necrosis factor- (TNF-), nuclear factor kappa B (NF-B), and high mobility group. box 1 (HMGB1). It also increases the level of anti-inflammatory cytokines. (2) H₂ promotes the polarization of macrophages from the pro-inflammatory type M1 to the anti-inflammatory type M2, which in turn generates additional anti-inflammatory cytokines, such as IL-10 and transforming growth factor (TGF-).

(3) H₂ reduces the aggregation and infiltration of macrophages and neutrophils. (4) The anti-inflammatory effect of H₂ may involve the inhibition of various inflammatory pathways. (1) NF-B pathway: H₂ inhibits the NF-B pathway in various diseases. It is the most common inflammatory pathway involved in a variety of pathological models, including the aging process. (2) NLRP3 pathway: H₂ inhibits NLRP3, which fuels chronic and acute inflammation and contributes to aging. (3) Toll-like receptor (TLR) 4-mediated inflammatory pathway: H₂ inhibits TLR4, implicating hyperglycemia in type 2 diabetes mellitus, www.hindawi.com/.../2249749 (2022)

Guillermou

Thanks PETE, the Universities of Catalonia and the Basque Country are leaders in research. The full study on MDPI. Chronic inflammatory pain manifests itself in many diseases. The potential use of molecular hydrogen (H₂) as a new therapy for neurological disorders has been demonstrated. This study proves its analgesic properties of H₂ in animals with neuropathic pain, but the possible antinociceptive, antidepressant and/or anxiolytic actions. this study shows (1) that treatment with hydrogen-rich water (HRW) inhibits allodynia and hyperalgesia caused by subplantar injection of Freud's complete adjuvant (CFA), and potentially prevents pain-related emotional disturbances chronic inflammatory disease,

(2) the greater analgesic efficacy of local versus systemic administration of HRW, (3) the involvement of the endogenous central and peripheral Nrf2/HO-1-NQO1 pathway in the analgesic actions of HRW, and (4) the Positive effects of HRW treatment on oxidative stress, apoptosis, and CFA-elicited proinflammatory responses in the paws and tonsil of animals with inflammatory pain. Therefore, this research reveals new properties of H₂ and proposes the use of HRW as a potential therapy for persistent inflammatory pain and associated comorbidities. www.mdpi.com/.../2153 (2022)

Posted On 03/05/2023

Guillermou

Abnormalities in the structure and functions of mitochondria have been detected in patients with ME/CFS. Molecular hydrogen (H₂) improves mitochondrial dysfunction by scavenging hydroxyl radicals, the most potent oxidant among reactive oxygen species. Animal experiments and clinical trials reported that H₂ exerted palliative effects on acute and chronic fatigue. We review the literature on the mechanism by which H₂ improves acute and chronic fatigue in healthy animals and people and show that H₂ attenuation of mitochondrial dysfunction may be involved in the ameliorating effects.

Analysis of mitochondria in muscles and leukocytes from ME/CFS patients revealed enrichment of mitochondrial cristae, mitochondrial DNA polymorphisms, and relationships between specific mitochondrial DNA haplotypes and specific symptoms. Regarding mitochondrial dysfunction, metabolomics studies suggested abnormalities in pathways of energy production from monosaccharides, fatty acids, and amino acids. Previous studies in ME/CFS patients reported decreases in ATP synthesis in leukocytes, while elevated cerebrospinal fluid lactate levels indicated impaired oxidative phosphorylation and, as a result, increased anaerobic metabolism.

In addition, decreases in NADH and CoQ10 have been observed in patients with ME/CFS. Since "long COVID" or "post COVID", the "sequelae" of COVID-19 can be similar to ME/CFS, there is an urgent need to develop precise therapies and substances for ME/CFS. H₂ can be an effective medical gas for the treatment of ME/CFS. www.frontiersin.org/.../full (2022)

Posted On 03/05/2023

Guillermou

Molecular hydrogen therapy with its unique biological property of selectively scavenging pathological free radicals has demonstrated therapeutic potential in countless animal studies and some clinical trials. These studies have implicated various cellular pathways affected by hydrogen therapy to explain its anti-inflammatory and antioxidant effects. This article reviews relevant clinical and animal studies demonstrating the neuroprotective effects of hydrogen therapy in stroke, neurodegenerative diseases, neurotrauma, and global brain injury. Parkinson's disease (PD) is attributed to the degeneration or loss of dopaminergic cells in the substantia nigra.

Recent evidence demonstrates that extracellular alpha-synuclein aggregation contributes to neuroinflammation and neuronal death. The nuclear factor kappa B-related signaling pathway is involved in increased accumulation of alpha-synuclein. In a randomized, double-blind, placebo-controlled, parallel-group clinical pilot study, the authors evaluated the efficacy of 1 L/d hydrogen water therapy in Japanese PD patients receiving levodopa for 48 weeks. There was a significant improvement on the total unified PD rating scale in the hydrogen water group compared to the placebo group.

Oxidative stress and neuroinflammation have been identified as causal mechanisms that lead to the onset of AD. Oral intake of hydrogen water improved cognitive decline in accelerated senescent mice. Similarly, intraperitoneal administration of hydrogen-rich saline led to memory enhancement secondary to inhibition of oxidative stress, cytokine production, and nuclear factor kappa B production. www.medgasres.com/article.asp?issn=2045-9912;year=2023;volume=13;issue.. (2023)

Posted On 03/05/2023

juststeve

Gui, something to consider for those who live East and mostly ENE of the East Palestine rail disaster. The toxic plume released from the burning of the derailed cars traveled over those areas. Across the Eastern Great Lakes, Erie and Ontario, Western Penn, Western NY and Upstate NY. Just the Gut speaking but perhaps H2 could help with citizens dealing with this fall out.

Posted On 03/05/2023

JUSTSTEVE: what positive changes have you noticed since taking this product ?

Posted On 03/05/2023

Guillermou

Intestinal bacteria can be classified into "good bacteria" and "bad bacteria". However, it is difficult to explain the mechanisms that make "good bacteria" truly beneficial to human health. In recent years, it has become clear that there is a close relationship between the amount of hydrogen produced by intestinal bacteria and various diseases, and this report explores this relationship. People can supply their bodies with hydrogen by inhaling hydrogen gas or drinking hydrogen water. Hydrogen-producing bacteria not only produce hydrogen, but also produce energy through the breakdown of hydrogen using hydrogenase.

Hydrogen-producing bacteria can also conserve energy by decomposing hydrogen with carbon dioxide to produce acetate and methane, or by reducing sulfate with hydrogen to generate hydrogen sulfide. As such, the supply of hydrogen through these methods can, in fact, increase the number of hydrogen-producing bacteria in the body. In a joint study with Osaka University School of Medicine, it was revealed that administration of hydrogen water to sepsis-induced mouse models for 7 days suppressed the bacterial translocation that was causing sepsis and also increased the amount of Bacteroides in the intestine .

The increasing number of hydrogen-producing bacteria consequently increases the production of hydrogen in the intestines and contributes to the maintenance of health. Beneficial bacteria, such as lactic acid bacteria and bifidobacteria, are those that have positive effects on human health by producing various short-chain fatty acids to maintain homeostasis in the intestinal tract. Hydrogen-producing bacteria are anaerobic bacteria that do not have the enzymes to remove reactive oxygen species, such as superoxide dismutase and catalase. Firmicutes and Bacteroides are the most prevalent hydrogen-producing bacteria. www.medgasres.com/article.asp?issn=2045-9912;year=2023;volume=13;issue.. (2023)

Posted On 03/05/2023

juststeve

Hey clanharwood, There maybe other positives but the biggest for me is with a very long list of traumatic injuries the dampening down and even the absence of chronic pain is the most noticeable. Allowing more movement and just an overall feeling good. Helps make for more positive days.

Posted On 03/05/2023

otis101

Juststeve, re E. Palestine rail wreck and H2 helping those in the path of the "plume". I would add all of those on the Ohio river, Mississippi river, and even Gulf of Mexico may need help of some sort. According to Tim Truth: Sometime prior to the train wreck and right at the point of the wrecked cars....A very strangely placed orange train car right next to the reservoir that leads to Sulphur run which goes to the Ohio river which goes to the Mississippi and Gulf of Mexico.

odysee.com/@TimTruth:b/east-palestine-mystery-orange-car-pre-placed:6 More videos in the comments.

Posted On 03/05/2023

epi-cure

Otis Yesterday one of the frequent contributors here at Mercola.com perceived that this incident was no accident. A few days ago another reader/contributor left a link to the Dr Robert Young website. Young speculated that the train from a Dow Chemical nuclear processing plant in Madison, Illinois, holding a more lethal Vinylidene Dichloride compound than the alleged vinyl chloride was en route to a Maryland army chemical facility, ultimately destined for Ukraine. Going on two weeks ago Mike Adams (NaturalNews.com) reported rumors of a quantity of train derailer gizmos had come up missing from a depot in N or S Carolina.

I heard a similar story repeated elsewhere. For me the question is, is Dr. Robert Young right about the chemical but wrong about the intent/ultimate destination? If he's wrong and the derailling was deliberate, then was the orange car the approximate marker for the intended derailment site using the said "gizmo"? If so, was that site overhauled and excavated so that an updated main data trunk line between New York and Chicago could be modified to serve as a future bankster kill switch for commodities, stocks and all manner of financial instruments data transfer between the two cities?

Posted On 03/05/2023

otis101

Phoenix999, says reply to the replies. OK. Epi-cure thanks for your reply to my reply and for that information. I had heard the destination for the Vinylidene Dichloride was Poland to be used as a false flag, blame Russia, and follow up under Article 5 of NATO and attack Russia with the full force of NATO. Whatever that could be. re trunk line between NY & Chicago. That is a possibility and after exhausting all of the possibilities there is always one more possibility to explore.

Posted On 03/05/2023

dry62619

Guillermo, As always, you give us great perspectives on the topics at hand. I read all the comments yesterday, but they have expanded 10x, so I will throw this perspective, as it starts with the population big picture. Lactose intolerance results in hydrogen gas being produced by the bacteria that feast on dietary lactose that is not split into galactose and glucose by the small intestine of people who do not make the lactase enzyme. The handiest "test" is to give a load of lactose in water, then check the blood glucose rise in response, just like a glucose tolerance test. If someone is 100% intolerant, they will have a flat glucose curve, and with a little more time, the diarrhea or gas cramps will be a good signal of a positive test.

Being that Blacks and Asians generally have a 90% incidence of lactose intolerance as adults, Lactose Intolerance is a more common human condition than not, as one estimate of Whites (who tend to be tolerant) in the world population is 10%. Many people who know they are lactose intolerant can take lactase pills with their meal and do just fine. They also learn, just how to eat small amounts, and mixed with other foods, to control any undesirable symptoms without lactase. At the same time, they can use their hydrogen factory to generate Dr. Mercola's favorite antioxidant.

Posted On 03/06/2023

juststeve

Yes, Otis, I was referring to the mass release of a toxic chemical cloud spreading over a vast territory all the way into Canada. It also traveled over many areas associated with food production. You are correct to point out the water contamination runoff is intensive, and who knows how much it will impact well water quality as time passes.

Posted On 03/06/2023

montrealep

Thank you so much for adding these articles and your comments to Dr.Mercola's article. They are so helpful! My mom has Bronchiectasis and after reading your comments I suggested she try Dr.Mercola's H2 tablets. The result was astounding. When she drinks the hydrogen water, she simply stops coughing for about a day. This leads to a few questions I was wondering if you or any of the other wonderful people here could answer: -Which mechanism of action could explain such a quick reaction? I was expecting a more long term effect and not something so quick. -It is import to get rid of the mucus, so not coughing at all isn't good.

Is it still beneficial to use H2 with that effect? I am guessing intermittent use allows for some coughing and some relief, but it's still odd to stop so completely. -What exactly is intermittent use? Just Steve has given us his regimen which gave me some ideas, but Dr.Mercola doesnt say. One day on, one day off, or 1-2 days a week or is it different for different issues? Like she needs it for a lung disease and I need it for fatigue and muscle pain and am trying it for that. Any advice would be greatly appreciated! Thank you in advance!

Posted On 03/19/2023

captionerlady

I've been taking molecular hydrogen for over 10 years. I use my hands for my work, and I notice nights I don't take it, I wake up the next morning, and my hands are a tiny bit stiff. I have used it too many times to count after exercise, and it prevents me from being sore the next day. I used it several years ago for a sprained ankle, that was blue and purple. I took 50 that day and also did energy healing on it. The next day, I was walking with almost no pain. I ran out two weeks later, and it started hurting again and realized it was because I wasn't taking it. Helped some friends who had smoke inhalation when their house caught on fire. Other friends so spiritual pipe ceremonies and takes it on days when they smoke like a chimney, and always helps their throat/lungs. One interesting thing is we just swallow the pills, not dissolve them in water. The stomach acid dissolves them when the hit your stomach, and then all the gas is released inside. No loss.

Posted On 03/05/2023

el-graf

I nominate Dr. Joseph Mercola as the next Director of the FDA. And get rid of the turnstile between the FDA and Monsanto.

Posted On 03/07/2023

forbiddenhealing

To my thinking; electrons is electrons..whether metabolic ATPs, antioxidant nutrients, earthing or light/heat generation of EZ water.....I use breathable H₂/O₂, Vit C and a wide variety of electron rich polyphenols, O₂ friendly baking soda, magnesium, NAC, RALA, sun, sauna, etc....and try to avoid electron-sucking toxins, metals and stress....A biochemical organism is too complex to rely on any one electron source, even with redundant pathways...Yet the fact remains, redox balance must be maintained to supply the e- electron energy life runs on.

Posted On 03/05/2023

Guillermou

In this article the authors report a rather preferential gut microbiome profile in physically active individuals, characterized by greater microbial diversity and functional/metabolic activity, as assessed by whole metagenome shotgun sequencing. It appears that increased amino acid and carbohydrate metabolism, along with microbiota-driven increases in short-chain fatty acids (SCFAs), were associated with improved fitness (along with dietary adjustments) and overall health compared to their inactive counterparts. Despite many unresolved issues, an affirmative link between diet and exercise and metabolic health could be attributed to the compositional structure of the gut microbiota and its metabolites.

Hydrogen acts as a preventive and therapeutic gas in various animal models and human diseases, while a possible imbalance in its homeostasis can negatively affect human health. For example, deficient endogenous H₂ production has been linked to several gut microbiota-mediated diseases, whereas excess H₂ generated by bacteria after dietary intervention appeared to be associated with better cardiometabolic health. Additional exercise-driven H₂ production occurs due to increased activity of hydrogen-releasing bacteria, but could be accompanied by decreased (or relatively less) activity/abundance of hydrogenotrophs (eg, bacteria sulfate reducers, methanogens, acetogens); a net gain of each component for intestinal hydrogen turnover remains unaddressed.

In theory, an increase in intestinal fermentation induced by exercise together with an increased utilization of lactate as the predominant metabolic substrate during exercise may contribute to favoring the hydrogen-producing microbiota. www.frontiersin.org/.../full (2020)

Posted On 03/05/2023

Guillermou

The imbalance between ROS and antioxidant defense causes oxidative stress and oxidative changes in cellular biomolecules. Molecular hydrogen (H₂) has been shown to be beneficial in the prevention and treatment of various diseases, including cardiovascular disorders. H₂ selectively scavenges hydroxyl radical and peroxynitrite, reduces oxidative stress, and has anti-inflammatory and antiapoptotic effects. In this article, it is shown that consumption of H₂-rich water (HRW) resulted in stimulated function of the rat cardiac mitochondrial respiratory electron chain and increased levels of ATP production by Complex I substrates.

and Complex II. Similarly, coenzyme Q levels in plasma, myocardial tissue, and mitochondria were increased and the plasma malondialdehyde level was decreased after HRW administration. A new metabolic pathway of the H₂ effect on mitochondria on the Q cycle and on the function of the mitochondrial respiratory chain. The Q cycle contains three forms of coenzyme Q: coenzyme Q in the oxidized form (ubiquinone), radical form (semiquinone), or reduced form (ubiquinol).

H₂ may be a donor of electrons and protons in the Q cycle and therefore we can assume the stimulation of coenzyme Q production. When ubiquinone is reduced to ubiquinol, lipid peroxidation is reduced. Increased CoQ 9 concentration can stimulate electron transport from Complex I and Complex II to Complex III and increase ATP production via mitochondrial oxidative phosphorylation. Our results indicate that H₂ may function to prevent/treat disease states with disrupted myocardial mitochondrial function. cdnsiencepub.com/.../cjpp-2019-0281 (2020)

Posted On 03/05/2023

ThyroidGirl

Why didnt you link your Molecular Hydrogen pill to this article?

Posted On 03/05/2023

Guillermou

"Our H2 Molecular Hydrogen uses a special grade of pure elemental magnesium as its carrier and provides you with approximately 80 mg of magnesium per tablet. So, you receive not only valuable H2 with our product but also highly bioavailable magnesium for a healthy brain, muscles, cells, kidneys and heart.* www.mercolamarket.com/product/2715/1/h2-molecular-hydrogen-90-per-bott..

Posted On 03/05/2023

grulla

Hi "T-girl", "Why didn't you link your Molecular Hydrogen pill to this article?" Over the 11 years that I've been on this forum, occasionally some (maybe troll, disgruntled or even sincere) poster has accused Dr. Mercola of using this forum platform to promote sales of his products, so he is descreet and cautious as to how he ethically promotes his products here.

Posted On 03/05/2023

joh1694

Dr Mercola keeps his informational articles separate from his product market to avoid the appearance of a conflict of interest. It's a matter of credibility.

Posted On 03/05/2023

ske5142

I have this medication. But have not kept it up. Now this last week I was diagnosed as having cancer in what was drained off my lung. My lung collapsed and I could not breathe so finally called 911, and fluid both outside and side had formed a fluid which formed heavy fluid. Once drained they found it cancerous from the 2 breast cancers I had before. The hydrogen water will help heal this. I have yet to hear from the oncology team this week. I really like Dr. Mercola for his innovative teaching & his dedication to humanity. And Creation. Funding a lot of good things is expensive. That's what stops me from more of this kind of thing, But I learn a lot of course,

Posted On 03/20/2023

nwidholm

Is this ok for children to take? My daughter who will be 11 in 2 weeks was diagnosed with lyme disease about 4 years ago still seems to suffer from fatigue occasionally.

Posted On 03/19/2023

I.M5384

Do these types of units have any value or quality? hydrogen4health.com/h2-nanov3-hydrogen-water-bottle

Posted On 03/19/2023

etanner

Well hello there! Amazing interview as always. So appreciate learning this important knowledge. It is thrilling to see the creator glorified in this thrilling knowledge. Take that BigPharmah! The only thing you create is misery.

Posted On 03/05/2023

eganstew

Do you sell this H2? I am a long haul COVID survivor so would taking this H2 heal me? I have done the Nicotine gum and it has given me back my taste and smell. I came down with skin cancer last year and not sure if it is from COVID or not. I have had the symptoms of COVID since Aug 2020. After listening to Dr. Ardis about venom, I think I am convinced that is why I have suffered so long. Within the past 30 years, I have had two near-death experiences bitten by Black Widows, and again in 2013, I was living in Colorado and the area I was in had lots of flies.

I was bitten several times, and at the time told it was "no see-em". I have no idea what a no-see-em is. I still have a bit on my knee that has not healed. I am assuming after listening to Dr. Ardis that some venoms can stay in the body for years. I have not understood why I have the same symptoms as those who got the vaccine as I have not, and I refuse to get the vaccine. I think it is the venom already in my body reacting to COVID. I have never been this sick this long. My question is, would this H2 help me?

Posted On 03/05/2023

Guillermou

Hi eganstew. Molecular hydrogen inhalation had beneficial health effects in terms of improving physical and respiratory function in acute post-COVID-19 patients and may represent a safe and effective approach to accelerate early restoration of function in post-COVID patients. -19. www.mdpi.com/.../1992 (2022).---- Inhalation of molecular hydrogen (H2) inhalation had beneficial health effects in terms of improvement of post-C-19 fatigue, physical (6-minute walk test) and respiratory function in post-COVID-19 patients . Patients also noted improvement in fatigue after undergoing hyperbaric oxygen therapy (HBOT) and enhanced external counterpulsation (EECP). Finally. Muscle strength and physical function improved after undergoing an 8-week biweekly physiotherapy course that included aerobic training, strengthening exercises, diaphragmatic breathing techniques, and mindfulness training. www.ncbi.nlm.nih.gov/.../PMC9403611 (2022)

Posted On 03/05/2023

Bunny3

I got mine from Mercola. I doubt it can hurt you, so you might want to give it a try. It helped me with a sudden attack of tachycardia after taking a seemingly harmless tincture. I don't take it every day, but I feel so much more confident knowing I have it on hand.

Posted On 03/05/2023

Ringer2

While the H2 tablet is dissolving in my reverse osmosis filtered water, I hold the glass cup under my mouth and nose to inhale the escaping H2. I also keep my eyes wide open to absorb H2 through that portal. The H2 is noticeably present during the maximal inhalation period. When the H2 tablet is dissolved, I immediately drink the cloudy water. I agree with Mr Robb about the 16 ounces of water which is too much for me, at about 100 lbs (about 45.4 Kg) body weight, so I use just enough water to fully dissolve a tablet.

The amount of water anyone uses will be affected by temperature and purity. The H2 is beneficial in terms of a feeling of enhanced wellness, and I use it cyclically, i.e., not continuously. For anyone worried about any tiny quantity of maltodextrin, just rinse the mouth thoroughly afterwards to ensure the teeth won't be adversely affected. Surely such a minuscule amount of maltodextrin in a tablet or two won't be enough to cause a detectable alteration of blood sugar.

Posted On 03/06/2023

wor9463

You might want to look up Dr. Syed Haider. syedhaider.substack.com . And his group "Long Haul Reset Community" www.longcovidreset.com/community . And specifically, syedhaider.substack.com/p/can-2-cheap-meds-1-vitamin-and-baking, titled "Can 2 Cheap Meds, 1 Vitamin & Baking Soda Kill Any Cancer?". Also maybe External Vagus Nerve Stimulation (VNS) and/or Stellate Ganglion Block (SGB). I'm not familiar with those last two yet, but here's a starting place: reliefbeginshere.com/vagus-stimulation and reliefbeginshere.com/sgb-for-long-covid .

Posted On 03/06/2023

bor1572

Anyone have any experience with taking it when having history of SIBO?

Posted On 03/05/2023

Falk

I have recently recovered from SIBO and have been using the H2 tablets before and during my recovery protocol.

Posted On 03/05/2023

SandJar

I'm going to order Mercola's H2 Molecular Hydrogen tablets. I'm undergoing 20 radiation treatments for breast cancer and am very concerned about the negative effects, but am following the "medical protocol" after having surgery on 1/5/23. I have 7 more radiation treatments left. Thankfully, I did not need chemo. I'm currently not taking an antioxidant supplement, but I do take the following on most days: oregano oil, turkey tail mushroom powder, turmeric/curcumin, pro-resolving mediators, fermented foods, Sencha green tea, raw broccoli sprouts, apple cider vinegar, berries, nutrition yeast. I'm willing to try anything (from credible sources) that will benefit my health during this recovery period and beyond. Any other suggestions are welcome!

Posted On 03/05/2023

wor9463

Panacur-C (Fenbendazole) and ivermectin. Look up Joe Tippens. <https://mycancerstory.rocks/> . And syedhaider.substack.com . The article at syedhaider.substack.com/p/can-2-cheap-meds-1-vitamin-and-baking. Look for the article titled "Can 2 Cheap Meds, 1 Vitamin & Baking Soda Kill Any Cancer?" by Dr. Syed Haider on substack.

Posted On 03/06/2023

david48

Vitamin C, specifically one of the superior forms of Liposomal Vitamin C. Don't take high doses at the *exact same time* as some of your treatments, if oxidative stress is part of the Cancer destroying therapy. (Check with your oncologist) IV infusions of nutrients, including glutathione, the B vitamins, and Vit. C, etc. is certainly worth considering, done in conjunction with Oncologist advice (including about the timing of it). Nebulizing hydrogen peroxide, and/or other beneficial things (nano-silver, at low dosages only) such as "Reduced" glutathione (only a very specialized form of it) might be worth looking into also.

Hydrogen Peroxide has pro-oxidative properties, as does very high dose Vitamin C. Sometimes, these 2 therapies can be done in conjunction with one another. Also, look into professor Thomas Seyfried (of Boston College); there are some good interviews of him, and good lectures given by him, which can be seen on YouTube -- and no doubt some other video platforms also.

Posted On 03/06/2023

grulla

Have you researched iodine supplementation for radiation. There are a lot of mixed thoughts on the subject, so do cautious research and consult with a doctor that is well versed in alternative therapies. Here is one website. www.coalitionbrewing.com/why-do-people-take-iodine-after-radiation/

Posted On 03/19/2023

kat7926

Will taking H2 be substitute enough to eliminate some of the myriad of supplements we take? My husband and I are in our 70s, retired, and seeing our retirement portfolio dwindle much faster than originally planned, so cost is a factor. If we could eliminate some of the less effective supplements, we would be ecstatic.

Posted On 03/05/2023

Guillermou

Select the supplements according to your state of health, prevention or cure of the disease you want to treat. It is convenient not to take supplements continuously because the body creates reactions that make them less bioavailable. Rotating the supplements you take can be a good measure to make them more effective. Dr. Mercola: - Molecular hydrogen acts as a selective antioxidant, meaning it doesn't indiscriminately suppress free radicals - It uses your body's biological systems and feedback loops to identify where and when you're under oxidative stress, and when found, pathways are activated and key proteins released that cause your DNA to make the antioxidants themselves - Molecular hydrogen is not intrinsically an antioxidant. Rather, it helps your body make its own endogenous antioxidants. This is what makes molecular hydrogen so unique

Posted On 03/05/2023

wor9463

Consider looking into powder form of supplements, which can be much less expensive - especially if you can take them directly and follow with a liquid, or add them to a drink like a smoothie or something. Putting them in capsules is time-consuming and can be troubling, but that's the next least expensive. Sometimes stronger doses are less expensive per mg. - so taking stronger doses every 2nd or 3rd day can also be less expensive. Also with likely runs on the banks and stock market crashes, look into investing some into precious metals to preserve your savings and purchasing power.

Posted On 03/06/2023

BevAnn22

Where does one buy Molecular Hydrogen and what is the cost?

Posted On 03/05/2023

Maritt

mercolamarket.com/.../h2-2-go-60-per-bag-1-bag

Posted On 03/05/2023

Bunny3

Dr. Mercola, H2 Molecular Hydrogen, 90 Tablets \$52.77 <https://www.mercolamarket.com/> I just took this from his website.

Posted On 03/05/2023

skupe59

You should make sure you use spring water as opposed to tap water to put this in before drinking.

Posted On 03/05/2023

Rosebud10000

I have used Mercola's H2 for a while now because it appeared to improve the circulation in my toes which can sometimes appear a bit congested. I have got used to glugging it down pretty smartly! Interesting about the intermittent dosing. I'll try giving it a break, although I wonder what the best intervals would be. Maybe doing it a day or two a week and then daily in the week prior to flying or having to go into electrosmog.

Posted On 03/05/2023

Pete.Smith

Thanks Rosebud, Otis was complaining about pain in his big toe, this may help him too, because his arteries need more circulation also. H2 also helps against chronic pain from nerve pain (see my post under Gui), if that is a cause, so why not give it a try, Otis.

Posted On 03/05/2023

grulla

"pete", " Otis was complaining about pain in his big toe, this may help him too, because his arteries need more circulation also." That can be a typical symptom of gout. If so, organic, UNSweetened , TART cherry juice (UNblended) can be helpful, as it was for me.

lakewoodjuice.com/products/lakewood-organic-pure-tart-cherry-juice-32-.. ~~~
www.mayoclinic.org/diseases-conditions/gout/symptoms-causes/syc-203728..

Posted On 03/05/2023

Pete.Smith

Thanks Grulla, good tip, but not for Otis, because his doctor said it's not gout. People with gout must avoid fructose because it's cause higher uric acid levels. And strange enough too much salt also, as it cause dehydration, which signals the body to make more uric acid, prof Richard Johnson's team have proven that. Too low salt is not good either, because salt is sodium and chloride, and chloride you need to make stomach acid so you can digest food. Too much sodium can cause problems, but not if you balance it with potassium. which is found in vegetables, bell peppers.

Posted On 03/05/2023

grulla

"Pete", "People with gout must avoid fructose because it causes higher uric acid levels." Hence the requirement for TART & UNSWEETENED cherries that are anti uric acid and starch resistant. Yes, otherwise, normally fructose can be as stressful as alcohol on the liver.

Posted On 03/05/2023

otis101

Pete-Smith, I am half way through a month of Benfotiamine with Thiamin with no change in left big toe pain 24/7. When done will try H2. Thanks. I wonder if my left big toe has been taken over by a gang of Bolsheviks?

Posted On 03/05/2023
