



**MEDICAL  
RESEARCHES ABOUT  
MOLECULAR  
HYDROGEN**

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# OXIDATIVE STRESS

Oxidative stress leads to an increased risk of negative health outcomes, such as cardiovascular disease and certain types of cancer. Your body needs to maintain a certain balance between free radicals and antioxidants. When this equilibrium is disrupted, it can lead to oxidative stress. So what does research say about Molecular Hydrogen and oxidative stress:

"Hydrogen has been shown to protect against tissue injuries caused by oxidative stress and excessive inflammation."

"Evidence has consistently demonstrated that molecular hydrogen is a promising therapeutic option for a variety of diseases and the underlying comprehensive mechanisms are beyond pure hydroxyl radicals scavenging."

"H<sub>2</sub> may represent an effective antioxidant for the prevention of oxidative stress-related diseases."

"Thus H<sub>2</sub> can be used as an effective antioxidant therapy; owing to its ability to rapidly diffuse across membranes, it can reach and react with cytotoxic ROS and thus protect against oxidative damage."

"This review makes a case for supporting hydrogen medicine in human disease prevention and therapy."

"It is not an overstatement to say that hydrogen's impact on therapeutic and preventive medicine could be enormous in the future."

"These studies suggest H<sub>2</sub> has selective antioxidant properties, and can exert antiapoptotic, antiinflammatory and anti allergy effects."

"Hydrogen can also penetrate biomembranes and diffuse into the cytosol, mitochondria, and nuclei, thereby protecting nuclear DNA and mitochondria, suggesting that it could reduce the risk of lifestyle-related diseases and cancer."

# OXIDATIVE STRESS

and endless other studies:

<https://pubmed.ncbi.nlm.nih.gov/26739257/>

<https://pubmed.ncbi.nlm.nih.gov/22146674/>

<https://pubmed.ncbi.nlm.nih.gov/9169001/>

<https://www.ncbi.nlm.nih.gov/pubmed/25747486>

<https://www.hindawi.com/journals/omcl/2012/353152/>

<https://www.ncbi.nlm.nih.gov/pubmed/25747486>

<https://www.ncbi.nlm.nih.gov/pubmed/29657720>

<https://www.ncbi.nlm.nih.gov/pubmed/28435468>

<https://www.ncbi.nlm.nih.gov/pubmed/27777424>

<https://www.ncbi.nlm.nih.gov/pubmed/22328284>

## ALZHAIMER'S

"Our findings suggest that HRW may have potential therapeutic value to inhibit A $\beta$ -induced neurotoxicity."

## CATARACT

"We speculate that hydrogen might be an effective antioxidant to protect against lens damage."

## TREATING ACNE

# CELLULAR REDOX STATE

"ERW can protect the cellular redox balance, reducing the risk of several diseases with altered cellular homeostasis such as inflammation."

# OBESITY

"Drinking hydrogen rich water represents a potentially novel therapeutic and preventive strategy for metabolic syndrome."

# CHEMOTHERAPY

"Hydrogen may not only alleviate hematotoxicity in patients with hemorrhagic tendencies during cisplatin-based chemotherapy, but also has a potential protective effect against other side effects induced by cisplatin."

# ATHLETES AND SPORTS MEDICINE

"Hydrogen therapy may be an effective and specific innovative treatment for exercise-induced oxidative stress and sports injury, with potential for the improvement of exercise performance."

# CELLULAR SENESCENCE IN ENDOTHELIAL CELLS

"H<sub>2</sub> has long-lasting antioxidant and anti-aging effects on vascular endothelial cells through the Nrf2 pathway, even after transient exposure to H<sub>2</sub>. Hydrogen-rich water may thus be a functional drink that increases longevity. "

# IBS - IRRITABLE BOWEL SYNDROME

"Drinking ARW for eight weeks improves the quality of life in patients with diarrhea-predominant IBS."

# TUMORS

“Consumption of hydrogen-rich water reduces the biological reaction to radiation-induced oxidative stress without compromising anti-tumor effects.”

“ERW can be easily consumed in daily life and may be a promising antioxidant for the prevention and improved treatment of cancers.”

“These encouraging results suggested that H<sub>2</sub> has a potential as a radioprotective agent with efficacy and non-toxicity.”

# LEUKEMIA

“These results suggest that ERW is an antioxidant, and that ERW, in combination with GSH, has an enhanced apoptosis-inducing effect on HL-60 cells, which might be mediated through the mitochondria-dependent pathway.”

# LDL CHOLESTEROL

“H<sub>2</sub>-rich water seems to decrease serum LDL-C and apoB levels, improve dyslipidemia-injured HDL functions, and reduce oxidative stress, and it may have a beneficial role in prevention of potential metabolic syndrome.”

# REFLUX DISEASE

“Drinking hydrogen-rich water may protect healthy individuals from gastric damage caused by oxidative stress.”

“The consumption of alkaline water may have therapeutic benefits for patients with reflux disease.”

# PARKINSON

“Restoring melanin function or providing supplemental molecular hydrogen might be potential treatments for Parkinson's disease.”

# HEMODIALYSIS

“One-year ERW treatment effectively ameliorated T-cell apoptosis, altered CD25-related surface markers and intracellular cytokine profile in the HD patients.”

“This study demonstrates that hemodialysis with ERW administration may efficiently increase the H<sub>2</sub>O<sub>2</sub>- and HOCl-dependent antioxidant defense and reduce H<sub>2</sub>O<sub>2</sub>- and HOCl-induced oxidative stress.”

“The data indicates E-HD could have substantial clinical benefits beyond conventional HD therapy, and support the rationale to conduct clinical trials of H<sub>2</sub> application to HD treatment.”

# RHEUMATOID ARTHRITIS

“This study suggests that an alkaline supplement may improve function and pain in rheumatoid arthritis and may represent an easy and safe addition to the usual treatment of RA patients.”

“Consumption of water containing a high concentration of molecular hydrogen reduces oxidative stress and disease activity in patients with rheumatoid arthritis.”

# NEUROLOGICAL DISORDERS

“Hydrogen therapy administered in drinking water may be useful for the prevention of neurodegenerative diseases and for reducing the symptoms of acute neuronal conditions.”

“Molecular hydrogen in drinking water protects against neurodegenerative changes induced by traumatic brain injury”

“Our findings suggest that HRW may have potential therapeutic value to inhibit A $\beta$ -induced neurotoxicity.”

# DIABETES

"These results suggest that electrolyzed reduced water can prevent apoptosis of pancreatic  $\beta$ -cells and the development of symptoms in type 1 diabetes."

"Supplementation of hydrogen-rich water improves lipid and glucose metabolism in patients with type 2 diabetes or impaired glucose tolerance."

"The present data suggest that ERW may protect  $\beta$ -cell damage and would be useful for antidiabetic agents."

"These results suggest that electrolyzed reduced water can prevent apoptosis of pancreatic  $\beta$ -cells and the development of symptoms in type 1 diabetes"

# ANXIETY

"Reduced water may decrease anxiety-related behaviors and prevent heightened oxidative stress."

"We found that molecular hydrogen reduces the LPS-induced sickness behaviour and promotes recovery."

IMPORTANT: THESE RESEARCHES ARE JUST SOME OF MANY OTHERS THAT I DECIDED TO PUT IN THIS PDF. IF SPECIFIC SICKNESS IS NOT INCLUDED HERE, FEEL FREE TO DO YOUR OWN RESEARCH OR ASK ME!

**GOOGLE SCHOLAR** AND **PUBMED** ARE NON BIAS RESEARCH PLACES WHERE YOU CAN FIND INDEPENDENT STUDIES! ALSO YOU CAN VISIT **MOLECULAR HYDROGEN INSTITUTE** FOR MORE INFO!

TERM THAT YOU SHOULD LOOK FOR IS: **ELECTROLYZED REDUCED WATER + NAME OF THE DISEASE.**

KANGEN WATER IS A TRADEMARK NAME FOR WATER PRODUCED BY ENAGIC IONIZERS THAT ARE THE BEST ON THE MARKET! (ORP -700 - MEANS THAT THEY PRODUCE THE BIGGEST AMOUNT OF H<sub>2</sub> IN THE WATER, BUT FOR MORE INFO ABOUT THAT **CLICK HERE.**)

HERE IS A LIST OF SOME USEFUL PAGES TO LEARN MORE ABOUT MOLECULAR HYDROGEN:

[ScienceDirect: Advanced research on the health benefits of reduced water](#)

[MDPI: Molecular Hydrogen in Cardiovascular and Central Nervous Systems](#)

[BioMed Central: The evolution of molecular hydrogen](#)

[Molecular Hydrogen as a Neuroprotective Agent](#)

[Molecular Hydrogen as an Emerging Therapeutic Medical Gas](#)

[Reduced water and Oxidative stress](#)

## W A N T T O K N O W M O R E ?

For more information about the product or how to purchase the machine, please contact me or visit my website! If you're not from France, feel free to use WhatsApp or Telegram.



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