


How Hydrogen Gas Benefits the Body by Reducing Oxidative Stress & Inflammation

Sponsored by:



1

Dr. Paul Barattiero

- Husband of 30 years
- Father of 21 years
- Speaker, Co-Author, and Lecturer
- Passionate about preventing diseases
- Passionate about educating on the science of water since 2005
- Pioneer and leader in the hydrogen water industry since 2009
- Featured on television, radio, documentaries and summits USA, Germany, and Switzerland

Discovered the benefits of Hydrogen in the process of helping his wife to heal.



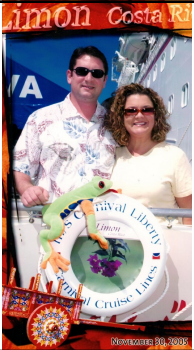


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Where It All Started...

- Wife was sick for the first 10 years of Marriage
- Gynecological issues, Anemia, Thyroid, Adenomyosis
- Wife was in bed for 1 week every month in great pain
- Friends took us on a cruise and brought water for us
- 1st day of the cruise was 1st day of her menstrual cycle
- Jacqueline drank the water, and her body craved it
- She couldn't stop drinking it on the cruise
- After 2 days she was up and participating...this was huge difference
- We came home and she kept getting the water
- After 6 months, her menstrual cycle was normal

I could not deny the outcome and had to research it!




3




Hydrogen Water could be the Biggest Game Changer of Health in the Past Decade

4



Hydrogen Gas: Critical for Health

5



Why the Body Needs Hydrogen Gas

- The body is carbon/hydrogen chains
- The body is supposed to produce hydrogen gas in the colon... But... **ONLY** if the gut is functioning properly
- Gut damage results in **lower immune function and increased oxidation**. If gut bacteria is not correct you can have **carb & sugar craving, anxiety, depression** as well as the gut cannot produce H2 and struggles to regulate oxidation and radicals
- Hydrogen is needed for...Stomach acid (HCl), brain function, circadian rhythm, lipid and glucose metabolism, leptin, ghrelin, nitric oxide, peptide, electron transport (pico-second), plasticity of the brain

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6

M O I O

A Few Benefits of Hydrogen (H2) Gas

- **Selective antioxidant** only reacts with Cytotoxic (cell damaging) oxygen radicals
- Significant benefits with many **disease models** so far!
- Prevents Disease by **reducing oxidative stress & inflammation**
- Significant Neuroprotective Effects due to selective stimulation of **gastric ghrelin**
- Benefits **joint issues** – Rheumatoid Arthritis
- **Increases energy and mitochondrial function** by lessening hydroxyl radicals
- Hydrogen is **Anti-Cancer** (123 studies relating to Cancer)
- **Gut Recovery**... in as little as 2 weeks.
- **Reduces recovery times and fatigue** - no lactate build up. No exercise induced muscle decline

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7

M O I O

Gut Issues Affect 90% of Population

8

M O I O

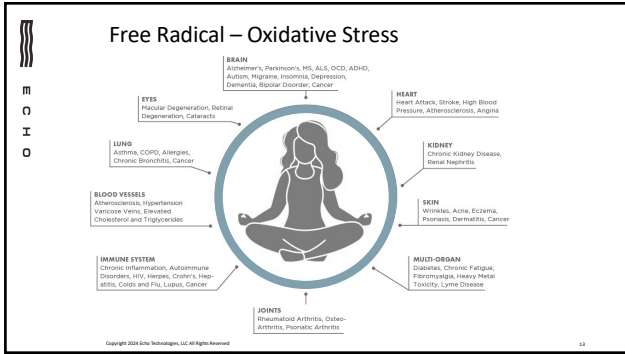
H2O + H2 Can Fix That!

Hydrogen Water Can Fix the Gut!

- ✓ If the Gut is not functioning...
- ✓ Food Allergies...gluten & dairy
- ✓ Immune Function is low
- ✓ Oxidation and inflammation is not properly managed
- ✓ Neurologic issues...ie. Parkinson's & Alzheimer's

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9



13

Hydrogen Can Fix That!

Oxidative stress is caused by an imbalance between the production and accumulation of reactive oxygen species (ROS) in cells and tissues and the ability of a biological system to detoxify these reactive species.

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14

Hydrogen Can Fix That!

Hydrogen Reduces Oxidative Stress & Inflammation!

Oxidative Stress and Chronic Inflammation is a leading cause of disease

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15

M O T O

What is Hydrogen?

16



M O T O

Hydrogen

Did you think of the Hindenburg?

Hydrogen is completely safe when dissolved in water!

Hydrogen is a chemical element; it has symbol H and atomic number 1. It is the lightest element and, at standard conditions, is a gas of diatomic with the formula H₂, sometimes called dihydrogen or molecular hydrogen but more commonly called hydrogen gas, or simply hydrogen.

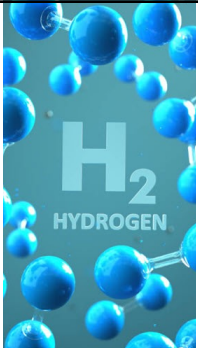



17


M O T O

Hydrogen Gas?

1. #1 on Periodic Table (Tiny)
2. Selective Antioxidant (Only Helps)
3. Necessary for Life and Body Function (10% of the body is hydrogen gas)




18



Review of Hydrogen Studies

19




FDA Disclaimer

THE INFORMATION SHARED IN THIS PRESENTATION IS INTENDED TO BE EDUCATIONAL!

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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20



1335 Studies SO FAR


(239 human studies-18.9% of studies)

Powerful benefits shown in hundreds of human diseases so far

See Studies at: www.HydrogenStudies.com

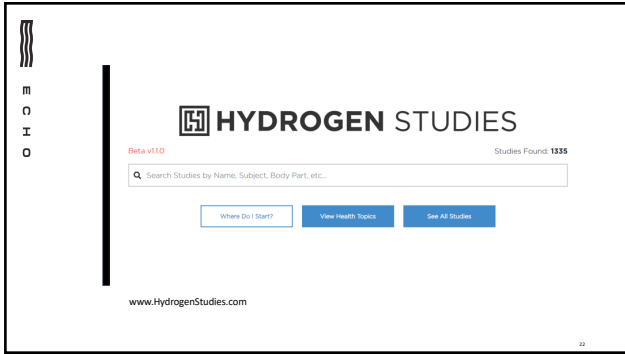
The outcomes in the following studies are not indicators of outcomes for others with similar or the same conditions!

FOR EDUCATIONAL PURPOSES ONLY!

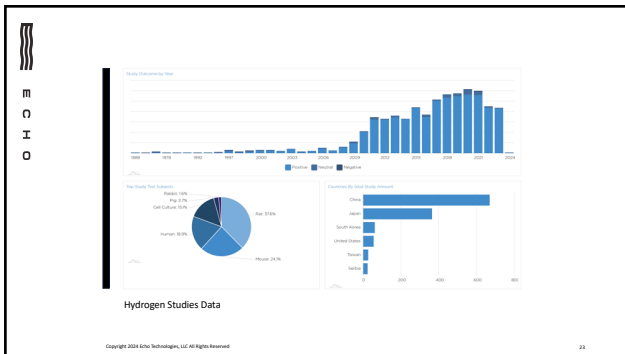


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21



22



23

nature
medicine

Hydrogen acts as a **therapeutic antioxidant** by **selectively** reducing cytotoxic oxygen radicals

Ikarosh Ohtsuka¹, Masahiro Ishikawa¹, Kumiko Takahashi¹, Megumi Watanabe^{1,2}, Kiyomi Nishimaki¹, Kumi Yamagata¹, Ken-ichiro Katsura¹, Yasuo Katayama², Sadamitsu Asoh¹ & Shigeo Ohta¹

Acute oxidative stress induced by ischemia-reperfusion or inflammation causes serious damage to tissues, and persistent oxidative stress is accepted as one of the causes of many common diseases including cancer. We show here that **hydrogen (H₂)** has potential as an antioxidant in **preventive and therapeutic applications**. We induced acute oxidative stress in cultured cells by three independent methods. H₂ selectively reduced the hydroxyl radical, the most cytotoxic of reactive oxygen species (ROS), and **effectively protected cells**; however, H₂ did not react with other ROS, which possess physiological roles. We used an acute rat model in which oxidative stress damage was induced in the brain by focal ischemia and reperfusion. The inhalation of H₂ gas markedly suppressed brain injury by buffering the effects of oxidative stress. **Thus H₂ 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.**

24

Consumption of water containing a high concentration of molecular hydrogen reduces oxidative stress and disease activity in patients with rheumatoid arthritis: an open-label pilot study

Tera Ishihashi, [Ryoko Seto](#), [Mariko Kakimoto](#), [Tomoki Sato](#), [Ryosuke Kurokawa](#), [Yoshihisa Yuki](#), [Haru Yoji](#), [Naotomi Hirai](#), [Tomohiko Nagao](#)

Read more:
DOI: 10.1186/1745-9122-9-27

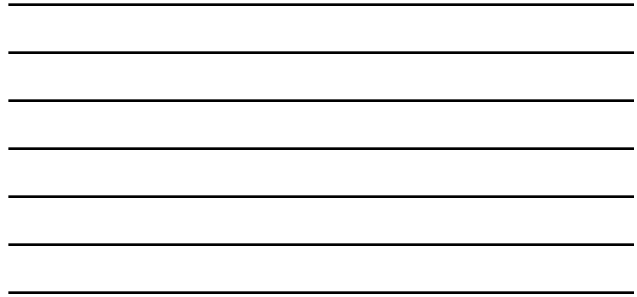
Abstract:

Background: Rheumatoid arthritis (RA) is a chronic inflammatory disease characterized by the destruction of bone and cartilage. Although hydrogen (H₂) has been suggested to be involved in the pathogenesis of RA, however, molecular hydrogen (MH₂) was demonstrated to be a suitable candidate for the hydrogen source. Also, the method to prepare water containing extremely high concentration of H₂ has been developed. We hypothesized that H₂ in the water could complement conventional therapy by reducing the oxidative stress in RA.

Methods: Twenty patients with rheumatoid arthritis (RA) drank 500 ml of water containing 4 to 5 ppm molecular hydrogen (high-H₂ water) every day for 4 weeks. After a 4-week wash-out period, the patients drank the high-H₂ water for another 4 weeks. Urinary 8-hydroxydeoxyguanosine (8-OHdG) and disease activity (DAS28) using C-reactive protein (CRP) levels were estimated at the end of each 4-week period.

Results: Drinking high-H₂ water seems to raise the concentration of H₂ more than the H₂ estimated (1.8 ppm) water in vitro. Urinary 8-OHdG was significantly reduced by 14.1% (p < 0.01) on average. DAS28 also decreased from 3.83 to 3.52 (p < 0.01) during the same period. After the wash-out period, both the urinary 8-OHdG and the mean DAS28 decreased, compared to the end of the drinking period. During the second drinking period, the mean DAS28 was reduced from 2.81 to 2.52 (p < 0.01). Urinary 8-OHdG was not further reduced but remained below the baseline value. All the 5 patients with early RA (duration < 12 months) who did not show antibodies against cyclic citrullinated peptide (ACPA) achieved remission, and 4 of them became seronegative. At the end of the study, the patients were significantly improved in oxidative stress and disease activity. The symptoms of RA were significantly improved with high-H₂ water.

25



Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy Dovepress

The Effects of 24-Week, High-Concentration Hydrogen-Rich Water on Body Composition, Blood Lipid Profiles and Inflammation Biomarkers in Men and Women with Metabolic Syndrome: A Randomized Controlled Trial

Yasu W. LeBaron, [Rami Singh](#), [Gopal Prasad](#), [Karanjyogit Singh](#), [Sergey M. Chepur](#), [Georgios K. Brandis-Kuryk](#), [Hasek Nishi](#), [Mehmet Akif Nisli](#), [Jan Szekel](#)

Purpose: Metabolic syndrome is associated with several medical risk factors including cardiovascular, hepatorenal, and obesity, which has become a worldwide problem. The majority of the metabolic disorder is due to carbohydrate and metabolic disease and associated obesity. In pathophysiology is associated with insulin dysregulation, excessive inflammation, and dysregulation of cellular metabolism. Molecular hydrogen (H₂) may attenuate oxidative stress, improve cellular function, and reduce chronic inflammation. The trial will assess whether there is more promising effects of the high water containing specific isotopes of metabolic syndrome, on the effects of long-term, high-concentration H₂ on the metabolic syndrome control panel assessed.

Methods: We conducted a randomized, double-blind, placebo-controlled trial in 60 subjects with metabolic syndrome. We used a hydrogen-rich water (HRW) to assess the effects of high concentration H₂ on body composition, blood lipid profiles, and inflammation biomarkers. The subjects were randomized to either placebo or high concentration HRW (1.7 mMoles/L of H₂) for 24 weeks.

Results: Supplementation with high concentration H₂ significantly reduced total cholesterol, low-density lipoprotein cholesterol, triglyceride, and C-reactive protein (CRP) levels. Furthermore, H₂ tended to promote mild reduction in body mass index and waist-to-hip ratio.

26



Obesity A Journal of the Obesity Society

Molecular Hydrogen Improves Obesity and Diabetes by Inducing Hepatic FGF21 and Stimulating Energy Metabolism in db/db Mice

Naoki Kurokawa, [Kiyomi Nishimura](#), [Ryosuke Ohgaki](#), [Shigeo Ohya](#)

First published: 10 September 2012 | <https://doi.org/10.1089/obesity.2012.4> | Citations: 139

Abstract

Recent extensive studies have revealed that molecular hydrogen (H₂) has great potential for improving oxidative stress-related disorders by inhibiting H₂O₂ generation, scavenging reactive oxygen species (ROS), or drinking water with dissolved H₂ (H₂ water). However, little is known about the dynamic movement of H₂ in a body. **We investigated the hepatic glycogen accumulation in the liver, and the effect of H₂ on energy metabolism in db/db mice.**

Results: This finding was supported by an *in vitro* experiment in which glucose solution maintained H₂. Next, we examined the benefits of ad libitum drinking H₂ water in type 2 diabetes using db/db mice. We found that the functional leptin receptor. Drinking H₂ water reduced hepatic oxidative stress, and significantly attenuated fatty liver in db/db mice as well as high fat diet-induced fatty liver in wild-type mice. **Drinking H₂ water significantly attenuated fatty liver in db/db mice, despite no increase in consumption of diet and water. Molecular hydrogen improved energy metabolism in db/db mice by inducing hepatic FGF21 and stimulating energy metabolism in db/db mice.**

Conclusion: To examine how drinking H₂ water improves obesity and metabolic parameters in the molecular level, we examined gene expression profiles and found enhanced expression of a hepatic hormone, fibroblast growth factor 21 (FGF21), which functions to enhance fatty acid and glucose expenditure. Indeed, H₂ stimulated energy metabolism as measured by oxygen consumption. The present results suggest the potential benefits of H₂ in improving obesity, diabetes, and metabolic syndrome.

27



MOI O

Nutr Res. 2008 Mar;28(3):137-43. doi:10.1016/j.nutres.2008.01.008.

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

Kajiyama S, Hasegawa G, Asano M, Hosoda H, Fukui M, Nakamura N, Kitawaki J, Imai S, Nakano K, Ohta M, Adachi T, Obayashi H, Yoshikawa T

Objective: Oxidative stress is recognized widely as being associated with various disorders including diabetes, hypertension, and atherosclerosis. It is well established that hydrogen has a reducing action. We therefore investigated the effects of hydrogen-rich water intake on lipid and glucose metabolism in patients with either type 2 diabetes mellitus (T2DM) or impaired glucose tolerance (IGT). **We performed a randomized, double-blind, placebo-controlled, crossover study in 30 patients with T2DM controlled by diet and exercise therapy and 6 patients with IGT. The patients consumed either 900 ml of hydrogen-rich pure water or 900 ml of placebo pure water for 8 weeks, with a 12-week washout period. Several biomarkers of oxidative stress, insulin resistance, and glucose metabolism, assessed by an oral glucose tolerance test, were evaluated at baseline and at 8 weeks. Intake of hydrogen-rich water was associated with significant decreases in the levels of oxidized low-density lipoprotein (LDL), cholesterol (ie, modifications that increase the net negative charge of LDL), small dense LDL, and urinary 8-isoprostanes by 15.5% (P = .01), 5.7% (P = .05), and 6.6% (P = .05), respectively. Hydrogen-rich water intake was also associated with a trend of decreased serum concentrations of oxidized LDL and free fatty acids, and increased plasma levels of adiponectin and extracellular-superoxide dismutase. In 4 of 6 patients with IGT, intake of hydrogen-rich water normalized the oral glucose tolerance test. In conclusion, these results suggest that supplementation with hydrogen-rich water may have a beneficial role in prevention of T2DM and insulin resistance.**

28

MOI O

Hydrogen-water enhances 5-fluorouracil-induced inhibition of colon cancer

Joshua Runtuwene¹, Haruka Amitani¹, Marie Amitani¹, Akhiro Asakawa¹, Kai-Chun Cheng¹, Akio Inui¹

Published April 7, 2015
PubMed 25870767

ABSTRACT

Oxidative stress is involved in cancer development. **Hydrogen (H₂) is a potent antioxidant and exhibits anti-inflammatory and potentially anticancerous activities.** This study aimed to investigate the role of H₂ in combination with 5-fluorouracil (5-FU) in cancer treatment both in vitro and in vivo using the colon 26 cell line. The survival rate was determined using the Kaplan-Meier survival test, and cell viability was assessed using cell viability imaging kit and the MTT assay, and activation of the cell apoptosis pathway (Phosphorylated adenosine monophosphate activated protein kinase (p-AMPK), Apoptosis-inducing factor (AIF) and Caspase 3) were characterized by western blots. **Hydrogen water administration improved the survival of mice with colon 26-induced cancer. Furthermore, hydrogen water enhanced cell apoptosis in cancer cells, resulting in a marked increase in the expression of p-AMPK, AIF and Caspase 3 in colon 26 cells. Hydrogen water also increased the inhibitory effect of 5-FU on colon 26 cells with respect to cell survival rate and anticancer functions. Additionally, high-content hydrogen water exhibited stronger anti-oxidative and anticancer activity than did the natural hydrogen water. In conclusion, high-content hydrogen water can inhibit colon cancer, particularly in combination with 5-fluorouracil.**

29

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Inaki et al. Medical Gas Research 2012, 2:12
<http://www.medicagresearch.com/content/2/1/12>

MEDICAL GAS RESEARCH

RESEARCH **Open Access**

Pilot study: Effects of drinking hydrogen-rich water on muscle fatigue caused by acute exercise in elite athletes

Kosuke Akiki, Atsunori Nakaor, Takako Adachi, Yasushi Matsui and Shumpei Miyakawa

Abstract

Background: Muscle contraction during short intervals of intense exercise causes oxidative stress, which can play a role in the development of overtraining symptoms, including increased fatigue, resulting in muscle micro injury or inflammation. Recently it has been said that hydrogen can function as antioxidant, so we investigated the effect of hydrogen-rich water (HW) on oxidative stress and muscle fatigue in response to acute exercise.

Methods: Ten male soccer players aged 20.9 ± 1.3 years old were subjected to exercise tests and blood sampling. **Each subject was examined twice in a crossover double-blind manner: they were given either HW or placebo water (PW) for one week intervals. Subjects were required to use a cycle ergometer at a 75 % maximal oxygen uptake (VO₂) for 30 min, followed by measurement of peak torque and muscle activity throughout 100 repetitions of maximal isokinetic knee extension. Oxidative stress markers and creatine kinase in the peripheral blood were sequentially measured.**

Results: Although acute exercise resulted in an increase in blood lactate levels in the subjects given PW, oral intake of HW prevented an elevation of blood lactate during heavy exercise. **Peak torque of PW significantly decreased during maximal isokinetic knee extension, suggesting muscle fatigue, but peak torque of HW didn't decrease at early phase. There was no significant change in blood oxidative injury markers (s-RO2MS and SOD) or creatine kinase after exercise.**

Conclusion: Adequate hydration with hydrogen-rich water pre-exercise reduced blood lactate levels and improved exercise-induced decline of muscle function. Although further studies to elucidate the exact mechanisms and the benefits are needed to be confirmed in larger series of studies, these preliminary results may suggest that HW may be suitable hydration for athletes.

30

SCIENTIFIC REPORTS

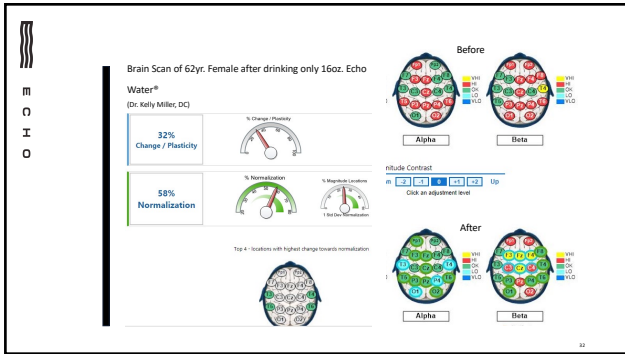
OPEN Aiko Matsumoto^{1,2,3*}, Megumi Yamahiji⁴, Tomoko Tachibana⁵, Yusaku Nakabeppu⁶, Mami Noda⁷ & Haruaki Nakaya¹

SUBJECT AREAS: TARGET IDENTIFICATION, EXPERIMENTAL MODELS OF DISEASE, EPIDEMIOLOGY, PARASITIC DISEASE

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Published: 20 November 2013

The therapeutic potential of molecular hydrogen (H₂) is emerging in a number of human diseases and in their animal models, including experimental Parkinson's disease (PD). Its suppressive effect of drinking water has been shown to exert disease-modifying effects in PD patients and neuroprotective effects in experimental PD model mice. However, H₂ supplementation does not result in detectable changes in striatal H₂ levels, indicating an indirect effect. Here we show that H₂ supplementation increases genetic expression of miRNA encoding gliosis, a growth hormone neurotrophic, and gliosis secretion, which are antagonized by the h-adrenoceptor blocker, alprenolol. Strikingly, the neuroprotective effect of H₂ water was abolished by either administration of the gliosis receptor antagonist, 1β,25(OH)₂D₃ or alprenolol. Thus, the neuroprotective effect of H₂ in PD is mediated by enhanced production of gliosis. Our findings point to potential, novel strategies for ameliorating pathophysiology in which a protective effect of H₂ supplementation has been demonstrated.

31



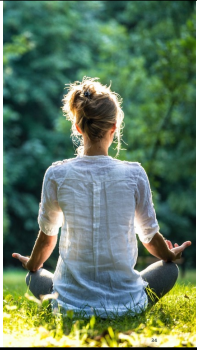
32

Hydrogen (H₂) Can Help!

33

How Hydrogen Water Helps?
 (10 second answer)

1. Repair the Gut (Immune Function)
2. Reduce Oxidative Stress & Inflammation (Leading Cause of Disease)
3. Increase Cognitive Function (Neuroprotective Effect/Brain Function)




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34

Began to develop the first hydrogen water system in 2009 under the brand of Echo Water® to enable individuals to enjoy life more fully. Echo Water® devices began to be promoted in 2011.

Echo Water® is the largest and most trusted brand of hydrogen devices in the world today.



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35

What can you do to Help Your Patients?

36

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Educate Your Patients



37

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Chiropractors- Practice Management

- Hydrogen can help your patients in between visits
- Your patient population have the issues that hydrogen helps
- Hydrogen can help them with issues outside your scope of practice
- Once a few patients have positive experiences, the staff will be on board

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38

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Chiropractors- Educate Patients- It Complements Your Care Plan

- Share the Water with your patients while in the waiting room. They need it!
- By the time they are in the treatment room they will be feeling the benefits.
- Many clinics educate patients on the benefits of Echo Water® and hydrogen.
- When they feel the benefits, they will want to feel better all the time not just when in your office. Staff can assist them get started.
- 2023 searches for hydrogen water increased by 1000%
- 2024 so far...searches for hydrogen water increased by 10,000%

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39

What Do People Say?

- ✓ Improved Sleep!
- ✓ Lower joint pain!
- ✓ Lower inflammation!
- ✓ Increased immune function!
- ✓ Improved energy and clarity!
- ✓ Better digestion- less food allergies!
- ✓ Reduced fatigue and recovery times!

Actual Testimonials

I have a high degree of self awareness and so I could feel subtle changes in my body from the initial sip. My water consumption has increased, I'm more alert, less brain fog, general feeling of overall wellbeing.

- Derek


I did not realize until it until today, but I have stopped going to urinate at night. I am not sure how this work, but I no longer have the urge to urinate at night. Finally, I can get a restful night of sleep.

- Gary

40

Bonus:

2 Popular Modalities that Perfectly Complement Hydrogen Water



41

Hyperbaric Oxygen Chamber

While both hyperbaric chambers and hydrogen water have potential health benefits, they operate through different mechanisms. However, they may complement each other in certain contexts.

For example:

- **Enhanced Recovery:** Combining hyperbaric oxygen therapy with hydrogen water might enhance recovery from injuries or strenuous exercise by providing both increased oxygen delivery and antioxidant support to the body.
- **Anti-inflammatory Effects:** Both hyperbaric oxygen therapy and hydrogen water have demonstrated anti-inflammatory properties. Using them together could potentially amplify their effects in reducing inflammation-related conditions.
- **Overall, Health Support:** Hydrogen water's antioxidant properties may help protect tissues from oxidative damage during hyperbaric oxygen therapy sessions, potentially enhancing the overall benefits of the treatment.

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42

Red-Light Therapy-Photobiomodulation

Red Light Therapy (RLT): RLT involves exposing the body to low levels of red or near-infrared light, which penetrates the skin and is absorbed by cells, leading to various physiological effects.

These effects may include:

- Increased cellular energy production (ATP)
- Enhanced circulation
- Reduced inflammation
- Improved tissue repair and regeneration

RLT has been studied for its potential applications in wound healing, pain management, skin rejuvenation, and even cognitive function.

• www.LumaNova.com

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43

Red-Light Therapy- Best Wavelengths

The Most studied wavelengths are:

- **630nm:** skin's epidermis and dermis, such as fine lines, wrinkles, and superficial blemishes, non-melanoma skin cancer, and acne.
- **660nm:** helps to reduce fatigue, decrease inflammation, improves bone healing, swelling following an injury, increased cell proliferation and viability, physical recovery after working out, can reduce neuropathic pain and accelerate wound healing
- **810nm:** stress and anxiety, wound healing, stroke recovery, traumatic brain injury, neuroprotective effects, psychiatric disorders, and hair growth.
- **850nm:** pain relief, reduced inflammation, wound healing, improved neurological function, improved cardiovascular function, bone healing, sports performance, skin health, dental health, eye health, and skin rejuvenation.
- **940nm:** wound healing, reduced inflammation, pain relief, improved neurological function, bone healing, muscle fatigue, lymphatic drainage, eye health, dental health and skin rejuvenation.

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44


Red-Light Therapy (Photobiomodulation)

When considering how these modalities might complement each other:

- **Enhanced Cellular Function:** Both red light therapy and hydrogen water have been shown to positively impact cellular function. Red light therapy increases cellular energy production, while hydrogen water provides antioxidant support, potentially aiding in cellular repair and regeneration processes.
- **Synergistic Anti-inflammatory Effects:** Red light therapy and hydrogen water have demonstrated anti-inflammatory properties. Combining them may provide synergistic benefits in reducing inflammation throughout the body, which could be beneficial for conditions characterized by inflammation, such as arthritis or autoimmune disorders.
- **Holistic Wellness Support:** The combination of red-light therapy and hydrogen water may offer holistic wellness support by addressing multiple aspects of health. Red light therapy can promote tissue repair and regeneration, while hydrogen water can mitigate oxidative stress and support overall cellular health.

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45



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