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THE AMAZING BENEFITS OF MOLECULAR HYDROGEN

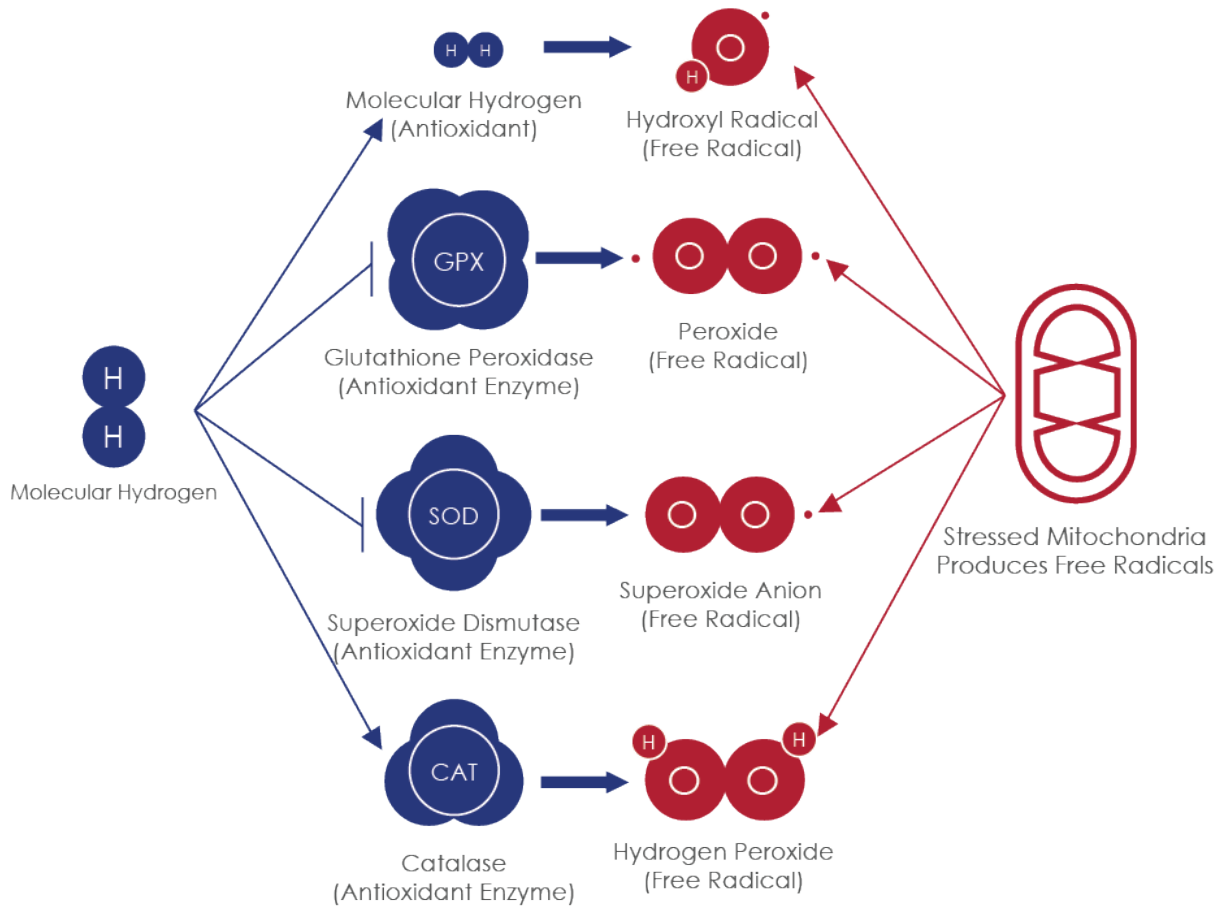
How the smallest molecule in the Universe
offers vital healing power.



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MOLECULAR HYDROGEN OR H₂ GAS is a very small, neutrally charged molecule. Because it is so small it has the ability to cross cell membranes and even the blood-brain barrier. This gives it the unique ability to access DNA and mitochondria (the energy factories inside each cell) where we have recently discovered it offers some serious protection.

Free radicals are unstable molecules produced as your body creates energy. Free radicals want to steal protons or electrons from other molecules. This makes them highly reactive or unstable. That tendency to be reactive causes them to pull apart pieces of other molecules to gain stability. In their search for stability, they can damage other cells in your body as well as your DNA. Sometimes this can result in chain reactions. Molecular hydrogen is one of nature's most powerful antioxidants. Antioxidants are molecules capable of stabilizing free radicals thus reducing the amount of damage that they can do.



Molecular hydrogen is not only a powerful antioxidant in its own right, but it dramatically enhances the other primary antioxidants produced by the body as illustrated above. In fact, it has so many proven benefits that it is a completely natural supplement everyone should add to their day.

Two Ways to Get It

The first way is simple but somewhat expensive. You purchase a container of hydrogen tablets and drop two into your glass of water first thing in the morning and drink the effervescence that develops. A container of high-quality tablets costs from \$45 - \$60 for 60 tablets. That means for one person a container is about a month's supply. Over a year that adds up to over \$600 - \$750 per person. That works well, but it is not very economical.

If you do decide to do this, please avoid the kind that use "gimmick" ingredients like coral calcium. These do nothing to help health. All they do is reduce the cost for the manufacturer because those things are cheap fillers. They give you much less hydrogen for your money.

The second way is more convenient and far less expensive in the long-run, and that is to buy a LivingWaters Alkalizer™ with molecular hydrogen infusion technology. These systems only cost around \$799 and are tested to produce 1 ppm of hydrogen in your water. That is a lot of molecular hydrogen in one 8-oz glass of water and it will supply a family of four a year.



In addition, your family gets the important benefit of guaranteed microbiologically safe water, with arsenic, fluoride, heavy metals, chlorine and chloramine, and difficult to treat chemicals like pharmaceutical residues and PFC's removed.

There are other manufacturers making systems, but none can come close to matching the benefits of a LivingWaters Alkalizer™. Be careful of those others that claim to offer molecular hydrogen infusion, but only use a small amount of media combined with a lot of other silly media like coral calcium, far-infrared beads, and similar things. Those things are just cheap fillers with fancy sounding names. They do nothing to make your water healthier.

The expensive media is the pure magnesium balls that create the molecular hydrogen that gets infused in the water. Besides all the other benefits, this premium media will also raise the pH and improve the redox potential of the water to levels equal to or better than those offered by ionizers like the heavily hyped Kangan systems at 1/5 the cost! Only a LivingWaters Alkalizer™ can do all this, and that is because they utilize a full 10" cartridge of the most effective and highest quality media to do the job!

Molecular hydrogen is going to be one of the biggest health and wellness trends in the upcoming years. Fortunately, by reading this, you're ahead of the game. Here are the benefits that are proven by a wealth of scientific research:

1. Hydrogen acts as an antioxidant

Hydrogen gas acts as a powerful antioxidant and has been shown to protect cells from even the most cytotoxic reactive oxygen species. Specifically, inhalation of H₂ gas has been shown to suppress brain injuries.

2. Hydrogen potentiates your body's antioxidant system

H₂ supports your body's natural antioxidant system by signaling pathways associated with the prevention of disease. These include the Glutathione Peroxidase, Superoxide Dismutase, and Catalase enzyme pathways illustrated at the top of page two above.

3. Hydrogen is anti-inflammatory

In animal studies, hydrogen gas has been shown to be extremely anti-inflammatory. While we could use more studies on humans to back these initial findings, research on patients with rheumatoid arthritis are extremely promising.

4. Hydrogen may help reduce pain

As mentioned above, the effects of hydrogen on patients with rheumatoid arthritis have shown a significant decrease in pain. This pain relief is due to the reduction in oxidative stress caused by the anti-inflammatory and antioxidant properties of hydrogen gas.

5. Hydrogen protects your muscles

In an animal study, hydrogen water prevented muscle wasting in mice that had muscular dystrophy. Hydrogen also boosted the natural production of glutathione which is often called our master antioxidant. The effects of hydrogen on athletes and exercise is a promising area worth keeping your eye on.

6. Hydrogen can speed up sport-related recovery

Hydrogen water has been shown to reduce muscle fatigue in elite athletes after intense exercise. This is because it reduced lactic acid buildup, which improved muscle function.

7. Hydrogen can help balance the pH of the blood

Hydrogen water has also been shown to have an alkalizing effect in the blood. This is especially beneficial to people who are extremely physically active because extreme exercise can cause metabolic acidosis.

8. Hydrogen affects cell modulation

Hydrogen appears to have effects on cells to help them maintain balance and healthy modulation. Through healthy gene expression and cellular metabolism, hydrogen produces a positive effect on many cellular processes.

9. Hydrogen is neuroprotective

Hydrogen has been shown to reduce damage to the brain in Parkinson's patients. It is also shown to protect the nervous system because of its ability to fight oxidative stress. That makes it an excellent way to combat neuropathy due to conditions like diabetes, spinal compression or brain injury due to concussion.

10. Hydrogen is protective against metabolic conditions

Studies have found that hydrogen increases insulin sensitivity, decreases blood sugar, and blood cholesterol levels. These effects make hydrogen up potential therapy for fighting obesity, diabetes, and metabolic syndrome.

11. Hydrogen boosts your mitochondria

Your mitochondria are the powerhouse of your cells, which makes them responsible for your energy levels day to day. Clinical studies on hydrogen-rich water have found that it improves mitochondrial function.

12. Hydrogen protects against DNA damage

Hydrogen gas has been shown to significantly protect your DNA against damage done by radiation. It does so because it can combat hydroxyl radical formation.

13. Hydrogen can calm allergic reactions

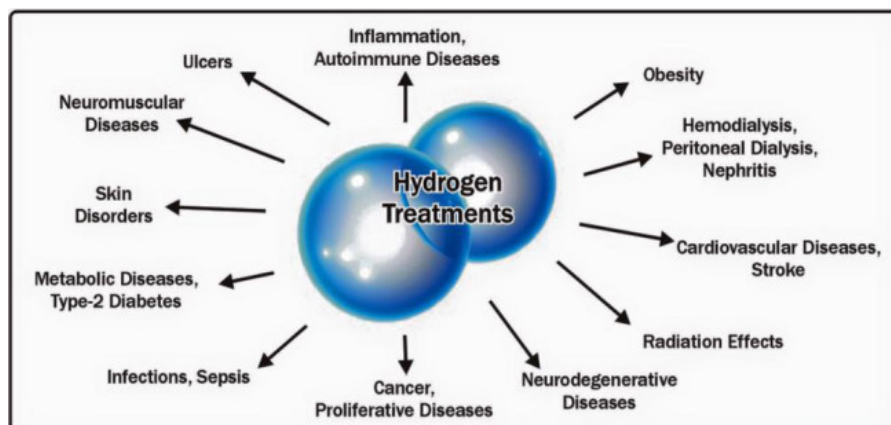
Studies have found that in animals, hydrogen can calm allergic reactions by modulating cell processes and restoring homeostasis

14. Hydrogen is protective against cancer

Because hydrogen can protect against oxidative stress and therefore damage to your DNA, it is not surprising that it is protective against cancers. Another big benefit is that it appears to substantially reduce the side effects of chemotherapy in certain patients.

15. Hydrogen protects organs

Because hydrogen is such an effective anti-inflammatory, antiapoptotic (prevents cell mutation and/or destruction) and prevents oxidative stress, it is observed to protect against damage to numerous organs including the brain, pancreas, heart, liver, eyes, and lungs.



Please share this article with your friends and family because molecular hydrogen is one of the best additions people who value health and wellness can make to their lives. Not only that, but when provided by a LivingWaters Alkalizer™, it is extremely affordable and convenient.

