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## Medical Hydrogen Inhalation

The Most Effective, Fastest & Safest Way To Eliminate Inflammation  
&  
Why It's The Most Important Adjuvant Treatment For Any Condition

Hydrogen is essential to every biological process of the body – every single one. Yet it is one of those invisible things like it's counterpart harmful for you pesticides and GMOs that most people simply don't take as serious as they should. Molecular Hydrogen is the most powerful and smallest antioxidant molecule on the planet (hundreds of times smaller than vitamin C) which is granted access to hard to reach areas of inflamed areas under chronic oxidative assault.

NAD<sup>+</sup> IVs are offered in every treatment cycle at The Ozone Treatment Center ([www.ozonetreatmentcenter.com](http://www.ozonetreatmentcenter.com)) due to its fundamental necessity to the production of energy and all biological systems that rely on ATP. NAD<sup>+</sup> stores deplete with age and less than ideal diets and toxic assault effecting and the efficient functioning of every cell in the body. NAD comes in two forms NAD<sup>+</sup> and NADH (reduced form- the H stands for hydrogen!), and both are equally essential.

While researching ways to even better improve NAD<sup>+</sup> uptake and utilization during IV infusions, I came across Hydrogen Inhalation Medicine. It was a quick and easy find because the first and only step to moving NAD<sup>+</sup> to its usable form is to reduce NAD<sup>+</sup> to NADH which is entirely dependent on H = hydrogen!

NAD<sup>+</sup> and NADH are two closely related agents of the redox system involved in glycolysis, the Krebs Cycle and then the Electron Chain Transport system (3 steps of the creation of ATP – energy - from the mitochondria).

I came across supplementing hydrogen because I wanted an abundance of electrons available to convert more NAD<sup>+</sup> to NADH and vice-versa as both are required in a delicate ratio to achieve the best ATP output and clean-up of the respiration process.

The electrons required for all redox systems – all biological life forms for that matter - come from hydrogen which we are supposed to be getting from our food and water. But we're not anymore, not in the healthy and robust levels that we did before chemical and industrial pollution, chemtrails, etc... and that is why people today everywhere are more acidic and suffering for it more than ever before.

Hydrogen is just as important to the production of energy as oxygen is but it gets no attention – yet, it is the hydrogen H<sup>+</sup> molecule that actually creates the energy within the mitochondria! We are supposed to be just over 60% hydrogen but I'm sure we come very short as our hydrogen sources are supposed to come from food and water and both are now seriously depleted. Without the proper levels of oxygen, hydrogen and CO<sub>2</sub>, nothing downstream (which is the proper synthesis, breakdown, utilization, and functioning IN TOTAL of all elements in the body) will work right.

So oxygen comes in from the lungs and IF there is proper pH (hydrogen potential) oxygen will be efficiently introduced into the cells where it meets hydrogen again and a few other select elements such as magnesium to produce ATP. Please note, energy is not just you feeling like you have enough to get out of bed and get through your day with ease, it is required for the proper functioning and detoxification of every cell in your body and if the mitochondria become sluggish due to the absence of its elemental requirements to make energy, every cell in your body will suffer, ergo you and your quality of life. What should be the alarming fact herein to everyone reading this article is that a sluggish cell becomes prey to oxidative stress which is the impetus of ALL disease. If a cell can't detoxify itself rapidly, oxidative stress will destroy it that much faster.

My personal clinical research which now includes 6 months of introducing hydrogen medicine to myself and patients has concluded without a shadow of a doubt with volumes of both scientific and clinical evidence to support my position, that hydrogen deficiency must be corrected as a top priority in any metabolic disorder or disease treatment plan. Correcting the balance of Hydrogen, Oxygen and CO<sub>2</sub> gasses sets the stage for the rest of the more complex molecules downstream to develop, work and break down well. All oxidative stress conditions will express first inflammation and then mucous which is the body's way of trying to protect the organ or tissue from assault, before an actual disease sets in. When this happens, the larger nutrient molecules are prevented from getting into the cells of the area and waste can't get out. Also, there is not much they can do even with what does get to the cells as hydrogen deficiency negatively impacts transmembrane cell voltage because hydrogen is as essential to oxygen for energy production.

Today, your hydrogen sources in food and water are depleted! There you have it... the origin of disease; Oxidative stress kicks off the inflammation response which chokes off nutrients and because hydrogen is deficient there is little that can be done due to the resulting low transmembrane voltage. Hydrogen is the smallest molecule on the planet and happens to be a potent antioxidant, so not only do you have a greater ability to get to the suffering cells but you have a greater capacity to create the energy required for them to heal themselves through using nutrients and metabolizing waste and toxins with the superior antioxidant properties of hydrogen! This is great news for everybody but means even more to those suffering neurodegenerative diseases such as Alzheimer's and Parkinson's, for those who suffer neuropathy and diabetics developing loss of blood flow to the feet which leads to gangrene.

It is my opinion that the epidemic progression of Hydrogen Deficiency in our food and water, combined with the high cross reactivity (chemicals tested for safety are tested in isolated and controlled laboratory environments that do not imitate the ecosystem they are released into – at all) and high concentrations of toxins accumulating in our water, food, air and unprecedented polluting of our environment that is the cause of the escalating types of diseases today that were once unheard of as well as the skyrocketing numbers of those developing them.

So long as your lungs are working to get good levels of oxygen into the system and there is enough hydrogen to provide the electrons necessary to run the machinery of biological life forms as well as a well-educated healthy lifestyle and a nutritionally robust diet being practiced, biological health operations under the hood have a great foundation for a life of health and vitality. However, there isn't enough hydrogen in people today because it is being depleted from our food and water by all forms of pollution and food and water processing.

So without enough hydrogen, no matter the oxygen or nutrients making it into the cells the mitochondria can't produce the energy to keep them alive. Since everyone is toxic and acidic today unless they know EXACTLY how to take care of themselves, I would say that lack of hydrogen is the number one cause of disease today (due to the increased need due to relentless toxic assault) and the number one reason why it's so hard for people to recover from illness – if they do.

Bottled water has nowhere near the hydrogen in it the fresh river water we evolved on did. It's filtered and acidic! Acidic means no notable hydrogen (where the word hydrate comes from!) and there is little to no minerals in it – the highways which electrons travel. And the hydrogen that is supposed to be trapped in our produce which our guts are supposed to extract for fuel and all biological systems, all food, including organic (still the only food you should be eating) is exposed to soil, water and air polluting chemicals (chemtrails, industrial, agricultural, etc...) which means that the hydrogen that should be saved in our produce is instead, being used up as the antioxidant it is donating its electrons to try and maintain and protect the life of its home – the plant - our produce. So there goes your hydrogen from food!

Hydrogen deficiency absolutely must be addressed in all healthcare systems! We have always taught all of our clients who come in for the 7 day treatment program how to maintain a healthy pH of 7.1 to 7.5 throughout the day. It's essential to maintaining the healing and good health you achieve at the clinic.

However, now, after a year of medical and scientific research and witnessing in both myself and my patients' excellent results in all conditions treated, which would sound like a fairy tale or sales pitch if I listed them, I can honestly say that adding brown gas hydrogen (66% hydrogen and 33% oxygen) inhalation to the high impact biological medicine model has blown our already superior patient outcomes through the roof! It is also important to note that the 66H/33O mixture is the best for patient recovery outcomes.

My patients and myself have experienced what I would call miraculous results if I did not understand the science behind what is happening "under the hood".

Fatigue, brain fog, visual issues, depression, anxiety, low hormones, athletic endurance, neurodegenerative disease, cancer, cardio vascular disease, diabetes, biotoxin illness, all gut issues – essentially every condition we have treated after implementing hydrogen inhalation and water to the program has ***dramatically improved or completely cleared. The initial healing event during the 7 day intensive program has always been an intentional "radical results" phase which quickly converts a diseased "biological terrain" in the body to a healthy biochemistry which is then maintained and improved upon with an at-home treatment protocol the patient practices to resolution of their condition.*** Our success rates and the time it takes to get there has been improved considerably. Everyone who is sexually active is also reporting a huge increase in libido as well. We have found that hormone health is improved across all parameters of measurement for the neuroendocrine system as a whole. That is thyroid, adrenal, etc.

You can rest assured that I will be writing many more articles about hydrogen, oxygen and CO<sub>2</sub> levels being looked at and addressed as the first step in addressing any disease or metabolic disorder. And this includes addiction (a metabolic disorder). When hormones and neurotransmitters (nature's feel goods) start dialing into the healthy levels and one can relax (hydrogen inhalation is very calming and is a great therapy for insomnia), it is a god-send for those in addiction recovery because feeling good inside one's skin is what it's all about!

For more information about hydrogen medicine, go to Dr. Sircus's website. There is a ton of information there and his book, Hydrogen Medicine. Read the volumes of medical and scientific literature he presents at <https://hydrogenmedicine.info> – there is also a link to five free chapters of the book there.

Oh, and yes, as far as not only enhancing NAD<sup>+</sup> delivery (which we were already the best at by providing PEMF, Glutathione, Meyer's+, ozone autohemotherapy and hyperbaric oxygen) I achieved my goal of improving the delivery system once again. Not only that, but now that the NAD<sup>+</sup> is being drenched in hydrogen quickly converting it to NADH to fuel the mitochondria and Krebs's cycle. Another plus is that the common discomfort in the heart, gut and brain area in some individuals is now either gone or so dramatically reduced that it's insignificant. The reason for the discomfort (all clinics experience this- I'd imagine ours a lot less due to the adjuvant treatments – but occasionally it would happen) is because the cells of heart and brain have hundreds of mitochondria organelles in each of them compared to much fewer in the other organs so when a large dose of NAD<sup>+</sup> is being introduced to the cell that it can't convert to NADH (again, the H stands for hydrogen), the NAD<sup>+</sup> just “burps” from the mitochondria – causing an uncomfortable vibration which collectively across all the cells of the brain and heart is felt like a physiological buzzing. Both uncomfortable and likely a sign that the NAD<sup>+</sup> is just going to be broken down instead of actually utilized. At the very least it is not being efficiently converted and producing the desired medical intent or outcome for the treatment.

I started this article out about how Hydrogen Medicine addresses inflammation. If it hasn't been made clear already, I will make it so now. Hydrogen is the most potent antioxidant on the planet, it is also essential for every biological process in the body. Infusing any inflammation be it systemic or localized with hydrogen will get the cells working again so they can detoxify and provide the energy required of the area to heal by giving the cells the energy they require to utilize the nutrients available and metabolize and remove the toxins. Considering how my High Impact Biological Medicine model works synergistically like no other clinical or medical treatment strategy I know of, by holding clients in a 7 day uninterrupted healing event using Ozone Blood Purification (EBOO), High dose Glutathione, C and Nutritional IV medicine, Hyperbaric Chamber, Daily Infrared Sauna, PEMF – Pulse Electromagnetic Therapy, Colonics, Major Autohemotherapy, NAD<sup>+</sup> Therapy, Oral Organic Supplementation and Organic Food & Juices, and now Hydrogen Inhalation Medicine, I'm sure you can resonate with why The Ozone Treatment Center is the #1 choice to re-establish and maintain health and vitality no matter what it is you suffer.

Medicine should be practiced as the return to and then maintenance of the structural integrity of the biological blueprint or divine design depending if you want to call it out in scientific or spiritual terms. It's about thorough detoxification, energizing the body and implementing all the biological elements (starting with the gasses) and in the way of clean and potent nutrition it requires to do the only two things it knows how to do; repair and replicate. Cells are not programmed for death, it's the environment that kills them. Epigenetics 101.

You were made to live with vitality and in abundance... get to it.

The Ozone Treatment Center uses the Hydrogen Technologies pro model. If you contact us directly, we'll provide you a 500.00 professional coupon code just for reviewing our state of the art medical model and treatment strategies at [www.ozonetreatmentcenter.com](http://www.ozonetreatmentcenter.com) – use the contact us link to enquire about your code.

You can review the excellent engineering of this professional grade molecular hydrogen gas machine at <https://www.hydrogentechnologies.com.au> This is the only 66/33 machine I found that actually provided medical grade hydrogen for inhalation and water. The most effective treatment is overnight inhalation while drinking 16oz of hydrogen infused water twice daily. None of the other models I researched provided safe (many models actually use plastics which hydrogen leaks through and cross links with the toxic plasticizers).

I expect to see all treatment protocol outcomes to be enhanced by implementing hydrogen gas and water treatments as more and more clinics and private health enthusiasts use nature's most potent medicine in their arsenal against disease and metabolic disorders, and to enhance athletic performance, workout and injury recovery.

In service we shine,

Shine!

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