Hydrogen water

Description

hydrogenwater.txt

Saving this to a â€œHealthâ€• email folder can make it easier to access.

You can use this as an aide to your own research and share with your doctor as appropriate.

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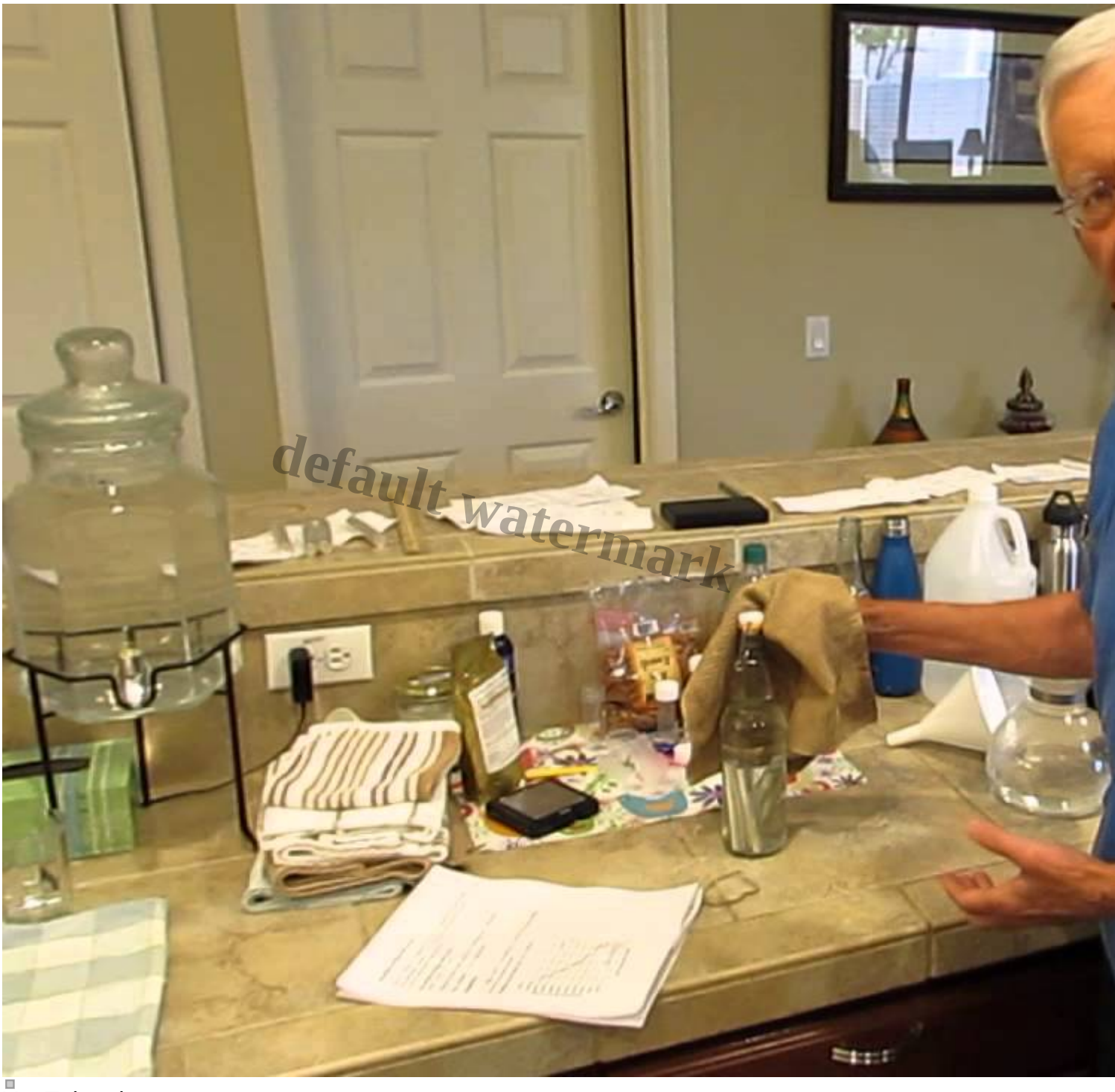
You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Hydrogen rich water

Hydrogenated water is water with extra hydrogen added. It appears to reduce DNA damage, cell death, neural damage, muscle pain & soreness, skin damage, stroke damage, heart damage, type II diabetes, mood disorders, inflammation, fatigue, Duchenne muscular dystrophy (DMD), Alzheimerâ€™s, Parkinsonâ€™s, cancer, liver damage, cartilage degeneration, heart disease (raise HDL & lower LDL), metabolic syndrome, obesity, mitochondrial disorders, skin damage, wounds, bladder obstruction, eye damage-macular degeneration & glaucoma, hearing loss, allergies, kidney disease, lung damage, radiation damage, pain, early death, bacteria and diabetes & help exercise recovery. In one study it significantly improved quality of life (QOL) in people getting radiation treatments vs placebo. It may help eye diseases like cataracts.

People can buy machines that make it ranging from $119-$3000. One way to make it is from magnesium rods very cheaply.

What is Hydrogen Water?



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https://www.oxygenhealthsystems.com/product/hydrogen-water-ionizer

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Ki-Mun Kang et al.

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Making hydrogen rich water

I bought clear (less contaminants) brewing bottles 16oz with reusable plastic pressure caps. I bought the magnesium rods (5 in/13cm long 5/8 in/16mm round or smaller) from the Taiwan entertainment company on ebay. I put a rod in each bottle. After using some people first pour in enough vinegar in the bottle filled with three rods until the surface oxide coating (dull) comes off & becomes silver, about a minute. I reused that vinegar in foods like salads or cooked vegetables- it has added magnesium. I donâ€™t use the vinegar much anymore as Iâ€™ve gotten used to the duller look & it still works fine.

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I then add a half teaspoon of vitamin C or malic acid to the bottles. I then add 2.5 cups of filtered water per 16oz bottle (evaporation) brought to boiling with the bottles sitting in a rack in the boiling water or floating in it so that the temperature will be close to that of the water after I pull them out but not touching the bottom. I take them out, put in the vitamin C then pour the boiling water into them & close them quickly & let sit until cool, in front of a fan to make quicker.

Category

1. Uncategorized

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