



THE FASTING PODCAST: EPISODE 5 – MOLECULAR HYDROGEN (H₂) & FASTING

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The **Fasting** Podcast; Wellness & Optimal Weight (WOW)!



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Many People Drink More Water When They are Fasting

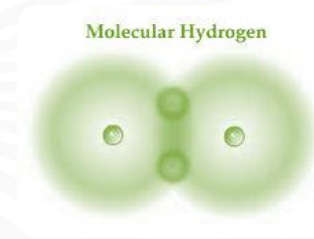
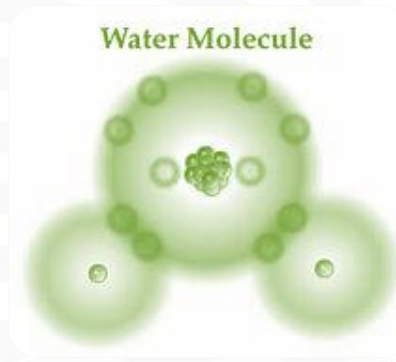
- People that “graze” eat all day or eat 3 meals and snacks typically drink less water than people that are fasting for 14, 16, 18, or 24 hours/day
- People who are fasting are often interested in detoxification and eliminating toxin-laden fat – water is crucial to dump the toxins
- Fasting brings a focus to wellness & weight control, drinking water when hungry
- “Clean fasting” often results in better bowel movements, aided by pure water
- The quality of the water is one of the most important decisions for fasters
- Molecular hydrogen (H₂) is a highly valuable aid most fasters are unaware of





A Common Misconception: Is H₂ Already in All H₂O?

- H₂O (water) is not the same as H₂ (molecular hydrogen)



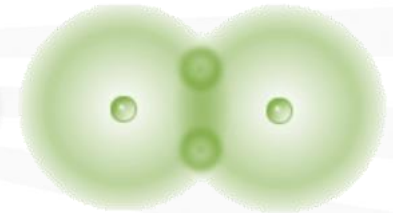
- Science: www.MolecularHydrogenFoundation.org: H₂ helps with 170+ human diseases per 700+ studies (e.g. diabetes, Alzheimer's, Parkinson's, dementia, osteoporosis, hypertension, chronic inflammation...)



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H₂ = Molecular Hydrogen = Diatomic Hydrogen

- Powerful “selective” and primordial antioxidant, neutral, no charge.
- Combines with Hydroxyl Radicals (most cytotoxic – OH) to create water molecules (H₂O).
- Contributes to homeostasis (balance) in the body.
- Stimulates Ghrelin production (Autism, Parkinson’s, Alzheimer’s)
- Radiation Protection. (NASA study 2015)
- HGH & Glutathione production naturally.
- Stimulates Mitochondria to function when not functioning.
- Helps reduce chronic inflammation and aids obesity.
- H₂ is a gas – may be injected, inhaled, dissolved in water...





Studies – Therapeutic Antioxidant

nature
medicine

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



Ikuroh Ohsawa¹, Masahiro Ishikawa¹, Kumiko Takahashi¹, Megumi Watanabe^{1,2}, Kiyomi Nishimaki¹, Kumi Yamagata¹, Ken-ichiro Katsura², 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.



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Studies – Type 2 Diabetes (4 of 6 – 75% Normalized IGT Scores)

[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 S¹](#), [Hasegawa G](#), [Asano M](#), [Hosoda H](#), [Fukui M](#), [Nakamura N](#), [Kitawaki J](#), [Imai S](#), [Nakano K](#), [Ohta M](#), [Adachi T](#), [Obayashi H](#), [Yoshikawa T](#).

Author information

Abstract

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/d 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 modified 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.

PMID: 19083400 [PubMed - indexed for MEDLINE]





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Studies – Anti-Inflammatory


[Free Radic Res.](#) 2010 Sep;44(9):971-82. doi: 10.3109/10715762.2010.500328.

Recent advances in hydrogen research as a therapeutic medical gas.

[Huang CS¹](#), [Kawamura T](#), [Toyoda Y](#), [Nakao A](#).

+ Author information

Abstract



Recent basic and clinical research has revealed that hydrogen is an important physiological regulatory factor with antioxidant, anti-inflammatory and anti-apoptotic protective effects on cells and organs. Therapeutic hydrogen has been applied by different delivery methods including straightforward inhalation, drinking hydrogen dissolved in water and injection with hydrogen-saturated saline. This review summarizes currently available data regarding the protective role of hydrogen, provides an outline of recent advances in research on the use of hydrogen as a therapeutic medical gas in diverse models of disease and discusses the feasibility of hydrogen as a therapeutic strategy. **It is not an overstatement to say that hydrogen's impact on therapeutic and preventive medicine could be enormous in the future.**

PMID: 20815764 [PubMed - indexed for MEDLINE]

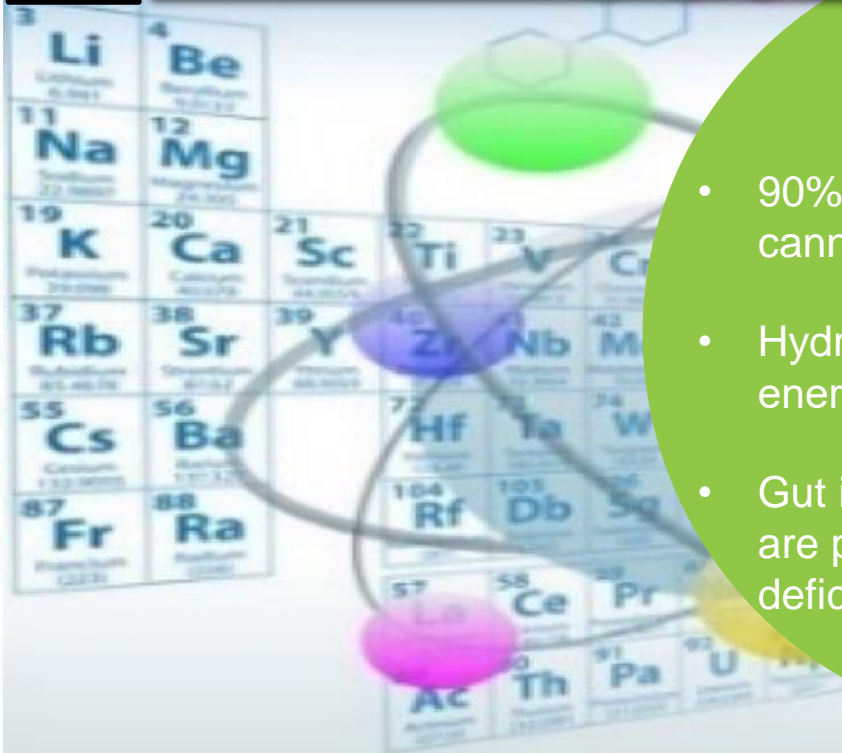




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H

Hydrogen is Crucial & Many are Deficient



- 90% all matter is hydrogen, cannot get too much
- Hydrogen crucial in body: make energy, transport nutrients...
- Gut issues, heartburn/reflux, etc. are possible signs of hydrogen deficiency



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Convenient Ways to Get H₂ into Your Body

- H₂ is a gas, so here are better options rather than inhaling or injecting it
- Ionizers that focus on molecular hydrogen rather than high alkaline pH, for which the science is lacking & health issues a concern with over-use
- Tablets with elemental magnesium – convenient for travel but aftertaste
- Drops – also convenient but some tubes leak and drops clump
- Capsule to swallow combined with 74 ionic minerals in the same virtual format as human bone, plus calcium/magnesium – the H₂ is brilliantly created inside the body where it can be used before it escapes – and magnesium is often lacking in those doing fasting, especially extended fast – also an ideal way to re-mineralize when drinking water without minerals





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POSSIBLE NEXT STEPS



Be sure to watch our next Episode 6 on Hydration Solutions with H₂ & Purity, then decide if and how to upgrade your hydration situation

Thanks for listening. Also visit TheFastingPodcastWOW.com where you will find our slides, previous episodes, our contact info, & any tools & technologies that we endorse.

Also you will find a 24-min video featuring Julie and 2 expert doctors explaining our **Wellness & Optimal Weight (WOW) program** – which is beneficial for everyone.

We appreciate when our listeners share our program with their friends and family. If you are listening to this podcast, please leave a 5-star review on I-Tunes. If you are watching on YouTube, please “like” this episode & subscribe to our channel **“The Fasting Podcast WOW”**.

KICKOFF VIDEO: 30-DAY "DROP" THE WEIGHT CHALLENGE

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An Optimal Solution: Lifeboat Homeopathic Weight & Wellness Drops, Intermittent Fasting, & Optional Powerful Digestive Aid **Wellness & Optimal Weight (WOW)**

H Drops B₁₂ Drops

Enzymes/Probiotics/ Vit C/D3/ B1/B6/ Zinc/ Magnesium/ Chromium/ Mucins

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Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

