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*\*HERE ARE OVER 150 REASONS TO PREORDER THE COMPLETE "JESUS CHRIST WATER" SOLUTION*

# Hey loved ones,

**First off, a big thanks to you for considering a healthy lifestyle!**

You may find yourself saying, "I don't have any health problems? Well *Jesus Christ Water* believes that *prevention* is better than cure!

With what we know so far, molecular hydrogen truly has the potential to be a revolutionary game-changer in health and nutrition.

**LET US DIVE RIGHT IN!!!**

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## ***Over 150 Reason to consider the Complete “Jesus Christ Water” Solution***

### **DIABETES**

**#1. Effectiveness and safety of hydrogen inhalation as an adjunct treatment in Chinese type 2 diabetes patients: A retrospective, observational, double-arm, real-life clinical study (real life clinical, double armed, 1000+ patient study)**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9889559/>

### **FERTILITY**

#### ***MALE FERTILITY***

*Can hydrogen help male fertility? **HUMAN STUDY!***

**#1. The Effects of Medium-Term Intake of Hydrogen-Rich Water on Sperm Quality Biomarkers in Normospermic and Oligospermic Men: A Randomized Controlled Pilot Trial**

<https://www.nchpjournals.com/admin/uploads/ctnr2641-452Xv21n2-182-186.pdf>

**#2. [Protective effects of hydrogen-rich saline against erectile dysfunction in a streptozotocin induced diabetic rat model - PubMed \(nih.gov\)](#)**

**#3. [Effects of hydrogen sulphide donor, sodium hydrosulphide treatment on the erectile dysfunction in L-NAME-induced hypertensive rats - PubMed \(nih.gov\)](#)**

#### ***FEMALE FERTILITY***

**#2. Hydrogen-rich Water Exerting a Protective Effect on Ovarian Reserve Function in a Mouse Model of Immune Premature Ovarian Failure Induced by Zona Pellucida 3**

<https://pubmed.ncbi.nlm.nih.gov/27647193/>

## **THERAPEUTIC**

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

<https://www.nature.com/articles/nm1577>

**#2. The evolution of molecular hydrogen: a noteworthy potential therapy with clinical significance**

[www.ncbi.nlm.nih.gov/pmc/articles/PMC3660246/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3660246/)

**#3. Molecular hydrogen as a preventive and therapeutic medical gas: initiation, development and potential of hydrogen medicine**

[www.sciencedirect.com/science/article/pii/S0163725814000941](http://www.sciencedirect.com/science/article/pii/S0163725814000941)

## **ANTI-AGING**

**#1. Source of Chronic Inflammation in Aging**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5850851/>

**#2. Senescence and aging: Causes, consequences, and therapeutic avenues**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5748990/>

**#3. Oxidative Stress, Mitochondrial Dysfunction, and Aging**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184498/>

**#4. Redox regulation by NRF2 in aging and disease**

<https://pubmed.ncbi.nlm.nih.gov/30654017/>

**#5. Oxidative stress**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3101336/>

**#6. A new role for oxidative stress in aging: The accelerated aging phenotype in Sod1<sup>-/-</sup> mice is correlated to increased cellular senescence**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5109248/>

**#7. Cellular senescence in aging and age-related disease: from mechanisms to therapy**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748967/>

**#8. Goal A: Better understand the biology of aging and its impact on the prevention, progression, and prognosis of disease and disability**

<https://www.nia.nih.gov/about/aging-strategic-directions-research/goal-biology-impact>

**#9. NAD + biosynthesis, aging, and disease**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5795269/>

**#10. NAD<sup>+</sup> in aging, metabolism, and neurodegeneration**

<https://www.science.org/doi/10.1126/science.aac4854>

**#11. Discovery of potent telomerase activators: Unfolding new therapeutic and anti-aging perspectives**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6755196/>

**#12. Sirtuins, a promising target in slowing down the aging process**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5514220/>

**#13. Effects of hydrogen-rich water on aging periodontal tissues in rats**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4078318/?report=classic>

**#14. Molecular hydrogen: a preventive and therapeutic medical gas for various diseases**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5731988/>

**#15. Molecular Hydrogen Alleviates Cellular Senescence in Endothelial Cells**

[https://www.jstage.jst.go.jp/article/circj/80/9/80\\_CJ-16-0227/\\_pdf](https://www.jstage.jst.go.jp/article/circj/80/9/80_CJ-16-0227/_pdf)

**#16. Effects of Hydrogenated Water on Intracellular Biomarkers for Antioxidants, Glucose Uptake, Insulin Signaling and SIRT 1 and Telomerase Activity**

<https://pubs.sciepub.com/ajfn/4/6/4/index.html>

**#17. Hydrogen alleviates hyperoxic acute lung injury related endoplasmic reticulum stress in rats through upregulation of SIRT1**

<https://pubmed.ncbi.nlm.nih.gov/28675985/>

**#18. Effects of the long-term consumption of hydrogen-rich water on the antioxidant activity and the gut flora in female juvenile soccer players from Suzhou, China**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6352569/>

**#19. Hydrogen-rich pure water prevents cigarette smoke-induced pulmonary emphysema in SMP30 knockout mice**

<https://pubmed.ncbi.nlm.nih.gov/28807355/>

**#20. Hydrogen Treatment Protects against Cell Death and Senescence Induced by Oxidative Damage**

<https://pubmed.ncbi.nlm.nih.gov/27780950/>

**#21. Hydrogen Indirectly Suppresses Increases in Hydrogen Peroxide in Cytoplasmic Hydroxyl Radical-Induced Cells and Suppresses Cellular Senescence**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6359316/>

## **HYDROGEN WATER & INHALATION**

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

<https://www.nature.com/articles/nm1577>

**#2. Molecular hydrogen: current knowledge on mechanism in alleviating free radical damage and diseases**

<https://academic.oup.com/abbs/article/51/12/1189/5626329?login=false>

**#3. Molecular hydrogen: a therapeutic antioxidant and beyond**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5223313/>

**#4. The evolution of molecular hydrogen: a noteworthy potential therapy with clinical significance**

<https://medicalgasresearch.biomedcentral.com/articles/10.1186/2045-9912-3-10>

**#5. Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction: A Randomized Controlled Clinical Study on Safety and Neuroprotection**

[https://www.strokejournal.org/article/S1052-3057\(17\)30294-X/fulltext](https://www.strokejournal.org/article/S1052-3057(17)30294-X/fulltext)

**#6. Convenient methods for ingestion of molecular hydrogen: drinking, injection, and inhalation**

<https://medicalgasresearch.biomedcentral.com/articles/10.1186/s13618-015-0034-2>

**#7. Molecular Hydrogen as Medicine: An Assessment of Administration Methods**

<https://www.mdpi.com/2673-4141/2/4/25>

**#8. Convenient methods for ingestion of molecular hydrogen: drinking, injection, and inhalation**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4620630/>

**#9. Daily inhalation of hydrogen gas has a blood pressure-lowering effect in a rat model of hypertension**

<https://www.nature.com/articles/s41598-020-77349-8>

**#10. Electrolyzer Design Helper**

<https://www.fuelcellstore.com/blog-section/electrolyzer-design>

**#11. Pilot study of H<sub>2</sub> therapy in Parkinson's disease: a randomized double-blind placebo-controlled trial**

<https://pubmed.ncbi.nlm.nih.gov/23400965/>

**#12. Consumption of water containing over 3.5 mg of dissolved hydrogen could improve vascular endothelial function**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4207582/>

**#13. Effectiveness of Hydrogen Rich Water on Antioxidant Status of Subjects with Potential Metabolic Syndrome—An Open Label Pilot Study**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2831093/>

**#14. Hydrogen-rich water suppresses the reduction in blood total antioxidant capacity induced by 3 consecutive days of severe exercise in physically active males**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7871940/>

## **IONIZED ALKALINE WATER**

**#1. Advanced research on the health benefit of reduced water**

<https://www.sciencedirect.com/science/article/pii/S0924224411002408>

**#2. Electrolyzed Hydrogen Water Protects against Ethanol-Induced Cytotoxicity by Regulating Aldehyde Metabolism-Associated Enzymes in the Hepatic Cell Line HepG2**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8158728/>

**#3. Hydrogen resuscitation, a new cytoprotective approach**

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1440-1681.2011.05479.x>

**#4. Electrochemically reduced water exerts superior reactive oxygen species scavenging activity in HT1080 cells than the equivalent level of hydrogen-dissolved water**

<https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0171192>

**#5. Alkaline Ionized Water History And Medical Approval**

<https://molecularhydrogeninstitute.org/alkaline-ionized-water-history-and-medical-approval/>

**#6. Mildly Alkaline Ionized Water: Characteristics, Benefits, And Future**

<https://molecularhydrogeninstitute.org/mildly-alkaline-ionized-water-characteristics-benefits-and-future/>

**#7. Water Ionizers (Electrolyzers)**

<https://molecularhydrogeninstitute.org/water-ionizers-electrolyzers/>

**#8. Effects of alkaline-electrolyzed and hydrogen-rich water, in a high-fat-diet nonalcoholic fatty liver disease mouse model**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6288656/>



## **#9. Alkaline water market potential**

<https://insights.figlobal.com/health-wellness/alkaline-water-market-potential>

## **#10. Electrolyzed-reduced water reduced hemodialysis-induced erythrocyte impairment in end-stage renal disease patients**

<https://pubmed.ncbi.nlm.nih.gov/16760903/>

## **#11. New Approach in Translational Medicine: Effects of Electrolyzed Reduced Water (ERW) on NF- $\kappa$ B/iNOS Pathway in U937 Cell Line under Altered Redox State**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5037740/>

## **#12. Beneficial biological effects and the underlying mechanisms of molecular hydrogen - comprehensive review of 321 original articles**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4610055/>

## **#13. Molecular hydrogen: a preventive and therapeutic medical gas for various diseases**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5731988/>

## **BACKED BY SCIENCE**

### **#1. Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction: A Randomized Controlled Clinical Study on Safety and Neuroprotection**

[https://www.strokejournal.org/article/S1052-3057\(17\)30294-X/fulltext](https://www.strokejournal.org/article/S1052-3057(17)30294-X/fulltext)

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

<https://www.sciencedirect.com/science/article/abs/pii/S0271531708000237?via%3Dihub>

**#3. Hydrogen-rich water reduces inflammatory responses and prevents apoptosis of peripheral blood cells in healthy adults: a randomized, double-blind, controlled trial**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7376192/>

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

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395574/>

**#5. “Real world survey” of hydrogen-controlled cancer: a follow-up report of 82 advanced cancer patients**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6779007/>

**#6. Hydrogen-rich water decreases serum LDL-cholesterol levels and improves HDL function in patients with potential metabolic syndrome**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3679390/>

**#7. Pilot study of H<sub>2</sub> therapy in Parkinson's disease: A randomized double-blind placebo-controlled trial**

<https://movementdisorders.onlinelibrary.wiley.com/doi/10.1002/mds.25375>

**#8. Short-Term H<sub>2</sub> Inhalation Improves Cognitive Function in Older Women: A Pilot Study**

[https://www.researchgate.net/publication/341764875\\_Short-Term\\_H2\\_Inhalation\\_Improves\\_Cognitive\\_Function\\_in\\_Older\\_Women\\_A\\_Pilot\\_Study](https://www.researchgate.net/publication/341764875_Short-Term_H2_Inhalation_Improves_Cognitive_Function_in_Older_Women_A_Pilot_Study)

**#9. Positive effects of hydrogen-water bathing in patients of psoriasis and parapsoriasis en plaques**

<https://www.nature.com/articles/s41598-018-26388-3>

**#10. 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**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3563451/>

## **ARTHRITIS**

**#1. Molecular hydrogen decelerates rheumatoid arthritis progression through inhibition of oxidative stress**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5095341/>

**#2. Molecular hydrogen suppresses activated Wnt/ $\beta$ -catenin signaling**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5001535/>

**#3. Therapeutic efficacy of infused molecular hydrogen in saline on rheumatoid arthritis: A randomized, double-blind, placebo-controlled pilot study**

<https://www.sciencedirect.com/science/article/pii/S1567576914002124>

**#4. Molecular hydrogen inhibits lipopolysaccharide/interferon  $\gamma$ -induced nitric oxide production through modulation of signal transduction in macrophages**

<https://www.sciencedirect.com/science/article/abs/pii/S0006291X11010965?via%3Dihub>

**#5. Improvement of psoriasis-associated arthritis and skin lesions by treatment with molecular hydrogen: A report of three cases**

<https://www.spandidos-publications.com/mmr/12/2/2757>

**#6. Molecular Hydrogen: New Antioxidant and Anti-inflammatory Therapy for Rheumatoid Arthritis and Related Diseases**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3788323/pdf/CPD-19-6375.pdf>

**#7. 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**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3563451/pdf/2045-9912-2-27.pdf>

**#8. Protective Effects of Hydrogen-Rich Water Against Cartilage Damage in a Rat Model of Osteoarthritis by Inhibiting Oxidative Stress, Matrix Catabolism, and Apoptosis**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6977642/pdf/medscimonit-26-e920211.pdf>

**#9. Effect of H<sub>2</sub> treatment in a mouse model of rheumatoid arthritis-associated interstitial lung disease**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6787460/pdf/JCMM-23-7043.pdf>

**#10. Magnesium-Based Micromotors as Hydrogen Generators for Precise Rheumatoid Arthritis Therapy**

<https://pubs.acs.org/doi/epdf/10.1021/acs.nanolett.0c04438>

**#11. An In Situ Depot for Continuous Evolution of Gaseous H<sub>2</sub> Mediated by a Magnesium Passivation/Activation Cycle for Treating Osteoarthritis**

<https://onlinelibrary.wiley.com/doi/10.1002/anie.201806159>

**#12. Injectable spontaneous hydrogen-releasing hydrogel for long-lasting alleviation of osteoarthritis**

<https://www.sciencedirect.com/science/article/abs/pii/S1742706122008686?via%3Dihub>

**#13. Hydrogen (H<sub>2</sub>) Alleviates Osteoarthritis by Inhibiting Apoptosis and Inflammation via the JNK Signaling Pathway**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8053515/pdf/jir-14-1387.pdf>

**#14. Treatment with hydrogen molecule alleviates TNF $\alpha$ -induced cell injury in osteoblast**

<https://link.springer.com/article/10.1007/s11010-012-1450-4>

**#15. Arthritis**

<https://www.ncbi.nlm.nih.gov/books/NBK518992/>

## **KIDNEY DISEASE vs. Molecular Hydrogen**

**1. Global Prevalence of Chronic Kidney Disease – A Systematic Review and Meta-Analysis**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934905/>

**2. Hydrogen-Rich Saline Promotes the Recovery of Renal Function after Ischemia/Reperfusion Injury in Rats via Anti-apoptosis and Anti-inflammation**

<https://pubmed.ncbi.nlm.nih.gov/27148060/>

**3. Hydrogen: another gas with therapeutic potential**

[https://www.kidney-international.org/article/S0085-2538\(15\)54214-2/fulltext](https://www.kidney-international.org/article/S0085-2538(15)54214-2/fulltext)

**4. Intake of water with high levels of dissolved hydrogen (H<sub>2</sub>) suppresses ischemia-induced cardio-renal injury in Dahl salt-sensitive rats**

<https://academic.oup.com/ndt/article/26/7/2112/1895116?searchresult=1&login=false>

**5. Inhalation of Hydrogen Gas Is Beneficial for Preventing Contrast-Induced Acute Kidney Injury in Rats**

<https://pubmed.ncbi.nlm.nih.gov/25592271/>

**6. Hydrogen-rich water inhibits glucose and  $\alpha,\beta$ -dicarbonyl compound-induced reactive oxygen species production in the SHR.Cg-Leprcp/NDmcr rat kidney**

<https://link.springer.com/article/10.1186/2045-9912-2-18>

**7. Consumption of hydrogen-rich water alleviates renal injury in spontaneous hypertensive rats**

<https://pubmed.ncbi.nlm.nih.gov/24652103/>

**8. Melamine-related kidney stones and renal toxicity**

<https://pubmed.ncbi.nlm.nih.gov/21423252/>

**9. The melamine excretion effect of the electrolyzed reduced water in melamine-fed mice**

<https://pubmed.ncbi.nlm.nih.gov/21570445/>

**10. Effects of hydrogen-rich saline on early acute kidney injury in severely burned rats by suppressing oxidative stress induced apoptosis and inflammation**

<https://pubmed.ncbi.nlm.nih.gov/26047940/>

**11. Hydrogen-rich saline ameliorates renal injury induced by unilateral ureteral obstruction in rats**

<https://pubmed.ncbi.nlm.nih.gov/23871246/>

**12. Pretreatment with hydrogen-rich saline reduces the damage caused by glycerol-induced rhabdomyolysis and acute kidney injury in rats**

[https://www.journalofsurgicalresearch.com/article/S0022-4804\(13\)02172-0/fulltext](https://www.journalofsurgicalresearch.com/article/S0022-4804(13)02172-0/fulltext)

**13. Effects of hydrogen-rich water on abnormalities in a SHR.Cg-Leprcp/NDmcr rat - a metabolic syndrome rat model**

<https://pubmed.ncbi.nlm.nih.gov/22146083/>

**14. Inhalation of hydrogen gas ameliorates glyoxylate-induced calcium oxalate deposition and renal oxidative stress in mice**

<https://pubmed.ncbi.nlm.nih.gov/26045773/>

**15. [Protective effects of hydrogen on renal ischemia/reperfusion injury in rats]**

<https://pubmed.ncbi.nlm.nih.gov/24527579/>

**16. Hydrogen-Rich Saline Alleviates Kidney Fibrosis Following AKI and Retains Klotho Expression**

<https://pubmed.ncbi.nlm.nih.gov/28848432/>

**17. Possible clinical effects of molecular hydrogen (H<sub>2</sub>) delivery during hemodialysis in chronic dialysis patients: Interim analysis in a 12 month observation**

<https://pubmed.ncbi.nlm.nih.gov/28902900/>

**18. Nephroprotective effect of electrolyzed reduced water against cisplatin-induced kidney toxicity and oxidative damage in mice**

<https://pubmed.ncbi.nlm.nih.gov/29030026/>

**19. Dual Gas Treatment With Hydrogen and Carbon Monoxide Attenuates Oxidative Stress and Protects From Renal Ischemia-Reperfusion Injury**

<https://pubmed.ncbi.nlm.nih.gov/29407319/>

**20. Oral hydrogen water prevents chronic allograft nephropathy in rats**

[https://www.kidney-international.org/article/S0085-2538\(15\)54211-7/fulltext](https://www.kidney-international.org/article/S0085-2538(15)54211-7/fulltext)

**21. [Free oxygen radiacals and kidney diseases--part I]**

<https://pubmed.ncbi.nlm.nih.gov/11320727/>

**22. Hydrogen-rich saline attenuates acute renal injury in sodium taurocholate-induced severe acute pancreatitis by inhibiting ROS and NF-κB pathway**

<https://pubmed.ncbi.nlm.nih.gov/25878401/>

**23. Kidney stones: Overview**

<https://www.ncbi.nlm.nih.gov/books/NBK348937/>

**24. Carbonated Beverages and Chronic Kidney Disease**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3433753/>

**25. The hydrogen molecule as antioxidant therapy: clinical application in hemodialysis and perspectives**

<https://rrtjournal.biomedcentral.com/articles/10.1186/s41100-016-0036-0>

**26. Electrolysed-reduced water dialysate improves T-cell damage in end-stage renal disease patients with chronic haemodialysis**

<https://academic.oup.com/ndt/article/25/8/2730/1895780?login=false>

**27. Reduced hemodialysis-induced oxidative stress in end-stage renal disease patients by electrolyzed reduced water**

<https://pubmed.ncbi.nlm.nih.gov/12846769/>

**28. Dialysate with high dissolved hydrogen facilitates dissociation of indoxyl sulfate from albumin**

<https://pubmed.ncbi.nlm.nih.gov/25883914/>

**29. Transperitoneal administration of dissolved hydrogen for peritoneal dialysis patients: a novel approach to suppress oxidative stress in the peritoneal cavity**

<https://pubmed.ncbi.nlm.nih.gov/23816239/>

**30. Biological effects of electrolyzed water in hemodialysis**

<https://pubmed.ncbi.nlm.nih.gov/19342864/>

**31. Novel haemodialysis (HD) treatment employing molecular hydrogen (H<sub>2</sub>)-enriched dialysis solution improves prognosis of chronic dialysis patients: A prospective observational study**

<https://pubmed.ncbi.nlm.nih.gov/29321509/>

**32. Novel haemodialysis (HD) treatment employing molecular hydrogen (H<sub>2</sub>)-enriched dialysis solution improves prognosis of chronic dialysis patients: A prospective observational study**

<https://www.nature.com/articles/s41598-017-18537-x>

**33. Dissolved molecular hydrogen (H<sub>2</sub>) in Peritoneal Dialysis (PD) solutions preserves mesothelial cells and peritoneal membrane integrity**

<https://pubmed.ncbi.nlm.nih.gov/29089029/>

**34. Electrolyzed-reduced water reduced hemodialysis-induced erythrocyte impairment in end-stage renal disease patients**

<https://pubmed.ncbi.nlm.nih.gov/16760903/>

**35. How do the kidneys work?**

<https://www.ncbi.nlm.nih.gov/books/NBK279385/>

## **CANCER vs. Molecular Hydrogen**

**#1. Molecular Hydrogen as an Emerging Therapeutic Medical Gas for Neurodegenerative and Other Diseases**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3377272/>

**#2. Molecular hydrogen protects chondrocytes from oxidative stress and indirectly alters gene expressions through reducing peroxynitrite derived from nitric oxide**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3231990/>

**#3. Suppressive effects of electrochemically reduced water on matrix metalloproteinase-2 activities and in vitro invasion of human fibrosarcoma HT1080 cells**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3386386/>

**#4. Home Animal Cell Technology: Challenges for the 21st Century Chapter Telomere Shortening in Cancer Cells by Electrolyzed-Reduced Water**

[https://link.springer.com/chapter/10.1007/0-306-46869-7\\_62](https://link.springer.com/chapter/10.1007/0-306-46869-7_62)

**#5. Hydrogen–water enhances 5-fluorouracil-induced inhibition of colon cancer**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4393812/>

**#6. Hydrogen-Rich Saline Attenuates Cardiac and Hepatic Injury in Doxorubicin Rat Model by Inhibiting Inflammation and Apoptosis**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5220484/>



**#7. Neuroprotective Effect of Hydrogen-Rich Saline against Neurologic Damage and Apoptosis in Early Brain Injury following Subarachnoid Hemorrhage: Possible Role of the Akt/GSK3 $\beta$  Signaling Pathway**

<https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0096212>

**#8. Molecular hydrogen alleviates nephrotoxicity induced by an anti-cancer drug cisplatin without compromising anti-tumor activity in mice**

<https://link.springer.com/article/10.1007/s00280-008-0924-2>

**#9. Hydrogen Protects Mice from Radiation Induced Thymic Lymphoma in BALB/c Mice**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3065742/>

**#10. Potential protective role of hydrogen against cisplatin-induced side effects during chemotherapy: A mini-review of a novel hypothesis for antagonism of hydrogen**

[https://www.tjpr.org/admin/12389900798187/2017\\_16\\_11\\_27.pdf](https://www.tjpr.org/admin/12389900798187/2017_16_11_27.pdf)

**#11. Hyperbaric Hydrogen Therapy: A Possible Treatment for Cancer**

<https://image.sciencenet.cn/olddata/kexue.com.cn/upload/blog/file/2009/2/2009210115846546222.pdf>

**#12. Hyperbaric hydrogen therapy: a possible treatment for cancer**

<https://pubmed.ncbi.nlm.nih.gov/1166304/>

**#13. Advanced research on the health benefit of reduced water**

<https://www.sciencedirect.com/science/article/pii/S0924224411002408#bib47>

**#14. Influence of hydrogen-occluding-silica on migration and apoptosis in human esophageal cells in vitro**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5510297/>

**#15. Antitumor effects of nano-bubble hydrogen-dissolved water are enhanced by coexistent platinum colloid and the combined hyperthermia with apoptosis-like cell death**

<https://pubmed.ncbi.nlm.nih.gov/21042740/>

**#16. Molecular hydrogen protects human lymphocyte AHH-1 cells against 12C6+ heavy ion radiation**

<https://pubmed.ncbi.nlm.nih.gov/23786587/>

**#17. Hydrogen-rich saline protects immunocytes from radiation-induced apoptosis**

<https://pubmed.ncbi.nlm.nih.gov/22460088/>

**#18. Hydrogen therapy attenuates irradiation-induced lung damage by reducing oxidative stress**

<https://pubmed.ncbi.nlm.nih.gov/21764987/>

**#19. Hydrogen as a New Class of Radioprotective Agent**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3805896/>

**#20. Hydrogen-water ameliorates radiation-induced gastrointestinal toxicity via MyD88's effects on the gut microbiota**

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**#21. Molecular hydrogen and radiation protection**

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**#23. Regulation of catalase expression in healthy and cancerous cells**

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**#24. The evolution of molecular hydrogen: a noteworthy potential therapy with clinical significance**

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**#25. Recent Progress Toward Hydrogen Medicine: Potential of Molecular Hydrogen for Preventive and Therapeutic Applications**

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**#27. Protective effect of hydrogen-rich water on liver function of colorectal cancer patients treated with mFOLFOX6 chemotherapy**

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**#28. Reactive oxygen species: role in the development of cancer and various chronic conditions**

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**#29. Molecular hydrogen: a therapeutic antioxidant and beyond**

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**#30. Anti-oxidant and anti-inflammatory effects of hydrogen-rich water alleviate ethanol-induced fatty liver in mice**

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**#31. Anti-diabetes effect of water containing hydrogen molecule and Pt nanoparticles**

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**#32. Hydrogen-rich saline may be an effective and specific novel treatment for osteoradionecrosis of the jaw**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4610769/>

**#33. VEGF signaling in cancer treatment**

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**#34. Hydrogen-rich saline reduces cell death through inhibition of DNA oxidative stress and overactivation of poly (ADP-ribose) polymerase-1 in retinal ischemia-reperfusion injury**

<https://pubmed.ncbi.nlm.nih.gov/25954991/>

**#35. The potential utilizations of hydrogen as a promising therapeutic strategy against ocular diseases**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4878665/>

**#36. Inhibitory effect of electrolyzed reduced water on tumor angiogenesis**

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**#37. Hydrogen saline treatment attenuates hyperoxia-induced retinopathy by inhibition of oxidative stress and reduction of VEGF expression**

<https://pubmed.ncbi.nlm.nih.gov/22156508/>

## BONUS CONTENT

### HYDRATION

- #1. [Effects of Dehydration and Rehydration on the One-Repetition... : The Journal of Strength & Conditioning Research \(lww.com\)](#)
  
- #2. [Water consumption reduces energy intake at a breakfast meal in obese older adults - PubMed \(nih.gov\)](#)
  
- #3. [Pre-meal water consumption reduces meal energy intake in older but not younger subjects - PubMed \(nih.gov\)](#)

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