

Molecular Hydrogen Therapy

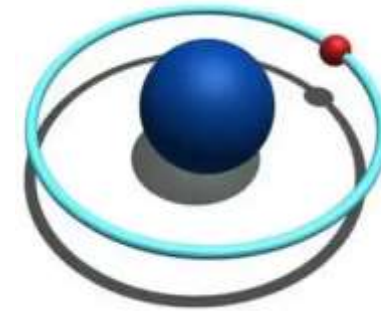


Hydrogen the Smallest

Hydrogen is the lightest element on Earth. The hydrogen molecule is also the smallest molecule in the universe. Hydrogen also exists in many other compounds (eg. H₂O)

The Periodic Table of the Elements

1	2																	3	4	5	6	7	8	9	10						
H	He																	B	C	N	O	F	Ne								
1.0	4.0																	10.8	12.0	14.0	16.0	19.0	20.2								
1	2	3	4											13	14	15	16	17	18												
Li	Be											Al	Si	P	S	Cl	Ar														
6.9	9.0											27.0	28.1	31.0	32.1	35.5	40.0														
11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36						
Na	Mg	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr														
23.0	24.3	45.0	47.9	50.9	52.0	54.9	55.9	58.9	58.7	63.6	65.4	69.7	72.6	74.9	79.0	79.9	83.8														
39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr														
39.1	40.1	45.0	47.9	50.9	52.0	54.9	55.9	58.9	58.7	63.6	65.4	69.7	72.6	74.9	79.0	79.9	83.8														
87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe														
85.5	87.6	88.9	91.2	92.9	96.0	(98)	101.1	102.9	106.4	107.9	112.4	114.8	118.7	121.8	127.6	126.9	131.3														
133	137	173	178	180	183	186	190	192	195	197	200	204	207	209	(209)	(210)	(222)														
Cs	Ba	Lu	Hf	Ta	W	Re	Os	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn															
132.9	137.3	175.0	178.5	180.9	183.8	186.2	190.2	192.2	195.1	197.0	200.6	204.4	207.2	209.0	(209)	(210)	(222)														
87	88	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118														
Fr	Ra	Lr	Rf	Db	Sg	Bh	Hs	Mt	Ds	Rg	Cn	Nh	Fl	Mc	Lv	Ts	Og														
(223)	(226)	(262)	(261)	(262)	(266)	(264)	(277)	(268)	(281)	(272)	(285)	(286)	(289)	(289)	(293)	(294)	(294)														
																		57	58	59	60	61	62	63	64	65	66	67	68	69	70
																		La	Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb
																		138.9	140.1	140.9	144.2	(145)	150.4	152.0	157.3	158.9	162.5	164.9	167.3	168.9	173.1
																		89	90	91	92	93	94	95	96	97	98	99	100	101	102
																		Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No
																		(227)	232.0	231.0	238.0	(237)	(244)	(243)	(247)	(247)	(251)	(252)	(257)	(258)	(259)

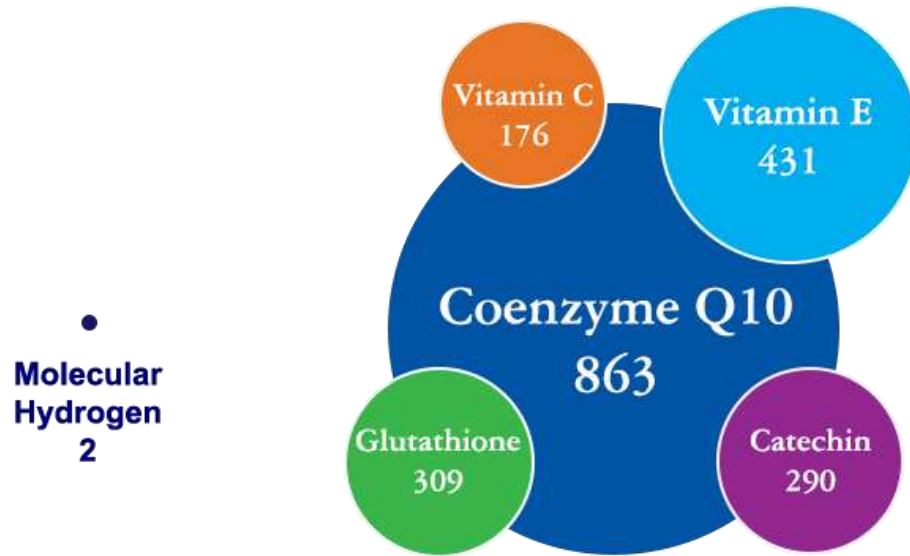


Atomic hydrogen



Molecular hydrogen

Hydrogen the Smallest Molecule



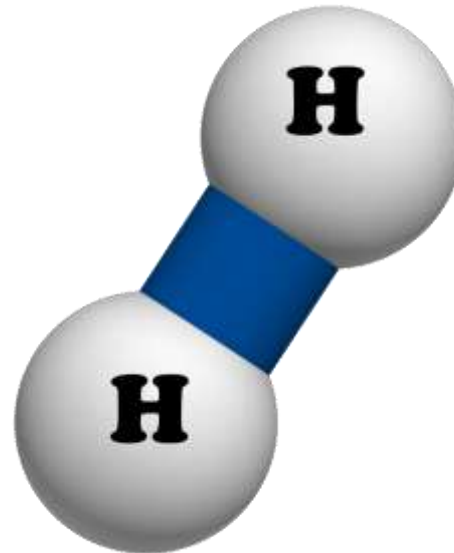
Relative sizes of molecular hydrogen as compared to other common antioxidants

Hydrogen is an excellent antioxidant (reducing agent), it is capable of *removing free radicals* in our body, just like CoQ10, Vitamin C, Omega 3, Glutathione etc.

Being the smallest molecule, hydrogen can *penetrate into any part of our body, including the minute **blood capillaries**.*

Seeking & Destroying Harmful Free Radicals with Molecular Hydrogen

Molecular hydrogen (H₂) *selectively* seek out the most *harmful free radicals* in our bodies and neutralize them before they can do more damage to our cells. **They do not damage the good ones.** Each molecular hydrogen donates an electron and bonds with the bad free radical to create a molecule of water which is needed by our body.

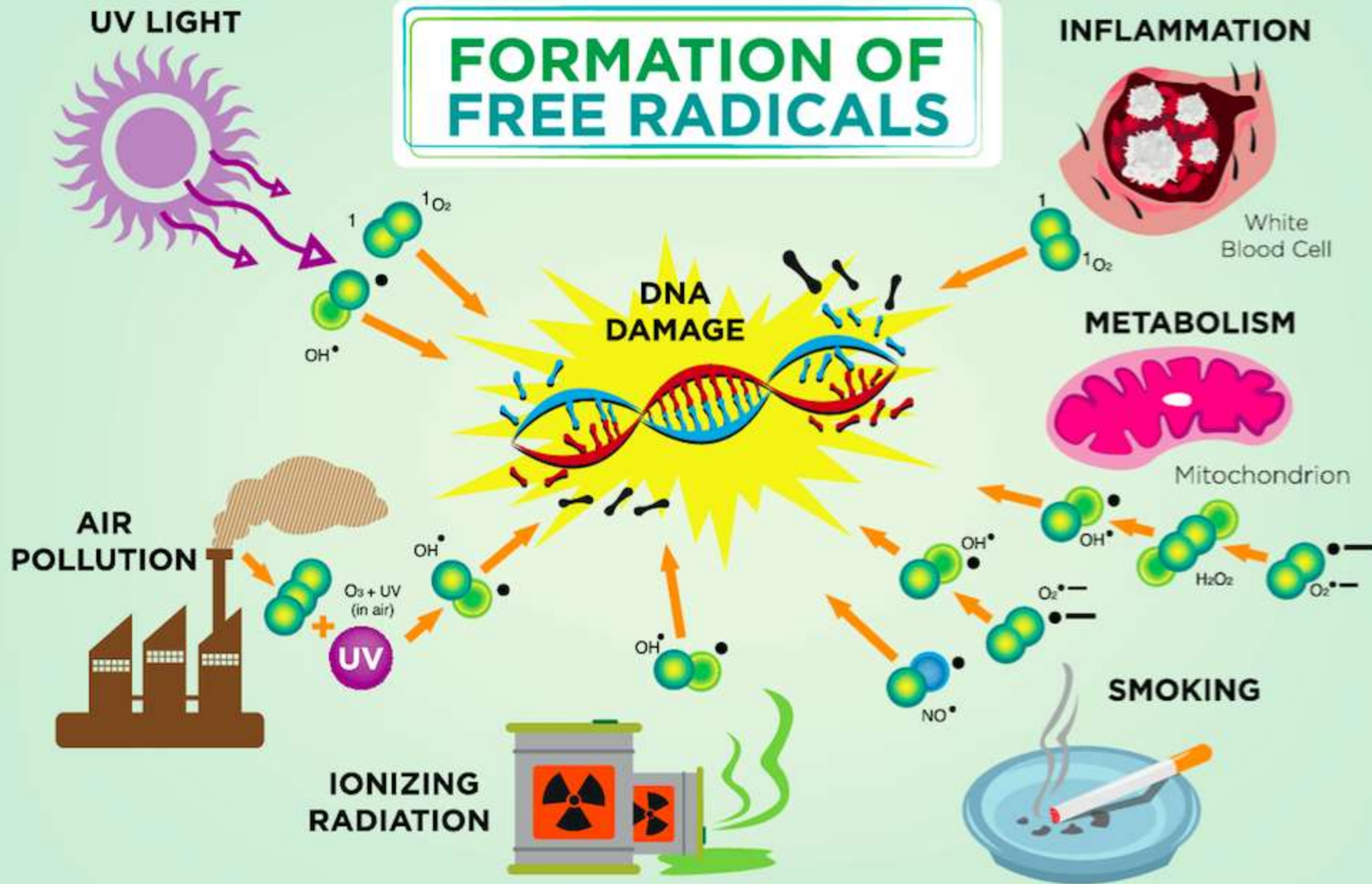


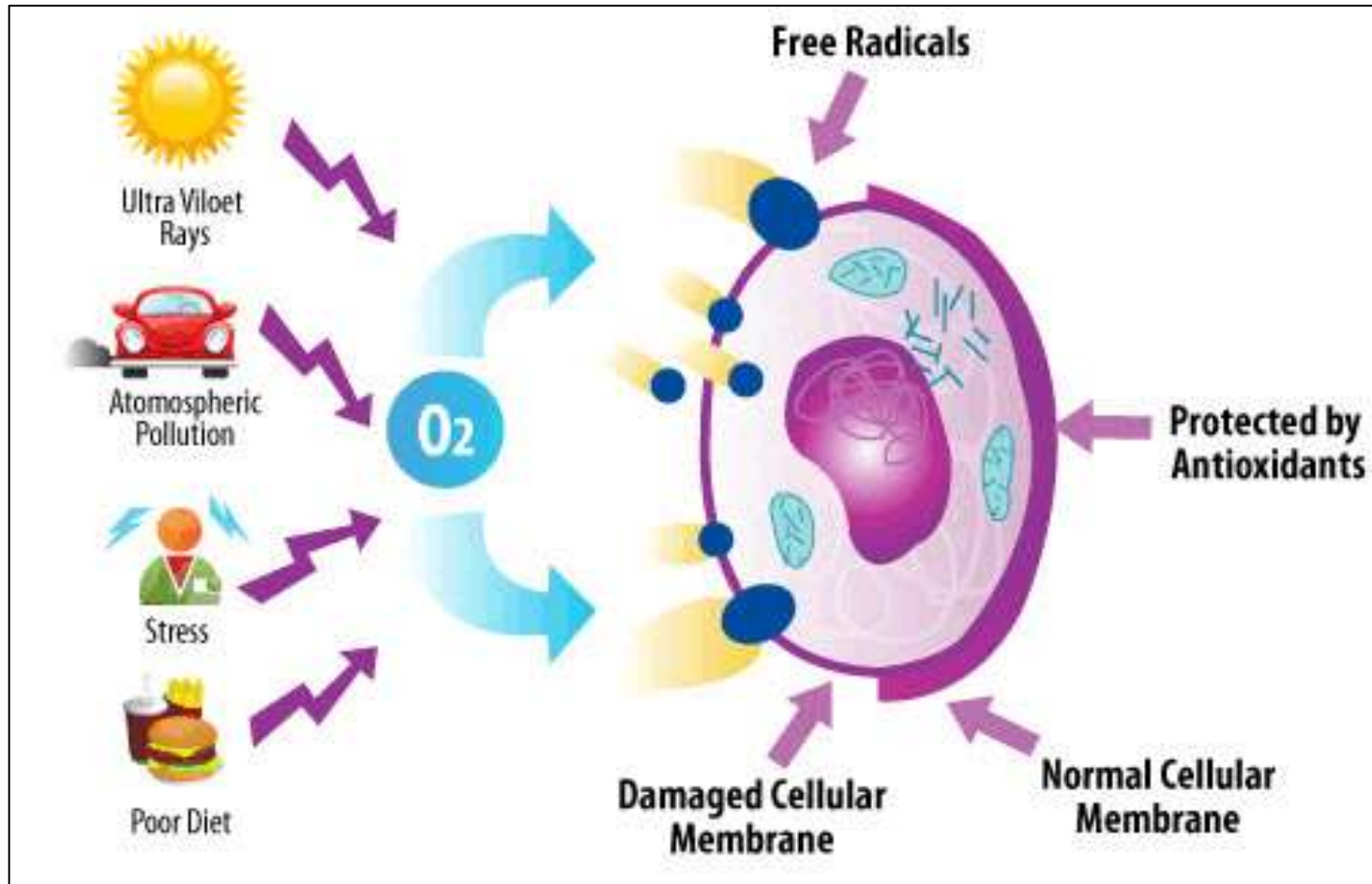
Hydrogen will **not** remove these **good free radicals** which attack virus & improve immunity



Hydrogen **removes these bad (harmful) free radicals** which cause in aging and illness

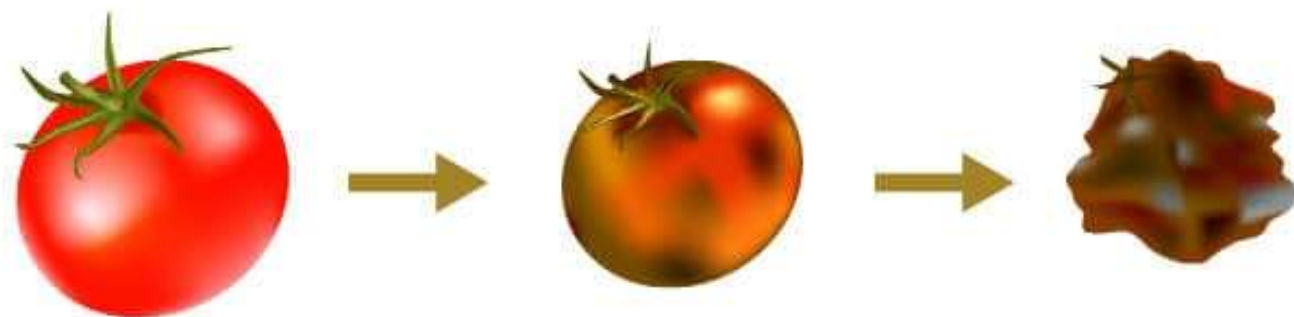
FORMATION OF FREE RADICALS



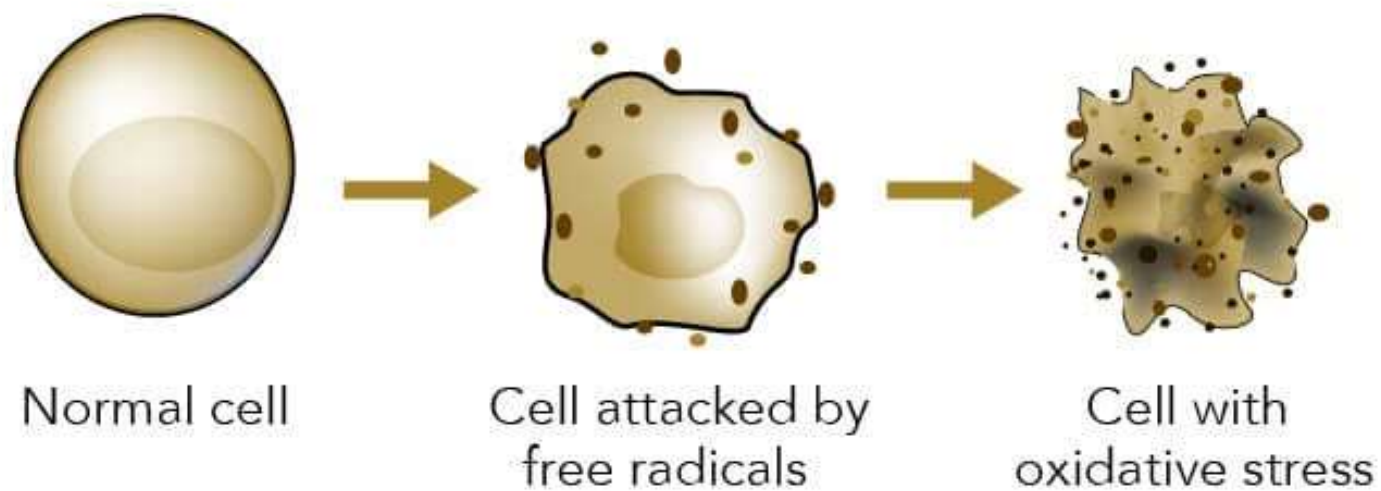


Harmful free radicals damage cells by damaging their cellular membrane.

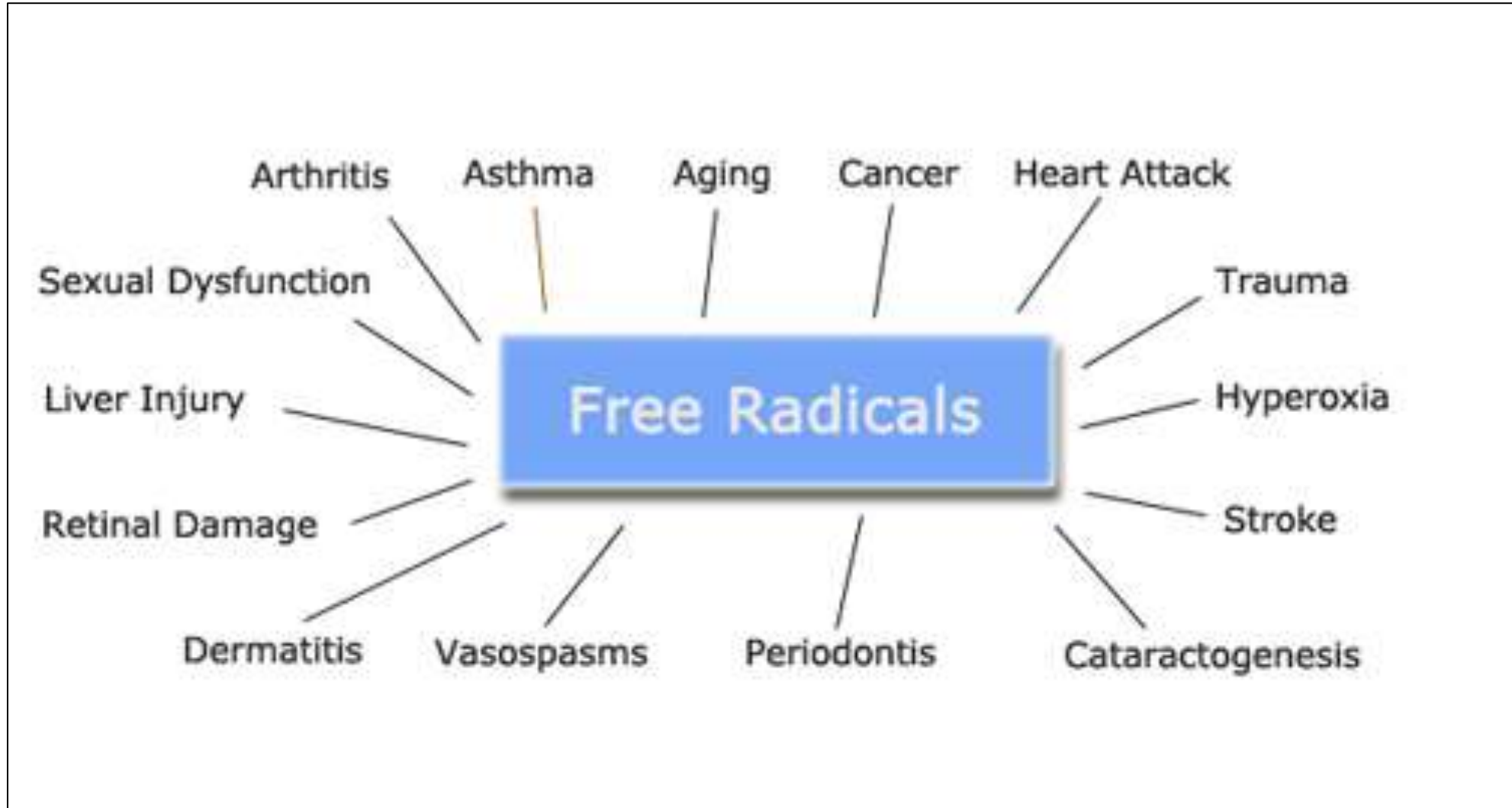
Antioxidants protect cells by protecting their cellular membrane.



OXIDATIVE STRESS



Harmful free radicals are the root causes of all chronic illnesses



Stopping Harmful Free Radicals

Our bodies develop harmful free radicals due to *stress*, *pollution*, *unhealthy diets* & *poor lifestyle choices*. Learning to neutralize and getting rid of these harmful free radicals are key to keeping our bodies healthy.



Stress



Pollution



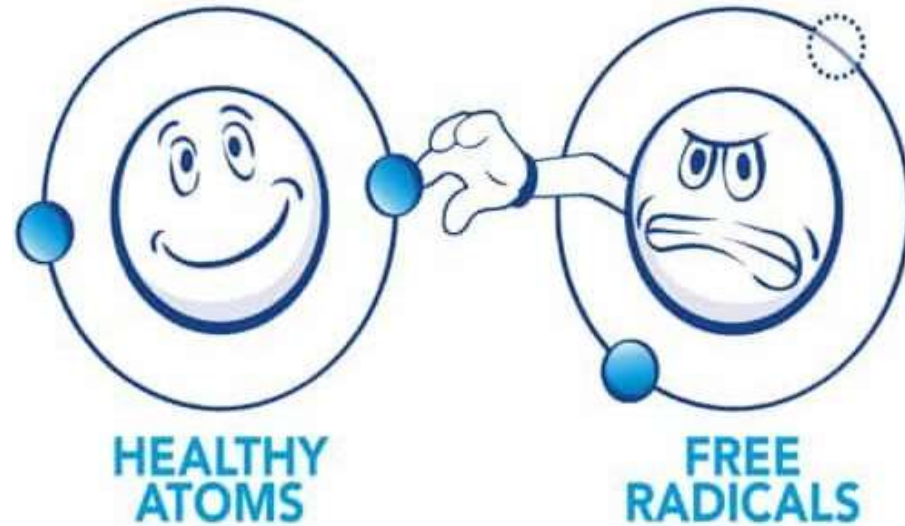
Poor diets



Bad habits

Harmful Free Radicals Damage Healthy Cells

Research shows that *uncontrolled free radicals* in our bodies accelerate aging and cause various chronic diseases such as cancers, stroke and cardiovascular diseases. These harmful free radicals steal electrons from our healthy cells & damaging them. As we accumulate damaged cells in our bodies, we develop *sickness, disease, & aging*.



2-in-1 Machine Protecting You with Molecular Hydrogen

Vital Hydrogen GOH-1000 is a powerful **2-in-1 machine** producing a mixture of molecular hydrogen and oxygen, at an output rate of 1000 ml/min, comprising of 66.6% hydrogen and 33.3% oxygen. It can be used for:

- (1) molecular hydrogen/oxygen inhalation, and
- (2) hydrogen-rich water production (producing water with ORP of up to -600 mV).

This powerful combination helps your body fight off harmful free radicals and provides you with the necessary antioxidants to keep you healthy.



Copyright VitalHydrogen.com



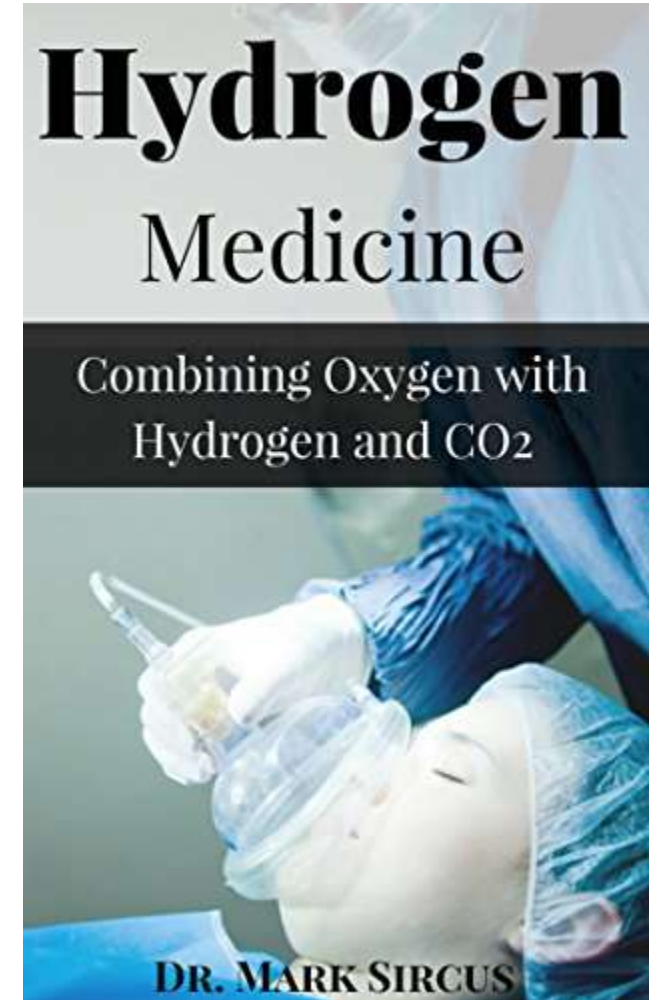
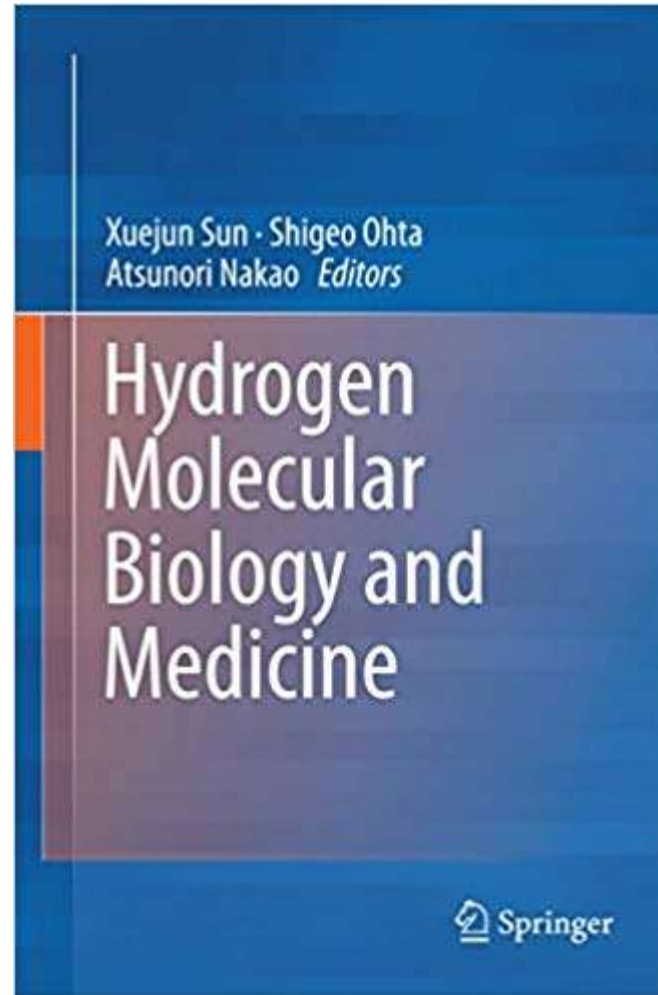
Molecular Hydrogen/oxygen Inhalation



Making Hydrogen-rich Water

Molecular Hydrogen Medicine

Although the use of molecular hydrogen medicine is relatively new (since 2007), clinical research and studies are aplenty. Hundreds of papers are published yearly and books are written.

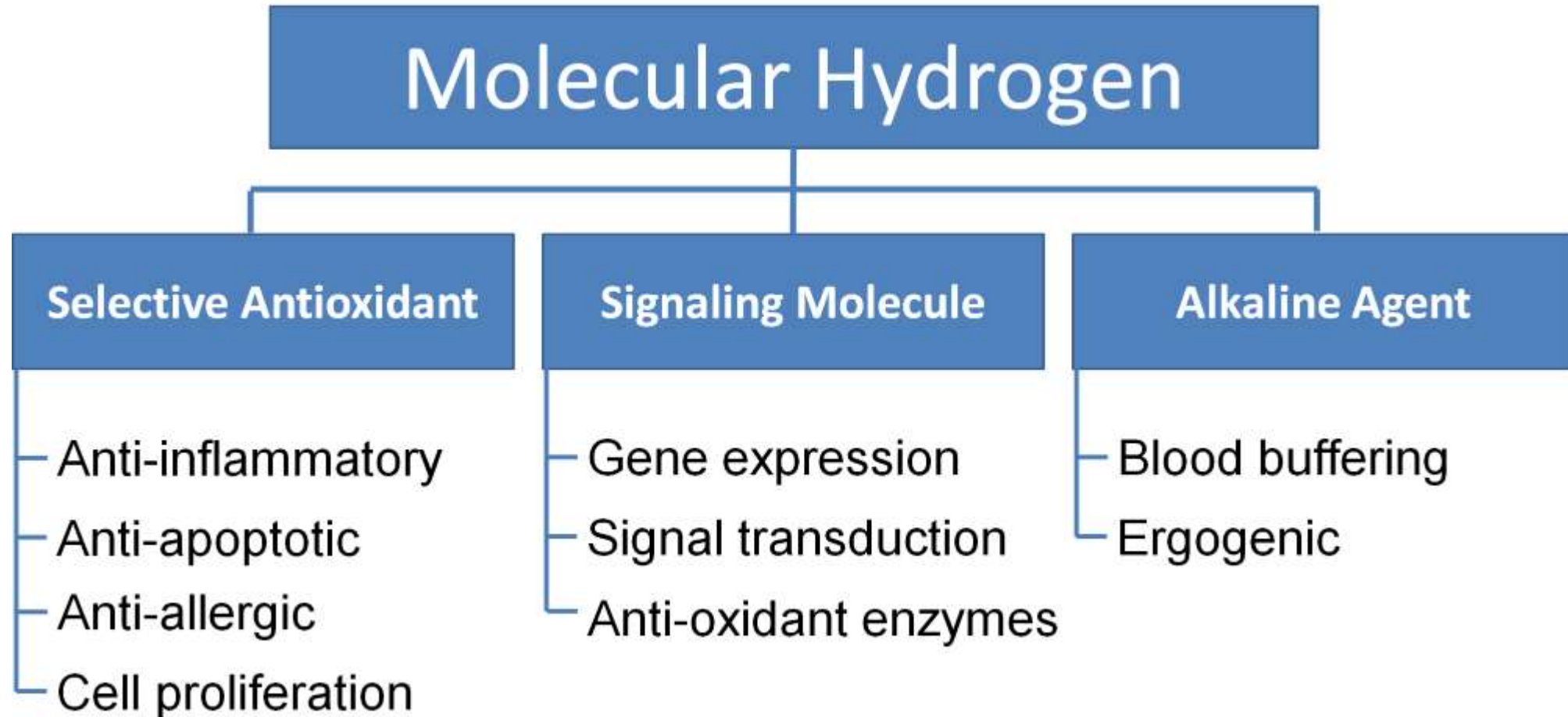


Molecular Hydrogen Medicine

The Japanese and Chinese researchers have done many studies in recent years and published their results in their books.



Molecular Hydrogen Medicine



Molecular Hydrogen Medicine

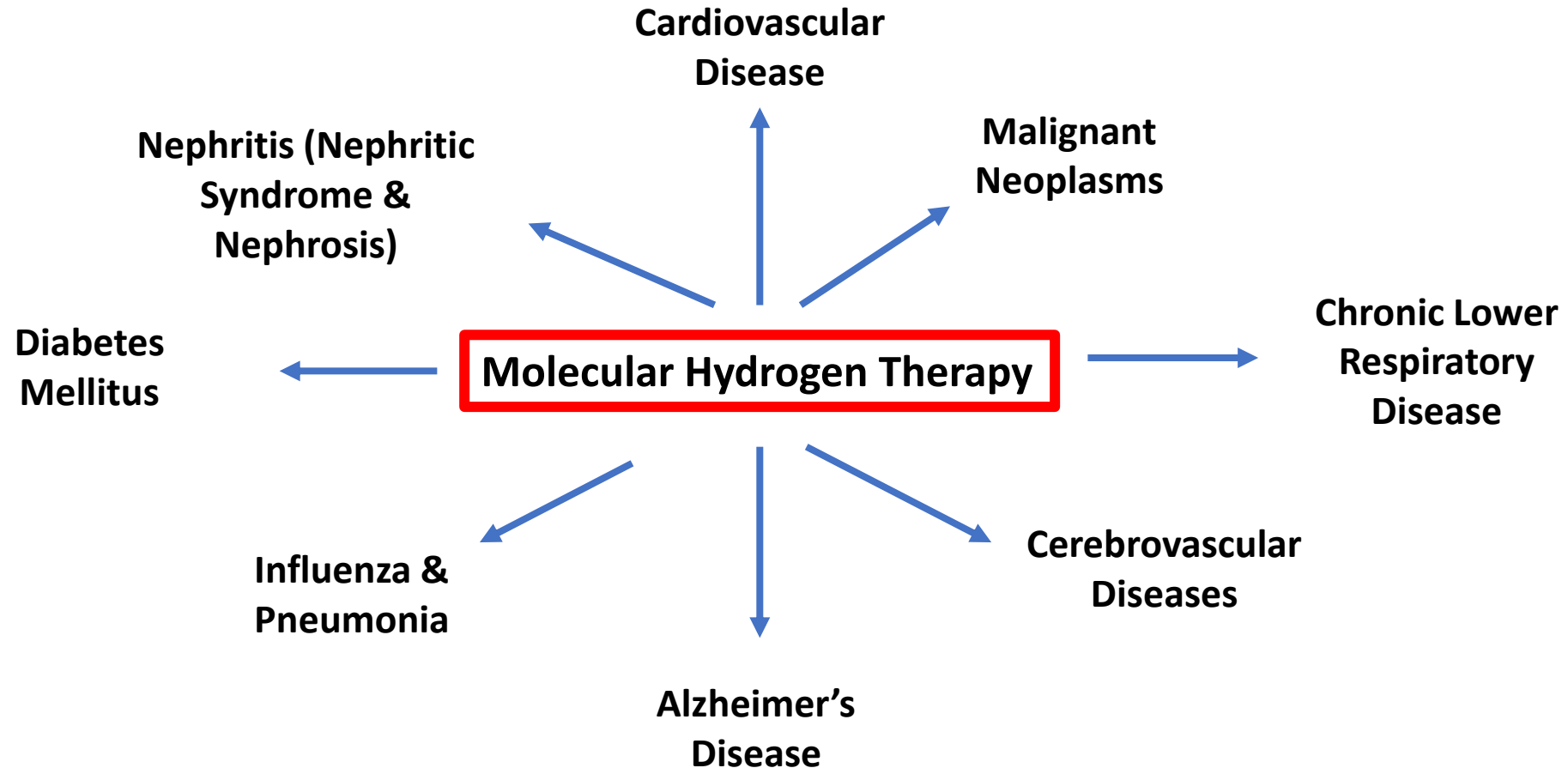


Figure: The potential for molecular hydrogen in the top causes of death in USA

Removing Inflammations in your Blood Vessels

Inflammations in the blood vessels are primarily caused by the presence of excessive harmful free radicals. Inhaling molecular hydrogen gets the hydrogen molecules into the blood vessels and removing inflammations quickly. With this, it prevents ***atherosclerosis***, ***stroke*** and ***heart attacks***.



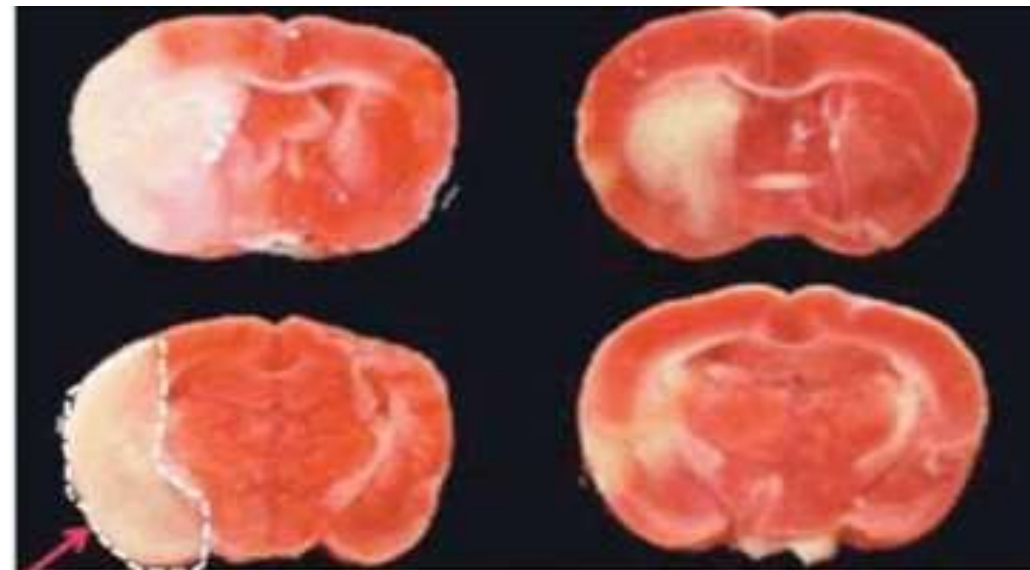


Treatment of Ischemia with Hydrogen

TTC (Triphenyl tetrazolium chloride) staining can clearly distinguish between normal and damaged brain tissues. Pictures on the left are the brain tissues with unilateral ischemia in rats which did not breathe hydrogen gas. Pictures on the right are brain tissues with unilateral ischemia in rats which breathed 2% hydrogen gas. Results showed that the ***treatment effect of hydrogen is very significant.***

0% hydrogen

2% hydrogen



Typical change of cerebral ischemia treated by hydrogen using TTC staining.

RED: normal brain tissue

WHITE: brain tissue with damage or infarction

Removing Inflammation in your Gut

Inflammations also occur in the gut, typically the stomach and the intestines. Drinking hydrogen-rich water delivers the molecular hydrogen to the source of inflammations and removing them. Molecular hydrogen also enters the cells to perform healing when it is absorbed.



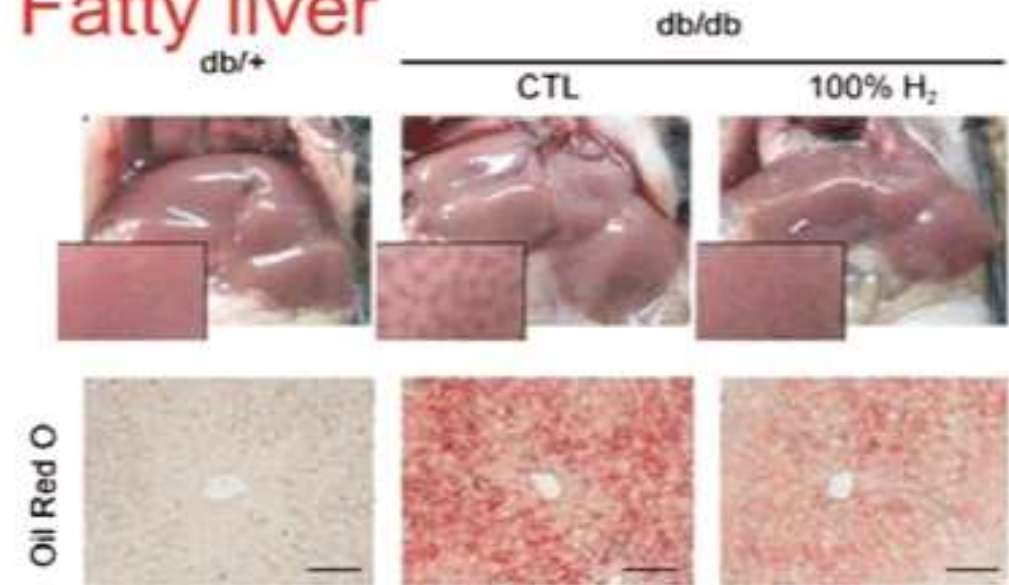


Removing Inflammation in your Gut

Research conducted by Japanese scientists has shown that drinking hydrogen-rich water has a therapeutic effect on patients with **diabetes**, and has a preventive effect on **atherosclerosis**, has a therapeutic effect on **Parkinson's disease**, and has a good therapeutic effect on **fatty liver** and **obesity**.

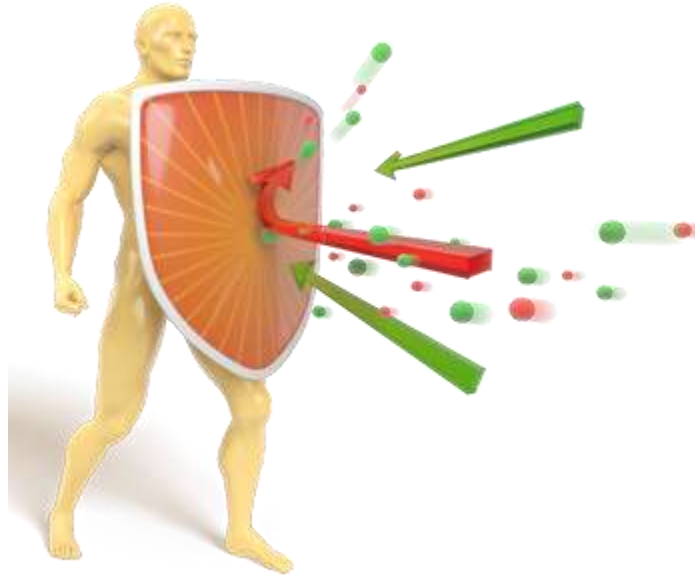


Fatty liver



Improving Immune System

Inhaling molecular hydrogen/oxygen twice a day for 40 minutes each, and drinking 2-3 litres hydrogen-rich water a day is like eating plates of superfoods. ***Keeping energy levels high and your immune system strong.*** With a strong immune system, you become healthy and do not fall sick easily.



Feeling Young Again

Studies have shown over time that inhaling molecular hydrogen and drinking hydrogen-rich water can help you recover faster, look younger, aid weight control, & feel great. Hydrogen cosmetics can direct the effect of molecular hydrogen to our skin. Users have reported feeling improved skin hydration, and having firmer and younger skin.



Removing Fatigue & Improving Performance

Molecular hydrogen *suppresses* excessive lactate (lactic acid), so it's perfect for removing *fatigue*. Inhaling molecular hydrogen before and after a strenuous workout is a perfect way to improve your workout performance & recover faster from your workouts. Drinking hydrogen-rich water not only replenishes the loss water but also prevents the formation of harmful free radicals.



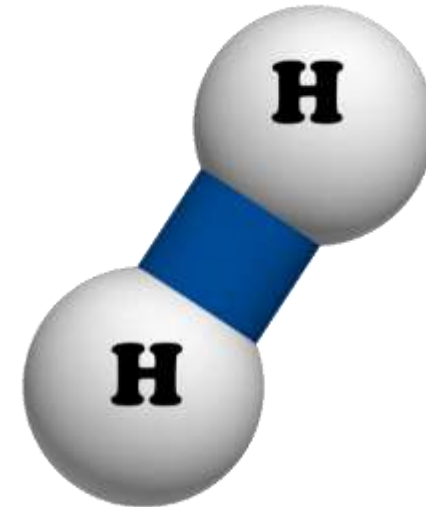
Vital Hydrogen machine with Advanced SPE/PEM Technology



Distilled water
(no impurities)



GOH-1000
(with SPE/PEM technology)



Pure & safe molecular hydrogen
(for inhalation & making
hydrogen-rich water)

VITAL HYDROGEN



Your Vital Hydrogen Consultant:

Dorothy Hoe
+65-9782 6633



WhatsApp