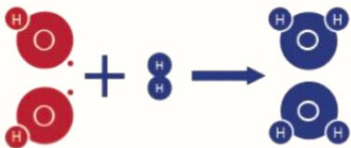


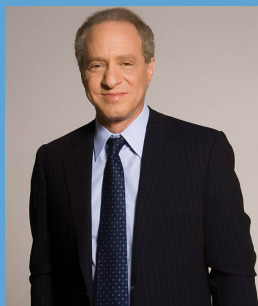
WHAT IS HYDROGEN?

Hydrogen is the most abundant element in the universe. It was first discovered in the 1700s and is the first element on the periodic table. Hydrogen is colorless, odorless, tasteless and non-toxic. It can be found mainly in soil water and to a lesser degree in air. Because a hydrogen atom is so small and is an antioxidant that can penetrate cells and display all its benefits at the cellular level. Hydrogen supplementation began to increase in popularity in 2010, when the study that involved individuals at risk of developing metabolic syndrome (diabetes), found that compared to the control group, The hydrogen water drinking group had a 39% increase in the antioxidant enzyme superoxide dismutase (SOD). A 8% increase in high-density lipoprotein cholesterol, and a 13% decrease in total cholesterol.



WHAT IS MOLECULAR HYDROGEN-RICH WATER?

Hydrogen-rich water is water that has been infused with hydrogen gas and is an emerging functional beverage with beneficial human health effects such as anti-inflammatory, antioxidant, anti-aging and performance-enhancing properties. Hydrogen-rich water can be created using a hydrogen water manufacturer or a hydrogen water machine, which pumps large amounts of molecular hydrogen gas into the water.



DR. RAY KURZWEIL

Award-Winning Scientist,
Author, Inventor, & Futurist.

"The most important characteristic of this water is the oxidation reduction potential of ORP water with a high negative ORP is of

particular value and its ability to neutralize free oxygen radicals... Free radicals are among the most harmful molecules in the body and are highly unstable molecules that are oxidizing agents and are electron deficient."

DR. HIDEMITSU HAYASHI

of the Japan Water Institute &
Cardiovascular Surgeon

"Based on the clinical experiences obtained in the last 15 years, it can be said that the introduction of



reduced water, active hydrogen generator for drinking and cooking purposes, for In-patients, should be the very prerequisite in our daily medical practices. It is because any dietary recipe cannot be a scientific one if the property of water taken by the patient has not taken into consideration."

The Ministry of Health and Welfare in Japan, announced in 1965 that the intake of water containing reduced hydrogen is effective for restoration of intestinal flora metabolism.



CONTACT US

Call or Text
(509) 519-2545
healthyhydration.com



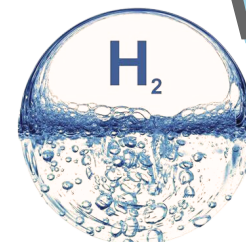
support@healthyhydration.com

Scan me



HEALTHY HYDRATION

Hydrogen Water Benefits



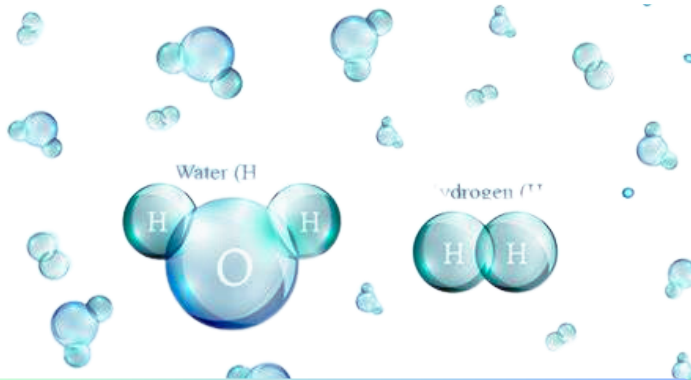
Scientists and doctors confirm that adding hydrogen-rich water to your health regimen will provide benefits for years to come, and is one of the most powerful things you can give your body!

Benefits of Molecular Hydrogen

- ✓ Reduces Inflammation
- ✓ Reduces Joint Pain
- ✓ Relieves Pain
- ✓ Promotes Good Microbes in the Gut
- ✓ Improves Skin Quality
- ✓ Reduces Muscle Fatigue
- ✓ Slows down the overall Aging Process
- ✓ Improves the Mitochondrial Function
- ✓ Reduces Muscle Degeneration
- ✓ Provides benefits in over 150 disease models
- ✓ and more.

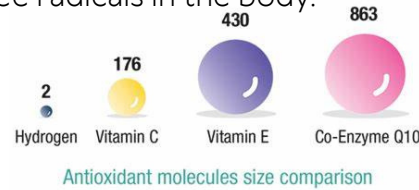
Hydrogen (H₂)

Hydrogen is a growing health discovery and has been shown in more than 1200 studies through hydrogenstudies.com to reduce oxidative stress and inflammation within the body. Molecular hydrogen continues to prove to be a beneficial health regimen in daily lifestyle; It does so in several different ways, providing what we believe, the most effective and safe antioxidant.



Antioxidantes

Antioxidants are molecules that can donate an electron to a free radical, making the free radical stable and harmless. Antioxidants are found in fruits and vegetables, and your body produces them naturally. Antioxidants fight free radicals in the body.



What are "Free Radicals"? (oxidants)

Free radicals are unstable molecules that lead to Oxidative Stress and Inflammation in the body, which is the major cause of virtually all disease and chronic health issues



Where do Free Radicals come from? (Oxidative Stress)

Many places, like:

- **Unfiltered Water (drinking or bathing)**
- **Bottled Water**
- **The Air**
- **Exposure to herbicides and pesticides**
- **All Electronics**
- **Make-Up**
- **Artificial Hair**
- **Body Products, lotions, soaps, perfumes, etc.**
- **Stress (physical & mental)**
- **Radiation**
- **A diet high in sugar, fat, &/or alcohol.**



The BIG Problem? & How can we fix it?

Doctors, Scientist, and Researchers will tell you that no matter what issue is going on in the body, **ALL Diseases are linked to one thing; too much Oxidative Stress.**

This stress can come from your own toxic environment, your own thoughts, creating stress, your hormones, bodily injuries, and there is not enough antioxidants for our body to keep up. Therefore, our body starts to break down faster. Oxidative stress can lead to inflammation, pain, lower immune function, and oxidation.

Reduce Oxidative Stress with H₂

Access to Hydrogen Water Units

