

# How Does Molecular Hydrogen Work?

Molecular Hydrogen, is not bound to any other compound, but it's free and independently available. Water for instance, has bound hydrogen that is connected to the oxygen (H<sub>2</sub>O). But hydrogen gas on the other hand is available hydrogen H<sub>2</sub> where the hydrogen are only bound to each other. It's this gaseous form of hydrogen that is dissolved in the water.

Human, animal, and cell studies show that this hydrogen exerts beneficial effects via three primary methods.

- It instantaneously converts the toxic hydroxyl radicals in your body to water.
- It maintains the homeostatic levels of our body's own antioxidants combating free radicals.
- It also has a beneficial effect on cell signaling, cell metabolism, and gene expression, which gives it anti-inflammatory, anti-obesity, and anti-aging effects.

echo<sup>®</sup>  
hydrogen enriched <sub>2</sub> water

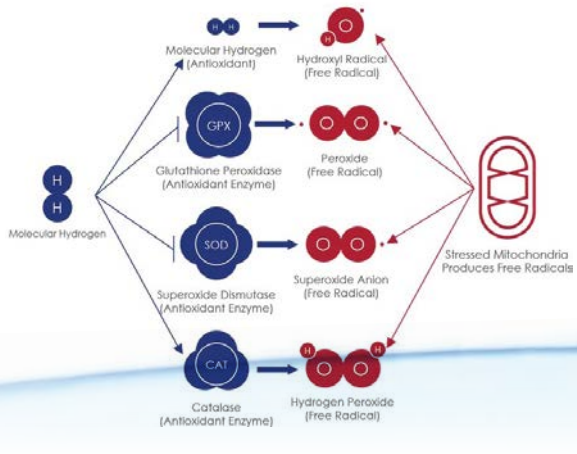


## Scientific Studies on H<sub>2</sub> Water Include:

- Oxidative damage is involved in age-related inflammatory reactions. The anti-oxidative effects of hydrogen-rich water suppress oxidative damage, which may aid in inhibiting age-related inflammatory reactions. — *Scientific Reports 4, Article number: 5534*
- Our clinical study demonstrated that drinking hydrogen-rich water decreased serum parameters of oxidative damage and improved liver function in patients with chronic hepatitis B — *Clinical and Translational Science Journal 2013*
- H<sub>2</sub> (Hydrogen) supplementation of drinking water has been shown to exert disease-modifying effects in Parkinson's patients and neuroprotective effects in experimental model mice. — *Department of Pharmacology, Graduate School of Medicine, Chiba University, 2013*
- High-content Hydrogen - H<sub>2</sub> - water can inhibit colon cancer, particularly in combination with 5-fluorouracil. — *Kagoshima University Graduate School of Medical and Dental Science, 2015*
- Test results suggest that supplementation with hydrogen-rich water may have a beneficial role in prevention of T2DM (type 2 diabetes mellitus) and insulin resistance. - *Kajiyama Clinic, 2008*

## What the Science Says:

Drinking hydrogen-rich water is an alternative mode of molecular hydrogen delivery. Clinical and animal studies have demonstrated that drinking hydrogen-rich water provides numerous health benefits, such as in regards to the serum lipid profiles of those at risk for metabolic syndrome. — *Journal of Clinical Biochemistry and Nutrition 2010*



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# The Science of Echo<sup>®</sup> Water

- More than 500 scientific publications, including 150+ human studies, have shown Molecular Hydrogen to be therapeutic in essentially every organ of the human body.
- Hydrogen enriched water has been shown in studies to aid in fighting cancer, diabetes, Parkinson's and Alzheimer's disease.
- According to the research, drinking water that contains solubilized hydrogen gas is the most effective method to deliver hydrogen to the body.
- Hydrogen gas (H<sub>2</sub>) is the smallest molecule in the universe, about half the size of oxygen. This gives it a higher cellular bioavailability above any other supplement, drug or nutraceutical. Hydrogen can rapidly diffuse deep into all the cells and mitochondria, and easily pass through the blood/brain barrier.



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Understanding The Science  
of Hydrogen Enriched Water

### For More Information Contact:

**Shelley Parris Williams, CNHP**

**Echo Sales Agent (#2372)**

**(813) 501-5311 cell/text**

**Shelley@TheWombSanctuary.com**

**www.Cheers2Hydration.com**

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