

The Hydrogen Method



THE KEY BACK TO YOUTH,
STRENGTH AND HEALTH

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The Hydrogen Method – The key back to youth, strength and health

Foreword:**Why am I writing this book about hydrogen water?**

Very simple: Because I just have to do it!

In the last 17 years, one has sometimes heard more, sometimes less, of "ionized hydrogen water" in German-speaking countries. Mostly in smaller circles of the

"esoteric branch" and has only been "spread" a little more in larger circles in recent years. The internet was of course helpful. So I myself had the pleasure of learning a little more about it through extensive research. The reason wasn't just simple curiosity. no

It was pure desperation!

Despite my young age of 43, I had already reached the “last stage of my life” last year. Anyone who has survived a life-threatening illness will surely know what I mean. I was almost done with my life and even making arrangements for my death! No exaggeration - but really the truth.

After a good 22 years of paraplegia due to an accident and numerous illnesses, countless hospital stays, 6 life-threatening operations, multiple intensive care units, etc... my body was just about to give up. It didn't matter what I had tried anyway. Until then, I had been treated by numerous doctors, also privately at my own expense.

I sought advice from private alternative medicine, where a Japanese doctor even sent me back home with the words, "Unfortunately, I can't do anything for you. It would just be a waste of money.”

So I ended up with so-called "healers". Two different "spiritual healers" promised to be able to heal me in the last 20 years and took endless amounts of money out of my pocket. Or also that of my family in good faith. I have also tried numerous treatments called "Theta Healing" and seen an energetic therapist. Also various other healing treatments such as acupuncture, Reiki, meridian treatment, i.e. several "Chinese alternative healing methods". I also had great hopes in a "healing seminar" by an ancient "shamanic healer" who was flown in especially, who is well known in Peru and who is said to perform true "healing miracles".

Unfortunately everything was more or less unsuccessful. At least in the long run, apart from the brief “placebo effect”. Good faith, a positive attitude towards life and joy always have a special power and can do a lot in body and mind. But basically I was just “dragging” myself from day to day and, in

addition to the difficult everyday conditions with paraplegia in a wheelchair, I also struggled with numerous urinary tract infections, some of which had to be treated in hospital.

Chronic gastritis (inflammation of the stomach) followed, followed by a stomach ulcer, and my spleen suddenly had to be removed, which was attributed to the after-effects of my accident. My life was accompanied by particularly bad blood and liver values with alarming results. My everyday life consisted of a lot of pain, especially in the back area from the 4 crushed, broken vertebrae from the accident and of course a small mountain of medication. Marcoumar, the famous blood thinner, was then put on me for life after a deep pelvic/leg vein thrombosis.

But the worst thing in the last few years was my heart getting weaker and weaker. Due to a birth defect, my heart was already challenged by "twisted veins". Unfortunately, this was particularly burdened by this odyssey of various diseases and symptoms of severe hyperacidity (which I only found out through research on alkaline hydrogen water).

All of my organs are supplied with veins "upside down" from birth. I relate this to the conjecture because my mother sadly lost "my twin sibling" and that's probably how it came about somehow. However. You live with it, no matter what limitations you have.

In the last 4 years I switched almost completely from the typical "pharmaceutical doctor" to self-experiments with dietary supplements. I also got all this information from the Internet. You get smart when nothing else helps and you can hardly sleep from fainting and panic.

Unfortunately, such "nice" comments from the general practitioner do not help either: "You have to go to the hospital immediately, your heart could stop beating at any moment. You might fall asleep and just not wake up."

Of course, the nice doctors in the hospital wanted to operate immediately and use me as a "guinea pig" to use a pacemaker for an anomaly like the one I have.

But of course not on the “routine intervention” that is normally used today. No - it was kindly explained to me that my chest would have to be opened from the front for this operation. The ribs are bent wide to get to my heart and place the electrodes there "on a trial basis". At least they prophesied to me in the hospital that it would be “difficult” and that I would probably be the first patient, at least from the surgeon who was supposed to be.

Long story short - I packed my things and let the ambulance take me home after a week in hospital and a new thick folder with findings. The fact that I now had 5 seconds of heart pauses was proven. That my pulse was mostly below 40, too!

So for the last few years I have lived with further limitations, such as frequent circulatory problems and dizzy spells, and somehow tried to keep everything in a "stable environment" with food supplements in order to be able to cope with everyday life and still maintain something like "a life worth living". to be able to

I drew strength from my relationship and the great love I had for my husband and my dogs. Something like that can of course move “mountains”.

I had been forced into inhuman treatment far too often. Ventilated while fully conscious, where you can feel the thick tube down the throat to the lungs, and drains in the lungs (i.e. long tubes that collect dark red/amber liquid in a bag). Fully conscious and forcibly sucked out the lungs with tubes through the nose leading mucus directly into the lungs. Just like in the filmed biography of Niki Lauda.

I also got punctured in the lungs. That means you sit up straight and get a cannula inserted between your ribs and into your lungs, which also drains fluid from the lungs.

Stomach tubes, colonoscopy, etc...

Quite apart from the serious stress of being hoisted onto the stretcher like a piece of meat with the ambulance and many countless hours of waiting every

time in the emergency room or for follow-up examinations etc.

Therefore, I was simply no longer mentally able to consider this complicated and very dangerous heart surgery for myself with the prospect of being "just a guinea pig". The continuous appointments in the heart outpatient clinic for follow-up care would have become mandatory for life. I just didn't want that.

There comes a point when you just have enough of it all!

Unfortunately, at some point the time had come when my pulse had dropped so far that I could hardly keep up the life-sustaining functions in my body. Despite a whole huge box full of nutritional supplements, all of which should ensure that my heart is strong, my circulation is regulated and I don't suffer another stroke or even cardiac arrest.

I was now dependent on oxygen, which at least made it easier for me to breathe and kept the panic a little "in check". Insomnia, panic attacks were actually a constant issue in my life. Just like pain.

Luckily I was able to get the chronic inflammation of the heart (angina pectoris) under control with a very high dosage of strophanthin (a herbal active ingredient). What is issued as a prescription in rare exceptional cases by very few doctors, since strophanthin was generally pushed off the market in Germany and Austria by pharmaceutical companies and is very expensive to get privately. But painful heart cramps were still often present.

That is my story in short, until the research (which my husband had done for the most part) led me to the topic of "alkaline activated water". Other terms are also "electro-activated basic water" or "hydrogen water". This is how my hydrogen, which I now love dearly, became my very personal "hydrogen miracle". Because now my health is so good that I can still sit here at 1 a.m. full of energy and enthusiastically write down everything. I used to be lying in bed at 7 p.m. and was hardly able to endure the TV unless I was completely bedridden at times anyway.

I had to report this difference! I wanted to share this experience with other people. Because I'm sure that there are still many more people out there who want to grasp at the last "straw", just like it was with me.

Health, well-being, energy – these have become the greatest luxuries for me since I became paraplegic and completely dependent on a wheelchair. And for a few months I have been able to enjoy this great luxury!

WATER

Why you should rather concern yourself with the quality of the water. If you deal with the topic, it is explained quite quickly and comprehensibly. The water content in our body is relatively high and also changes over the course of life. While it is still around 80% to 85% in infants, it drops considerably and is still around 70% in adults. In old age, this proportion decreases even further to around 50%.

The adult human body consists of approximately 100 trillion individual cells with this water content. So we actually consist of a single mountain of cells. And all of these cells have specific functions, which is why our human body works the way it does. You need oxygen to keep your cells alive. Food to provide the cells with what they need to be able to do "their job" for themselves. The higher the quality of this food, the better the cells can work. Cells renew themselves every day and in order to continue to maintain healthy cells, our cells also need vitamins and minerals. The body needs energy and we get it from our food. Carbohydrates and proteins play an important role in this. Just like fatty acids, preferably unsaturated ones from plant sources.

"You are what you eat" is a very good principle - which more and more people are taking to heart and trying to eat lots of healthy, organic vegetables and fruit without additional pesticides and chemicals, preferably still raw and little "processed" in theirs to include a meal plan. The fact that the vitamins and minerals in fruit and vegetables have the highest concentration in the raw state and the fresher these foods are is of course nothing new and understandable for everyone. That is why more and more people are trying to fall back on

"regional organic food". Depending on the season, avoid buying fruit and vegetables from overseas if possible, as more and more vitamins and minerals are lost in the products due to the long transport routes and storage times.

This is exactly why more and more people are turning to dietary supplements to optimally supply the body with vitamins, minerals and vital substances. Everyone wants a vital, healthy and long life. Or not?

A real "dietary supplement boom" has emerged. Superfoods have also become a big topic in our society. Because you are suffering more and more from a lack of energy and from numerous other effects from the "fast food and convenience food industry". In our society, convenience has become indispensable. People have less time to cook for themselves and everyone probably has one or two ready-made products in their freezers and food cupboards. Why not?

The most important thing, however: not only oxygen keeps us alive, which we get from the air through our breathing and food. Our body needs water even more urgently !

One can survive longer without food than without water; which, of course, every school child already understands. The purer, the higher the quality of this water, the better our body cells work. Just as it is with food intake. So, I think it's about time to come up with a new motto: "You are what you drink."

But what about the attitude towards water, which we should consume in sufficient quantities every day and which is essential for survival?

Many people also get their fluids from coffee, energy drinks, soup, lemonade and sometimes from fruit and vegetable juices. Of course there is water in there too. But the most important thing for the human body is pure water!

At the latest when your car breaks down in the desert or you are caught in a situation where you can hardly, or even worse, at all has no access to a source of fluids, the whole body craves nothing but plain, fresh, pure water!

Coffee, energy drinks or lemonades are then probably less in the sense.

That brings me back to the original question: how important is the water we consume every day? - And did you know that it has been a legal requirement in Germany since 2012 to install a house water filter and that a DIN standard was introduced for this purpose?

Although in recent years the recommendation has increasingly been made to at least use "filtered water", and this has even been a legal requirement in Germany since 2012 - (at least for new buildings), this has not really "arrived" with the general public “.

What for? We have plenty of tap water when we just turn on the tap. Very few people give any thought to the quality of the water. (If you haven't already come across the advantages of filtered water or even "alkaline activated water or hydrogen water). You simply trust that the water that comes out of the water tap is "good". But who really checks that in detail? And what does the term "good" actually mean?

This raises the question for me: What is really in our tap water that you simply “drink along with it”? Because even though it has only been a legal obligation for new buildings in Germany since 2012 to use a house water filter with metallic pipes; with the introduction of Din 1988 (DIN standard EN 806) - and here certain "suspended matter filters" were used after the water meter and this recommendation was also generally made for older buildings. – So how is the water quality in Europe really going?

At the same time, another important question arises: Who in Germany has been checking the regular filter changes in new buildings since 2012 and are they really appropriate everywhere?

So many people are not yet really aware that the water that comes out of our water pipes usually only appears clear and clean "optically" . Of course, it is also logical that a lot more gets into our drinking water when you consider the long way our drinking water has to travel from the waterworks or water storage

tank to the house connection and ultimately to the tap.

Sand and rust particles, for example, as well as iron and lime, which are loosened from the pipe walls, are flushed through the pipe network, which is widely branched . But also often heavy metals, pesticides, drug residues and even more disgusting - namely assel excrement contaminates the drinking water that comes from our water pipes.

You can easily research this yourself on the Internet. Of course, the waterworks would prefer it not to be possible to read this information at all. And that is also understandable when, for example, in northern German cities, 30% to 70% of the deposits in the water pipes were found to be assel droppings , instead of "rust deposits" as previously suspected.

So if you watch the jungle camp on TV every year and feel disgusted, you even have it in your water glass every day and drink it with relish - without even being aware of it!

Everyone can calculate for themselves what that means for our human body day after day and what negative effects it ultimately has on our health. As I said: If the drinking water is not properly filtered, our body acts as a filter. Our bladder, kidneys, liver etc...

All this invisible dirt has to go somewhere and is automatically deposited in our body. - Like microplastics! For example, voices were raised after a report by an English researcher caused a sensation; stating that tap water makes people "fat" and is the reason why more and more "big bellies and man boobs" are emerging, even among children. Here, too, the reason given was that this was due to hormones, drug residues and plasticizers , which are in drinking water and land directly in our stomachs from the water pipes. I find that terrifying! Not you?

However, many people pricked up their ears when it came to the topic of “ amalgam ” and flocked to the dentist to replace their amalgam fillings with plastic fillings. Here people were suddenly aware of the negative effects on the

body with heavy metals and wanted to protect themselves from further negative effects!

The water hardness also varies from country to country or federal state and so lime also plays a role.

So if you don't filter the water from the water pipe, our own body acts as a "filter" and thus the body is burdened with "substances" from day to day that shouldn't be there at all.

For example, if you suddenly get severe pain when urinating and then find out after the examination that you have kidney stones; one then asks why this is so? How do these arise and what can I do to prevent this from happening again? An important part of this often lies in the unfiltered water.

Without questioning it, tap water is drunk all over the world. However, it is already known from some countries that it is better to use purified water, i.e. filtered water. Or mineral water. And on vacation in distant countries, people tend to be more careful with drinking water and prefer to use the filled bottles. This "water awareness" works much better there.

Critical information about drinking water in Austria is relatively difficult to obtain. The waterworks in Austria publicly "advertise" that 50% of the drinking water comes from mountain springs and about 50% from the groundwater. There is also a possibility to check the drinking water according to values, listed according to districts, but unfortunately the waterworks nowhere officially point out that the toxic chemical is also used to kill germs and bacteria: Chlorine is used and that the chlorine values used are increased again even during heavy rainfall.

Nor is it pointed out that in the last few meters until the drinking water reaches our drinking glasses, old lead pipes often still play a role. This makes it clear that drinking water, which is advertised as "so healthy", can also put a heavy strain on our body. Many people, especially pregnant women and children, suffer from these high levels of stress.

However, studies have long suspected a connection between frequent cancers and the chlorine in our drinking water.

So if you want to keep your body young, vital, full of energy and healthy, sooner or later there is no way around resorting to the "right" water. And that is a well-purified H₂ water!

So I've tried to make the first important point as clear as possible. Now it goes one step further; to the actual topic: H₂ water. – So: hydrogen water. And preferably basic .

It is not for nothing that around 100 million people around the world drink this water with enthusiasm and conviction.

HYDROGEN

How long has the medical benefit of hydrogen been known?

Actually quite promptly, after the discovery of this element. Hydrogen, "Hydrogenium" in short: "H" in its gaseous form as H₂ was already used successfully by "Tiberio Cavallo" by adding it to the breathing air for hard coughs, asthma and catarrh. The first book was published in 1778.

Unfortunately, this groundbreaking discovery was not researched further until the 21st century. If you want to take a closer look at hydrogen and the studies, I can recommend the Molecular Hydrogen Institute in Utah, USA at the website:

www.molecularhydrogeninstitute.com

There are already a number of videos about it on YouTube.

There are now over 1000 scientific articles on the benefits of H₂ water .

Basic hydrogen water has been examined in numerous studies. Especially in Asia, Eastern Europe and the USA there are many well-founded results and meaningful medical studies. The reason for this is of course that it has been "forgotten" in Europe for a long time and in this country hardly anyone dealt

with it until about 20 years ago.

Here at this point I would like to name only the clinical pictures in alphabetical order , where the best results and effects were achieved with the administration of alkaline H₂ water in oral form and by inhalation. These areas are:

- auto-immune diseases
- obesity
- ulcers
- skin diseases
- cardiovascular diseases
- infections / sepsis
- Cancer/Tissue Growths
- Neurodegenerative Diseases
- Neuromuscular Diseases
- Kidney infection/artificial kidney
- peritoneal dialysis
- stroke
- Metabolic diseases / diabetes
- radiation damage

In over 170 different disease models for humans and animals , it has been shown that hydrogen has a therapeutic effect in practically every organ.

Drinking H₂ water and inhaling H₂ has now become a very successful therapy option and prevention. To me, that's the most meaningful thing I've ever heard! So taking precautions in advance for yourself and the whole family and for your animals is of course always the best way. And the big answer to this precaution

is: H₂ water and preferably alkaline!

Why exactly does H₂ water have such an excellent effect on the human body and also shows extremely positive results in animals and even plants?

H₂ is added to the normal (preferably filtered water) , one speaks of "hydrogen water" also called: "active water" and "electro-activated water".

If you drink enough H₂ water , or alkaline H₂ water , this element makes the water “ more valuable ” and better usable by the body , to put it very simply. The structure of this water treated by H₂ is slightly changed and "finer". There is currently a “ nano booster ” that contains more hydrogen than any mobile hydrogen booster before it. The hydrogen in the filtered water therefore helps the pure water to be better transported in the body and arrives wherever it is urgently needed.

We remember - the quality of the water plays an enormously important role for the body cells in order to optimally maintain all processes in the body.

This can of course be observed very well in small children. They are bursting with energy, vitality and joie de vivre. Here the body did not have so many challenges / burdens. As a result, the body cells have enough energy and strength to keep all the smallest processes running optimally. At least for a while...

The numerous experiences of people who supply their bodies with H₂ water show a multitude of positive results in the body. The main reason for this is that H₂ helps moderate excessive oxidative stress and inflammation, which is one of the biggest causes of any disease.

It works in 3 main groups scientifically explained something like this:

1. molecular hydrogen is able to convert toxic oxygen radicals into water. It's the smallest molecule. Even smaller than oxygen and can penetrate the cells and mitochondria in the fastest way. Better than any other

antioxidant known to date.

2. Hydrogen has a positive effect on cell signaling and metabolism, as well as gene expression.

This is reflected in the body by an anti-inflammatory and anti-allergenic effect and benefits the obesity effect.

3. Hydrogen is able to increase the effectiveness and power of other antioxidants and protective enzymes in the body.

Health, improved training performance, cell protection, anti-aging, energy gain... all this just by drinking the "right water". Namely H₂ water !

le place.

Now I would like to come to another very important point.

ACIDIFICATION

The causes and negative effects of hyperacidi

I was able to experience all the positive effects on my own body. That's why I call the H₂ water my personal hydrogen miracle. It just does something in the body in such a simple, natural way. Simply drink enough alkaline H₂ water and see what is gradually happening in the body. Of course, this also explains the positive effect on our animals when they get to drink this water and the plants are also very happy about it and thrive.

But that's not all! H₂ water is capable of so much more "improving" when in contact with it. More on that in a suitabty:

Why do I keep writing about "alkaline" H₂ water in this book? Because I personally find it very important to emphasize that.

Hyperacidity is certainly a term for most people. However, it is often not recognized from the symptoms that these are usually only caused by acidification of the body. There is a lot of reading about hyperacidity and its negative impact on our human body. Here I would like to report some things

from my own experience and why it is really good to give your body the chance to continuously at least partially neutralize the acids.

- Stress: Many do not even know that stress often causes the greatest hyperacidity.
- The diet, of course. Because hardly anyone eats only vegetables and fruit and perhaps one of the few "neutral" grains.
- Beverages – most of these are “sour” in the body. Worst of all cola and alcohol.
- Water - yes, unfortunately, water from the tap is sometimes "sour", like most mineral waters. There is already a lot of information on the Internet and even illustrated with test drops to show the acidity in a wide variety of waters. Of course, everyone is welcome to check and read about it. It is very important for me to mention this at this point.
- Nicotine/smoking increases acidity.
- To sit! - Yes, unfortunately, too much sitting is also part of it. And that's why I want to write something more about it here:

Acids are discharged from the body a great deal via breathing/ our exhalation. There are even specially developed techniques to optimize this and support the body. Acids are also excreted through the intestines and urine.

Normally, if you exercise well and take a lot of long walks, the acid/base balance works in many cases if you have a reasonably sensible attitude towards nutrition and also include vegetables, salad, etc.

The 10,000 steps recommendation is a good thing here! Unfortunately, not all people can do this, primarily for health reasons, and those who sit a lot at work or spend a lot of time in their free time are already a little weaker in their breathing; like moving a lot. Exercise is super important for detoxification, detoxification, etc. Many functions are affected if you sit too much or are even forced to sit or lie down a lot. And that is unfortunately one of the reasons why I

myself have experienced many symptoms of hyperacidity. My husband also had severe symptoms of hyperacidity and he likes to sit in front of the computer.

Hyperacidity has become a big issue in our society, since almost everyone has something to do with it in their own body. One often tries to counteract this with base powder or I have heard that baking soda is sometimes taken. I don't think that's very "delicious"! And precisely because we all have our "little sins". Smoking, too little exercise, a little alcohol, the ready-made pizza and the good burgers.... A large part of the people is not so consistent. As well as? Even eggs, dairy, soy, etc. belong to the group of "acid-forming" foods.

That's why it's particularly important to me to point out the simplest alternative of all: basic hydrogen water.

It is completely natural and easy to counteract this. There really isn't an easier way. At least that's my personal opinion. Perhaps some people have already discovered another good option for themselves.

But you have to drink water anyway. And if you drink alkaline H₂ water right away, all the better! That's why I particularly recommend alkaline H₂ water to people who, like me, are in a wheelchair due to illness or an accident. Or have hardly any exercise due to signs of aging and all people who otherwise pay less attention to their own acid-base balance.

Now I want to make a list of most of the experiences that many other people have discovered about themselves from drinking H₂ water . This can also be verified by doing your own research. I only list those experiences that I myself, those around me or through research by other people have mentioned so far. It should not be an "absolute promise of salvation", because everyone leads a different life. Everyone has different challenges. Every person has their own way of life. So of course you can't make promises with an "official seal". I just want to show how diverse the individual experiences of people who have tried

and regularly drink H₂ water are . Of course with tried and tested devices for H₂ water production and not just any cheap replicas. If you want to do something good for yourself and your body, the right device is of course the most important thing! But more on that later.

EXPERIENCE

Experiences from drinking H₂ water:

- There could be a strong increase in energy and greatly improve fatigue.
- It could greatly improve the metabolism or stimulate the metabolism and thus make it easier to lose weight and counteract obesity.
- The circulation could be stimulated.
- Better digestion could set in very quickly.
- Tension in the abdomen could suddenly disappear.
- It could alleviate severe heartburn and greatly reduce its frequency.
- Hemorrhoids could suddenly go back and the tissue could regenerate and be strengthened completely.
- Kidney problems could go back.
- Infections could suddenly recede, although they were previously chronic.
- Water retention may be improved (especially with medication).
- Gastric mucosa could build up again and stomach and intestinal problems could be alleviated or even completely eliminated.
- Gluten tolerance could return or improve significantly.
- Different types of allergies may improve or even go away completely.
- Chronic headaches could go away.

- It could relieve urinary tract infections and reduce the frequency greatly.
- Teeth could suddenly become less sensitive and minor inflammations could go away.
- Feeling hungry could be reduced a bit.
- It could alleviate and counteract neurodermatitis.
- Psoriasis could be reduced and even make the skin nice and smooth and soft.
- It could alleviate or eliminate acne on the face and back.
- Positive effect on the psyche: It could have a positive effect on depression.

This list of experiences just from drinking pure alkaline H₂ water is just a small excerpt. It is intended to show that it has such a diverse effect on the body and improves so many processes in the body so incredibly that everyone now understands better how valuable this H₂ water is for us humans, animals and even plants.

Namely, some people really like using the H₂ water to water their plants and have gotten amazing results. Already very withered branches suddenly sprouted again. Full of power and life. So one or the other "already written off" plant recovered. Personally, I found it so great to experience that even plants full of new life energy wanted to continue their life and diligently sprouted again after the administration of H₂ water .

Back to topic:

I would like to shed more light on the following experiences and go into more detail:

Improving digestion is an important topic and one that is close to my heart.

Hydrogen that gets through the mouth into the oral cavity, runs through the esophagus into the stomach and is then transported further through the intestines, the blood and the kidneys naturally has an extraordinary effect in all these areas. Wherever hydrogen goes immediately and directly, there are exceptionally good experiences and results. This is also reflected in the intestine.

Not only that the detoxification function of the detoxification organs can be influenced extremely well and as a result amazing experiences happen. The digestion is really optimal and very, very good. Intestinal health should be important to all of us, because this is where the majority of our immune system is located. This is exactly why a great improvement in the immune system can be achieved automatically. It is also extremely important that there are enough “good bacteria” in the intestines.

I myself have been to the emergency room once for a bowel obstruction and had emergency surgery. A lot of people weren't as lucky there in the infirmary as I was - and lost parts of their intestines in such an emergency situation. For these people life was suddenly not what it used to be. Many people suffer from a feeling of pressure in the abdomen, abdominal pain, indigestion, have to resort to laxatives or help themselves with natural remedies: such as flaxseed, natural yoghurt, pickled plums, maybe. Diet and lack of exercise are sometimes the cause, but of course not always.

You also get antibiotics very often prescribed by the doctor and then have to “rebuild” the intestines again. Everyone knows that for sure.

So I would like to pause here and drastically emphasize this point again. Drinking H₂ water can significantly improve intestinal health. It can have such a positive effect that one is surprised at how suddenly "better" this rather unpleasant session can become.

I myself had considerable problems with it due to the paraplegia. Even earlier as a young person, caused by the hunger madness. Today, of course, this is due to illness, since paraplegia also “paralyzes” the intestines. For every paraplegic

person, this is a very big adjustment and a challenge to deal with. I'm being completely honest here and I don't shy away from deepening this rather unpleasant topic " for your sake" . With H₂ water , the intestines and the intestinal mucosa can be completely rebuilt and also remain continuously at the best health level. The amount of time that would otherwise be needed can be significantly reduced. Old incrustations from the intestines also dissolve , which is very important to me to mention here.

Many people only need to go to spas for intestinal problems and there are many treatments for the intestines. All of this is probably no longer necessary with H₂ water . The intestinal health has been confirmed in an extraordinarily large number of field reports and I can also confirm with full conviction that you can get a significant improvement here! Same with hemorrhoids.

I would also like to delve deeper into the topic of urinary tract infections.

People with paraplegia in particular usually suffer from chronic urinary tract infections. You even notice that immediately after the accident in the hospital. The urine has to be constantly checked for bacteria and antibiotics are inundated. There is a never-ending cycle of urinary tract infections, and in women, vaginal thrush as a side effect, and the bowel function suffers significantly as a result. The kidneys can be very seriously damaged by the constantly recurring urinary tract infections and it must be checked again and again whether there are already problems here. It's like the intestines: very many paraplegics get an intestinal obstruction every few years!

This is due to the fact that in the case of paraplegia, as already discussed in connection with the topic "intestines", other areas are also "paralyzed", which is not the least thing to think about. You are only confronted with it when you experience it yourself or hear it from your family/circle of acquaintances. Paraplegic people have to empty their bladder differently . A catheter is often used for this purpose. I myself had serious problems with it and was treated several times by doctors and even spent a week in the hospital because it became a very complicated urinary tract infection.

A “bladder contraction” also happened to me and after careful consideration, I had a very complicated surgical procedure performed in the first few years as a paraplegic person, where an “enlargement using a piece of my own intestine” was achieved on the bladder. Countless numbers of people with spinal cord injuries are desperately looking for a solution to this vicious circle with their bladder problem.

Here I can only report from myself that the combination of drinking alkaline H₂ water and H₂ inhalation helped me tremendously. The urine also looks healthier and smells better. I haven't had any more problems with it and I'm eternally grateful.

The H₂ inhaler:

So far I have only reported on drinking H₂ water . But since there is not only the possibility of bringing H₂ into the body by drinking, but also by breathing, I would like to report something about the H₂ inhaler at this point .

Of course, I own a particularly good H₂ inhaler myself, which I use for at least an hour every morning after waking up. The prospect of getting hydrogen into my body through breathing made me very curious and I was surprised at how great this feeling can actually be.

Imagine breathing in the freshest, purest air you have ever experienced. As if you were standing right in front of a huge waterfall and breathed in enthusiastically with all around lush green and blue sky with the brightest sun.

That's kind of how I feel when I just wake up and breathe in that fresh H₂ gas. It is made from the purest, double-distilled water. Actually, the word gas is completely out of place here and is just the technical expression. I would describe it better as "crazy, fresh, purest air".

There is also the possibility to inhale the purest oxygen at the same time with a connecting piece. This is the healthiest form of oxygen administration. You don't have to have a health condition to use H₂ through breathing. Breathing in this freshness is just a lot of fun and above all: super fit! I haven't been this

energetic, mentally wide awake and physically strong and resilient for about 23 years. Just when I was young, when I could get up in the morning and dance in the disco until late at night until sunrise.

For me, that is the experience with my H2 inhaler . Of course there are also particularly good recommendations from doctors for the very worst diseases and can also achieve immense success and great results here.

From a medical point of view, my lung problem, which I had been dealing with anxiously for a good two years, has completely disappeared in my case. I was able to H2 my body ahead of time, ie before I was using H2 water and H2 inhaler supplied , unfortunately hardly lie flat. Again and again I had to start coughing immediately and found it very difficult to breathe. My lungs kept filling up with water and it was really giving me problems and scaring me a lot. Because I don't think there is a worse feeling than suffocating. Unfortunately, lung training with certain lung trainers also failed here.

I already wrote a bit about my medical history in the foreword and as soon as I started using the H2 inhaler I never needed my oxygen device again. Suffocating the great panic was like blown away. Such a peaceful atmosphere is created, because this pleasantly quiet "gurgling" water noise from the operation of the inhaler really gives me a great calm and peaceful feeling.

And the effect is enormous. At least in my case. My circulatory problems got better and better and gradually I got so much energy, strength and stamina that I am again able to spend the whole day in a wheelchair and to fulfill my day with meaningful tasks.

My sleep also improved. Years of struggling to get enough sleep, with constant anxiety and feeling like I can't breathe, has been a major contributor to deep bedtime anxiety. Numerous medically prescribed sleeping pills, tranquilizer drops, homeopathic products, etc. have now become superfluous in my life. At least until I get a pretty big mental problem. Then I very rarely resort to something from homeopathy.

Of course, there are not only wonderful results from me alone, which has developed in people's bodies. Even my husband, who has no lung problems or other illnesses, finds breathing pure H₂ to be extremely pleasant, refreshing and relaxing at the same time. He is an avid smoker and unfortunately will remain so for a long time to come. Here he himself noticed a good effect that he was suddenly able to cough up some phlegm and it showed a kind of "cleansing effect on the lungs". He likes to breathe it - just not quite as regularly as I do. So if you are looking for a simple and good way to "pep up" your body so that it is really fresh, fit, powerful and full of energy, you have found the most natural answer here . Even an excellent ability to concentrate and mental fitness to the absolute maximum could easily be achieved with it. This should be of particular interest to business people, I think. Or people who have moderately extremely high workloads and have to cope with extraordinary challenges. That also reminds me of young motherhood. Which family is not extremely overwhelmed in the first few months and has to deal with a severe lack of sleep and is looking for an ultimate tip to still get the most out of a tired body?

From the "medical side", the H₂ inhaler is often recommended for lung problems and also to support cancer therapy. Chemotherapy and radiation are extremely stressful on the body. Here in this area, the H₂ inhaler could be a real gift. Everyone is welcome to look at the many international studies and form their own opinion.

Even now, at the time of Corona, there were particularly outstanding successes to report in hospitals in Japan where H₂ inhalers were used medically. I read that myself just a few weeks ago and was very grateful that I always have this H₂ inhaler to hand in an emergency.

Now I will show you the list in connection with the H₂ inhaler.

INHALER & H2 WATER

Some experiences in connection with H2 water and H2 inhaler :
(Which is already being used successfully in some countries as H2 therapy in emergency and intensive care medicine.)

- It could improve cardiovascular disease immensely.
- It could greatly improve metabolic diseases.
- It could counteract/improve diabetes very positively.
- The sleep could be improved very well - shorter falling asleep times, more relaxation with difficulties falling asleep when the thoughts are circling.
- Heavy sweating could be alleviated or even disappear.
- Acute nausea could improve immediately.
- It could greatly increase physical endurance.
- The body's own wound healing could be greatly improved.
- It could regenerate the lungs and greatly improve lung function.
- It might be particularly good at improving breathing and allowing for deeper breathing.
- It could improve asthma tremendously.
- It could dry up water in the lungs.
- It could significantly reduce phlegm in the lungs, making it much easier to expectorate.
- It could have a very positive effect on allergies.
- It could alleviate headaches and improve headache frequency.
- It could reduce and improve migraine attacks.

- It could positively improve blood counts, also increase cholesterol levels and glucose tolerance.
- It could counteract and improve tension.
- Severe arthritis pain could improve significantly, making longer walks and climbing stairs possible again.
- Inflammation in the body could be greatly reduced.
- It could increase the ability to concentrate enormously.
- It could promote mental fitness or clear thinking.
- It could greatly increase the ability to learn, e.g
- It could very well affect brain functions.
- It could reduce the after-effects of a stroke and promote faster recovery and better mobility.
- It could positively influence behavioral problems.
- It could promote mental balance and good mood.
- As a precaution, it could prevent burnout or alleviate the consequences of this illness more quickly.
- It could greatly alleviate and heal various skin problems.
- It could show excellent effect on movement disorders.
- It could relieve anxiety and exert a calming effect.
- It could improve tension in the jaw area.
- It could affect autistic behavioral disorders very positively.
- It could have a positive effect on depression.
- An enormous improvement could be achieved in optical areas such as

wrinkle depth and cellulite/cellulite.

At this point I would like to refer once again to the already 170 different forms of diseases in humans and animals, where there are now excellent therapeutic results! (*According to the Molecular Hydrogen Institute in Utah, USA*).

LACK OF ENERGY

In the course of this, the topic of coffee and energy drinks fits very well. I myself love that one big cup of coffee after getting up. I used to never like drinking coffee. But due to the constant lack of energy, I was finally forced to find ways and means to somehow get "a little high" . I was also recommended not just once, but often to drink a glass of sparkling wine to stimulate circulation and maybe increase my heartbeat.

Unfortunately, of course, that didn't really work. Actually, it just put a lot more strain on my system. But now that I'm doing really well, I can really enjoy the hot coffee in the morning. But that's how it stays. Because for my energy level I would actually no longer need coffee. It's just the taste and routine that I enjoy while chatting with my husband about new things in the world.

Many people probably don't know any other way than to keep their energy level reasonably high and drink one coffee after the other. Energy drinks are also the order of the day for many. Like my sister, for example. In fact, she's become so used to these energy drinks that she gets withdrawal symptoms whenever she tries to stay away from them. No joke!

Many people already know what negative effects the constant drinking of coffee, cola, energy drinks with a lot of caffeine and chemical agents have on the body, but they don't know a way out. Or rather not a really good alternative! Not to mention the severe acidosis caused by excessive consumption of these caffeine bombs. Heart palpitations are accepted, circulatory problems, dizzy spells, hot flashes due to the constant curve of insulin release and much more...

It has also been known for a long time that coffee & co is a mineral killer for the body. Dehydration has also happened many times.

But now there is a very simple, natural and effective way to replace these beverages. If not immediately, then automatically gradually, because a completely natural process is set in motion by the body anyway, so that it gets "gusto", i.e. a great desire for the refreshing, clear, pure H₂ water and thus automatically increases the energy level, because all possible processes in the body are suddenly simplified and you can become really awake, fit, full of energy, resilient and powerful through the H₂ water. That is why the body and the mind no longer “ need ” these unhealthy “ wrong fitness makers” and the urge to do so becomes less and less. Totally automatic and totally natural!

THE TASTE

So let's get to the taste of H₂ water and the different "strengths":

Of course, you really have to taste this H₂ water yourself and form your own opinion. But I've never read and heard so many times doing research that just about everyone says exactly the same thing enthusiastically. I too can confirm this with full conviction. The H₂ water simply tastes "different". Fresher, purer, runs down the throat more easily. You automatically drink a lot more than you've ever drunk water before. Be it from the water pipe or bottled mineral water. The body simply gets the urge for it automatically and completely naturally. The urge for more of this delicious water. And that's really no exaggeration. My husband has never drunk tap water in his life . Only extremely rarely when absolutely compelled to do so. He was taught by his mother from an early age: "You get fleas in your stomach from tap water". So only mineral water with sparkling carbonic acid was consumed by him. It is expensive and the constant carrying of water is also very annoying. But he never wanted to drink "still" regular water.

some point in the last few years, I myself also developed a real aversion to normal tap water, as I always had the feeling that as soon as I started to drink with my lips, I was met with an unpleasant slight “chlorine smell”. After some research it was confirmed. There are often traces of chlorine in the tap water,

which is always praised as "good" by the communities.

So I switched to mineral water myself, and before the H₂ water I had only consumed still mineral water because I already knew about the negative effects of carbonic acid in the water and didn't want to burden myself any more than I already did.

Until the day when, full of anticipation, I was finally able to taste the H₂ water after my husband installed it under the sink.

"H₂ water tastes pure, mild, clear, soft, round and tasty". Are some descriptions that have reached me.

- "As clear and pure as from a fresh mountain spring!"
- "It tastes fresh and cool."
- "It tastes soft, pleasant, very good and refreshing."

This is of course a subjective feeling. But it reflects that the H₂ water is actually perceived by the body as very good and refreshing and the body simply knows that it is getting and absorbing the best water that is currently possible in the world!

DEVICE JUNGLE

So now I have reported on my own "electro-activated water". But of course there is much more to tell about it. There are of course many electronically operated hydrogen ionizers on the market and it is difficult to compare the different manufacturers.

A lot is also promised about such devices with dubious "tea bag tests", which I personally do not find very serious and meaningful. After all, EVERY device that produces H₂ water will ultimately be able to loosen particles from the tea. It doesn't matter if the device has been tested elsewhere and is really of good quality, so I can now be sure that I'm getting the best device for my health.

So I was completely overwhelmed with the purchase decision. I didn't really find as much information as I would have liked from the different providers.

Even the often only 2-year guarantee of super expensive devices did not inspire so much confidence in me. There was no shop near me where I could have bought it and gotten personal advice. Also, it would simply not have been physically possible for me to leave the house, because I was already feeling far too bad, as I explained in detail in the foreword.

I discovered a Swiss provider via Google, or my husband, who actively supported me in the intensive search for a suitable device. But I didn't think there was really enough information. Because I wanted to know a lot more about the performance, i.e. the concentration of H₂ that should be brought into the purified water. Also more about the commissioning and the installation options etc...

Then there was another company that charged three times the price for their devices, where only one representative came by and the horrendous price therefore became logical. I also didn't like the fact that such a device could only be connected to the tap in the kitchen. Because I love my faucet with the pull-out hose for cleaning the sink and larger pots etc. Again, despite the horrendous triple price: NO exact values for how much H₂ could be produced!

Then I joined the company where I could finally relax because I could really find ALL the information right away. Numerous YouTube videos embedded in the website. So everything was explained down to the smallest detail of the device and the installation, etc. There was also a table of the individual devices with a direct comparison. It was a dream! I arrived immediately at my dealer, whom I could place my full trust in. The fact that I got a many-year guarantee on the device there reassured me a lot, as did the possibility of having the device repaired later if it was necessary.

Because those were exactly my points, which I really wanted to pay attention to:

- The information about the device itself.
- How long warranty period?

- What happens after the guarantee? Where is it repaired if necessary?
- Can I still get the replacement filters?

The replacement filters were also no problem to continue to get there and I just felt good all around and was really looking forward to my device.

I didn't really have much hope that much would change physically. It was only important to me to try out at least one more possibility to gain at least halfway some energy through such a living H₂ water.

So the expectations were very low and I just let it come to me. I also decided on the H₂ inhaler because I had discovered through a long search that it is currently the most powerful device on the market in German-speaking countries and that I could set different strengths there.

The possibility of getting oxygen at the same time as H₂ also seemed sensible to me, since up until then I had to obtain oxygen myself through my oxygen compressor.

Here, too, an extended guarantee was automatically included. But what excited me the most about it was the free gift pack that came with the inhaler. I had absolutely nothing left to lose. As already reported - I was in the very last phase of my life and that at the young age of 43! That's why I wanted to have every recommended product from the start so that I could take every opportunity to get H₂ into my body in high concentrations all around.

I'm really trying to put all the facts down here and I'm not exaggerating. It really was like that and that's why I'm all the more surprised, extremely amazed and overjoyed that I made this decision and gave the products a chance!

So while I was waiting for my delivery, the topic of hydrogen and its healing effects and the individual products was of course often on my mind. I saw a good video by the H₂ researcher Mr. Karl Heinz Asenbaum, who had dealt a lot with the subject of hydrogen water and had already published numerous videos on YouTube about it. Also a very good video to provide information on how to recognize a good device and what to look out for when buying it.

Because especially with the mobile boosters, it was almost impossible to find out what to look out for here. The number of providers on Amazon and Ebay was simply far too many, the prices were extremely undercut and it didn't seem conclusive to me that quality or even effect could be expected with such a device.

In any case, I got the good tip to put the water in the booster and add a little salt. Then put it into operation according to the instructions and sniff it immediately after opening to see if there is a perceptible smell of chlorine. Just like everyone knows from the swimming pool.

Well, long story short... The order from the Aquacentrum in Munich was delivered in a few days with DHL and consisted of two large packages. One with the electronic water ionizer that went under the sink as an under counter ionizer. There was a separate operating tap here, which was actually quite elegant and shapely, which also had its place on the sink. And of course the H₂ inhaler and the mobile booster, which I got as a gift.

So I was completely supplied with hydrogen all around with the intake and was able to drink the water in peace and try out what I could perceive in my body. As I said: I had hardly any hope and no great expectations of "great" effects. You're always skeptical at first. That's the way people are.

I always used the H₂ booster with the purified, basic hydrogen water from the electric ionizer and activated the device. The duration is 10 minutes and then comes a beep, letting you know that the device is ready and the water should now be drunk as soon as possible, as the hydrogen unfortunately fizzes out very quickly. But the amount is great for a 300ml glass in one go and always flowed down your throat really fresh and delicious.

Drinking water really has never been so easy! You can really tell that your body likes it. My booster has a hydrogen content of about 5 ppm immediately after completion. This is a "common" measurement method to determine how much hydrogen is actually contained in the water. And it doesn't make sense to leave it there for long, since you want to get the hydrogen into your body. So I always

made sure to drink the water immediately after it was finished.

So I use the booster twice a day and I always drank the rest of the water from the hydrogen ionizer. So super cleaned by the great filter in the device and just alkaline at the level intended for it.

I placed the H₂ inhaler next to my bed on a small trolley like those used for large plant pots . So I could slowly start to breathe in the H₂ "gas", which actually doesn't really deserve that name, in the morning and evening for 10 minutes through the supplied nasal tube. It also holds very well if you put it behind your ears and pull it up a little at the front so that nothing slips. And then just relax and breathe, breathe, breathe...

I automatically took a deep breath and was totally excited right away. It was much more comfortable than I was used to from the oxygen compressor. And I also liked the lovely bubbling sound immediately. Very pleasant, relaxing and quiet.

I then increased this from day to day until my body got used to it, since it first had to deal with the new element H₂, with completely new energy.

Today I just breathe in the pure hydrogen for about 1.5 hours in the morning, right after waking up. It has become my morning ritual alongside drinking plenty of alkaline H₂ water on an empty stomach.

You don't need this long duration. But I just love this fresh feeling and enjoy it so much. That's why I treat myself to it and take the time for it. I can no longer do this in the evening because it releases too much energy in my body. That's why I tried to explain that this could be very interesting and wanted for many people.

I drink about 2 liters of alkaline hydrogen water a day. Actually often more. Because you just want to drink so much of it. It's really peculiar. :-)

I also ordered a filter for the skin in the shower and my husband installed it right in front of the shower hose. Somehow I was no longer so comfortable with the thought that even the largest organ in my body must continue to be

burdened with chlorine residues, heavy metals and isopod excrement and drug residues. Funnily enough, you really notice it straight away, the difference in taking a shower with a shower filter that cleans the water. The water appears "softer" on the skin. At least that's how I feel. My husband likes it better too. He always struggled with itchy skin after showering. This is no longer the case.

I stayed in contact with the owner of the Aquacentrum because he had sent me many other useful links and is also very committed to and concerned with Germanic medicine.

And in the course of this further communication, where I repeatedly reported enthusiastically about my successes, he told me about a newly developed device called the H2-Rocket.

At first I wasn't interested at all, since I was already well supplied with all the products. But then at some point I looked at the website again and saw a picture of the possibility of being able to easily connect such a device with basic hydrogen water in the bathroom using a 3-way tap.

I immediately liked this faucet which is made entirely of stainless steel and no metals like chrome from the faucet or other metals would leach into the water you drink from it. I also liked the video where you could see right away that the H2 water from the H2 Rocket bubbles a lot more than I had previously experienced with the devices I already had at home. So I asked myself whether I should "upgrade" with the H2 water when I had the opportunity . I liked the idea of being able to wash my hands with it in the bathroom, my face, brush my teeth with it, etc... It was also now possible to wash my hair.

With my newly won energy, the sense of well-being, the newly activated spirits, I had already become a completely new, revived person. With an absolute life energy and complete conviction of H2 water .

That's why I annoyed my husband for so long that after a long time of persuasion he finally agreed. This really wasn't an easy undertaking because I really had every reason to be content with what I already had. But somehow the thought wouldn't let go of me and the urge to have this H2 - Rocket as well just

won. I also had the certainty and certainty that it would only mean another advantage. Most for skin by hand washing, and face etc...

The thought of trying this completely different H₂ water , i.e. being able to drink it, was also enriching, since you could already see these strong H₂ bubbles rising in the video. I was also enthusiastic about the overall production, because the H₂-Rocket works completely without electricity.

I was very excited and curious about this. The housing of the H₂ I found Rocket very appealing and I chose a nice spot above the heater where it would fit best. In white, which was also great. It is available in different colors and also in different designs.

Once the H₂ Rocket was installed by my husband, I wanted to taste the H₂ water . It really was like what I had seen in the video before. It was really beading and fizzing when it hit my mouth and I swallowed it. Wow, that's what I thought! It really is totally different!

I was really happy. My husband was also very enthusiastic. Because it reminded him much more of “his mineral water”, with carbonic acid. You immediately had the feeling that this H₂ water was even more wholesome. The values speak for themselves, because the scope of delivery includes the test drops that measure and document the strength of the H₂ content. Other test drops to check the level of the basic range were also provided. From the taste and also from the optics due to the really strong rising pearls, you could already see the huge difference. But getting it backed up by the tests was impressive, I thought.

Now we also drink this super strong, sparkling, hissing H₂ water every day. I received the offer from the Aquacentrum to return the electric water ionizer from the kitchen to him. But I didn't want that! I now love the great luxury of being able to have the H₂ water everywhere , because each of them has found its own use and I am absolutely satisfied and completely enthusiastic about it!

Full of joy, I have now discovered absolutely great results on my skin with the H₂-Rocket. And I have to say, it almost leaves me speechless! That's what I was hoping for... But if you can really observe it in yourself, it's just something

completely different.

I've always washed my face, neck and décolleté with H₂ water from the extremely powerful H₂ Rocket. I always found that so funny because it makes my skin tingle so easily. So you can see the hydrogen working in the skin directly! After that I dried myself like everyone else and applied a good organic face cream containing retinol. I didn't do anything like I used to in all the years before. Washed, dried and applied my favorite cream. But suddenly I noticed how the depth of the wrinkles decreased. At first I thought I was imagining it and then asked my husband. He smiled at me and said: "Yes, your skin looks better, somehow more radiant." I also noticed that the pores had become more refined. Before, I was always very dissatisfied with my large pores on my nose. The overall appearance of my skin had suddenly really improved and I wanted to keep monitoring it.

Suddenly it was not only beneficial for my health, my well-being, my incredible energy level, but really also for my skin and therefore my vanity, which probably never completely disappears in a woman over 40, but rather increases with age, as I found out about myself.

That there are myriad benefits to the human body from adding H₂ to your body is probably undisputed. But not only from the inside with the intake of H₂ through drinking water or inhaling H₂. But just as well by washing and wetting the H₂ water directly on the skin. The higher the concentration of H₂, the better the effect and the faster it becomes visible. That's exactly why I like to call it my hydrogen method - the key back to youth, strength and health!

With the newly developed nano booster, you really have a very effective device if you can't (yet) afford an H₂ rocket like the one I have in the bathroom. It is of course much more convenient to clean, dry and apply lotion to the face in the normal course of hygiene. But I have to admit that I am now using the Nano Booster extra for this more and more often! Because, as already mentioned, the more hydrogen is added to the water, the greater the effect inside and outside!

THE HYDROGEN METHOD

In order to show my very personal hydrogen method - with what I consider to be the "best" devices at the moment , I would also like to write a little more about the individual devices and their advantages.

The mobile variant to get the strongest concentration of H₂.

FIRST:

The mobile variant to get the strongest concentration of H₂.

The nano booster from the brand Aquavolta.®



(Image source: My H₂-Nano Booster on the dining table)

The mobile H₂ Nano Booster is currently the most powerful device on the market and is powered by a built-in rechargeable battery. It is an absolute top device and is the first device to even have the GS mark. So: tested safety. I think that among all the many "fake" products, it's a good thing that the Aquavolta® brand continues to focus on the best possible quality. Because the GS mark can hardly be found on an electronic device anymore and must meet strict criteria in order to receive this mark.

Here with the H₂ Nano Booster , an H₂ concentration of approx. 5ppm is reached after 10 minutes. Wonderfully suitable for on the go, travel, business

trips, for sports and fitness, etc.

Particularly well suited to get energy quickly and to supply the body with the highest possible H₂ water. Also for beauty applications on the face simply ingenious due to the absolutely highest possible limit of hydrogen.

Cleansing the skin on the face, neck, décolleté and subsequent care can achieve an anti-aging effect that has never been achieved before. Every cream has a stronger effect due to H₂, to smuggle the active ingredients much deeper into the skin.

Many people use so-called "dermo-rollers", which have the effect of smuggling subsequent creams deep into the skin through tiny micro-injuries to the skin. Personally, I find it much more effective in such a natural and, above all, "automatic" way in the form of a normal washing ritual. There is also no risk of reddening or small inflammations from the fine needles of such "Dermo-Rollers". If you consider how finely the nerves run along our facial skin and how sensitive they actually are, a new way might be a good idea here.

The anti-aging effect that such a highly concentrated H₂ water can have for the skin alone is just great. For inside and for outside. Many devices and many applications could be eliminated just by cleaning the skin with the highly concentrated nano-H₂ water. A huge time saver. I now also have devices at home that I no longer need. For example, an ultrasonic combination device. It's now completely redundant for me.

SECONDLY:

The permanently installed device H₂-Rocket with 3-way stainless steel tap from the brand Aquavolta.®

There is currently no better device on the market for permanent installation than the H₂-Rocket from Aquacentrum with the 3-way water tap made entirely of stainless steel, where metal, chrome, etc. cannot come off. The H₂ content here is of course unbeatable for a "flow device" connected directly to the tap with

values of at least 1.7 ppm, which many enthusiastic owners even sometimes surpass in self-tests. There have even been reports of H₂ levels above 2.2 ppm, up to an unbeatable 3 ppm.

The H₂-Rocket can be mounted anywhere on a cold water line with very little effort. No matter whether in the kitchen or in the bathroom. Either under the sink in the kitchen cupboard or in the bathroom. Also above the wall this is no problem and looks nice as I mounted it in my bathroom. With the 3-way stainless steel tap, it is very easy to take the H₂ water from the H₂ Rocket with the separate lever on the left.



(Image source: my bathroom)

Since the device does not require much space and works without a power connection, the mounting location is very flexible.

I particularly like the new table-top version with a direct tap. You can place the device on the kitchen worktop and fill the H₂ water directly from the H₂ Rocket into the glasses and bottles. A super visual eye-catcher!

The possibility of setting up or hanging up a basic H₂ generator in the kitchen or bathroom without electricity is unique and was developed by Dipl. Ing Yasin Akgün in Munich/Garching.

The product name H₂-Rocket is quite accurate when you consider the very highest H₂ concentration with values of up to approx. 3 ppm - according to measurements by customers. Therefore, the H₂-Rocket is actually a purchase for life, since it is not so vulnerable to electronics.

The taste of H₂ water is something very special and honestly you really have to try it yourself because you can't even imagine it beforehand; this sparkling freshness!

My husband always says, "I love this rocket water" and smiles at me. For me, that's the best thing of all, because I was really worried beforehand that he'd drink it too. In the meantime even the most common, although we also have the opportunity in the kitchen.

The filter also contains extra semi-precious stones (tourmalines) to further enhance the H₂ water and to generate a higher mineral content. I think this development is unique and really fantastic.

THIRD:
The H2 inhaler Aquavolta® Nafion 117.



(Image source: My Hydrogen Inhaler)

This is currently the most powerful H2 inhaler with the available H2 yield of up to 300 ml per minute. 3-stage adjustable and even with the function to mix oxygen.

I love inhaling this gentle freshness. You can just do it casually. For example, while sitting at the desk and working. Or while watching TV or ironing. You can just breathe in the pure H2 gas (you know, I don't really like that word because it gives you the wrong impression) whenever you need a boost.

Why don't I primarily recommend an electric water ionizer in my hydrogen method, like the one I have and use myself?

Quite simply: because it is not necessary!

1. It is simply not necessary to spend at least a third more money. Because most electrically operated water ionizers with decent quality and performance cost at least a third more than the aforementioned H2-Rocket without electricity. Only then does it make sense to buy a high-quality product for yourself and your health - after all, you want success for yourself!
2. Why should one buy an electrical device for the treatment of water into H2 water when it can be done without electricity?
3. Because with the H2-Rocket you are independent, whether you prefer to have the H2 water in the kitchen or in the bathroom .
4. Because there is no longer any need to drill a complicated hole in the sink or worktop.
5. Because it is so practical not to need a second tap where the H2 water is taken, but simply to use the supplied 3-way stainless steel tap.
6. Not everyone has the opportunity to use an electrically powered device, as there is no socket nearby.
7. And here we come to the last two points, which are the most powerful for me: The taste of the water is many times better than that of the electric water ionizer! The experience, the feeling when drinking is also completely different. This is simply unbeatable! It is by far the best H2 Rocket water that my husband and I have had in our entire lives. This has also been confirmed by all other users so far and you can also read about it on www.aquacentrum.de .
8. But the absolutely most important point: The hydrogen content of the H2-Rocket is unsurpassed in a permanently installed device. More is simply not possible with a flow device at the current level of development than is currently offered by the H2-Rocket . So the concentration of H2 in the

water is considerably higher than would ever be possible with an electrically operated device, which only generates hydrogen through electrodes inside the device.

Personally, with the test drops, I hardly reached a higher H₂ content in the water than 0.6 ppm with a normal jet. So this is significantly lower than the H₂ Rocket with at least 1.7 ppm. And for me that is the most important reason why I can wholeheartedly recommend the H₂-Rocket for my hydrogen method in the area of "drinking alkaline H₂ water".

Of course I can generally recommend the electronic water ionizer Exquisite/Elegance. It is a super good device and currently the most modern on the market. There are an incredible number of different electronic water ionizers on the market and I myself had the biggest hurdles from this jungle to find a really good device that offers me the best quality for my money. But with an electronic water ionizer, it also depends a lot on how the output water from the water pipe is. And how thick the water jet is selected, which then comes out of the separate control tap.

that's just not the case with my favorite, the H₂-Rocket. So if you are still interested in an electronic device and do not mind the disadvantages that the electronic device offers compared to the H₂-Rocket, I can definitely recommend the device, which I also use in my kitchen.

I find it very practical to be able to use only pure, double-filtered water and wash all the food with it. For tea or coffee, I use the "alkaline H₂ water" from the Exquisite because it is easier to digest and counteracts acidification. In addition, these drinks taste much better to me. Of course, I only use this double-filtered water for cooking and mostly even the alkaline H₂ water for sauces and soups, etc. Potatoes and rice, for example, are ready faster. It's very practical and gives me a good feeling because I know that I only have completely pure water when I'm cooking in the kitchen. For me, it makes a lot of sense to use such a device in the kitchen, as well as the powerful H₂ Rocket in my bathroom for daily morning and evening hygiene, as well as mostly for drinking. The

filter is super easy to remove and the operation of the Elegance tap is also very simple.

Maybe, like me, you want to exhaust all possibilities and then it doesn't matter that you use a second device.

Aquavolta:® brand electric H2 ionizer

Exquisite 2.0 undercounter/countertop ionizer with Elegance control tap.





(Image source: My kitchen from the sink and below)

REDOX POTENTIAL / ORP

Here I would like to add something on the subject of "redox potential measurement": (abbreviation of this is ORP value).

In my search for a really reasonable, high-quality electronic water ionizer, I came across the term: redox potential very often.

I couldn't really do anything with this term, although almost every company used this term for the products offered in order to advertise them - but usually without providing much further information about the device. I already told you that in my story.

So I had to look up what it actually was. And so I found out that this term refers to a measured value that can provide information about the oxidation or reduction behavior of water.

The redox potential is always given in millivolts. The lower this measured value is, the “stronger” the antioxidant ability of the measured water appears to be, or its willingness to release electrons, i.e. energy. But that does not mean that water with a negative redox potential actually does that.

The health value of water, which mainly depends on the dissolved hydrogen, should therefore not be read from the redox value.

However, many suppliers of hydrogen devices do exactly this and are misleading, either intentionally or out of ignorance. At least that's the attempt by the sellers to sell their devices as "high quality". But if you deal with the topic a little more extensively, you quickly come to the conclusion that this is a complete fallacy!

Really meaningful measuring devices to deliver an exact H₂ result unfortunately cost up to 50,000 euros. It should be completely clear and plausible that no company will hand this over to the representatives who are trying to "sell" their devices so easily.

For this very reason, I wanted to urge you not to be misled by it. Because you fall for advertising promises that, in my opinion, are simply not serious! Again, I find it sad that such ORP measuring devices are offered in abundance for a few euros and that many people succumb to the mistaken belief that they are buying a reasonable measuring device here. This is also often the case with cheap mobile hydrogen boosters.

So if you really want a meaningful value, then please always refer to the ppm values and ask the seller about them!

Because this value can be determined by a simple chemical reaction with a specific blue liquid. For example with "H₂ Blue measuring drops", with which you can determine a sufficiently precise hydrogen content in ppm (parts per million) by dropping it into the water and counting the drops that change color.

In my opinion, only the ppm value shows the actual H₂ concentration in the H₂ water quite reliably.

And that's exactly what it's all about - you want to get as much H₂ into your body as possible so that it can start its wonderful antioxidant processes there.

H2 WATER EXTERNAL

The fourth and last product of my hydrogen method completes the overall concept, but of course it is not absolutely necessary because it contains very little (approx. 0.1mg/L) hydrogen due to the fast flow.

Nevertheless, I would like to mention it anyway. A shower filter! Of course you can integrate a shower filter anywhere. It actually fits in every bathroom: either in the shower or in the bathtub. It comes right at the beginning of the hose in between and not in front of the shower head. You can do that too, but I personally find it difficult and even annoying to have such a shower filter right in front of my shower head. It's just not as flexible and much more unwieldy.

Shower filters because after all my "water research" I personally just don't want to put my largest organ through any more medication and drug residues, isopod droppings, hormones, softeners and heavy metals, as well as rust residues.

Only I have the security and also control over which water I give myself and my body.

Aquavolta® Hepta-Step shower filter. The refill filters are available.



(Image Source: My Bathroom, Shower)

drinking H₂ water from the inside and also H₂ inhalation or inhalation have been presented through my personal hydrogen method , I would now like to shed some light on the second part of this method.

Beauty results and effects from "outside" with H₂ water:

(With good regular cleansing with strong hydrogen water and subsequent face cream.) Personally, I have recently been optimizing these results with the most powerful H₂ device and that is currently the H₂-Nano Booster . The hitherto unrivaled strongest H₂ concentration is particularly effective for "inside" several times a day, but the H₂ water from the Nano Booster for applications on the skin (especially on the face, neck and décolleté) is simply unbeatable!

- Reduction of wrinkle depth could set in very quickly.
- Swelling of the eyelids and bags under the eyes could be reduced.
- Finer pores could form.
- Less inflammation of the skin, fewer blackheads and pimples could occur.
- Better moisturizing of the skin would be possible.
- Flaky skin could become smoother fairly quickly. This is particularly severe and usually first noticeable on the face, with previously dry skin, and on the body on the elbows and knees. (Applies at the same time to the effect of drinking alkaline H₂ water from the inside).

BEAUTY FROM THE INSIDE

Excellent results could be achieved in the field of weight reduction, since particularly good improvements are possible here in research on overweight.

- There could be an improvement in the appearance of the skin.
- Anti-aging effects could set in.
- Skin redness could be reduced.

- The skin could become softer and evener, smoother overall.
- Cellulite could be alleviated a bit.
- New hair growth on the head could be promoted. (Because progressive aging causes loss of hair on the head and the anti-aging effect takes place in the body as a whole.)
- New pigmentation in hair that has turned gray could develop and new strands of the original hair color could gradually form.
- It could reduce the wrinkle depth.
- Hair loss may improve and new hair may grow back more densely.

Especially with the beauty results, I can confirm the fantastic effect with full conviction, as this was not only the case for me, but also for my husband in all the points mentioned.

In particular, the new pigmentation of the hair amazed us both. Because only after a few weeks we suddenly discovered many new strands of his original hair color in his hair, which was now becoming increasingly gray. It is really fascinating what is happening here in the anti-aging area and I am convinced that many more invisible processes are taking place inside the body that one can only guess at.

The skin on my legs, which is becoming smoother and smoother from week to week, also makes me happy. I hardly see cellulite on me anymore and when I think about how many creams and extensive massages I used to reduce it a little bit, the new look of my skin really inspires me. Even the small lines in the neck area, which used to be “ring-shaped”, are now hardly visible. The typical frown line on the face has also almost disappeared. With my hydrogen method , looking in the mirror has become much more enjoyable for me; and all so easily and naturally, without having to do much for it.

OVERWEIGHT

On the subject of overweight and losing weight in connection with H₂ water, I would like to share some insights with you:

Obesity is favored in an “acid environment”. That is, an overly acidic body tends to be overweight on its own !

By drinking enough alkaline H₂ water , you generally counteract hyperacidity. In addition, as already mentioned several times, H₂ is able to better penetrate all body cells and actively "move" or activate something there.

This is confirmed particularly often in H₂ research. Especially with problems with overweight, excellent results could be achieved here. Just all alone, without changing anything in your usual diet - drink with enough alkaline H₂ water.

This is also very easy to explain: In most people, the body naturally adjusts quite quickly to the enjoyment of this delicious, pure, living water. The body literally "demands" it and therefore automatically and completely naturally the renunciation of other high-calorie drinks is the result. At least most of the time. I was able to observe this very well in myself and also in my husband. The craving for "sweet things" and cravings also automatically decrease. This has been observed several times and I can confirm that myself.

The willingness to move does the rest. Because by increasing well-being, less pain and completely new life energy and stamina, you are much more likely to keep your body moving. The continuous gentle feeling of having more energy simply automatically creates the urge to exercise more than before.

MORNING RITUAL

My personal hydrogen method also includes starting the day with drinking enough H₂ water.

In Japan in particular, drinking water every day was cultivated as a morning ritual and has now also convinced many people in Europe of the incredible benefits it has on the human body. Drinking the first large glass of H₂ water , first thing in the morning on an empty stomach, has particularly good effects, as

it can optimally penetrate every cell in the body and has a beneficial effect on all processes. It can even be two or three glasses if you feel comfortable with it. Personally, I usually turn on my H₂ inhaler and sleepily breathe in this freshness for a few minutes before I empty my vacuum-insulated stainless steel bottle, which was filled to the brim late in the evening. So I am sure that I support my body in many important functions:

Because the body cleans itself during sleep and the toxins produced in the process should be flushed out with particularly pure water in the morning. The body urgently needs this water in order to eliminate all waste products and enable the organs to be detoxified. Water in the morning, especially on an empty stomach, is therefore generally particularly important. With filtered H₂ water, you could of course support all these functions even more. The following very positive effects could be optimally influenced:

- The metabolism is stimulated and cystitis and kidney stones are thus automatically prevented.
- Blood flow is improved overall in the body.
- The immune system is also strengthened.
- Drinking enough H₂ water first thing in the morning could reduce heartburn and upset stomach.
- Since dehydration is also prevented, the gums can be optimally cared for, as can the intervertebral discs, which are then exposed to particularly high loads during the day. Here back pain could be counteracted in advance.
- The lymphatic system also benefits as it is balanced and supported.
- Drinking H₂ water in the morning also optimally supports the blood flow in the skin and thus has a revitalizing effect. It could thus beautify the complexion and the glow of the skin; because a lack of moisture and water promotes wrinkles and skin impurities.

H2 EFFECTS IN ANIMALS

So far I haven't found a lot of detailed information here. Only a lot of studies and that's how you came across the super therapeutic effect.

So far I have only heard from direct users that the water is much more popular. The fur usually shows a very nice visual effect. You can't ask your animals.

But here I trust the research results and of course give my own dog fresh H2 water several times a day and it's true: My Leo (Leonardo) - a Yorkshire terrier really likes to drink it and he's doing excellent. I only wish I had known all this beforehand, because my previous dog lived well past the average age, but in old age kidney problems came along and here I would have had a very useful means of making a positive difference here and not just the usual stuff and medicines.

I also remember from other earlier dogs that vomiting was often a big issue. Painful gastritis, arthrosis and unfortunately also cancer. A head ulcer in Bandit, the first dog of my childhood. Of course, this also applies to cats, rodents, horses and all animals in general.

Even among animal farmers, the topic of H2 water is already on the rise and more and more animal farmers are switching to H2 water for the animals because it makes a lot of sense and consequently means less veterinary costs and medication for the animals.

I can well imagine that it can be very valuable for many pet owners when their own pet suddenly blossoms again and arthritis pain improves or, which is now increasingly common, excellent results are also being shown in diabetes and cancer.

Or even better: take care/prevention in advance and don't let it get that far in the first place.

It gives me a good feeling that I can have my beloved Leo with me for many years to come, full of vitality, healthy and taking the best precautions for my animal. It is also important to me that Leo's digestion always stays in order, that the detoxification works excellently and that I can probably extend his life

considerably with the H2 water .

Every pet owner knows: sooner or later the "certain day" will come - and I really don't want to think about that now. My goal is to delay this with all the means at my disposal. As long as he's fine, of course. I could never let an animal suffer unnecessarily anyway!

H2 WATER IN PLANTS

Almost dead plants recover and sprout again full of "vitality". As long as the roots are still reasonably intact, plants of all kinds can benefit greatly from being watered with the H2 water . Some plants also need to be gently wetted with water from time to time using the "mist spray function". Here, too, the respective plant can benefit from it fabulously.

H2 FOR FOOD

I find the topic of food and hydrogen particularly interesting. In books by the H2 researcher Mr. Karl Heinz Asenbaum, some tests are presented very nicely and descriptively, which were carried out, for example, on eggs, vegetables that have been stored for a long time and also tetra packs of drinks, as well as milk, etc. So the research is being expanded and continued throughout (I'll call it the "anti-aging effect") and time and time again you're getting amazing results, which H2 can do really comprehensively.

Here I would like to highlight some of the findings of the H2 researcher Karl Heinz Asenbaum from his tests, which I personally find very informative:

breast milk:

Here, the mother's drinking of H2 water raised a question worth mentioning, which will certainly become interesting in the future. Apparently, the absorption of the milk nutrients into the bloodstream in babies is favored if they are breastfed by mothers who supply themselves with H2.

Baby milk powder, fitness powder and diet powder:

By mixing this powder with alkaline H2 water , a very good upgrade can certainly be achieved and the contents can be made more "absorbent" for the human body.

INDIVIDUAL RESPONSIBILITY

The way back to personal responsibility for your own body, its health and well-being:

Actually, these are two very simple questions that I asked myself and that maybe more people should ask themselves. I'm sure there is a good reason why this little book was read almost to the last page. And it's even easier to answer them!

"Who is responsible for my well-being and my health?"

- Only myself alone!

"Am I worth it to myself?" (And am I worth it to my family?)

I asked myself this at length after hearing amazing information about H2 and its groundbreaking effects on the human and animal bodies.

So as soon as I had mentally absorbed all this information, the topic of H2 water as a possible "healing source" just couldn't let me go and so the following questions kept circling in my head:

- What if it works for me too?
- Do I want a new sense of well-being back?
- Do I want more energy again and maybe finally get up in the morning powerful and full of energy again?
- Do I want to be able to free myself from symptoms of illness, such as pain, frequent headaches?
- Do I want to really strengthen my circulation and get it going and even get rid of the worst heart and circulatory problems?
- Do I want the best possible digestion, or do I rather continue to torment myself with abdominal pressure, stomach pain, heartburn.
- Would I rather risk a burnout syndrome due to constant stress? – *(Because my husband and I all too often suffered from insomnia for*

weeks at a time.)

- Do I want to continue to resort to high doses of painkillers for all my symptoms and still risk major damage, especially to the excretory organs such as the liver, kidneys and also the stomach and intestines? *(The high stress on the pancreas also scared me, since a family member had recently died of pancreatic cancer.)*
- So do I want to support my body and my husband's body in a very simple, natural way - with all its important processes and let's see what comes next?

As already mentioned, I had absolutely nothing left to lose. I was willing to just take my chances. Despite all the disappointments in the back of my mind that I had already experienced and so much hope for improving my physical condition. It was also important to me that my husband finally got a simple remedy to do something about his symptoms of severe hyperacidity. Because nausea, severe heartburn and constant headaches and insomnia are not exactly pleasant.

So I had great hope that I and of course my husband would finally feel better again and the thought of being able to take a little less of the extremely expensive strophanthin was a nice thought.

I secretly hoped to eventually cut back on most of my supplements. At least in the case when it would actually be as successful for me as for other people from whom I had just read the experiences.

I also did a little calculation with my husband about how much money we would save if we no longer had to order all the mineral water bottles. In the past, my husband used to have to carry it around himself with the shopping trolley, and at some point we switched to a drinks delivery service.

Why can water - especially filtered H₂ water - cost money?

This question was very important to me. Because despite my own enthusiasm and that of my husband, I have encountered resistance (albeit very little) in those around me. Strange actually, considering how much it changed my own life - even made it worth living again in the first place. Maybe this little book will help to change the way you look at it?

Water is vital! This is the first important point. And that is indisputable. Water is necessary for every living being. Every human being, every animal, every plant needs water. A world without water is a world without life. The purer and higher quality this water is, the better!

Even for my grandmother, water was actually a really “valuable” commodity. I immediately picture in my mind's eye how she still washed the laundry by hand or poured water from one bowl into the next while doing the dishes so as not to waste anything.

With that I have come to the end and would like to thank you very much for reading this little info book about hydrogen and my own grandiose experiences with it.

Epilogue:

It would be very important to me if you would pass this information book on to all your loved ones in the private sphere dignified Pass it on, share it with everyone you want to help.

It is important that the positive effects of H₂ water (which has also been scientifically confirmed and proven) spread further from person to person. Based on my own experiences, it should give hope that there is always a chance of improvement.

References:

<https://aquacentrum.com>

<http://molecularhydrogeninstitute.com>

Book source: Karl Heinz Asenbaum - "Electro-activated water from healing water from the socket to hydrogen therapy."

Author's website:

<https://tinahappy.de>

I'm also on the following social networks:

[Tina Happy - The Hydrogen Method | Facebook](#)

YouTube:<https://www.youtube.com/channel/UCMCxttSrHiniwfYJUK-h8cg>

Instagram: [tina_happy77](#)

