



*Recharge
Rejuvenate
Revitalise*

Anxiety and Hydrogen Therapy

An estimated 4% of the world's population are currently dealing with an Anxiety Disorder (1). The personal and societal suffering and lack of productivity caused by Anxiety is huge. Hydrogen Therapy holds promise for alleviating Anxiety symptoms by targeting various physiological mechanisms in the body.

Studies suggest that Hydrogen's antioxidant and anti-inflammatory properties may help mitigate oxidative stress and inflammation, which are often implicated in Anxiety disorders. Additionally, Hydrogen may modulate neurotransmitter (healthy brain chemicals) activity, such as GABA and glutamate, which play key roles in regulating mood and Anxiety levels.

Research has shown that Hydrogen Therapy can promote relaxation, reduce stress levels, and improve overall well-being. By neutralising harmful free radicals and reducing inflammation, Hydrogen may help restore balance to the body's systems, leading to a calmer and more resilient state of mind.

Here are some key benefits of Hydrogen Therapy for Anxiety:

Reduces Oxidative Stress:

Hydrogen acts as a powerful antioxidant, scavenging free radicals and protecting cells from oxidative damage, which can contribute to Anxiety symptoms.

Anti-inflammatory Effects:

Hydrogen Therapy may help reduce inflammation in the brain and body, which is associated with Anxiety disorders.

Modulates Neurotransmitters:

Hydrogen may modulate the activity of neurotransmitters involved in Anxiety, such as gamma-aminobutyric acid (GABA) and glutamate, promoting a more balanced and relaxed state.

Optimises Autonomic Nervous System function:

Research has shown that just a few weeks of regular Hydrogen water consumption can have a positive effect on heart rate variability markers; attenuating the sympathetic nervous system, shifting into a (calmer) more parasympathetic state.



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Enhances Relaxation:

Many users report feeling more relaxed and at ease after incorporating Hydrogen Therapy into their routine, suggesting its potential to reduce Anxiety symptoms.

Supports Overall Well-being:

By promoting overall health and vitality, Hydrogen Therapy may indirectly alleviate Anxiety by improving resilience and coping mechanisms.

Whilst further research is required, to establish the full mechanisms of action of Hydrogen Therapy, and optimal dosing regimes, data and studies listed below highlight the potential of Hydrogen Therapy as a natural, effective and accessible approach to managing Anxiety and promoting overall well-being.

(1) GBD Results Tool. In: Global Health Data Exchange. Seattle: Institute for Health Metrics and Evaluation; 2019

**Ready to buy your own Hydrogen Water Bottle?
Rent your own Hydrogen Inhalation machine?
Visit www.HydroHolistics.com, or call +44(0)1743 718 324
to speak with our medically-trained staff.**

References:

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