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## Bowel Disease and Hydrogen Therapy

Hydrogen Therapy has emerged as a potential treatment for bowel diseases like Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS). While research is still ongoing, there are several physiological mechanisms that suggest Hydrogen may offer benefits for individuals with these conditions.

### **Anti-inflammatory Effects**

One key mechanism is Hydrogen's anti-inflammatory properties. In bowel diseases, inflammation in the gastrointestinal tract can lead to symptoms such as abdominal pain, diarrhoea, and bowel irregularities. Hydrogen acts as a potent antioxidant and can selectively reduce inflammation by neutralising harmful free radicals and modulating inflammatory pathways. By reducing inflammation in the gut, Hydrogen Therapy may help alleviate symptoms and promote gut healing.

Moreover, Hydrogen Therapy may also influence gut microbiome composition (balance of 'good' bacteria and 'bad' bacteria). The gut microbiome plays a crucial role in maintaining gastrointestinal health, and dysbiosis (an imbalance in these gut bacteria) is often observed in individuals with bowel diseases. Research suggests that Hydrogen-Rich Water may promote the growth of beneficial bacteria while inhibiting the growth of harmful ones. This modulation of gut microbiome could contribute to improvements in bowel disease symptoms and overall gut health.

Additionally, Hydrogen Therapy has been shown to have analgesic (pain-relieving) effects, which can be beneficial for individuals experiencing abdominal pain or discomfort associated with bowel diseases like IBS. By reducing pain perception, Hydrogen Therapy may help improve quality of life and reduce reliance on pain medications.

While more research is needed to fully understand the effects of Hydrogen Therapy on bowel diseases, early studies and anecdotal evidence suggest it may offer promising benefits.

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### Relevant Research Articles:

Iketani, M., Ohno, K., & Ichihara, M. (2021). Molecular Hydrogen as an emerging therapeutic medical gas for neurodegenerative and other diseases. *Oxidative Medicine and Cellular Longevity*, 2021, 1–18. <https://doi.org/10.1155/2021/5535924>

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Ichihara, M., Sobue, S., Ito, M., Hirayama, M., Ohno, K., Ito, M., & Ito, M. (2015). Beneficial biological effects and the underlying mechanisms of molecular Hydrogen - comprehensive review of 321 original articles. *Medical Gas Research*, 5(1), 12. <https://doi.org/10.1186/s13618-015-0035-1>

Ostojic, S. M. (2013). Inadequate production of H<sub>2</sub> by gut microbiota and Parkinson disease. *Trends in Endocrinology & Metabolism*, 24(7), 289–290. <https://doi.org/10.1016/j.tem.2013.04.004>

Cai, J., Kang, Z., Liu, W., Luo, X., Qiang, S., Zhang, J. H., ... & Sun, X. (2008). Hydrogen Therapy reduces apoptosis in neonatal hypoxia–ischemia rat model. *Neuroscience Letters*, 441(2), 167–172. <https://doi.org/10.1016/j.neulet.2008.06.030>