



*Recharge
Rejuvenate
Revitalise*

Diabetes and Hydrogen Therapy

Molecular Hydrogen therapy, specifically Hydrogen-rich water or Hydrogen gas inhalation, has shown promise in improving symptoms of Diabetes. Here's a simplified explanation of its benefits and the underlying physiological mechanisms:

Improved Blood Sugar Control:

Hydrogen therapy may help regulate blood sugar levels by enhancing insulin sensitivity and promoting glucose uptake by cells. Additionally, it may protect pancreatic beta cells from damage, thereby preserving insulin production.

Antioxidant Properties:

Hydrogen acts as a potent antioxidant, meaning it helps combat oxidative stress in the body. Oxidative stress is known to play a significant role in the development and progression of Diabetes by causing damage to pancreatic beta cells (responsible for insulin production) and impairing insulin sensitivity in peripheral tissues.

Anti-inflammatory Effects:

Diabetes is often associated with chronic inflammation, which further contributes to insulin resistance and complications like cardiovascular disease. Hydrogen therapy has been found to reduce inflammation markers in the body, potentially improving insulin sensitivity and overall metabolic health.

Enhanced Mitochondrial Function:

Mitochondria are the powerhouse of cells responsible for energy production. Dysfunction in mitochondrial activity is implicated in Diabetes. Hydrogen has been shown to improve mitochondrial function, which can lead to better energy metabolism and glucose utilisation.



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Neuroprotective Effects:

Diabetes increases the risk of neurological complications, including cognitive decline and neuropathy. Hydrogen therapy has demonstrated neuroprotective (brain and nerve-protective) properties, potentially mitigating these complications.

While Hydrogen therapy for Diabetes shows promise, it's important to note that more research is needed to fully understand its efficacy and optimise therapy regimes. It's also crucial to integrate Hydrogen therapy with other Diabetes management strategies, including nutrition, exercise, stress management and medication where appropriate.

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

References:

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"I'm sleeping for longer and more deeply, awaking more refreshed. Chronic digestive symptoms have much improved."

Mr S.R. Scotland