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## Perimenopause and Hydrogen Therapy

Hydrogen Therapy, particularly in the form of inhaled OxyHydrogen gas and consumption of Hydrogen-Rich Water, has shown promise in addressing various symptoms associated with Perimenopause. Although this is a 'natural' stage of life, and not an illness or health condition in and of itself, increasing numbers of women, globally, are experiencing multiple and often debilitating symptoms during the (often several years process) transition to Menopause. Although lifestyle changes and hormone therapy can be beneficial for some, Hydrogen Therapy may provide a helpful adjunctive treatment to improve symptoms and enhance overall wellbeing. While research is still on-going, several studies suggest that Hydrogen Therapy may help alleviate symptoms such as hot flushes, mood disturbances, cognitive symptoms, and other physical and psychological discomforts commonly experienced during Perimenopause.

### **Antioxidant Power**

One of the key mechanisms behind the potential benefits of Hydrogen Therapy lies in its antioxidant properties. Perimenopause is characterised by hormonal fluctuations, which can lead to increased oxidative stress in the body. Oxidative stress contributes to symptoms such as hot flushes, mood swings, and cognitive disturbances. Hydrogen acts as a potent antioxidant, helping to neutralise harmful free radicals and reduce oxidative damage. By reducing oxidative stress, Hydrogen Therapy may help alleviate these symptoms and promote overall well-being.

### **Anti-inflammatory Power**

Furthermore, Hydrogen Therapy may also modulate inflammation, which plays a role in the manifestation of various perimenopausal symptoms. Studies have suggested that Hydrogen can inhibit the production of pro-inflammatory molecules while promoting the activity of anti-inflammatory ones. This dual action on oxidative stress and inflammation can contribute significantly to the relief of physical and psychological discomforts associated with Perimenopause.

While more research is needed to fully elucidate the effects of Hydrogen Therapy on perimenopausal symptoms, preliminary evidence indicates its potential as a safe, effective complementary approach for managing these challenging symptoms.



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**Relevant Research Articles:**

Russell G and Nenov A. Molecular Hydrogen Therapies and the benefits for menopausal and perimenopausal women: An aphoristic review. *GSC Biological and Pharmaceutical Sciences*, 2022, 21(02), 112–115.

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