

HEALTH BENEFITS OF HYDROGEN WATER

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Water is essential for all living organisms for their survival. Not only the important functions of the human body are supported by water but it is also a vital source of nutrients that are not produced by the body. The healthiest choice is plain water helping to keep the body hydrated. The purest form of drinking water can be sourced from mountain springs. The stones and rocks act as filtration mediums through which water passes and becomes free from any kind of impurity.

Recent times have observed the addition of hydrogen molecules to spring water to improve its health benefits. Here we will talk about what is hydrogen water and its benefits on human health.

WHAT IS HYDROGEN WATER?

It is simple water in which there is the addition of extra hydrogen molecules. The [hydrogen molecule](#) is an odorless, colorless, and nontoxic gas having the ability to bind with other molecules like carbon, nitrogen, and oxygen forming different compounds including water and sugar (1). In 2007, a [group of researchers in Japan](#) conducted a study reporting the antioxidant action of inhaled hydrogen gas in cancer prevention (2). Research has also found favorable effects of [hydrogen molecules on the brain function](#) by protecting the brain from the attack of free radicals (3). These observations gave rise to the enthusiasm to use hydrogen molecules for their health benefits worldwide.

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Hydrogen water is claimed to boost the performance of athletes, reduce inflammation and slow down the process of aging. Though the number of studies that highlight the benefits of hydrogen water in humans is limited, the studies that have been conducted have produced promising results.

1. Acts as an Antioxidant

[Oxidative stress](#) results from unstable molecules known as free radicals causing inflammation and many other diseases (4). [Hydrogen molecules combats](#) with free radicals in the body to protect from oxidative stress (5).

2. Benefits in Metabolic Syndrome

Metabolic syndrome occurs when the levels of all blood sugar, triglycerides, and cholesterol become high in the body along with excess fat on the belly. A contributing factor in metabolic syndrome is suspected to be chronic inflammation (6). A [2013 study](#) demonstrated that consumption of hydrogen water in metabolic syndrome significantly decreases the level of total cholesterol, LDL and reported increased antioxidant activity, increased level of HDL, and a reduction in inflammatory markers (7).

3. Benefits for Athletes

Athletes require energy to perform and drinking hydrogen water is a natural way to boost their performance because hydrogen water plays an important role in decreasing inflammation and reducing the lactate accumulation in blood, thereby eliminating [muscle fatigue](#) (8).

4. Improves brain function, mood, and anxiety

Chronic inflammation and oxidative stress can deteriorate brain function resulting in low quality of life. A [2017 study](#) found that the antioxidant activity of the hydrogen molecules in hydrogen water helps in the prevention of inflammation thereby contributing to making the quality of life better. The study indicates that hydrogen water reinforces the quality of life by increasing brain functions including the human mood as well (9).

If all these benefits entice you to start drinking hydrogen water, you must try BIG WHITE WATER's Hydrogen water to experience all these benefits.

Sources

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