



MEDICAL PRACTITIONER.

THE LITTLE BOOK OF HYDROGEN STORIES

IMPORTANT NOTE: THESE STORIES HAVE BEEN CONTRIBUTED BY USERS OF MOLECULAR HYDROGEN PRODUCTS. WE HAVE INTENTIONALLY REMOVED ACTUAL PRODUCT NAMES FOR LEGAL REASONS. THE STORIES HEREIN ARE NOT INTENDED TO BE INTERPRETED AS ANY FORM OF GUARANTEE OF SIMILAR EFFECT. IF YOU ARE CONTEMPLATING AN H₂ PRODUCT WE RECOMMEND YOU CONSULT YOUR REGISTERED



"I WOULD LIKE TO LET YOU KNOW ABOUT MY OUTSTANDING RESULTS AFTER I STARTED DRINKING _____ HYDROGEN-RICH WATER.

I was told about the tablets by a 60+ year old man who told me of his increased reps at the gym and overall better recovery from hard gym sessions. He radiated good health and told me of increases in a very short time in many of his gym exercises. As a 45 year old busy mother to three teenage boys I have a great interest in anything that will not only increase my performance for my running yet also help my energy levels and recovery. Last weekend I competed in the SMH Half marathon in Sydney. Quite a challenging course through the hills and bends of the streets of harbourside Sydney.

At my first available chance after the event I went to purchase my _____ H₂ tablets. I started my twice daily _____ H₂ on Tuesday afternoon and noted by Thursday I didn't seem to have the same post half marathon lethargy nor general inflammation around my joints.

I was previously taking multiple supplements including glucosamine and fish oil to decrease inflammation as I have two broken vertebrae from a horse accident a few years ago. I have not been getting good results of late from these supplements so had stopped them one week prior to my half marathon.

On Saturday morning I ventured up to Kingscliffe for a timed run event called Parkrun. I was going to the run with the thought it would be a slow steady 5km as it generally takes me a few weeks to recover from my longer events. I ended up having an effortless run much faster than my previous efforts. A personal best time plus 1st in my age group and 4th overall female! I have pulled up well after my effort meaning I am able to continue on towards my current training for the Gold Coast full marathon in July. Previously such a hard effort, even over the shorter course, would mean downtime in my training to recover.

To say I love H₂ is a true statement.

I have now thrown out my multiple daily tablets and am happy to recommend this tablet to others looking for increased performance whether in strength training, running or even just everyday general health. I am now in training for the full marathon at the Gold Coast in July then onto Masters Games at

Lismore in September and look forward to continued improvement with my fitness with the extra benefits received from this easy to use product. Thank you!

Yours sincerely Tanja Branson



"I am a 48yr old male who cannot believe the fantastic results I have got from _____ H2. In 10 days I lost 8kgs. This was with only a minor loss of appetite which translated to fruit for lunch instead of bread. I have not reduced my alcohol intake at all and I feel I have more energy. I am now down to 95kgs that makes a total of 11kgs in approximately 15 days. I would recommend I Love H2 to anyone who is overweight. Thank you Diana for introducing me to _____ H2."

Neil, WA



"I'm training harder, with heavier weights and more consistently than any time in my life. When I was in my early 20's or late teens and I was training I couldn't handle what I'm doing now."

Keegan Smith, Pro Trainer, coachkeegan.com



"I tried _____ H2 when I was feeling really achy from back pain and PMS over a period of days. Wow, this product is amazing! I found that pretty much as soon as I drank a glass of water with a tablet dissolved in it I started to feel much better. I have been taking it each morning now and have been feeling ache free and bouncy since. Who needs coffee when you can take _____ H2?"

Joanna Bolte, Ballina NSW



"H2 is a really exciting phenomenon that battles this oxidative stress like nothing else we have seen. The research is all before everybody - over 300 studies and counting. One of the most amazing ones was the one on the benefits of H2 compared to vitamin C. Unreal data. Whether it is a necessity for optimal health is kind of up to you. Peoples versions of optimal health may differ from person to person depending on what their individual goals are at that time. If they are lacking energy, they don't always know it at the time, because things seem to always be like that. But when the same person gets diagnosed with a chronic degenerative disease caused by mass amounts of oxidative stress left unchecked, their goals and ideas of what optimal health is, may change quickly."

Alex B.



"I am well aware of the tendency to try out a new supplement hoping that it will work.. and Voila! It works! So after 15 years in the health biz I think I am healthily skeptical. So.. I just decided to take 1 _____ H2 tab per day in water. I didn't really think much about results. I work hard here at AlkaWay and on the weekend I work hard on our 1 acre garden. Firstly, I realised I was coming home with more energy. It seemed to sustain all day. Secondly, I realised that I had become far more flexible. At 69, doing NO stretches or yoga, that's simply amazing."

Ian Blair Hamilton Founder, Alkaway



"I had a bypass operation recently. I love my golf. My first game nearly killed me. My second eighteen wrecked me for 3 days after. I started _____ H2 and my last game I had heaps of energy and no after effects."

Dave, Mullumbimby. NSW



"I am happy to report that while my husband and I are traveling, we love having easy access to the H2 tablets. My husband had severe acid reflux, and if it shows its ugly head while traveling, he will dissolve one H2 tablet in water, drink it when ready, then he experiences immediate relief from his acid reflux. Makes life so much better and he's healthier!!!! We are happy travelers!!"

Kathi Wilson, USA



"This Easter (2015) I attended the 'Blues Fest' here in Byron Bay. I started my day with a litre bottle of water from my Ultrastream, with addition of 2 x "I LOVE H2" Tablets, each day of the Festival. I spent spending 10 hours on my feet, many of those hours grooving away. Sunday night I had the awesome experience of being 6 rows from the front for the legendary hip hop crew Jurassic 5, "bouncing" with the 20 yr olds in the mosh pit for 2 hours. I noticed that my legs were coping extremely well and I actually felt more "bouncy" than I had for years! Tuesday back to work, no aches and pains, and at 53 you would think I should be, " I LOVE H2""

Leon Bartlett, AlkaWay, Mullumbimby, NSW



"The H2 tabs are just Amazing. I now have been using them a little over a month. Since then I've been trying to push myself harder at the gym.. they work!!! I've shared H2 tabs with others at the gym and they are getting some of the same results... Now I use 3-4 tabs in my water throughout my day..."

Redondo, Ca USA



"68 years old, six month shoulder injury, torn ligament, taking bone tablet a day, no pain after m4 days, very impressed."

Diana Michaels, WA Australia



"Inflammation - amazing results! Saves my knee from swelling up after doing higher impact movement. Alertness - wow, laser focus when I use it. Daughter (volleyball) has same results and actually asks me for more when she runs out (she's 15)!"

Keenan Whyte



"I have been taking the _____ H2 supplement for the past 2 months. During this time I have noticed a significant difference in the way I have been feeling. I am 44 years old and I consider myself to be fairly active and fit. I regularly walk, go to the gym and attend a yoga class once a week. Since taking the _____ H2 supplement, I have felt a much quicker recovery period from exercise and my yoga practice has improved dramatically. I even seem to be more flexible! I have noticed my energy levels to be enhanced and generally I feel an increased sense of wellbeing. I look forward to drinking my H2 water every morning. "

Kind regards, Jo Baker



"I am 54 yrs. old, I have suffered with back pain most of my life and live with pain daily. If you are like me, you have tried every over the counter pill and natural remedy, ointment or treatment to alleviate the pain and discomfort so you can get through your day, or sleep through the night. The first day I took [hydrogen product] I noticed a difference right away, day two my pain was cut in half, by day 3 I felt so great that I looked like the blur I accomplished so much in a day!"
- Denise D.



"I have had knee pain since 2005 and I've had three knee surgeries. I started to take _____ in the morning and in the evening, and about the third day I started to really notice the difference in the pain relief and I continued taking [it]. Now I run about 5 miles a day with no pain what so ever."
- Carlie B.



"I have noticed that my sugar levels are much lower since using the hydrogen product. I have also noticed a change in my stools for the better (i.e. less odor)."
- Dee



"For 7 years I have suffered from an inflammatory digestive issue. A friend got me a _____, within 48 hours on this product the heartburn, cramping and indigestion that had

become a daily challenge had subsided to almost nothing. Hydrogen is a godsend!!!!"

- Jason M.



"I have had a wonderful thing happen since I started using the hydrogen product (On the day I used the hydrogen product for the first time) I was totally energized. I had enhanced recovery between sets and the usual post workout fatigue was noticeably improved. I know how my body responds to this particular training routine and have to say the hydrogen product was the difference. The next day I woke up fully recovered and full of energy."

- Brian



"I have had a total knee replacement and the other has bone disease and needs to be replaced. I consumed the [hydrogen product], and 3 hours later noticed a difference in the pain level. Four hours later took more [hydrogen product] and went to bed, woke up and noticed about 90% of the pain was reduced. I was on the [hydrogen product] for approximately 7 days and I was able to do deep knee squats with no discomfort at all, something I have not been able to do for over 10 years. It even helped with my migraine headaches. I ran out of product for 7 days. All the pain was back and I was not able to squat, the pain was incredible. My product order came in and I got back on the product and now I am feeling GREAT, better than ever! I will NEVER run out again! Thank you [hydrogen] for giving me my life back!"

- Jeff, Costa Rica



"I began using the [hydrogen product] in April and within weeks had already experienced amazing results in various parts of my system. Among other things, my age spots have begun to disappear. My joints felt more flexible and a slight chronic pain in one of my knees disappeared."

- B.C. L.



"I have a steel rod running down 3/4's of my back. The area above and below the rod takes a lot of stress for the lack of movement in the rest of my back and I've developed some problems over the years. Arthritis, bone spurs and degeneration in both my neck and lower back. Though skeptical, I took [hydrogen product]. I woke up in the middle of the night and was amazed at the painless range of movement in my neck and how the pain in my lower back had receded, in spite of the fact that my hips needed a chiropractor's adjustment."

- Cathy W., Ontario



"When I first started drinking hydrogen water, the first thing I noticed was an increase in energy. Then I started getting compliments on how great I looked and what had I done to my skin. The noticeable of the energy has now leveled off, I just feel good."

- Patricia



"I'm taking another [hydrogen product] and experiencing "total" pain relief. I never experienced that with two years on the water and ingesting 1.5 to 2 gallons a day of ionized water, to try to reach the pain relief people talked about. Why does my body respond to this [hydrogen product] differently than the ionized water? I don't know (perhaps because it has a lot more hydrogen)... I keep drinking the water, but only the amount to have clear urine and not have to "go" every 30 minutes. And I will stay on this hydrogen product as long as needed. For me to have 3 hours without debilitating pain is a blessing...but to have 20 days without debilitating pain....I have no words..."

- Kim Clark



"I sprained my ankle really bad last Saturday morning, 4 days ago. It actually wrenched from one side to the other, in a old tree hole in the lawn that I had not seen. Despite the massive pain, I walked it out. I put no ice on it or anything else. I never rested it or strapped it. I took [hydrogen product] straight away. I then had to round my animals up, drive to Sydney and set up my farmyard. I consumed some more [hydrogen product] approx. 3 hours after taking hydrogen the first time. On completion of the farmyard job, 4 hours, I took some more hydrogen product. I then made sure I took hydrogen times a day. Yesterday the swelling had almost gone, today my ankle is virtually back to normal. I might add I did take the hydrogen product and 9.5 ionized water, and kept up my daily intake of 9.5, but I think the benefits of this hydrogen product for targeting inflammation instantly is simply outstanding. I have wrenched my ankles, dozens of times and have always had to put ice on them, strap them, raise them and rest but this time I didn't have to. Not only has my ankle recovered in a very short time, there was no bruising whatsoever." - Malcolm Dowling



"Jenny has 3 bulging discs in her spine. She's been in pain for so long she thought that without surgery she would be in pain forever. At work she couldn't even sit so she put her computer on crates so she could stand and work, but she was paying a fortune in therapists. She's very conservative around new ideas, but decided to try the [hydrogen product]. In 24 hours she lost all pain!"

- Ian Hamilton



"The first thing I noticed when I started drinking hydrogen-rich water was the cleansing effect it had as it took away impurities in my body. Then my energy level increased, my mind cleared, I slept deeply at night, and then my chronic sinusitis totally went away. I could smell things I hadn't smelled in years. Depression also diminished. I now have an overall sense of wellness and well being."

-Julie Newell



"Thinking that I could get even more POWER from the hydrogen tablets, I put 2 tablets in my thick 24oz glass bottle today. After about 30 minutes, my bottle cracked and broke in half!!! This showed me the sheer POWER of these tablets!!! I will stick with using one at a time (per the directions) from now on. One tablet is POWERFUL enough. What a product!!!"

Mercer E. Newell



“Two and a half years ago my wife and I were asleep in the back of a van that spun out on some ice and ended up in a 12 foot ditch, on it’s roof. The accident left me with a mechanical mis-alignment of my lower back, which caused a myriad of future problems, putting pressure on my nerves,, causing the muscles in my lower back/hip and leg to cramp, shutting off the circulation, which in turn caused the fascia or sheathing around the muscles to atrophy and actually stick to the muscle, cinching even tighter on the nerve,, causing constant burning pain,, all caused by dehydration!

Well, because this was deemed a Worker’s Comp Injury, and they denied any responsibility, claiming pre-existing condition, the only thing available thru the medical system was something called trigger point therapy. Sounds pretty benign,, but in reality,, it is taking a 4 inch long needle and actually poking holes in the sheathing and muscle so that water and nutrients,,aka,blood,, can get in. Painful does not begin to describe it, and the progress was incredibly slow at first.

Over the last year, My brilliant, in every sense of the word, physician, and I have worked continually at re-hydrating these muscles. On my own I have tried every pill and potion I could think of to help the situation, including the H2 tablets earlier in the year, however, it was only after speaking with _____ about his experience with the H2, did I get the crucial product prep information that I needed to enjoy the relief I so much wanted to get.

You see, I was not using the product correctly! I now attribute this to my not getting results in the first place. When I first started with The H2 tablets, I did not pay close enough attention to the seal on the container



that I was using to prepare it. After talking to ____, I concluded that because the seal was not complete, the H2 was long gone well before I drank what I assumed was H2 rich water!
But basically I was drinking water that was H2’s last known address!

I cannot stress enough how important it is to make sure that after you have allowed the H2 tablet to dissolve in the sealed container, when you open it,, you must hear the “PFSSST” of gas escaping, just as you would from a bottle any carbonated beverage. If YOU DO NOT,, the H2 is long gone, and with it, in my experience, any hope of therapeutic effect.

I believe the other critical point was the amount I was taking. Because of my size, at ___’s encouragement, I started taking it three times a day.. I can’t thank you enough!

Just one week of adjusting the way I am preparing the H2 tablets has made a huge difference. My thigh muscle is actually noticeably plumper and much less painful to the touch.

Now, my dream of being able to walk without the assistance of cane or a crutch may perhaps someday become a reality, thanks, and it’s incredible hydrating ability. Thank you again for introducing this truly cutting edge supplement!”

Sincerely

Harold Phillipoff

My Achilles Tendon was injured in June of 2012, and had continued to be very painful throughout that time, my first tablet was a little over two months ago, and the pain and stiffness went away completely... It comes back and continued use of the H2 tablets keeps it at bay, I would say I have had an 85% reduction in pain from this injury, very happy about that!



Meanwhile in Thailand, I am really experiencing the anti-inflammatory capabilities of this product... if I forget and don't drink my water, my achilles tendon starts hurting and I cannot walk far... also low back pain has been plaguing me on this trip, and when I drink this H2 powered water, it all goes away and I am totally mobile and pain free. I am experiencing more and more benefit the longer I use this product, and love love love it!

-Gavin Dickinson



I am experiencing amazing benefits from drinking hydrogen rich water as well. I drink 12oz. at 1.5ppm H₂-H₂O (measured by using the H₂ reagent/15 drops before saturation) while engaging in any kind of strenuous exercise. This has proven to give me more energy/endurance to the point of total muscle failure. Then I drink 12oz. again and recover in 1/2 the time. If that wasn't good enough, when muscle soreness starts to set in, I drink again at the end of my exercise day and first thing in the morning while my muscles are very sore. My result every time is within one minute after drinking the water, the muscle soreness is completely gone, as if I had never even worked out!

Truly amazing! I have repeated this process several time and it works every time for me!
Hydrogen rich water is nothing short of a miracle for me.
Faster, stronger, longer, repeat.

~ Kevin Williams

I started taking the effervescent H₂ when it first became available and thought I noticed a change, but wasn't sure. I'm sure now! I stopped it for knee replacement surgery and just went back on it last week. I have had a noticeable change in my mental clarity. I do Lumosity brain improvement exercises every day and as soon as I went back on the molecular hydrogen tablets, the score jumped dramatically. I'm still on the same drugs for the knee pain, doing it at the same time every day, but this is definitely a marked difference! Try it for yourself...and...measure it with brain exercises at Lumosity.com while you're at it!

~Alexanne Stone

After years of not sleeping because my head is so full of thought, I am sleeping 6-7 hours a night. I love H2Viva.

~Janet Henshaw-Hedlund

I previously suffered from severe tendonitis and it felt like walking on glass first thing in the morning and after exercise. I started drinking the hydrogen rich alkaline water and after about 3 months I noticed that I was no longer in pain. It's great to be able to run around again.

Graham Correy NSW

Pure water is the base for performance. I discovered that alkaline water has additional benefits to ordinary filtered water or minerally depleted reverse osmosis water. More research is also becoming available to demonstrate the performance enhancement aspects of hydrogen rich, structured water... red blood cell movement depends on optimal pH and hydration. I've been drinking this water for a year now and it's certainly been the healthiest, happiest, strongest year of my life so far!
Keegan Smith

I am really enjoying the water. That water tastes like a millions dollars. I have never felt better. I would never buy another filter.
Chris Grimekis NSW AU

I love the product. Since drinking this water I have shed 15 pounds in all the right places. I have more energy, people say I look 5 years younger and I agree.
Tracey, Preston, Idaho

I have Fibro Myalgia and I normally have to take pain killers for the pain, I started drinking the UltraStream water which my wife had purchased and after 4 months I realised I had not taken my pain killers for the last few weeks. The pain has gone.
Steve, Deception Bay Qld AU

I just thought I would give you some feedback about my water system. I have had it for about 3 months and I have found that I have experienced some great health benefits that I thought I would share with you. I had been drinking tank water for years, and not only enjoy the better tasting water but I have found that I don't get the sore necks and joints that I was experiencing. I always suffered from bad necks which I put down to working on a computer. And in the last 12 months kept getting a sore hip which I put down to again working in an office in a sitting position. I have now noticed that I haven't got these issues and so I am thrilled about that. Whether it's the hydrogen getting rid of inflammation or the magnesium. I have now starting recommending the system to friends.

Tracey Norton Oakleigh, Vic
