

Hydrogen & Browns Gas Protocol



Getting Started

Although there is no toxicity with hydrogen or oxygen, and detox reaction are very rare. At H2=E, we like to go that extra mile, for our clients to give them as much clear information as possible, about using HHO or Hydrogen Therapy in the best way for them.

The suggestions put forward in this document are drawn from 3 main areas; personal experience, customer feedback & how various research studies have been designed.

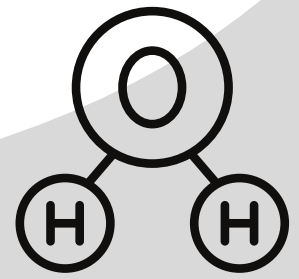
Getting started regardless of your state of health. It is important to begin gently and build up the amount of time you spend inhaling hydrogen or browns gas gradually.

It is suggested that you begin with 30 minutes of inhalation per day and one glass of hydrogen water.

Do this for 1 week during this time you want to monitor how you feel. We are particularly looking for signs that the body is detoxing the most common things to look out for include: - Headaches - Diarrhea - Fatigue - Nausea - Stiffness - Achiness - Dull ache in lower back - Loss of appetite - Disrupted sleep - Flaring up of existing health symptoms.

If you are experiencing mild detoxification symptoms you would continue with 30 minutes of inhalation, and 1 glass of water until symptoms disappear. You can then increase the time. If you are experiencing detoxification symptoms which are quite strong, we suggest stopping therapy completely and waiting for all symptoms to clear. Then resume with 30 minutes of inhalation and 1 glass of water on alternate days. If at the end of 1 week you feel fine, you can increase the time up to 1 hour, and drink 2 glasses of water. Do this for another week monitoring how you feel.

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Build Up Slowly

If increasing the time causes mild detoxification symptoms, you can continue at this duration until they clear. Then you have the option to increase the time further if you want. If increasing the time causes strong detoxification reactions, stop completely and allow the body to recover and then return to the 30-minute duration for a period of time

Then try to increase the time again following the same procedure. Only continue with the increased duration if you feel fine or have only mild detoxification symptoms.

Once you are able to inhale the hydrogen or browns gas for one hour and drink 2 glasses of water per day with comfort, you can choose to stay at this level or increase the time further.

A one-hour duration is a level that would suit someone who is apparently healthy and looking to maintain optimum health and promote longevity. If you are dealing with a disease or illness and looking to increase the supportive therapeutic benefits of hydrogen or brown's gas, the next step is to build up to 2 hours in 30-minute increments - using the same process already described.

When you reach 2 hours you have some options that will potentially increase the effectiveness of your sessions. The first of these is to split your 2-hour treatment into two 1-hour sessions. The second is to use the machine for 2 hours at night whilst asleep.

Based largely on years of experience, it appears that splitting a 2-hour session into two 1-hour sessions improves results. However, it seems that using the machine at night whilst asleep provides the most benefit, you then have the option to increase the time as you see fit.

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Different Protocol for Different People

It is commonly the case that once someone is able to tolerate 2 hours, they don't experience any real detoxification reactions from increasing the duration further as long as they do it gradually in 30-minute increments.

Cycling of therapy when someone is using the machine for 2 hours or more, it is a good idea to have periods when you lower the duration. Our suggestion is to reduce the duration down to 30 minutes for 1 week each month.

A special consideration when less is more! There are some people who get better results by avoiding daily inhalation and also avoiding really long durations. So far it appears that these people tend to have poor adrenal function, where there might be low cortisol. When these people begin with 30 minutes per day, they don't get any detoxification symptoms - but they do feel very lethargic and weak. This impact seems to be more so with hydrogen and less severe with browns gas.

These people really benefit from the hydrogen or browns gas therapy but need a different approach. The protocol is to inhale the hydrogen or browns gas for 30 minutes once every 3 days. Then to increase to 1 hour every 3 days. The benefits of hydrogen and brown's gas are slow and steady over time You need to be consistent and regular for optimum results When you are healing/detoxing you need more rest and sleep. You need to be respectful of your body - try not to stress the body too much when it is healing.

To your health & happiness
The H2=E Team

