



General Protocol for Brown's Gas Machines!

This general step-by-step protocol will help you to safely build up the time on your Brown's gas machine.

1. Start with Small Doses

Begin gently with a small duration according to your machine's flow rate.

- **The Immortal:** 10 minutes per session
- **The Super Power:** 20 minutes per session
- **The Vitality:** 30 minutes per session

2. Recovery

Have at least one day of recovery between sessions.

Some users may require 2-3 days between sessions to allow the body to fully recover.

3. Monitor how you feel

Assess how you feel after each session, paying particular attention to whether you are experiencing any symptoms of detoxification.

You may find our Session Tracker helpful for this.

The main symptoms to look out for are

- Headaches
- Diarrhea
- Fatigue
- Nausea
- Stiffness
- Achiness
- Dull ache in lower back
- Loss of appetite
- Disrupted sleep
- Flaring up of existing health symptoms



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4. Gradually Increase Session Times

We suggest performing a block of 7 treatments, with a recovery day between each session.

If you are able to complete this with no detox symptoms, then you can increase the time

- Immortal: increase by 10 minutes
- Super Power: increase by 20 minutes
- Vitality: increase by 30 minutes

This is an ideal level for general health maintenance

If you experienced **mild detoxification symptoms**, then you would not increase the time. Continue with treatments at the same duration for another 7 sessions - then reassess.

Only increase the time when you are free of any detoxification symptoms.

If you experienced **strong or severe detoxification symptoms**, then you need to completely stop treatments and allow complete recovery to occur.

This may take anywhere from a couple of days to a couple of weeks.

Then return to treatments at a reduced time duration



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5. Increasing the time further

If you are trying to resolve a specific health condition, you may wish to build up the time beyond that recommended for health maintenance.

As long as you are able to complete 7 sessions without any detoxification symptoms, then you can increase the time by the increments indicated above and repeat the process of another 7 sessions.

You can follow this protocol until you reach the following durations

- Immortal: 2 hours
- Super Power: 4 hours
- Vitality: 6 hours

6. Splitting the sessions

As sessions become longer it may be more convenient to break the treatment down into smaller chunks

For example, a 2-hour treatment could become two 1-hour treatments.

It is up to you how the time is divided into smaller units; it might be that a session is broken down into 3 or 4 parts, which when added up give you the full duration.

Some people have theorized that breaking the session up into smaller parts increases the effectiveness of treatments and is also less taxing on the liver and kidneys which are the main organs of detoxification.



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7.Important Notes

- It is common for people with the Immortal machine to think that 10 minutes is not going to be enough time to create a positive impact
- 10 minutes on the Immortal provides the same amount of Brown's gas to the body as 20 minutes on the Super Power or 30 minutes on the Vitality machines
- Don't ignore the advice about having a recovery day between treatments. It is important to allow the body time to process and recover from each session. A lot of healing occurs in the spaces between treatments.
- We have found that daily treatments over time can create a cumulative burden on the organs of detoxification - liver and kidneys.
- It is common to get stuck at a particular time, if you try to increase, you find yourself feeling unwell and end up returning to the previous time that worked for you. Some people may spend months with sessions that are relatively short and wonder why they can't progress.
- Remember that healing is not measured by how much time you can spend on the machine, it is about listening to your body and finding the correct amount of time that the body can tolerate, not pushing beyond your limits
- The key is to work with the body, not against it!
- We do not want to punish the body with treatments, more is not necessarily better!

We wish you every success on your health and wellness journey!

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