

Hydrogen/Oxygen Inhalation Therapy for Therapists

Legal and Regulatory Considerations

- There is no legal requirement for certification to use hydrogen/oxygen inhalation therapy in your practice.
 - Currently, no governing bodies regulate hydrogen/oxygen therapy in the UK.
 - As a result, obtaining insurance coverage for this therapy may be challenging. Using a client disclaimer is a potential alternative.
 - Hydrogen/oxygen machines are not classified as medical devices in the UK and are not eligible for VAT exemption.
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Setting Up Your Practice

Equipment & Maintenance

- **Cannulas:** Use a separate nasal cannula for each client to maintain hygiene.
- **Water Quality:** Use only pure distilled water with a TDS (Total Dissolved Solids) reading of 0ppm for optimal performance and longevity of the machine.
- **Ventilation:** Ensure proper airflow in your treatment space to prevent hydrogen accumulation. A window or an air conditioning system venting outdoors is ideal.
- **Carbon Monoxide Detectors:** Be aware that hydrogen gas may trigger some carbon monoxide detectors.
- **Placement:** Do not place the machine in an enclosed space, near radiators, heat sources or in direct sunlight.


Running Costs

- **Electricity:** The Immortal 3000 has a power consumption of 900W. Estimated cost is around 23p per hour of operation.
- **Water:** The machine uses 120ml of distilled water per hour. Purchasing distilled water costs approximately 54p per hour. A cost-saving alternative is using a home distiller to make your own water.
- **Replacement filters:** The machine will indicate when to replace filters which is approximately every 6-12 months depending on usage. Filters cost £14.95 for a pack of 2.
- **Replacement cannulas:** As a general guide it is suggested to replace cannulas every 3 months for hygiene reasons. Cannulas cost £17.95 for a pack of 2.
- **Machine Lifespan:** Rated for 5,000 hours without performance drop-off when using high-purity distilled water. The machine will continue to operate indefinitely beyond this point, but there will be a gradual drop in performance over time.

Noise Levels

- The Immortal 3000 operates at 30-35dB, similar to the noise level of an electric fan, which is classified as “very quiet.”
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Choosing the Right Machine for Your Clinic

<div>MACHINE COMPARISON CHART</div> <div>Hydrogen Oxygen Machine</div>				
				
Machine Model	Output (ml/min)	Best For You	Benefit Overview	Price
Vitality	1000	Everyday wellness	Supports energy, sleep and recovery	£1595
Super Power	1500	Active Lifestyle	Faster recovery, mild health issues	£1995
Immortal	3000	Athletes & Serious Health	Maximum therapeutic support rapid results	£3495

Why the Immortal is the best machine for use in a clinical setting

While all our machines deliver hydrogen/oxygen benefits, a higher output means:

- **Faster results:** More hydrogen per minute supports quicker recovery and deeper cellular impact.
 - **Greater therapeutic effect:** Particularly important for chronic illnesses, pain management or performance enhancement.
 - **Time-saving:** Higher output means shorter inhalation sessions for the same dose.
 - **Flexibility:** The Immortal 3000 allows switching between 1500ml and 3000ml, making it suitable for clients who may need to start with a lower dose.
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Support from H2E

- **Warranty:** 2-year full replacement warranty if any faults occur with your machine.
- **Post-Warranty Repairs:** Cost price for parts + labor.
- **Training & Setup:** Video tutorials, written manuals and PDF documents are provided to make the setting up simple and easy. If needed we are available via phone, text or WhatsApp to assist.
- **Post sale support:** Support from H2E is ongoing for as long as you have the machine
- **Limitations:** We are not the manufacturer of these machines and may not be able to answer detailed questions about the internal workings or components.
- **Therapeutic Protocols:** We have designed a General Protocol which is targeted towards customers purchasing a machine for home use – with the emphasis on safety.

When it comes to utilizing these devices within a clinical setting, we have provided some suggestions later in this document. However, we are not in a position to provide protocol suggestions for specific clients.

- **Disclaimer:** Due to UK regulations, we cannot promote hydrogen therapy as a treatment for specific diseases.

Pricing for Hydrogen/Oxygen Therapy Sessions

We have often been asked, how much can be charged for a therapy session using Hydrogen/Oxygen.

Ultimately a therapist can decide for themselves what they wish to charge and this can vary considerably in the UK based on location and clinic setup

Here are some general guidelines/suggestions:

Standalone Session (30-60 minutes): £40 - £80 per session

Integrated Therapy Session (Hydrogen + other therapies such as PEMF, acupuncture or red light therapy): £60 - £120 per session

Packages (such as 10 sessions for a discounted rate)

Hydrogen therapy can also be administered while conducting consultations, such as nutritional or lifestyle coaching, maximizing efficiency.

How to Integrate Hydrogen Therapy into Your Practice

- **Standalone Sessions:** Offer hydrogen inhalation as an independent therapy.
- **Integrate with other Therapies:** Clients can inhale hydrogen while receiving acupuncture, red light therapy, PEMF or other therapy.
- **Pre/Post-Treatment Support:** Use hydrogen before or after treatments to enhance outcomes (for example, before a deep tissue massage for relaxation or post-PEMF for faster recovery).
- **Packages:** Consider offering a discounted price for purchasing a course of sessions.

Hydrogen/oxygen therapy is an emerging wellness modality with strong scientific backing. Whether used as a standalone therapy or integrated into an existing practice, it offers a unique tool for promoting healing, recovery and overall well-being.

Adapting Research Protocols for Use in a Therapy Practice

While research studies often use daily hydrogen inhalation for 2-6 hours over several weeks, this level of commitment may not be practical for many clients. However, hydrogen therapy is still beneficial even at lower frequencies and durations.

How to Modify Protocols for a Therapy Setting

1. Frequency of Sessions

- Research often suggests **daily** inhalation, but for practical purposes, clients can benefit from **2-3 sessions per week**.
- Some benefits, such as **reduced inflammation and increased energy**, may be noticeable after just a few sessions.

2. Session Duration

- Studies may use **2-6 hours per day**, but in a clinical setting, **1-hour sessions** are more feasible.
- Many clients experience relaxation, mental clarity and increased energy after just **30-60 minutes of inhalation**.

3. Cumulative Benefits Over Time

- Hydrogen therapy has a **dose-dependent effect**, meaning the more it is used, the more benefits accumulate.
 - Clients who attend sessions **2-3 times per week** will still see meaningful improvements in **inflammation reduction, energy levels, recovery and overall well-being** over time.
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Example Adjusted Protocols for Clients

- Even if daily, long-duration hydrogen therapy is the “gold standard” in research, clients can still experience significant benefits with 2-3 sessions per week.
- By adjusting the research protocols therapists can allow clients to benefit from the huge therapeutic potential of Hydrogen/Oxygen without having to purchase a machine themselves
- Many clients may wish to work initially with a therapist before deciding to purchase their own machine
- H2E have an affiliate scheme, where you can earn a commission for recommending clients who wish to purchase a machine

Condition	Research Based Protocol	Modified Clinic Protocol
Chronic Illness (Cancer, Neurodegenerative & Autoimmune)	2-6 hours daily for 4-8 weeks	1-hour sessions 2-3 times per week for ongoing support
Post-Surgical Recovery & Injury Healing	1-4 hours daily for 1-2 weeks	1-hour sessions 3 times per week for 2-4 weeks
Recovery from sports and Training	1-2 hours post-workout daily	1-hour sessions As required by athlete/sports player to assist recovery
General Wellness, Anti-Aging & Cognitive Support	1-2 hours daily long-term	1-hour sessions 1-3 times per week