



# Hydrogen & Oxygen Therapy

This general step-by-step protocol will help you to safely build up the time on your hydrogen and oxygen machine, and how to really use it for the best results for your health and fitness.

## 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
- **The Essential:** 40 minutes per session

## 2. Recovery

Have at least one day of rest between sessions.

Some users may require 2-3 days between sessions, to allow the body to fully recover, depending on the persons overall health, this is due to the level of harmful free radicals in the body and how the detox channels are working. If your using this for sports reason, it may not apply.

## 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 in total to 20 mins
- Super Power: increase by 20 minutes in total to 40 mins
- Vitality: increase by 30 minutes in total to 60 mins
- Essential: increase by 40 minutes in total to 80 mins

### 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 any **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 week.

Then return to treatments at a reduced time duration. Slowly and steady is what we believe is the best way to get long term results.



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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
- Essential: 8 hours

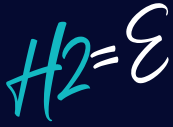
## 6. Splitting the sessions

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 hydrogen and oxygen 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/rest 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 can for some people over time can create a cumulative burden on the organs of detoxification - liver and kidneys, so for some people they may feel a lot of benefits at the start and less benefits, if they over treat. Again, to really highlight for some people with health challenges less is more.
- It is common to get stuck at a particular amount of time per session, 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 in time and wonder why they can't progress. Healing the body takes time, and you may need to check in with a functional medicine doctor if there is anything else you may need.
- 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 suits your body, not by pushing your body 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!

*The H<sub>2</sub>=ε Team*