

When a gentler and slower approach is sometimes necessary

Conditions that may require a gentle approach:

1. **Chronic low energy states** (Chronic Fatigue Syndrome CFS/ME)

- Their **mitochondria** are often under-functioning and pushing too much therapeutic stimulation too quickly (even something gentle like hydrogen) can lead to an **energy crash**.
- These individuals typically have **reduced detoxification capacity**, so even mild improvements in cellular repair and oxidative balance can release toxins or inflammatory metabolites faster than their **liver**, **kidneys** or **lymphatic** system can eliminate them.
- Autonomic Nervous System dysregulation is common in these individuals (e.g. overactive sympathetic stress responses), which can also affect their tolerance to therapies that influence cellular energy or redox signaling.

2. **Lyme disease and co-infections**

- These individuals often experience **strong Herxheimer** (die-off) reactions when the immune system begins clearing microbial toxins.
- Hydrogen/oxygen therapy can support immune function and detoxification, but needs to be introduced slowly to **prevent flare-ups**.

3. **Multiple Chemical Sensitivity** (MCS)

- The **redox-sensitive systems** in these individuals can be highly reactive. Even mild shifts in oxidative balance can trigger unwanted symptoms.
- These individuals often require **ultra-low doses** and **very short sessions** initially.

4. **Mast Cell Activation Syndrome** (MCAS)

- Though **rare**, hydrogen/oxygen therapy may influence **mast cell** activity indirectly through redox pathways.
- A slow, well-observed introduction is prudent.

5. Chronic Lyme, EBV or stealth infections

- Similar to CFS, these individuals may have dysregulated **immunity** and **mitochondrial** suppression.
- Slow therapeutic build up avoids triggering **inflammatory** or **die-off** reactions.

6. Long COVID / Post-viral fatigue

- **Similar** mitochondrial and detoxification challenges as **CFS**.
- These users often benefit from **alternating day** therapy and **shorter** session times to start.

7. Autoimmune conditions (e.g. lupus, rheumatoid arthritis)

- Hydrogen may help long-term by reducing oxidative stress, but too rapid an introduction may temporarily shift immune activity, leading to flare-ups

8. Severe adrenal exhaustion / HPA axis dysfunction

- These people may respond well to hydrogen over time, but their **threshold** for change is **very low**, and even mild stimulation can temporarily dysregulate their cortisol and energy patterns.

If you are experiencing any of the listed conditions it is highly recommended that hydrogen/oxygen therapy is introduced **slowly** and **carefully**.

We have created the **H2=E General Protocol** to help people achieve this

Hydrogen therapy is gentle by nature, but in sensitive individuals, even small improvements in cellular function can create a temporary but overwhelming burden on the organs of elimination (liver and kidneys).

This can lead to symptoms such as **fatigue**, **headaches**, **brain fog**, **irritability** or feeling “**crashed**” if the body is not able to keep up.

To avoid this, the **H2=E General Protocol** is based on the following principles:

- Starting with small session times of between 10-30 minutes
- Using alternate-day treatments
- Increasing the time slowly whilst monitoring for symptoms of detoxification

Ensuring adequate **hydration**, **sleep**, **movement** and **sunlight** can all be supportive.

Gently supporting the **liver** and **kidneys** with appropriate herbs can be helpful

H2=E have created a **Therapy Tracker**, which allows you to monitor **detoxification symptoms** and their **severity**

Pushing ahead **too quickly** by inhaling large amounts of hydrogen/oxygen daily, can overwhelm the body's **detoxification pathways**, leading to a worsening of symptoms or compromising overall progress.

As a result, individuals with any of the conditions listed above often require a **longer timeline** before noticeable improvements are felt.

In some cases, it may take **several months** or more of gentle, consistent therapy before a clear upward shift in energy and wellbeing becomes apparent.

WHEN A GENTLER AND SLOWER APPROACH IS SOMETIMES NECESSARY

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