

# 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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## Equipment Considerations

- **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 0 or 1 ppm 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 cheaper carbon monoxide detectors that use a MOS sensor.
- **Placement:** Do not place the machine in an enclosed space, near radiators, heat sources or in direct sunlight.

# Regular Maintenance

Routine upkeep is simple and helps extend the life of your machine:

- **Change the nasal cannula** every **2–3 months** for hygiene and performance.
  - **Change the filter** every **6–12 months** – the machine will alert you when a replacement is needed based on usage.
  - **Top up the water** in the main tank **as required** – always use **distilled or de-ionised water** only.
  - **Top up water** in the **humidifier bottles** regularly, as required
  - **Fully replace** the water in the main tank every **3 months**, even if it looks clean.
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# Repairs and Faults

We are here to help if anything goes wrong:

- If your machine displays a fault or stops working properly, please contact us for **troubleshooting support**.
- If a repair is needed, the machine should be returned to us in the UK.
- During the 2-year warranty period, we most commonly replace the machine free of charge if a manufacturing fault is confirmed.

For machines **outside of warranty**, we will assess the issue and provide a **quote for parts and labour** before proceeding with any repairs. No work will be carried out without your permission.

## Running Costs

- **Electricity:** The Immortal 3000 has a power consumption of 900W. Estimated cost is around 23p per hour of operation.
- **Water:** The Immortal uses approximately 120ml of distilled water per hour. The Super Power used 60ml of distilled water per hour.
- **Replacement filters:** The machine will indicate when to replace filters which is approximately every 6-12 months depending on usage. Filters cost £20 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 £25 for a pack of 3.
- **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 when the fans are running, 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

H2E offer 3 machines

- **Immortal:** has an output of 3000ml/min
- **Super Power:** has an output of 1500ml/min
- **Vitality:** has an output of 1000ml/min

**Serious Health Issues:** Clients often seek machines with 1500ml-3000ml output.

**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
  - **Therapeutic Protocols:** We have designed a build-up protocol as well as a protocol for people who may require a gentler approach.  
For those using the machines in therapy or clinical settings please be aware that our support is product-focused.  
We do our best to help where we can, but **we are not a training provider or clinical advisory service.**  
We encourage all customers using the machines in a professional context to ensure they have appropriate knowledge and protocols in place.
  - **Disclaimer:** Due to UK regulations, we cannot promote hydrogen therapy as a treatment for specific diseases.
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## A Note on Technical Details

At H2E, we try to provide clear and honest information about the hydrogen/oxygen inhalation machines we offer.

We have taken great care to include as much detail as possible on our product pages and FAQ page - especially around key areas like the hydrolysis cell, PEM membrane and electrode materials.

However, we are **not the manufacturer** of these machines and our role is as a **supplier**.

This means that there are certain technical questions, particularly those relating to the finer details of internal components or manufacturing processes that we are simply not in a position to answer.

If such information is not already included in our published materials, it likely falls outside the scope of what we are able to provide.

# When to Avoid or Use Caution with Hydrogen/Oxygen Inhalation

Do not use Hydrogen/Oxygen therapy if:

- You are using ozone therapy at the same time (separate by several hours)
- You are in the acute phase of a stroke or brain bleed
- You have active seizures or unstable epilepsy
- You are experiencing severe respiratory distress (such as asthma attack)
- You are pregnant (especially first trimester – precautionary)

Use with caution or professional guidance if:

- You have low blood pressure (hydrogen may slightly lower BP)
- You are undergoing chemotherapy or radiation (avoid on the same day)
- You have a pacemaker or implant
- You are a child or elderly person with complex health needs
- You are on immunosuppressant medication following an organ transplant

# Examples of Adjusted Protocols for Clinics

- Currently, many clinical case studies are using long-duration daily treatments
- By adjusting some of 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
<b>Chronic Illness</b> (Cancer, Neurodegenerative & Autoimmune)	2-6 hours daily for 4-8 weeks	1-hour sessions 2-3 times per week for ongoing support
<b>Post-Surgical Recovery &amp; Injury Healing</b>	1-4 hours daily for 1-2 weeks	1-hour sessions 3 times per week for 2-4 weeks
<b>Recovery from sports and Training</b>	1-2 hours post-workout daily	1-hour sessions As required by athlete/sports player to assist recovery
<b>General Wellness, Anti-Aging &amp; Cognitive Support</b>	1-2 hours daily long-term	1-hour sessions 1-3 times per week

# Can Hydrogen Therapy Be Combined with Other Holistic Treatments?

## A Safety & Timing Guide

As hydrogen and hydrogen/oxygen inhalation therapy gains popularity for its powerful antioxidant and anti-inflammatory effects, many people are asking:

***“Can I combine hydrogen therapy with other holistic treatments?”***

The short answer is: **Yes**, but with awareness and timing.

While hydrogen therapy is extremely safe and versatile, certain other therapies, especially those that create oxidative stress or strong energetic inputs, may require spacing or sequencing for best results.

**In this post, we will explore:**

- Which therapies should not be combined at the same time as hydrogen
- How to safely position them in your wellness routine
- Why separating certain therapies is important



Hydrogen/Oxygen Inhalation Therapy is a powerful stand alone therapeutic tool.

However, many people are integrating it into a more comprehensive wellness strategy.

Understanding how to do this effectively will provide enhanced health and wellbeing.

# Therapies That Should NOT Be Used Simultaneously with Hydrogen Therapy

Hydrogen therapy works by gently reducing oxidative stress, supporting mitochondrial function and balancing redox signaling.

If combined with certain powerful treatments at the same time, you may blunt its effects or create unnecessary biological conflict.

Here is a list of therapies to avoid during hydrogen inhalation, and when they can be used safely:

Therapy	Combine During?	Safe Before?	Safe After?	Recommended Time Gap
Ozone Therapy	No	Yes	Yes	Wait 4-6 hours or use on alternate days
Hyperbaric Oxygen Therapy (HBOT)	No	Yes	Yes	Wait 6 hours or more
Essential Oil Diffusion (Aromatherapy)	No	Yes	Yes	Wait 1-2 hours
PEMF therapy (Pulsed Electromagnetic Field therapy)	No	Yes	Yes	Wait 30-60 minutes
Sauna therapy (Steam / Infrared)	No	Yes	Yes	Wait 2-3 hours
Coffee Enemas	No	Yes	Yes	Wait 4-6 hours
High dose antioxidant IV's (Vitamin C / Glutathione)	No	Yes	Yes	Wait 4-6 hours
Intense Breathwork (such as Wim Hof)	No	Yes	Yes	Wait 1 hour

Spacing these therapies correctly supports your body's natural rhythms and helps avoid energetic overload or therapeutic contradiction.



# Therapies That Work Well Alongside Hydrogen

Many holistic approaches can be used safely at the same time you are inhaling hydrogen/oxygen - or be used directly before/after.

These include:

- Red/NIR light therapy (especially before hydrogen to support mitochondria)
- Grounding/Earthing
- Massage, Bowen or Fascia Therapy
- Somatic movement, yoga and meditation
- Breath-focused vagus nerve work
- Low-dose herbal adaptogens or minerals

These tend to complement hydrogen's calming and restorative effects, making them a great pairing in most protocols.

## Why Timing Matters

Hydrogen reduces oxidative stress. Ozone, HBOT and detox therapies increase it (intentionally).

Used correctly, these therapies can complement each other, but when used at the same time, they may either:

- Cancel each other out, reducing their effectiveness
- Overwhelm the body, especially if you're sensitive or detoxing

Hydrogen shines when the body is not under acute stress - it helps the nervous system shift into rest, repair and regeneration.

# Overview

- Hydrogen therapy is compatible with many holistic treatments, but timing is important
- Avoid using it simultaneously with oxidative or detox-heavy therapies like ozone or HBOT.
- Space out your sessions by at least a few hours and listen to how your body responds.
- When in doubt, consult a qualified holistic practitioner or integrative therapist familiar with hydrogen and its interactions with complimentary treatments.