

## Negative Hydrogen for Positive Health by Garry F. Gordon, MD, DO, MD(H)

You may have heard the phrase that the “life of the body is in the blood”, and without delving into the metaphysical considerations, scientifically the statement is spot-on when considering the quality and length of our lives being associated to the condition of our heart and circulatory system. Our heart pumps blood which carries oxygen and nutrients to our tissues and cells, and also carries away the waste products. I have developed my FIGHT For Your Health Program to teach people how the quality of our lives and health is vitally dependant upon the health of our blood, or even more specifically, our cells. Blood is the vehicle and transport system for the fuel but our cells contain the powerhouses. What we do to provide our cells with the optimal environment of necessary nutrients, for energy production, repair and function, and elimination of toxins and wastes, is absolutely crucial to our health, happiness and longevity.

We are all suffering from power failure. On a chemical and physical level all disease is caused by a loss of organization – by entropy – or essentially a loss of energy. Dr. Douglas Wallace of the Center for Mitochondrial and Epigenomic Medicine in Philadelphia says that “Every one of the diseases we can’t solve is absolutely logical if we put energy at the center”. Mitochondria are the powerhouses in our cells that produce energy through two metabolic processes. One is the citric acid cycle which converts fuel (food) into ATP and hydrogen, and the second is through oxidative phosphorylation whereby hydrogen is combined with oxygen to generate ATP. Oxidative phosphorylation is the primary energy process for all aerobic organisms. Pollution and various toxins and poor food all contribute to the breakdown of this fundamental cycle.

So what’s hydrogen got to do with achieving and maintaining positive health? Plenty! As a matter of fact, Albert Szent-Gyorgyi, the Nobel Prize-winning scientist who discovered Vitamin C, said that hydrogen, not oxygen, is the “fuel of life”. We all know that the body needs oxygen in order to live. What most do not know is that 90% of matter in our Universe is made up of hydrogen and we need it just as much as we need oxygen, as oxygen burns hydrogen, which releases the energy that runs our bodies.

Our ancestors replenished their hydrogen stores by eating fresh, minimally processed or raw foods, animal protein of high quality and freshness, and by drinking clean, unfiltered water from natural deep aquifers. Unfortunately the naturally occurring hydrogen in our environment has been drastically reduced by heating, processing, milling, prolonged exposure to air or prolonged storage, and pollutants. Overprocessing and our modern diets have also resulted in many people acquiring food intolerances to things like lactose and gluten, causing intestinal dysbiosis, candida overgrowth and leaky gut syndrome.

Most of our body’s hydrogen stores are in the liver and intestines, which is also where the majority of our detoxification processes occur. Our energy production is further affected as our liver is overburdened with toxins. Our body responds with chronic inflammation and an

increase in cholesterol, as protective mechanisms. Sadly, mainstream medicine's answer is to prescribe a statin drug which only further damages the system.

Hydrogen is the most powerful antioxidant. Pollution, and the natural aging process, produce damaging free-radicals. These very reactive molecules easily react with vital molecules in the body, like our DNA, causing mutations and changes in the genetic sequencing. It is free-radical accumulation of over time that is thought to cause aging and degenerative diseases like Alzheimer's disease and Parkinson's disease, and also symptoms associated with heart disease, atrial fibrillation, chronic fatigue, fibromyalgia, depression, thyroid and hormone imbalances, Type 2 diabetes, acid reflux and indigestion. But by simply replenishing our hydrogen stores, we can increase cellular energy and detoxification, relieving and even reversing many of these conditions.

Antioxidants are the body's defense mechanisms against damaging free-radicals. In order to help eliminate the effect of free-radicals from the human body, there are some known 'super foods' which contain vitamin C, vitamin B2, vitamin E, beta carotene. Hydrogen, specifically the negative hydrogen ion, or H<sup>-</sup> ion, is thought to be the most powerful antioxidant.

Adding negative Hydrogen ions, in the form of a supplement called Active H-minus, is now easy and affordable. Simply add a small tablet of Active H-Minus to any bottle of quality, clean drinking water, and it will add an incredible number of free-radical neutralizing electrons to your body! I have lived most of my life with a heart rhythm disturbance similar to atrial fibrillation, and since taking Active H-Minus over several weeks, my skipped heart beats have disappeared, my pulse is stronger than ever, and my energy levels have skyrocketed. I encourage you to try this latest breakthrough in anti-aging supplements and feel the difference for yourself.

For more information visit the Gordon Research Institute website at  
[www.gordonresearch.com](http://www.gordonresearch.com)

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