



Hydrogen Boy

Health & Beauty Benefits of Hydrogen

as Reported in Japan



Over the past few years, Hydrogen-related Antioxidant supplements have been steadily gaining popularity in Japan. Hydrogen as an Antioxidant is meant to prevent your body from “rusting”, as some people there would say (an obvious analogy with oxidation of steel). Such supplements are believed to be effective in removing ROS (Reactive Oxygen Species).

Below are some key Health & Beauty benefits, which have been reported in Japanese publications...



For Your Beauty

Reduced Redness around Wings of Nose

– Redness can make you appear older. If inflammation is due to presence of fat, ROS may be a cause of this fat.

Smaller Pores

– Enlargement of pores can occur when it becomes dirty and then oxidizes, thereby disturbing the skin cycle. Antioxidant powers of Hydrogen is said to prevent this.

Lighter Spots and Freckles

– ROS and free radicals are said to be a cause, and Hydrogen is said to be able to remove this cause.

Reduced Darkening of Skin

– Bad blood circulation is said to be one of the causes of darkened skin. Antioxidant powers of Hydrogen is said to improve blood flow, making your skin complexion lighter.

Less Deep Wrinkles

– Wrinkles represent the aging of skin. ROS is said to be a leading cause of aging, so reducing ROS can make the wrinkles less deep.

Lightening of Dark Circle Around Eyes

– Bad blood circulation is said to be a major cause of this. And Hydrogen is said to reduce this, by improving blood circulation.

Reduced Acne and Pimple

– Can be caused by germs entering skin, to cause inflammation. Hydrogen is said to suppress such inflammation and reduce cell damage.

Disclaimer: Information here is derived from material translated from Japanese publications. Effects may vary from person to person, and not all statements may apply to everyone.



For Your Health

Less Hangovers

– Hangover is said to be due to premature breakdown of alcohol, whereby ROS is a resulting byproduct. Hydrogen is said to be helpful in this case, and can be used in helping recover from hangovers.

Helps With Dieting

– Hydrogen is said to help speed up metabolism. This, in turn, is believed to burn fat faster, and help you become slimmer.

Less Tiring

– Fatigue in the body and the brain is said to occur due to ROS. Hydrogen is said to have the ability to travel throughout your body to remove the source of this fatigue.

Reduced Muscle Pain

– Muscle pain can occur due to damaged muscle fibers and inflammation. Hydrogen is said to have the effect of suppressing inflammation, which can be helpful in this case.

Reduced Sensitivity to Cold

– This is said to be due to bad blood circulation. Hydrogen is said to be effective in this case, by improving blood circulation.

Reduced Stiff Shoulders

– This can be due to stiff muscles or bad blood circulation. Again, Hydrogen can help, by reducing ROS which makes blood flow smoothly.

Reduced Swelling

– When swelling is not due to illness, it is said that bad metabolism can be the cause. Hydrogen is said to have the effect of improving metabolism, which can be helpful in this case.



Ongoing Clinical Research

Metabolic Syndrome

Diabetes

Cancer

Parkinson's Disease

Arteriosclerosis

Atopic Dermatitis

Stroke and Heart Attack

(Cerebral and Myocardial Infarctions)

Alzheimer's Disease

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