

# Integrative Therapy Information Portal

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## Important Notice:

This page is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please discuss any therapy or supplement with your healthcare provider before use.

## Molecular Hydrogen Inhalation

### What is it?

Molecular hydrogen (H<sub>2</sub>) is a colorless gas being studied for its potential role in reducing oxidative stress and supporting cellular health.

### What does research suggest?

Early research (primarily preclinical and small human studies) has explored potential effects on:

- Oxidative stress modulation
- Inflammatory response pathways
- Respiratory and metabolic health support
- General cellular protection mechanisms

Research is ongoing and not yet conclusive for most clinical uses.

### Why we offer this service

This therapy is being explored as a **supportive, non-invasive wellness modality** in selected patients as part of a broader integrative care approach.

### Key References:

Grepl, P., Botek, M., Krejčí, J., & McKune, A. (2025). Molecular hydrogen inhalation modulates resting metabolism in healthy females: findings from a randomized, double-blind, placebo-controlled crossover study. *Medical gas research*, 15(3), 367–373.

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Sano, M., Suzuki, M., Homma, K., Hayashida, K., Tamura, T., Matsuoka, T., Katsumata, Y., Onuki, S., & Sasaki, J. (2017). Promising novel therapy with hydrogen gas for emergency and critical care medicine. *Acute medicine & surgery*, 5(2), 113–118. <https://doi.org/10.1002/ams2.320>.