

Wellness Watershed

YOUR LOCAL HYDROGEN-RICH WATER SPECIALIST

HYDROGEN-RICH WATER: HOW IT WORKS

Staying hydrated is essential, but **not all water is created equal**. Hydrogen-rich water is different—it's water infused with molecular hydrogen (H_2), a powerful antioxidant that helps your body fight oxidative stress, reduce inflammation, and boost energy levels.

How Does It Work?

Every time we breathe and move, our bodies create **oxidative stress**—a process linked to aging, inflammation, and many chronic diseases. Hydrogen-rich water helps **neutralise harmful free radicals** without interfering with essential bodily functions. Unlike other antioxidants, hydrogen is tiny enough to reach deep into cells, protecting your brain, muscles, and organs at a cellular level.

The Science Behind Ionised Water

Hydrogen-rich water is produced using a **water ioniser**, which runs an **electrolysis process** to separate water into alkaline and acidic streams. During this process, **molecular hydrogen (H_2) is dissolved into the water**, making it a potent antioxidant while also altering its structure to improve absorption. This restructured water has smaller molecular clusters, which means it can **penetrate cells more efficiently**, leading to better hydration and detoxification at a cellular level. The shift in pH also plays a role, supporting the body's natural balance and enhancing metabolic function.

The Benefits of Drinking Hydrogen-Rich Water

Drinking **enough** water is step one. Drinking **hydrogen-rich water** is the next level. Here's what the latest research shows:

-  **More Energy & Better Recovery**
Helps muscles recover faster and reduces fatigue, especially after exercise.
-  **Brain Health & Mental Clarity**
Supports focus, reduces mental fog, and has been linked to improvements in mood and anxiety.
-  **Stronger Heart & Circulation**
May help lower cholesterol, improve cardiovascular health, and support better blood flow.
-  **Reduced Inflammation & Joint Support**
Helps the body deal with inflammation, easing stress on joints and muscles.
-  **Anti-Aging & Longevity**
Supports cellular health, reducing the effects of aging at a molecular level.
-  **Better Digestion & Liver Function**
Supports gut health and helps the liver detox more effectively.
-  **Immune System Boost**
Research suggests it can help the body fight infections and manage oxidative stress.

Hydrogen-rich water isn't just about hydration—it's about **supporting your body at the deepest level**. The more consistently you drink it, the more you may notice improvements in energy, recovery, and overall well-being. Reach out to me today to find out what happens when you upgrade your water!

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