

671 How Hydrogen Water Supports Gut Health, Detox, Sleep, and Recovery With Paul Barattiero

Dr. Wendy Myers

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show we talk about everything related to heavy metal and chemical toxicity, the health issues caused by these toxins, and more advanced topics than you'll hear on other shows. Today, we have Paul Barattiero on the show, and he is the inventor of this really cool flask for hydrogen called the Echo Flask. He's going to talk all about the benefits of hydrogen, the research behind hydrogen, why you need more hydrogen in your diet, why people are largely deficient in hydrogen, and how it can benefit them to be drinking water with more hydrogen in it.

He will also offer lots of links to improve brain function, energy, recovery, digestion, and many other benefits. He explains why a lot of pro athletes are using hydrogen water to assist with recovery and have better performance. Really good info on the show today. Paul, thank you so much for coming on the show.

Paul Barattiero

Welcome, it's such an honor to be with you.

Dr. Wendy Myers

So let's talk about hydrogen. How did you learn about hydrogen gas being so beneficial to the body?

Paul Barattiero

Going back to November of 2005, I was married for just a little over 10 years. And the love of my life, my queen, my wife of 32 years now, was really sick for the first 10 years of our marriage. So I was looking for anything I could find to help her. Interestingly enough, hydrogen is what ended up helping her. So I got very passionate about it. I started lecturing about hydrogen back in 2009, four years after she was helped. I had figured out what was going on and had gotten into the industry, and then developed the first machine, starting in 2009.

By 2011, we were shipping that first hydrogen machine. So I got very passionate, obviously, because it helped my wife, and there was a great opportunity, I thought at the time, to help other people, which, of course, now we know, millions and millions of people we're helping with hydrogen. So that's how I accidentally figured out hydrogen or found out about it.

Dr. Wendy Myers

What are some of the benefits to people of hydrogen?

Paul Barattiero

To understand the benefits, we need to know that the body is designed to produce hydrogen. I just did a TED Talk a few weeks ago on how the colon is a hydrogen ecosystem. A lot of people don't understand that part of flatulence is hydrogen gas. Maybe they think about it, but they don't ask, " Wait a minute, why would the body produce hydrogen?" Is there a reason? Is there a benefit? So what people need to understand is that when the intestinal tract is working really well, and we have the proper electrical potential, then we have the proper bacteria in the gut, and we can combat oxidation and inflammation. That's really hydrogen's primary role.

Now, beyond modulating oxidation and inflammation, there are so many other things from a neurologic perspective that hydrogen also helps with. But when we're talking about plasticity of vessels and veins, when we're talking about all kinds of things that hydrogen manages, even things like electron transport in the body, when hydrogen is present, electron transport speeds up to a trillionth of a second, what they call a picosecond. So there are just so many benefits to the body. Everything from collagen in your skin, to the way your eyes function, to blood pressure, to all kinds of things.

Dr. Wendy Myers

What is the function of hydrogen in the body? Can you explain that a little bit?

Paul Barattiero

Yes. Hydrogen is a signal modulator. It's like in an office where you have a manager, and they're just making sure all the people are doing their jobs. If they aren't there, probably the office is going to have less work getting done than when the manager is there. Hydrogen doesn't do heavy lifting on its own. Hydrogen is a signal modulator. I'll give another example. There are tremendous neuroprotective effects that hydrogen has on the body. So cognitive function or brain function increases because of hydrogen in the body, but there's no striatal hydrogen or no hydrogen gas going to the brain. It's ghrelin secretions.

For example, when you drink hydrogen water and it hits the stomach or the intestinal tract, hydrogen itself signals gastric ghrelin to go to the hippocampus, the hypothalamus, and the brainstem within minutes, and all of a sudden, cognitive function is increased or improved. So hydrogen didn't go and increase that cognitive function, but it told or signaled ghrelin to get up into the brain where it needs to be to change the neurologic function. So we find that hydrogen causes reactions in the body, and those reactions are antioxidant, but hydrogen itself isn't an electron donor. It's not technically an antioxidant itself, but it does have antioxidant effects in the body, if that makes sense.

What made hydrogen get so popular was that back in 2008, 2009, Nature Medicine published a study showing that hydrogen was a selective antioxidant. Because it's not an electron donor, it doesn't cause any harm. What I mean by that is that things that donate an electron will complete something else, but then that antioxidant becomes a prooxidant itself once it has donated its extra electron. However, hydrogen (H2) is neutral. It doesn't donate any electrons. It doesn't take on an electron. It's complete the way it is. It's a signal modulator, so it's causing things to work in the body properly. Does that make sense?

Dr. Wendy Myers

Yeah, absolutely. I have a whole book right here that's that thick about all the research on the benefits of hydrogen.

Paul Barattiero

Yeah.

Dr. Wendy Myers

So what about pain? Like, how does hydrogen help with pain?

Paul Barattiero

Not only does hydrogen work on the pain receptors, but usually pain is coming from inflammation. Typically, if we have oxidation, that's normal and natural. Oxidative stress is when it's gone past normal, and now you're starting to have effects on cells and cellular function. As a combat mechanism the body will use, it will deploy inflammation to kind of fix that problem temporarily. The problem is if the source problem isn't dealt with, then that inflammation will become chronic inflammation. In other words, it's there all the time. That's when we have a big problem in the body.

When inflammation is chronic and oxidative, it becomes oxidative stress, and then you combine those two things in the body, you end up with disease models. You also end up with rheumatoid arthritis and other things that cause pain. So it is the inflammation that is causing the pain typically, and hydrogen has a very potent antioxidant effect in the body, but also an anti-inflammatory effect in the body.

Dr. Wendy Myers

So what about oxidative stress? It seems like with taking hydrogen, you can reduce oxidative stress, mainly because it's helping detox heavy metals as well

Paul Barattiero

Yes

Dr. Wendy Myers

Can you talk maybe about how hydrogen helps with detoxification?

Paul Barattiero

Absolutely. Typically, the reason we have issues is that our pathways for elimination, or what we call elimination pathways, are not open and working properly. A lot of times we have skin issues because we're not getting rid of waste since our organs in

the pancreatic system are inflamed or have inflammatory responses. So those muscles, like kidney and liver- all these wonderful organs that we have that are designed to eliminate toxins out of the body, filter them and then eliminate, aren't working because they are in an inflamed state.

Hydrogen will reduce inflammation in the kidney and liver. We have many studies to show this. Once that inflammation is reduced, then the kidney and liver are able to get rid of or facilitate the getting rid of waste in the body more efficiently. And so the elimination pathways will then work properly. Then I would say, in combination with that thought process, digestion will be improved, and that's also going to help us to not have as many issues with toxins. I know that sounds strange because no one's really talking about it, but if you can't properly digest foods, there's a lot of things left behind that should've been converted into fuel and should've been converted into solid waste, for example.

If we don't have the ability to process fiber and fatty acids, for example, we're going to have a lot of issues internally that aren't being managed and modulated, which could have bowel and bladder problems. We can have loose stool because we don't have the proper bacteria. So hydrogen is all involved with that from a perspective of the terrain and the biome being proper. Having hydrogen back into the body can quickly stabilize our intestinal tract, particularly the colon, so that we have the proper electrical potential and anaerobic microflora can live and thrive again. Then you have the right bacteria to process fiber and fatty acids, and hence you're converting food content into energy. As a result, you can deal with the wastes much more efficiently.

Ads 11:15

Now a word from one of our sponsors. When did you first start looking at the ingredient label on your protein powder? For me, I was making daily shakes and protein shakes, and I discovered that I was eating soy protein isolate, and I thought, "God, what is that?" I started doing some research and some digging and found that whey protein powder is actually the best protein powder out there.

This is a really long time ago. But back then, there wasn't a product testing for heavy metals and chemicals like there is today. But even today, that is still very rare, and that's why I love Puori PW1 protein powder. This is a product that has a QR code on the back, and you could test for 200 different contaminants.

No other protein powder on the market out there is doing this full transparency that Puori is doing, and that's why I highly recommend it. And not only that, but most people don't realize that over two-thirds of the protein powders tested by Consumer Reports study had lead levels above California's Prop 65 limits, and some were 10 times over the limit.

There was another study by the Clean Label Project that found that 47% of top US protein powders also exceeded the lead limits, and 21% were more than double. Puori protein powder is the only protein powder that got a clean certification by the Clean Label Project, so this is very high-quality protein powder.

What's so good about it is that it is made with whey protein concentrate sourced from grass-fed, pasture-raised cows in New Zealand. It's totally free from hormones, GMOs, and pesticides. It comes in three flavors. You can get bourbon vanilla, which is my favorite, dark chocolate, and unflavored. All of these have 21 grams of whey protein from grass-fed cows, including six grams of BCAAs and 2.4 grams of leucine.

They're made with only a few ingredients, and like I said, completely tested for contaminants. Every single ingredient is tested before it goes to the protein powder, and the protein powder itself is tested. So you want to use code WENDY at puori.com/wendy, and you'll get 32% off Puori's grass-fed whey protein when you start a subscription. In addition, you'll get a free shaker bottle worth $30 on your first subscription order.

Dr. Wendy Myers

Why are people deficient in hydrogen? A lot of people, hydrogen's become really popular, taking tablets of hydrogen or hydrogen-generating machines and things like that. Why would some people be deficient in hydrogen and need to supplement it, so to speak?

Paul Barattiero

That's a great question. It's chemicals that are coming into our intestinal tract through food, lotions, and water. There are a lot of ways, including stress. A lot of things can happen to harm the intestinal tract from a terrain and biome perspective. What a lot of people don't understand is that the bacteria in the gut should be two different types.

I'm going to oversimplify this a bit, but we have aerobic and anaerobic. Primarily, 96 to 99% of the bacteria in the gut should be anaerobic, and only 4% should be aerobic. The problem is if we have chemicals and pesticides, heavy metals, and other things that come into our intestinal tract that change the electrical potential. In other words, if we reverse the polarity, we're creating an environment that's perfect for aerobic bacteria.

That’s a big problem because now we're going to have sugar and carb cravings, anxiety and depression yet we won't be able to convert fatty acids and fiber. So that's where you see people eating salads or vegetables and having diarrhea. They just don't have the bacteria to process food, whole foods.

Dr. Wendy Myers

I think that's a lot of people, too, because taking antibiotics and resulting in glyphosate kills our gut bacteria.

Paul Barattiero

Yes.

Dr. Wendy Myers

Chlorine kills our gut bacteria. They are just working against our gut bacteria.

Paul Barattiero

Yeah, 100%. So when that terrain or biome is the positive electrical potential instead of the negative electrical potential, anaerobic microflora can't live there. All of a sudden, we're going to have what we call gut dysfunction. This means your antioxidant pathways, your oxidative pathways, your inflammatory responses- everything is incorrectly functioning.

Yet, Echo Water has a negative 400 to a negative 600 millivolts of electrical potential. So when we drink that water and it goes through the stomach, duodenum, into the

intestinal tract and into the colon, we're literally imparting that negative electrical potential that's perfect for anaerobic microflora. Because you're imparting that negative electrical potential, you're going to rapidly change the biome and the terrain physically by drinking water.

There's hydrogen gas, which is going to help with all the things hydrogen was supposed to do naturally. But the water itself is going to change the terrain and the biome within an hour of drinking the water. We're going to change the gut within an hour. Then by the time it's two weeks later, people that have gluten and dairy intolerance many times won't have that anymore or it will be greatly reduced because the electrical potential in the water will absolutely change the terrain, and all of a sudden anaerobic microflora comes back, create communities and begin to thrive and live. Now you can process fiber, fatty acids and have less anxiety and depression.

Dr. Wendy Myers

That's how you would repair it.

Paul Barattiero

The way you would harm the gut is exactly what you talked about: chemicals, pesticides, pharmaceuticals that are designed to harm those microbes, and so they do a very good job. With hydrogen, we can immediately change oxidative stress and inflammation, and then the electrical potential, what we call ORP, oxidative reduction potential of water, having a negative electrical potential will immediately change the terrain and the biome to be more suitable for anaerobic microflora.

A lot of people will then ask, "Well, wait. How does the bacteria get back in there? Do you have to take probiotics or prebiotics or whatever?" I would like to have people understand that everything is in the environment, and whatever you support will immediately come back. It's a little bit of a foreign thought process for a lot of people, but I use an example of an aquarium.

If the water is balanced and perfect, the fish are great, and you don't have algae growing in that water because you've balanced the environment. In an aquarium, water is the environment. People know that if the water gets out of balance, which points to the levels of nitrates and nitrites typically, because they're not cleaning the

poop out that the fish poop in, all of a sudden you can start to have a little bit of algae growing in the tank.

My question is, where did the algae come from? Did you put algae in there, or did it come because the environment was out of balance? If you clean it off, which a lot of people will do, what happens? It just comes back. Because you haven't changed the environment. The environment is out of balance, and therefore algae is going to come.

Now, if we balance that water or the environment, what happens to the algae? It goes away. Where does it go? Back into the environment. So I want people to understand that the environment is everything, and the terrain is everything. In an aquarium, the water is the terrain for the fish. That is their entire environment, and they will end up dying if you don't keep that environment balanced.

The same is true for us. In many respects, our gut is our most important environment in our body, and if we support that environment, we live and thrive and do very well. And all of our antioxidant, anti-inflammatory pathways, military to fight the battles we need, what we call immune function, it's all housed in the gut. That is, in my opinion, the most important environment for us to support. The only way that I know you can begin to fix your gut in one hour and then fully in two weeks is by changing the electrical potential. And yes, you can do that with food items, but it's going to take you almost two years to fully rehab the gut by food alone. Typically in that time period, you might get sick again, or you might have some issue, and you reset that whole entire process.

By drinking water that has that electrical potential in it, you can fix or rehab the gut in as short as two weeks. That's what I think is the most effective way to rehab the gut. Then all kinds of things are going to happen, from an immune function, cognitive function, energy, mitochondrial function with ATP production, elimination pathways, because you're drinking water and being properly hydrated, and you have the right bacteria in the gut so that you're forming fecal matter properly.

I know that sounds strange, but you need water to make poop, and you need water to make pee. So the two main ways to get waste out of the body requires water. Then the other way that we get waste out of the body is primarily by breathing, and we need water for that too, believe it or not. Most people don't know that 50% of water

loss in the body is through breathing. But if you don't believe me, just come here to Utah in another month and a half and just breathe outside, and you're going to see mist, and that's because you have vapor. So long story short, water's critical. In our case, water is a delivery mechanism for the hydrogen gas, which is going to fix the entire gut and terrain. I hope that explains it well.

Dr. Wendy Myers

Yeah, absolutely.

Ads 22:36

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's gonna equal dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other things. It’s part of my nightly routine. So there are a lot of different uses for it,

including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to trytruenergy.com/wendy5

Dr. Wendy Myers

Tell us more about the Echo bottle that you showed. How does that work? I have one. It's really interesting. I've been drinking the hydrogen water. But tell us how it works exactly, because before I met you I'd never used it. I've only heard of molecular hydrogen.

Paul Barattiero

Yeah.

Dr. Wendy Myers

So let's talk about the Echo bottle and maybe also compare it to the hydrogen, molecular, the little tablets people are putting in water.

Paul Barattiero

This is the Echo flask. You would put water here on the top, and the water should be clean, filtered. You don't want to put tap water in here. You at least want to get as many of the contaminants as you reasonably can.

Dr. Wendy Myers

Or spring water.

Paul Barattiero

Yeah, as long as it's clean and filtered. On the side, you have the touch screen, and you just slide it up, and turn it on. You can see that you have a 10-minute timer there. You can also see right there, just like on an Apple Watch or something, you have the rings. So it can tell you how much water you're drinking per day. You can set goals. You can make sure that you're getting enough hydrogen. Here you can see the bubbles coming up, and that, in our product, is purely H2. In the bottom, you see this blue light. O2, O3, and CL2 are coming out the bottom.

The big issue with most of the other hydrogen bottles or the companies that say they're hydrogen is 99% of them are scam products. They're not really producing hydrogen. They're putting chlorine in the water. They're putting ozone. They're putting

who knows what. You don't really know what. Or maybe no hydrogen at all. Whereas here, anything Echo, we use a proton exchange membrane, and so we're filtering out ozone, chlorine, oxygen, and just putting H2. And we've had third-party laboratory tests proving that nothing else goes in this water. No contaminant of any kind comes out of our bottle, including heavy metals of any kind. All that is going in is purely H2 gas.

So this is an app-controlled product. It will track how much water you're drinking, how much you're doing. This bottle can dissolve up to nine- 0.14 parts per million of hydrogen gas into your water. This is 12 ounces, so you really should drink three to six of these per day to get the proper amount of water and hydrogen. At least 30 ounces a day. So three would kind of be your minimum.

But this product is for two types. One, for skeptical people that want to see if it is going to help them, and second, people that travel on planes, trains, automobiles. Because you can take this with you on a plane, you can take it anywhere, and just put water in it and have your hydrogen water on the go. Now, how does that compare to tablets? Tablets, there's only one company, and everybody's getting private labels for the same tablets. So first of all, there's nothing special about anyone's tablets. They're all the same thing coming out of the same place. They're just private labels that people are selling you.

Tablets are the most expensive way to get hydrogen water in your life. Each tablet costs roughly $1. So for one glass of water with a tablet, you're spending a dollar. Now, is that all the hydrogen water you're going to want per day? I'm saying you really need 30 ounces. It might end up costing you $3 per day if you're using tablets.

What if you have a wife or a husband or kids that you actually like, and you want them to feel good too? Well, now maybe that's $6 a day. So we're talking about $42 a week, $200 a month, $2,500 a year, $1,000. I mean, we're talking about $10,000 in five years if you're wanting to get an appropriate amount, whereas this is $299, and you'll have it for more than five years.

You can use it as many times as you want. It's only going to cost you 15 cents per day, no matter how many times you use it. So you're not having to pay each time you use it. You're paying one time, and then you have a five-year warranty. It is very

inexpensive when you think of it in that way compared to tablets, because you're not repaying for tablets constantly.

Now, the only thing about this, just like the tablet, you have to wait 10 minutes. You're going to wait 10 minutes with this for 12 ounces of water. What we typically find, Wendy, is people that fall in love with it, but then they say, "Gosh, I got a family of four," or, "I have a wife," or, "I just don't want to wait 10 minutes every time."

So we have a product we're coming out with very soon that's 40 ounces, and then we have under-sink systems that are reverse osmosis and hydrogen.

What I recommend is, you can start here, but trust me, you will fall in love with the effects, and then you're going to want a system that will produce it faster for your family. So the reverse osmosis system and the EcoFlow that we have, produce a quarter gallon a minute. Instead of waiting 10 minutes, you will be producing the water at a quarter gallon a minute. In that 10 minutes, it's two and a half gallons, not 12 ounces. So it's significantly faster for a family. Over time, it's going to last you a minimum of 10 or 15 years in your home. You're just going to have it for the rest of your life.

Dr. Wendy Myers

So what are you getting with that package, which is a reverse osmosis system and hydrogen?

Paul Barattiero

It is an under-sink, tankless reverse osmosis. You're getting 99.7% contaminants out of water, so it's pure water. Then you're dissolving hydrogen, and all you have is a beautiful faucet on top of your counter, and you have water anytime you want for you, your family, everybody. And because there's no tank under the sink, you don't have to maintain the tank, worrying about mold growing in the tank like a traditional reverse osmosis. Also, all you have to do is turn on a faucet, and water's coming right out, and you put it in a glass and drink it. It's very simple to use. That's what I recommend. You can always start here.

Dr. Wendy Myers

What's the website to go get that?

Paul Barattiero

echowater.com. I know we have a great offer, a bundle package. Because of the amazing Dr. Wendy, we have an amazing bundle that people could take advantage of, get a discount, to have both a flask and the under-sink system in their home so that they're covered for the rest of their life. They don't have to keep paying for hydrogen water. They're just going to have that in their life for the rest of their life.

Dr. Wendy Myers

Fantastic. You guys can find the special bundle offer at echowater.com/wendy, and that will take you to a discount for the Echo flask and the under-sink filtration systems as well.

Paul Barattiero

Absolutely. Sometimes people ask me, "Well, since this is going to fix my gut in two weeks, can I just drink it for two weeks and then I'm done?" I wish that were true, but sadly it's not. Every time you put a food item in your mouth, every time you drink something, every time you breathe, there's an opportunity for contaminants to come in the body, pesticides, heavy metals, and pharmaceuticals that are going to disrupt your gut again. So this is going to be something you need to drink for the rest of your life.

Now, you don't have to have Echo Water being the only water you drink, but you do need to have it every day, because while you're eating foods and things that can have pesticides and contaminants in them that are harming your gut, as you're drinking the Echo Water, the hydrogen in the Echo Water is going to restore your gut.

You'll never again have the issues that you're experiencing. It's just going to become part of your lifestyle going forward. That's why I say the bundle is the best, because that's going to give you pure water to drink in your home, as well as hydrogen. It's just going to be a lifestyle change we all have to make. I have to make it. Everyone has to make it.

Dr. Wendy Myers

Yeah, and can you get too much hydrogen in your body?

Paul Barattiero

Great question. No, you can't. You would just breathe it out.

Dr. Wendy Myers

Right. Is hydrogen water safe for everyone?

Paul Barattiero

100%. Out of the 2,293 studies, there are no contraindications. There is no age group or demographic that is not able to drink hydrogen water. And I want to remind everyone: your body is designed to make hydrogen gas. That's part of flatulence. After today, we can call it fart therapy. But the reality is, that hydrogen gas that our body is designed to produce is therapeutic. All you're doing by getting Echo Water is guaranteeing yourself that you're not going to be harmed by chemicals any longer, and you're going to regain your ability to sleep better, have more energy, exercise, have lower recovery times, not having skin issues because your elimination pathways will be open. You can address blood pressure, cardiovascular and gain many different benefits that come from having hydrogen in the body.

Dr. Wendy Myers

Can you talk about some of the studies that show the efficacy of hydrogen water?

Paul Barattiero

So there are 2,293 studies covering everything from elite athletes and exercise, as well as recovery times being reduced by 85%, cardiovascular cholesterol levels reducing, with LDL reducing by 15%. Brain function, whether it's autism, Parkinson's, Alzheimer's or any neurologic things. Even for people with ADHD and ADD, it can increase or improve function in the brain. When it comes to cancer, there are 270 studies currently showing hydrogen to be very anti-cancer. So it's even wonderful to be drinking the water with cancer treatments.

If someone has chosen to get chemotherapy for whatever reason, it may interest you to note that there are studies combining chemotherapy and hydrogen, and there was no contraindication with that because, again, it's not an electron donor. It doesn't work like a typical antioxidant, so you don't have to worry about counteracting the drugs that you're taking.

In fact, in the study on colon cancer, there was 100% cancer cell death in the body when it was combined with chemotherapy and the hydrogen water. So just know that there are benefits even when you're taking treatments. But hydrogen water has been shown to help significantly. The first study was done in 2015, so we're 11 years into cancer study with hydrogen, and hydrogen water is now considered a very strong anti-cancer and anti-inflammation substance. So it's very good to be drinking that from a preventative perspective with, for any disease model.

Again, when I said earlier that disease comes from oxidative stress and chronic inflammation, hydrogen reduces both of those things. Your chances of contracting a disease could be much less than if you weren't drinking the water with hydrogen or having hydrogen naturally produced in your body, because that's what's supposed to be happening. Every disease has benefited. From diabetes, there's 150 plus studies, I think 170 now. Cancer, 270. Parkinson's, you have over 30, 40 studies. There's over 200 disease models so far that have benefited. But beyond disease models, we have body mass index, BMI, lowering when people are drinking the water. Studies show that drinking water with hydrogen gas, like from Echo Water, can lower BMIs the same as a calorie-restricted diet.

So, which one would you rather, calorie restriction or drink Echo Water? That’s a pretty easy answer. Then, the 49ers, the Raiders, the Dodgers, and the UFC have Echo machines in for their players. Actually, the top eight 49er players, the Dodgers, all have these. So they're able to drink this on the road when they're traveling because their recovery times are reduced significantly.

When you're an athlete, you don't want to spend an hour or two in recovery. You'd rather have 15-minute recovery times. So there are so many benefits to drinking the water, having a sharp mind, having your organs work the way they're supposed to, having energy throughout the day. Moreover, better sleep is what people say the first day is like, "Wow, I haven't slept like that in 10 years."

So there are just so many benefits. If I only mention three or four benefits, people will be like, "Wow." I just mentioned 100 things. Trust me, for $299, or even lower because of the amazing Dr. Wendy, that is worth it for your life. You think about what we spend on a nice dinner and it's gone the next day. This isn't going to be gone. It's going to be

with you for years to come. It's going to benefit you and your family and allow you to function the way you were designed.

Ads 38:47

And now a word from one of our sponsors. So you guys know I've been talking for years about taking nutrients that support your beauty from within, and one of the things that I've been taking recently to support beauty is these Organifi Beauty Gummies. I love this company 'cause all the ingredients that they use are organic and super high quality.

They created these gummies to give you lots of nutrients to support your skin hydration and collagen production as well. I know a lot of you guys are using all kinds of serums and skincare and things like that, but Organifi also wants you to start thinking about beauty from within, like inside out, and the nutrients that you take and how those support your skin health. These beauty gummies contain what are called Cerulok rice ceramides, and these really help to support hydration and a healthy skin barrier. They also contain organic acerola, which gives you natural vitamin C to help support collagen production.

I take vitamin C every single day to maximize the amount of collagen production that my body can produce. They also contain organic pomegranate to help give you some antioxidant support as well. In one study, they found that 23.7% of women taking rice ceramides every single day had a dramatic improvement in their skin hydration.

So this is a really good habit to take every day. It only takes one gummy a day to help improve your hydration, smoother skin, and more beautiful skin. So if you wanna go to organifi.com/myersdetox and use code MyersDetox to get a special discount for my listeners only. So again, go to organifi.com/myersdetox, and use coupon code MyersDetox to get your special discount on your beauty gummies and their whole range of products.

Dr. Wendy Myers

Fantastic. Just go to echowater.com/wendy so you can get a special offer, a special discount for my listeners only. Paul, is there anything you've left out or anything that you want to add to the conversation about hydrogen?

Paul Barattiero

Yeah, there are some crazy things, like iron levels. This was one of the things I learned with my wife back when I helped her heal with hydrogen 20-plus years ago. She would go to the gynecologist, and they would be like, "You need to take these iron pills because your iron levels, hemoglobin and hematocrit are so low." And she would come home and ask me, and I'm like, "No, you really shouldn't take those. It's going to make you constipated, and it's going to cause a lot of issues."

The doctor would say, "I don't know how you're walking around. Your iron levels are so low." When she would take a fasting blood test, they said, "Your iron levels are so low, like, you shouldn't even be able to walk. You shouldn't be able to get out of bed, yet you look great, and you're walking around like nothing's going on." She would go, "Oh, my husband gives me this water". He's like, "Yeah, okay, whatever". So then I started having fun because I'm weird. You know, doctors are weird. I don't know if you'd consider yourself weird, Wendy, but I think I do weird things. I think that what I think is fun is kind of weird for other people.

I said to her, "Drink 20 ounces of water when you leave the house before you're going to get your next blood test." So she drank it, because it was 15 minutes to get to the office. Perfect time for it to get in her system. So they do a blood test, and she comes in for the results, and they're like, "Oh, my gosh, your iron is perfect. Everything's wonderful. Did you take those pills that we prescribed?" And she's like, "No." They're like, "What did you do?" She's like, "Well, my husband told me to take some blackstrap molasses because that would give me more iron, but I really didn't take much of that either." They're like, "Oh, my gosh, your iron levels are perfect."

So the next blood test, I told her, "Don't drink the water." She went in and did a blood test without drinking the water, and the iron was down again, like way down, same place. And they're like, "Oh, my gosh, we don't understand this. Two months ago, your iron was really low, then last month your iron was perfect, and now your iron's really low."

Finally, the doctor came in and talked to her, and she goes, "Listen, my husband told me to do this because you weren't believing him when he said it's the water that's changing me and now allowing me to function." He goes, "Well, tell your husband I believe him now, and I'd like to talk to him because I've never seen this before. Like,

how you could go from nothing to high and high to nothing, in a 60-day cycle, it's not really possible".

So I would just tell people if they're anemic, which my wife was highly anemic because of her menstrual cycle, losing so much blood at that time, if you have low iron levels, hemoglobin, hematocrit, the water could potentially help you significantly. I would recommend it for that as well. I recommend it for every human being, because I don't think it's possible for us to live on this planet unless you move to Italy, maybe, where you won't have harm from food and other things you're taking into your body (Italy does such a good job with the food content).

I don't know if it's possible to have an appropriately functioning gut in the world that we live in, even if you're eating organic, because 85%, 90% of my diet's organic, non-GMO. I just don't know that you won't get glyphosate even in foods that are marked organic. There are just too many studies showing pesticides in them, and it's just hard now to not have them. I don't know how you feel about that, Wendy, but I feel it's hard.

Dr. Wendy Myers

Yeah, it's really difficult because there's 78% contamination of organic food with pesticides, and there are organic pesticides that are approved for organic, but still may be harmful for us. But yeah, there's a lot of complexity to it. Paul, thanks so much for coming on the Myers Detox Podcast. Again, go check out echowater.com/wendy for the Echo Flask. I have never seen a product like this before. I think it's just a really cool invention.

Paul Barattiero

Thank you

Dr. Wendy Myers

And certainly superior to the little tablets that you take, which I think just escape really fast from the water, and then they're gone. All the benefits are gone pretty quickly. Paul, thanks for coming on the show, and everyone, I'm Dr. Wendy Myers. Thanks for tuning in every week to the Myers Detox Podcast.

Disclaimer

The Myers Detox Podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not medical advice. This podcast, including Wendy Myers and the producers, disclaims responsibility for any possible adverse effects from the use of information contained herein. The opinions of guests are their own, and this podcast does not endorse or accept responsibility for statements made by guests. This podcast does not make any representations or warranties about guest qualifications or credibility. Individuals on this podcast may have a direct or indirect financial interest in products or services referred to herein. If you think you have a medical problem, consult a licensed physician.