



LEARN IF YOUR A THERAPIST HOW TO ADD HYDROGEN THERAPY INTO YOUR HEALTH PRACTICE

Hydrogen/Oxygen Inhalation Therapy for Therapists

Legal and Regulatory Considerations

- There is no legal requirement for certification to use hydrogen/oxygen inhalation therapy in your practice.
- Currently, no governing bodies regulate hydrogen/oxygen therapy in the UK.
- As a result, obtaining insurance coverage for this therapy may be challenging. Using a client disclaimer is a potential alternative.
- Hydrogen/oxygen machines are not classified as medical devices yet in the UK.

Equipment Considerations

- Cannulas: Use a separate nasal cannula for each client to maintain hygiene.
- Water Quality: Use only pure distilled water with a TDS (Total Dissolved Solids) reading of 0 or 1 ppm for optimal performance and longevity of the machine.
- Ventilation: Ensure proper airflow in your treatment space to prevent hydrogen accumulation. A window or an air conditioning system venting outdoors is ideal.
- Carbon Monoxide Detectors: Please be aware that hydrogen gas may trigger some cheaper carbon monoxide detectors that use a MOS sensor. (To confirm our machines do not produce any carbon dioxide or ozone, it is just cheap carbon monoxide detectors do not detect the difference between these two gases.
- Placement: Do not place the machine in an enclosed space, near radiators, heat sources or in direct sunlight.



Regular Maintenance

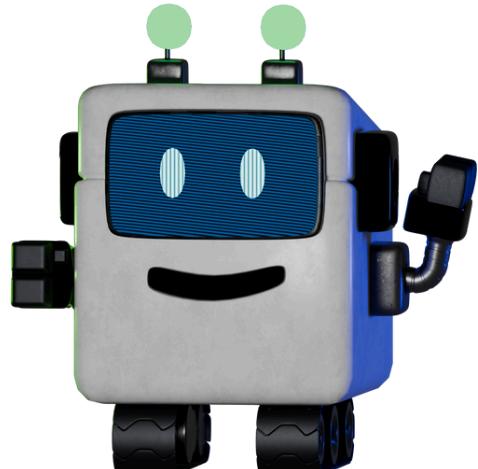
- Change the filter every 6–12 months – the machine will alert you when a replacement is needed based on usage.
- Top up the water in the main tank as required – always use distilled or de-ionized water only, as close to 000ppm or less than 001 ppm.
- Top up water in the humidifier bottles regularly, as required.
- Fully replace the water in the main tank every 1-2 months.

Repairs and Faults

We are here to help if anything goes wrong:

- If your machine displays a fault or stops working properly, please contact us for troubleshooting support.
- If a repair is needed, the machine should be returned to us in the UK.
- During the 2-year warranty period, we most commonly replace the machine free of charge if a manufacturing fault is confirmed.

For machines outside of warranty, we will assess the issue and provide a quote for parts and labour before proceeding with any repairs. No work will be carried out without your permission.





Running Costs

- Electricity: The Hydro Medic and Immortal 3000 has a power consumption of 900W. Estimated cost is around 23pence per hour of operation.
- Water: The 3000ml machines uses approximately 120ml of distilled water per hour. The 1500ml uses 60ml of distilled water per hour.
- Replacement filters: The machine will indicate when to replace filters which is approximately every 6-12 months depending on usage. Filters cost £20 for a pack of 2, (Very small cost in maintenance)
- Replacement cannulas: As a general guide it is suggested to replace cannulas every 3 months for hygiene reasons. Cannulas cost £25 for a pack of 3.
- Machine Lifespan: Rated for 7,000 hours without performance drop-off when using high-purity distilled water. The machine will continue to operate indefinitely beyond this point, but there will be a gradual drop in performance over time.

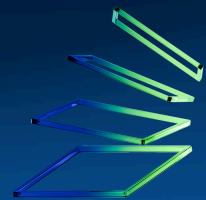
Choosing the Right Machine for Your Clinic

H2=E offer 3 machines for clinical use

- The Hydro Medic, this is a very robust machine, it is allot heavier in weight at 30 kilos than our other models, yet for a clinic this is an ideal model and can be set at either 3000ml, 1500ml or 900ml output.
- The Immortal has two out puts 3000ml and 1500ml, it weighs 16 kilos, this is a better price than the hydro medic.
- The Hydro Nova can be set at 1500ml, 900ml or 450ml output and weighs 10 kilos

Challenging Health Issues: Clients often seek machines with 1500ml-3000ml output.

HYDROGEN THERAPY INTO YOUR HEALTH PRACTICE



Support from H2=E

- Warranty: 2-year full replacement warranty if any faults occur with your machine.
- Post-Warranty Repairs: Cost price for parts + labor.
- Training & Setup: Video tutorials, written manuals and PDF documents are provided to make the setting up simple and easy. If needed we are available via phone, text or WhatsApp to assist.
- Post sale support: Support from H2E is ongoing for as long as you have the machine
- Therapeutic Protocols: We have designed a build-up protocol as well as a protocol for people who may require a gentler approach. For those using the machines in therapy or clinical settings please be aware that our support is product focused. We do our best to help where we can, but we are not a training provider or clinical advisory service. We encourage all customers using the machines in a professional context to ensure they have appropriate knowledge and protocols in place.
- Disclaimer: Due to UK regulations, we cannot promote hydrogen therapy as a treatment for specific diseases.

When to Avoid or Use Caution with Hydrogen/Oxygen Inhalation

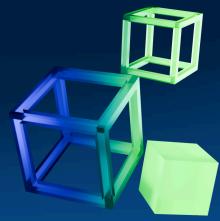
Do not use Hydrogen/Oxygen therapy if:

- You are using ozone therapy at the same time (separate by several hours)
- You are in the acute phase of a stroke or brain bleed
- You have active seizures or unstable epilepsy
- You are experiencing severe respiratory distress (such as asthma attack)
- You are pregnant (especially first trimester – precautionary)

Use with caution or professional guidance if:

- You have low blood pressure (hydrogen may slightly lower BP)
- You are undergoing chemotherapy or radiation (avoid on the same day)
- You have a pacemaker or implant
- You are a child or elderly person with complex health needs
- You are on immunosuppressant medication following an organ transplant

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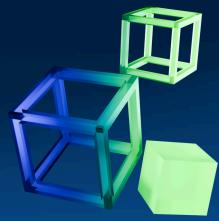


Examples of Adjusted Protocols for Clinics

- Currently, many clinical case studies are using long-duration daily treatments
- By adjusting some of the research protocols therapists can allow clients to benefit from the huge therapeutic potential of Hydrogen/Oxygen without having to purchase a machine themselves.
- Many clients may wish to work initially with a therapist before deciding to purchase their own machine.
- H2=E have an affiliate scheme, where you can earn a commission for recommending clients who wish to purchase a machine.

Condition 	Research Based Protocol 	Modified Clinic Protocol 
Chronic Illness (Cancer, Neurodegenerative & Autoimmune)	2-6 hours daily for 4-8 weeks	1-hour sessions 2-3 times per week for ongoing support
Post-Surgical Recovery & Injury Healing	1-4 hours daily for 1-2 weeks	1-hour sessions 3 times per week for 2-4 weeks
Recovery from sports and Training	1-2 hours post-workout daily	1-hour sessions As required by athlete/sports player to assist recovery
General Wellness, Anti-Aging & Cognitive Support	1-2 hours daily long-term	1-hour sessions 1-3 times per week

HYDROGEN THERAPY INTO YOUR HEALTH PRACTICE



Can Hydrogen Therapy Be Combined with Other Holistic Treatments? A Safety & Timing Guide

As hydrogen and hydrogen/oxygen inhalation therapy gains popularity for its powerful antioxidant and anti-inflammatory effects, many people are asking: "Can I combine hydrogen therapy with other holistic treatments?"

The short answer is: Yes, but with awareness and timing.

While hydrogen therapy is extremely safe and versatile, certain other therapies, especially those that create oxidative stress or strong energetic inputs, may require spacing or sequencing for best results



Hydrogen/Oxygen Inhalation Therapy is a powerful stand-alone therapeutic tool. However, many people are integrating it into a more comprehensive wellness strategy. Understanding how to do this effectively will provide enhanced health and wellbeing.



Therapies That Work Well Alongside Hydrogen Therapy

Many holistic approaches can be used safely at the same time you are inhaling hydrogen/oxygen - or be used directly before/after.

These Include

- Red/NIR light therapy (especially before hydrogen to support mitochondria)
- Grounding/Earthing
- Massage, Bowen or Fascia Therapy
- Somatic movement
- Yoga and meditation
- Breath-focused vagus nerve work
- Low-dose herbal adaptogens or minerals



These tend to complement hydrogen's calming and restorative effects, making them a great pairing in most protocols.

Why Timing Matters

Hydrogen reduces oxidative stress. Ozone, HBOT and detox therapies increase it (intentionally). Used correctly, these therapies can complement each other, but when used at the same time, they may either:

- Cancel each other out, reducing their effectiveness
- Overwhelm the body, especially if you're sensitive or detoxing

Hydrogen therapy shines when the body is not under acute stress - it helps the nervous system shift into rest, repair and regeneration.

Overview

Hydrogen therapy is compatible with many holistic treatments, but timing is important

- Avoid using it simultaneously with oxidative or detox-heavy therapies like ozone or HBOT.
- Space out your sessions by at least a few hours and listen to how your body responds.
- When in doubt, consult a qualified holistic practitioner or integrative therapist familiar with hydrogen and its interactions with complimentary treatments.



Therapies That Should NOT Be Used Simultaneously with Hydrogen Therapy

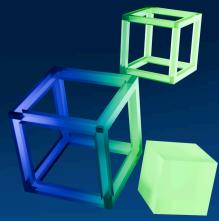
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What we find is many health enthusiasts often do too much, many times less is more.

Therapy	Combine During	Good Before	Good After	Recommended Time Gap
Ozone Therapy	✗	✓	✓	Wait 6 hours or more
Hyperbaric Oxygen Therapy	✗	✓	✓	Wait 6 hours or more
PEMF	✗	✓	✓	Wait 1 hour or more
Sauna	✗	✓	✓	Wait 2 hours or more
Vitamin Infusions	✗	✓	✓	Wait 6 hours or more

Spacing these therapies correctly supports your body's natural rhythms and helps avoid energetic overload or therapeutic contradiction.

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OverView

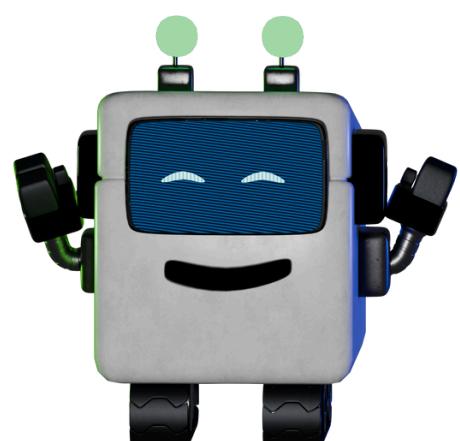
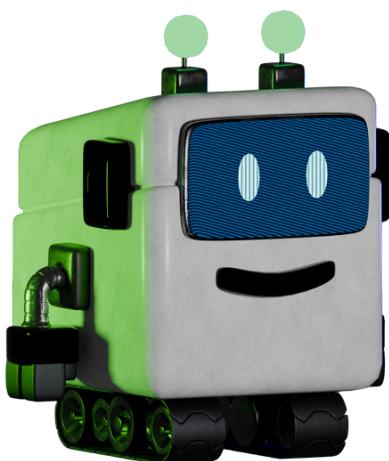
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Our Mission

Our passion is spreading the knowledge of the health benefits of hydrogen therapy and how people can use hydrogen therapy. We are very happy to work alongside Functional medicine doctors and health practitioners. If you do have any questions, please do not hesitate to contact us, via our contact page.

The Team At H2=E





Breathe health, breathe molecular hydrogen

With our molecular hydrogen machines, every inhalation becomes a moment of profound well-being.

Health Is Your Greatest's Wealth

www.HydrogenTherapyH2E.com

