Condensed Version and key points from the study:

"Short-Term H_2 Inhalation Improves Cognitive Function in Older Women: A Pilot Study" (2020)

What was the goal? Researchers wanted to see whether: Short daily hydrogen inhalation could improve age-related cognitive decline (memory and thinking).
Think of issues like: 🧠 forgetfulness 🧠 slower thinking🧠 poor word recall🧠 age-related "brain fog." How was the study done? Researchers recruited: 13 older women.Average age: Around 68 years old.

Participants: Breathed hydrogen gas daily

- 4% hydrogen gas
- 15 minutes per day
- for 4 weeks.

Researchers then tested: 🧠 memory 🧠 cognition (thinking ability)🧠 word recall🧠 mental function.
What tests did they use? Researchers used standard cognitive tests: MMSE (Mini Mental State Exam) This measures: memory, attention, orientation, thinking skills.
Simple rule: ⬆️ Higher score = better brain function. ADAS-Cog A test often used in:Alzheimer's and memory research. It checks things like: word recall, memory, recognition, language function.
Main findings ✅ Cognitive scores improved. After 4 weeks: Researchers found:
Improved overall cognitive scores. MMSE scores improved by about:
14% on average.

In simple English: The women performed better on memory and thinking tests after hydrogen inhalation. ✅ Better word recall & memory. Researchers also found improvements in:
🧠 remembering words 🧠 recognizing words

In plain English: Memory performance improved.
✅ Some women moved from "mild impairment" to normal range
At the start of the study: Some participants scored in a range associated with:
Mild cognitive impairment. After hydrogen:
Average scores moved into the normal cognition range.
That was one of the most eye-catching findings of the study.
✅ No side effects reported. Researchers reported: No significant side effects from hydrogen inhalation. Participants tolerated it well.
Think of it like: Helping create a healthier environment for the brain to function.

This study suggests: Short daily hydrogen inhalation may help support memory and mental sharpness in older adults. Helping the aging brain work a little more clearly and efficiently.

To Read The Full Study CLICK HERE