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Irritable Bowel Syndrome (IBS) and Hydrogen Therapy

Hydrogen Therapy holds promise as a natural and effective intervention for managing symptoms of Irritable Bowel Syndrome (IBS), offering relief from gastrointestinal discomfort and promoting digestive health. Here are the key potential benefits of Hydrogen Therapy for Irritable Bowel Syndrome:

Reduces Gut Inflammation:

IBS is characterised by chronic inflammation of the gastrointestinal tract, leading to symptoms such as abdominal pain, bloating, and altered bowel habits. Hydrogen acts as a potent anti-inflammatory agent, targeting the underlying inflammation in the gut and reducing immune-mediated damage to intestinal tissues, which can alleviate discomfort and improve digestive function.

Balances Gut Microbiota:

Imbalances in the gut microbiota (balance of 'good' bacteria and 'bad' bacteria), known as dysbiosis, are commonly observed in individuals with IBS and can contribute to symptom severity. Hydrogen Therapy has been shown to modulate the composition of gut bacteria, promoting the growth of beneficial micro-organisms while inhibiting the proliferation of harmful pathogens. By restoring microbial balance, Hydrogen Therapy can support optimal gut health and reduce IBS symptoms.

Relieves Abdominal Discomfort:

One of the hallmark symptoms of IBS is abdominal discomfort, including cramping, bloating, and flatulence. Hydrogen Therapy has been found to alleviate these symptoms by relaxing smooth muscle in the gastrointestinal tract, reducing spasms and easing bowel movements. This can provide significant relief from abdominal pain and bloating.

Improves Digestive Function:

IBS often disrupts normal digestive function, leading to irregular bowel movements, diarrhoea, and constipation. Hydrogen Therapy has been shown to regulate intestinal motility, promoting more regular and efficient bowel movements while reducing episodes of diarrhoea and constipation. By improving digestive function, Hydrogen Therapy can help individuals with IBS achieve greater comfort and wellbeing.



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Supports Gut Barrier Integrity:

Dysfunction of the intestinal barrier, characterised by increased permeability (leaky gut), is commonly observed in IBS and can exacerbate symptoms by allowing harmful substances to enter the bloodstream. Hydrogen Therapy has been demonstrated to strengthen the intestinal barrier (the inner lining of the intestines), enhancing its integrity and reducing permeability (i.e. preventing passage of harmful substances or pathogens through the gut wall), which can prevent toxins and inflammatory molecules getting too far into the body, and can improve overall gut health.

Although further research is required to establish the full effects of Hydrogen Therapy on individuals with IBS, with optimal dosing regimes, evidence so far, points to Hydrogen Therapy as a safe and effective approach for managing symptoms and improving quality of life in individuals with Irritable Bowel Syndrome.

Ready to buy your own Hydrogen Water Bottle?

Rent your own Hydrogen Inhalation machine?

**Visit www.ActivatedOxygenTherapy.com, or call +44(0)1743 718 324
to speak with our medically-trained staff.**

Relevant Research Articles:

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Ohsawa, I., Ishikawa, M., Takahashi, K., Watanabe, M., Nishimaki, K., Yamagata, K., ... & Ohta, S. (2010). Hydrogen as a Novel and Effective Treatment of Acute Oxidative Stress Disorders. In K. Kitagawa & M. Itoh (Eds.), *Advances in Experimental Medicine and Biology* (Vol. 662, pp. 299-306). Springer.

Tashiro, S., Ito, M., Yaekura, A., Yamato, M., Ueda, Y., Watanabe, H., ... & Ohno, K. (2019). Hydrogen-Rich Water for Improvements of Mood, Anxiety, and Autonomic Nerve Function in Daily Life. *Medical Gas Research*, 9(3), 144-149.

Su, P., Zhang, J., Wang, S., Aslam, M., Wang, L., Wang, Y., et al (2017). Hydrogen inhalation protects against acute lung injury induced by hemorrhagic shock and resuscitation. *International Immunopharmacology*, 53, 157-163.