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Hydrogen Water Isn't Better Water

Experts confirm what we already expected: Adding molecules to H<sub>2</sub>O doesn't make it a cure-all.

By Tracey Duncan | January 30, 2019



Proponents of hydrogen water claim that the extra hydrogen reduces inflammation in the body, is an antioxidant, and can even improve mood disorders. “A few animal studies looking into rat models of Alzheimer’s disease and other forms of neuroinflammation showed some promising ability of hydrogen-rich water to protect against these diseases,” says Elroy Vojdani, a Los Angeles-based integrative physician whose focus is autoimmune, neurodegenerative, and autoinflammatory conditions. “However, changes in animal models don’t always work the same way in human beings.”

“There certainly are a lot of claims currently being made about hydrogen-rich water, but the amount of scientific evidence to back these claims at this time is weak,” Vojdani says. “There is one study that was performed on a small group of human subjects in Japan which found that the participants blindly and



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randomly given hydrogen-rich water reported less anxiety and an overall improvement in quality of life based on answers to a questionnaire.” Keep in mind that a study this small should be taken with a grain of salt.

“Interestingly, in that same study, they investigated well-established blood testing looking into total body inflammation and found no difference in those test values between the two groups, which argues against the claim that hydrogen rich water reduces body inflammation,” Vojdani says.

Hydrogen water is not actively bad for you either. “The studies done to date have not reported any negative health effects, and I haven’t seen any negative reactions in my patients in the clinic who have tried hydrogen water. Hydrogen water is GRAS-certified by the Food and Drug Administration, which means that it's generally recognized as safe,” Vojdani says.

But your best bet, water-consumption wise, is to “try to find the cleanest source of water you can get your hands on and drink it out of the cleanest container that you can get your hands on,” Vojdani says.

“Try to find a source of water that is going to minimize your exposure to chemicals and heavy metals...and drink it out of something that doesn’t have the potential to harm you.” His two favorite mediums are glass and BPA-free stainless steel.

[https://tonic.vice.com/en\\_us/article/pa5jgg/hydrogen-water-isnt-better-water](https://tonic.vice.com/en_us/article/pa5jgg/hydrogen-water-isnt-better-water)