

# HYDRATION BUILT FOR HEAT: What Professional Firefighter's Need to Know About Hydrogen Water

Your body is made of 60-70% water! The quality of your water drastically affects all cells at the molecular level.

 by **Ciara Brotzel**

# What is Molecular Hydrogen?

Molecular Hydrogen is a form of hydrogen that has been shown to have a wide range of therapeutic effects on over 150 Human Diseases! It is the strongest antioxidant known to man because it hydrates and detoxifies on a cellular level. Some articles refer to this as “hydrogen-rich water”

Molecular Hydrogen is the smallest molecule in the universe. This extremely small size and its high lipid solubility allows it to easily diffuse into the sub-cellular compartments of the mitochondria and other locations.

Read more [HERE](#) on the scientific studies

# THE POWER OF WATER



## Body Regulation

Hydrogen water supports full-body regulation by reducing inflammation, improving metabolic function, and enhancing the body's natural recovery processes. It helps neutralize harmful free radicals, which can lower joint pain and support skin and immune health. It also aids in balancing blood sugar and energy levels, supports the nervous system for calmer moods and better sleep, and improves post-workout recovery by reducing muscle fatigue. Altogether, it helps the body operate in a more balanced, energized, and resilient state.



## Brain Function

This helps protect brain cells from oxidative damage, which is linked to memory loss, cognitive decline, and neurological disorders.

By reducing inflammation and oxidative stress, hydrogen water help to improve mental sharpness, mood stability, focus and concentration



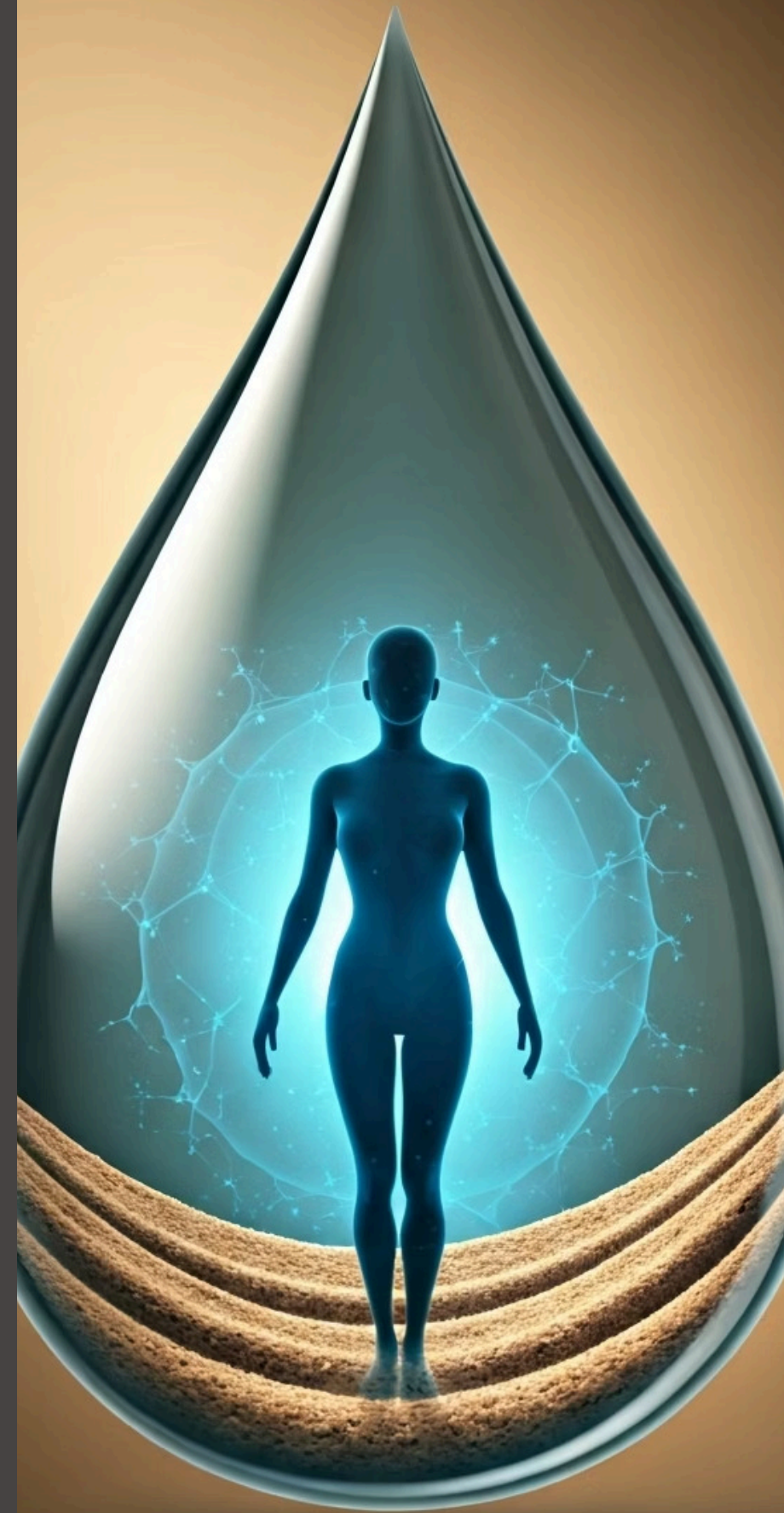
## Cellular Health

Maintains cell shape and transports vital nutrients. Hydrogen water works on the cellular level—reducing oxidative stress, protecting your DNA, and helping your body restore itself from the inside out. Fighting off oxidative stress from exposure to smoke & toxins.

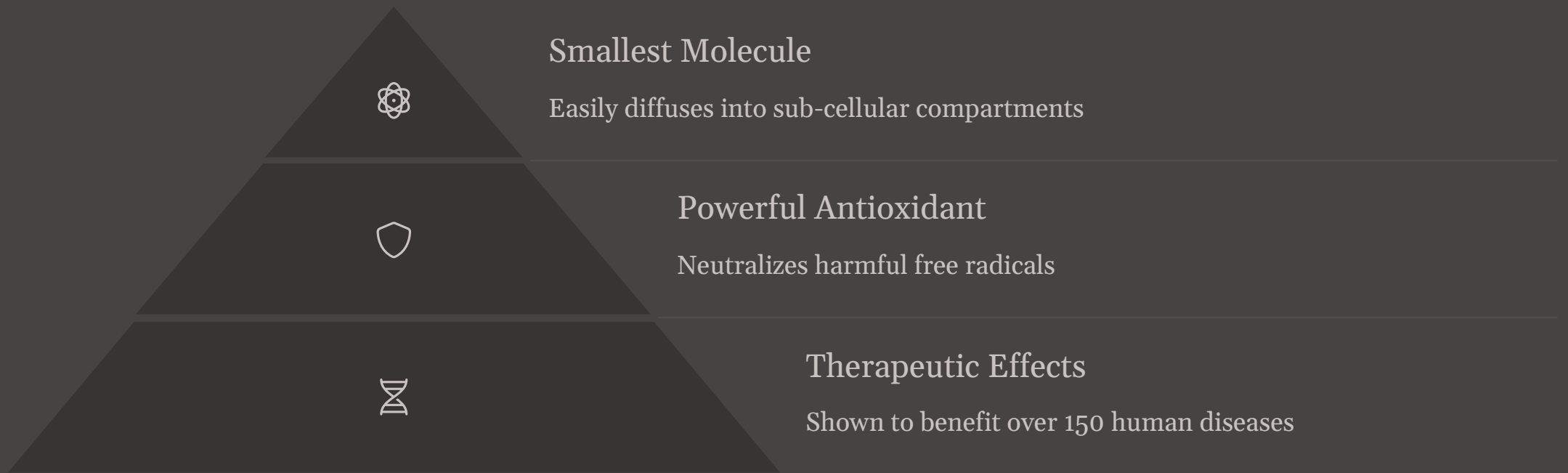


## Essential Hydration

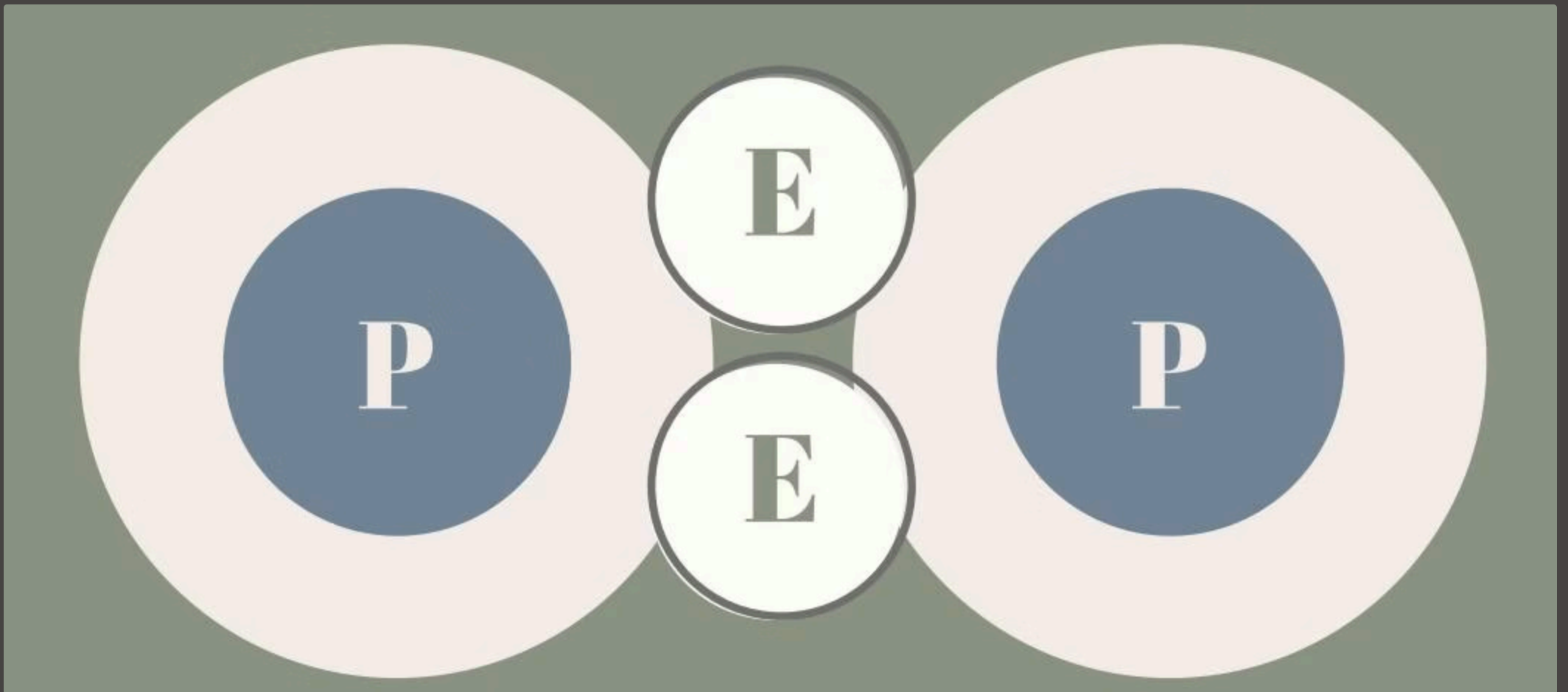
Hydration is essential—but hydrogen water goes further. It hydrates your cells faster, protects them from damage, and helps your body recover and perform at its best. Hydrates muscles while reducing lactic acid buildup and soreness.



# MOLECULAR HYDROGEN: THE ULTIMATE ANTIOXIDANT

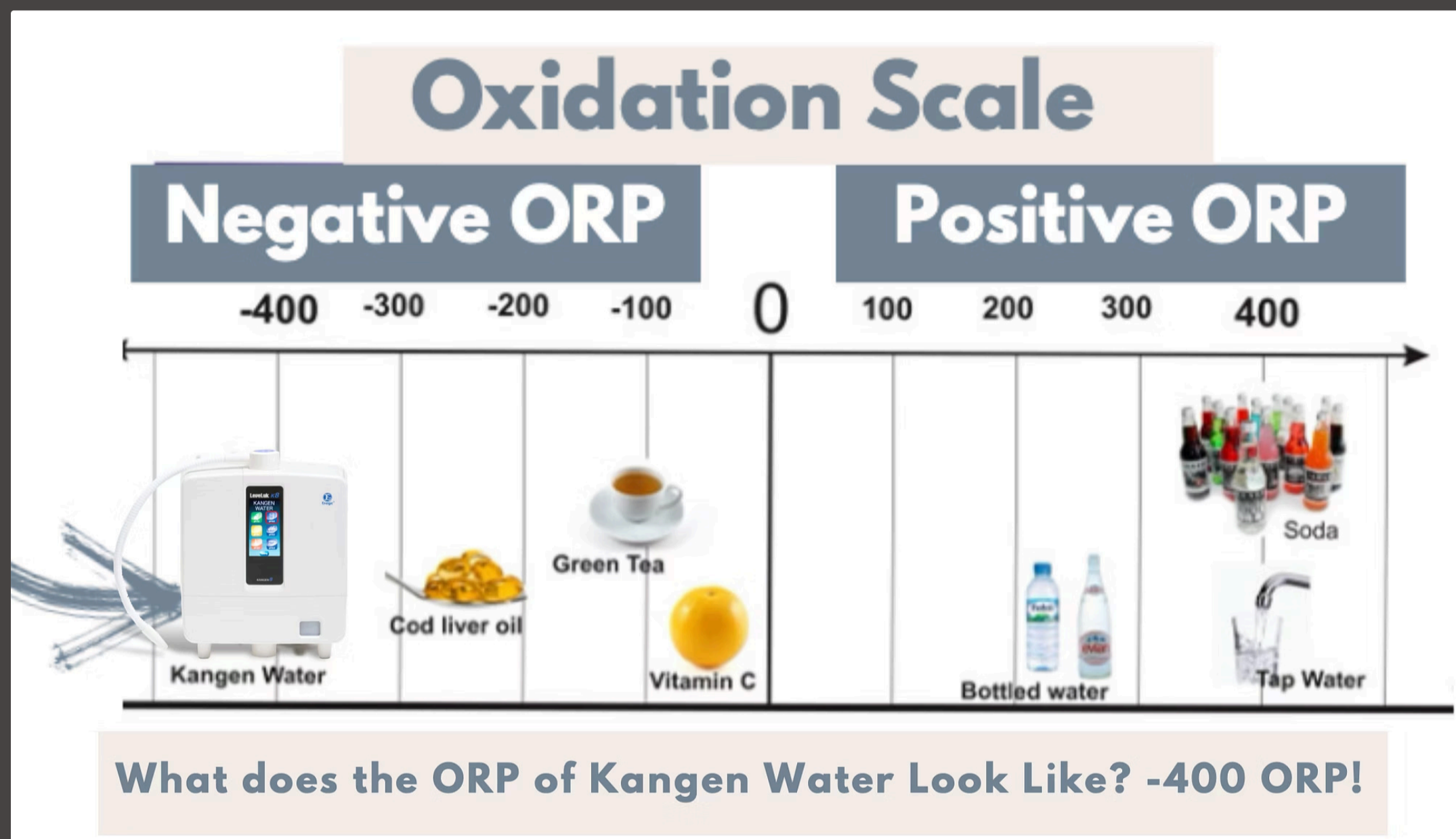


Molecular Hydrogen (H<sub>2</sub>) is two hydrogen atoms covalently bonded together. Its small size allows it to penetrate cells and provide powerful antioxidant protection.



# OXIDATION REDUCTION POTENTIAL (ORP)

Oxidation reduction potential, or ORP, is a measure of a substance's ability to either oxidize or reduce another substance. It is measured by the electrodes of an ORP meter. A positive reading on an ORP meter means that the substance is an oxidizing agent; a negative reading indicates that the substance is a reducing agent.



75% of Americans are chronically dehydrated, meaning they lack the hydration necessary to thrive. Kangen water permeates the cellular wall and hydrates on a cellular level. Alongside this, it is anti-oxidizing.

Oxidation happens naturally in our bodies every day—but it's made worse by things like stress, processed foods, high stress lifestyle and environmental toxins. Over time, this buildup of oxidative stress can contribute to aging and many chronic health issues.

That's where hydrogen water comes in. It's loaded with molecular hydrogen, which gives it a low ORP (oxidation-reduction potential), meaning it helps neutralize harmful free radicals. Think of it as a powerful way to support your body at the cellular level, reduce stress inside the body, and slow down the aging process.

Just like pH, ORP is a key marker for measuring water quality—and this water delivers.

# THE PROBLEM WITH CONVENTIONAL WATER

BOTH TAP AND BOTTLED WATER ARE ACIDIC, POLLUTED,  
AND DO MORE HARM THAN GOOD TO OUR BODIES AND  
PLANET.

## Tap Water Issues

- 315 pollutants found since 2004
- Industrial disinfectants create dangerous byproducts
- Linked to cancer and birth defects



## Bottled Water Problems

- 64% is actually tap water at 2000x the cost
- Contains toxic BPA chemicals
- 93% contain microplastics

# WHAT IS KANGEN WATER?

## Antioxidant

Molecular hydrogen-rich water with -400 ORP (Oxidation Reduction Potential) to neutralize free radicals.

## Alkaline

pH 8.5-9.5 helps maintain the body's natural pH balance of 7.365.

## Restructured

Reorganized water molecules allow faster absorption and better hydration at the cellular level.

"Kangen" means "return to origin" in Japanese. Kangen Water provides a constant flow of powerful antioxidants throughout your day.



Made with **GAMMA**

# FIVE TYPES OF WATER, ENDLESS POSSIBILITIES

1

Strong Acidic Water (pH 2.5)

For sterilization, disinfection, and sanitization. Removes pesticides and disinfects surfaces.

2

Beauty Water (pH 4-6)

Acts as an astringent for skin, hair care, and gentle cleaning.

3

Neutral Water (pH 7)

Clean, non-ionized water for medications, babies, and drinking during meals.

4

Kangen Drinking Water (pH 8.5-9.5)

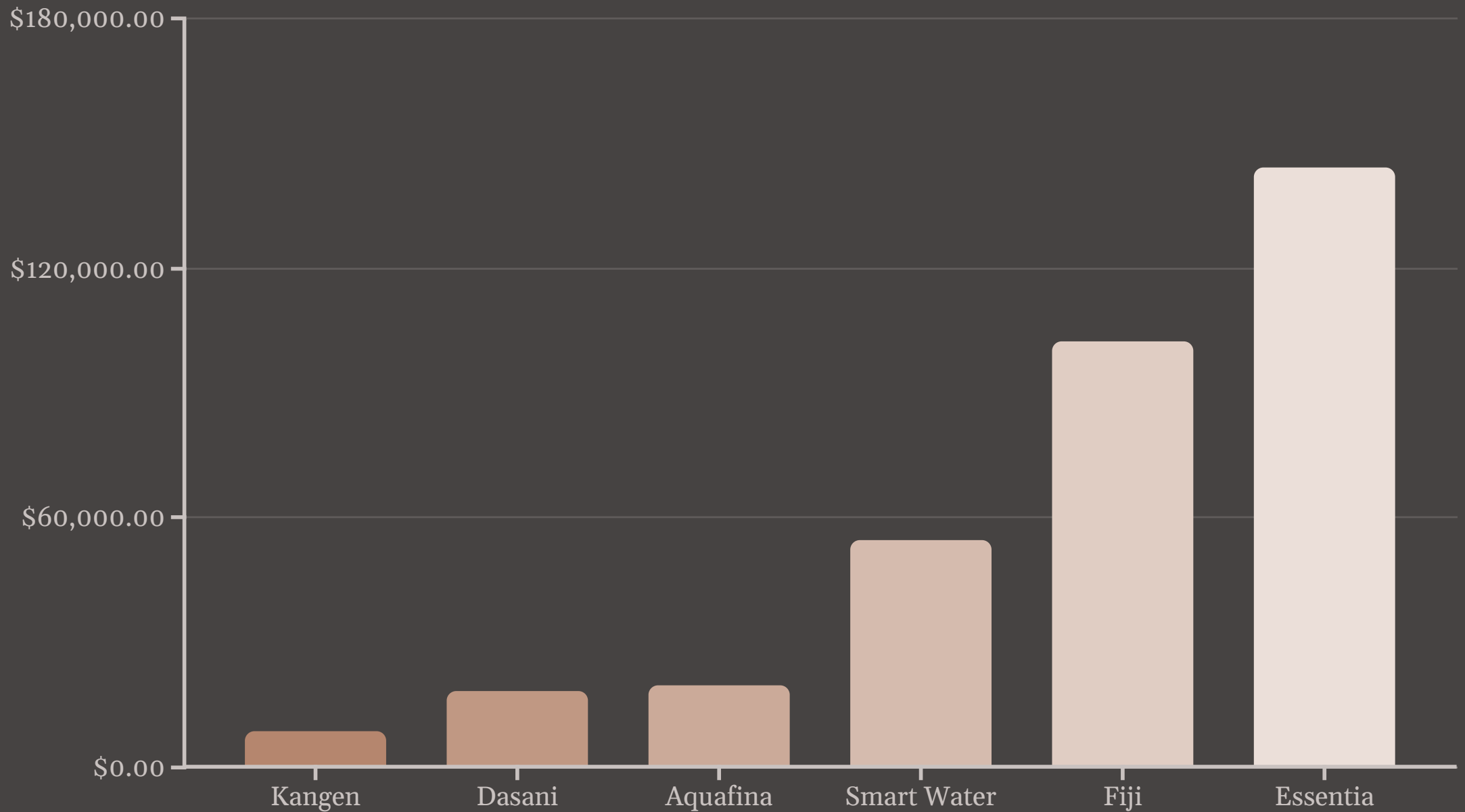
For daily drinking, cooking, and pets.

5

Strong Alkaline Water (pH 11.5)

For cleaning, removing pesticides, and soaking to relieve inflammation.

# COST COMPARISON: BOTTLED VS. KANGEN



A Kangen machine's average lifespan with proper maintenance is 25 years, costing just \$0.0034 per gallon compared to bottled water's much higher prices.

As a firefighter, your body is constantly pushed to the limit—physically, mentally, and emotionally

Hydrogen water is more than just hydration; it's a tool to help you recover faster, reduce internal stress, and support long-term health at the cellular level. You show up for your community—this is a way to show up for your body.

*Protect your health like you protect others. It starts with what you drink.*



# ENAGIC: THE GOLD STANDARD



## Gold Seal Award

The only ionizer company to receive this prestigious certification.



## Medical Device

The only medical-grade water ionizer on the market since 1987.



## Quality Control

22-point inspection by 5 inspectors per machine.



## Global Presence

28 offices worldwide with in-house manufacturing.