

H2 Water 4 Dental Care – “Best-of-the-Best!”

An Abbreviated Scientific Literature Review written 12.31.2025 by:

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Introduction



Dental care is **like a diamond**. It has many facets ... from simple cleanings to ... filling a cavity ... all the way to implants. When we buy a diamond, **most of us want “best-of-the-best”** within our budget. The same is true of dental care – we want “best-of-the-best” – from buying in-home devices to selecting a dentist, periodontist, orthodontist or implant expert.

Huge advances in equipment and products, science-based discoveries along with NexGen technology has moved the dental care industry into providing a more pleasant experience. Today, virtually **anyone can enjoy a one-of-a-kind beauty – their own unique and attractive smile!**



So, in **this scientific literature review** with blogs on **H2 WATER 4 LIFE** ... we share new details about Best-of-the-Best dental care companies, services, products and devices with easy-to-follow tips to complete our personal dental care program.

Oral Care and Brushing Your Teeth with Hydrogen Water Blog posted December 11, 2019 by Steven & Tina Clarke

Whatever our age, practicing good oral care is something most of us strive for. Forget Botox injections or anti-aging fillers – clean, white teeth and healthy gums can often knock years off how we look better than anything else!



Let’s answer questions about what good oral care truly is and what we can drink to give us a healthy, natural smile that shines even brighter!

- ***What is Oral Care?***
- ***What Does Good Oral Care Look Like?***
- ***Why Should We Brush Our Teeth with Hydrogen Water?***

What is Oral Care? It is the practice of keeping our mouth free of bacteria, disease and problems (such as bad breath) by regular brushing of and cleaning between our teeth. We offer some great research on advanced, high-quality dental products and devices to consumers via books, videos and other media formats.

What Does Good Oral Care Look Like? For starters ... we can get a great dental routine in place! Nothing takes the place of visiting our dentist regularly and taking good care of our teeth at home or when we travel. But there is more we can do than just brushing and flossing our teeth with our favorite dental care products. For

example, ... **fresh-made alkaline water infused** with a **very safe** and **gentle medical gas**, molecular hydrogen (H₂), is **fantastic** for **brushing our teeth** and for **our overall gum health!**

Why Should We Brush Our Teeth with Hydrogen Water? Clinical studies indicate that the science behind hydrogen water and your teeth is just as compelling as the aesthetic possibilities. At Okayama University in Japan, scientists studied the positive effect of hydrogen-enriched water on aging periodontal tissue. They found that drinking molecular hydrogen (H₂) water **suppressed** the **harmful effects** of **oxidative stress** on **teeth, tooth enamel, jawbone (alveolar), gums** and **especially below-gum tissues** ("**pockets**"). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4665424/>

The scientific community is excited about Hydrogen Water and its beneficial effects on teeth and gums. However, what else do we need to know about getting a beautiful smile courtesy of a water ionizer that produces H₂?



☞ **How about bacterial plaque and acid erosion?** Plaque is a sticky matter that clings to the surface of our mouth, teeth and gums. Eating sugar “feeds” the plaque and triggers it to produce corrosive acid. Rinsing with alkaline water after a meal can help remove some of this plaque.

Drinking alkaline water infused with fresh H₂ (molecular hydrogen) helps to neutralize acid and protect our teeth – awesome news for any of us who enjoy an occasional sweet treat! It is also packed with minerals our teeth need to stay healthy and strong.

☞ **How about our bedtime dental routine?** We can save lots of money by using water from the acidic setting on our water ionizer as an effective and gentle antiseptic mouthwash! However,

we do NOT let this acidic water be the last liquid in our mouth before laying our head on our pillow. Going to sleep with acidic saliva will hasten tooth decay.

We always remember to rinse our mouth with alkaline water as the last liquid to bathe our teeth, gums and any pockets before we fall asleep. The **alkaline pH** along with **molecular hydrogen (H₂)** can **repair** and **protect** us while we sleep!



Related Blog Posts:

- ✓ *Water Ionizers: Healthy Mouth = Healthy Body!*
- ✓ *Our Dentist's Best Friend – Water Ionizers!*
- ✓ *Why Our Dentist Dreads Christmas!*

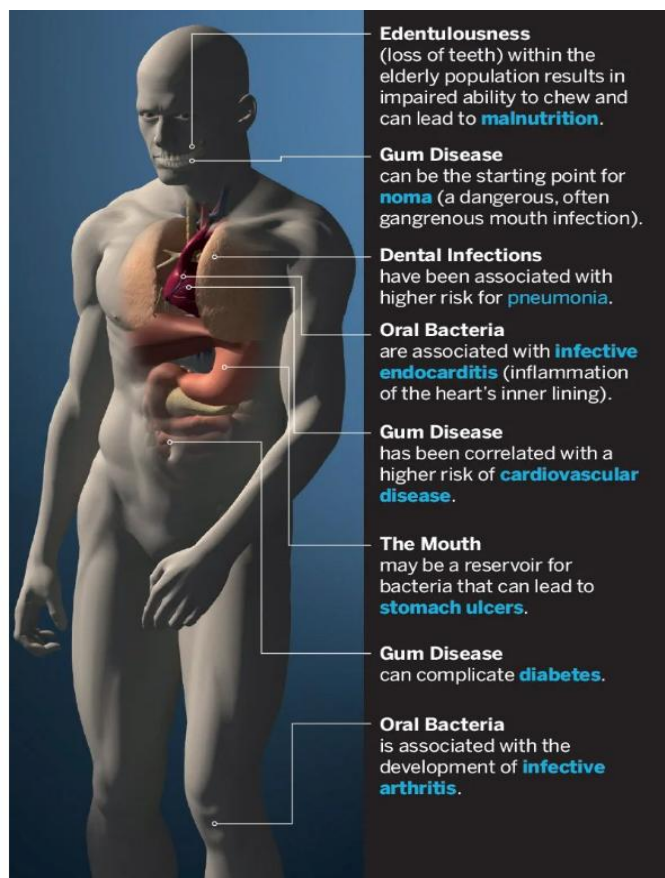
Water Ionizers: Healthy Mouth = Healthy Body!

Posted on December 23, 2018 by Steven & Tina Clarke:

Our special guest blogger Dr. Lori Shemek, Ph.D. is a nutrition and weight loss expert. She is bestselling author of *“How to Fight FATflammation!”* and *“Fire Up Your Fat Burn!”* Dr. Lori says we should use a water ionizer in everyday life for better overall health.

What does the condition of our mouth have to do with our overall health?

Science indicates it is **serious** and **impacts 743 million people!** Many are unaware just how much our diet and pH influence oral health. **Our mouths contain** our precious pearly whites and **a plethora** of **bacteria**. There are more than 500 bacterial species found in plaque that can also be found below the gum line wreaking inflammatory havoc. When these tiny terrorists are not removed, **we can end up** with **gingivitis** or **periodontal disease**. However, it can lead to even worse health problems such as Noma disease (gangrene in the mouth), pneumonia, endocarditis, cardiovascular disease, stomach ulcers, diabetic issues and arthritis!



Credit: GEORGE RETSECK

Did you know that our ORAL health is an excellent barometer of our OVERALL health?



Untreated tooth decay affects one-third of the world's adult population, more than 2.4 billion people! Thousands of studies link oral diseases to inflammatory diseases along with Alzheimer's, stroke, heart disease and diabetes. Dr. Joan Otomo-Corgel (Past President of California Society of Periodontists) says: ***“Periodontal disease is the sixth most prevalent chronic condition in the world, affecting 743 million people,”*** ... ***“In the United States alone, it affects one in every two adults and 2.5 times more people than diabetes.”*** This is a startling statistic because low-level inflammation is a huge underlying core-cause of many illnesses, diseases, faster-aging and weight gain.

“Periodontal disease is the sixth most prevalent chronic condition in the world, affecting 743 million people,” ... ***“In the United States alone, it affects one in every two adults and 2.5 times more people than diabetes.”*** – Dr. Otomo-Corgel, President of California Society of Periodontists

What steps can we take to keep our oral health in check along with our overall wellness?

Let us look at five (5) oral care health steps:

Oral Health Step #1: INCORPORATE A HEALTHY DIET

An alkalizing, antioxidant-rich and anti-inflammatory diet is one key to oral health. We should try to choose foods (Non-GMO and Organic when possible) that include:

- **Healthy proteins** such as wild, mercury-free salmon
- **Healthy fats** such as avocados, nuts and seeds
- **Healthy carbs** such as leafy greens, legumes and some fruits
- **Non-starchy carbs** such as broccoli, onions and tomatoes



Oral Health Step #2: REDUCE SUGAR INTAKE



Sugar is bacteria’s favorite snack. When we eat sugar, we accelerate the breeding of unhealthy bacteria in our mouth. This sticky goo then becomes an acidic, delicious meal for those bacterial critters. Consuming sugar can lead to dental decay and inflammation. It also **promotes body inflammation** and **potential weight gain**. The types of sugar below can be most harmful. Realistically, most of us CANNOT completely avoid these foods and beverages. They are often part of many joyful celebrations. However, **WE CAN TRY** to **limit** consumption or **avoid** over-consumption.

- **Sweets, milk chocolate, cookies, cakes and biscuits (even white flour promotes dental decay!)**
- **Sugary drinks** such as soft drinks, fizzy drinks and milky drinks with added sugar
- **Fruit juices** such as unsweetened fresh fruit juice and smoothies
- **Buns, pastries and fruit pies**
- **Table sugar, brown sugar and “natural” sugars added to food or drinks** (such as coffee)
- **Sugary breakfast cereals**
- **Jams, marmalades, honey, syrups and sweet sauces**
- **Ice cream and sorbets**
- **Many dried fruits or fruit in syrups**

Oral Health Step #3: REDUCE OR AVOID SMOKING

According to the **American Dental Association (ADA) Mouth Healthy** website, smoking and tobacco use cause stained teeth, bad breath and a diminished sense of taste.

Tobacco smoke is an acidic 5.5 to 6.0 pH! Over time, **smoking can severely damage our immune system** – producing more concerning side-effects, including a reduced ability to recover after surgery. Because of this – smoking is also one of the highest risk factors associated with gum or periodontal disease, which causes inflammation around our teeth. This irritation of our gums can affect our bone and other supporting structures, while its advanced stages can result in tooth loss. Ultimately ... the effects of smoking on teeth can lead to tooth decay, while also posing a challenge with restorative dentistry.



Oral Health Step #4: REDUCE OR AVOID CONSUMING ALCOHOL

People who **drink excessive amounts** of alcohol (over two drinks daily) tend to have higher plaque levels on their teeth that can lead to periodontal disease and are **three times more likely** to experience **permanent tooth loss!**



From an aesthetic view – drinking red wine or beer can stain our teeth. Saliva keeps our mouth moist, removes plaque from our teeth and impedes staining. However, alcohol dries our mouth. So, it is vital we stay hydrated (with alkaline water containing molecular hydrogen – H₂) when drinking alcohol ... as Step 5 will highlight. Plus, **drinking alcohol in moderation** can also help us mitigate this teeth-staining issue.

Oral Health Step #5: DRINK HEALTHY H₂ ALKALINE WATER MADE WITH A HIGH-QUALITY WATER IONIZER

Everything we drink and eat can influence the health of our mouths and body – either positive or negative. Some of the most destructive and concentrated combinations of sugar and acids are found in beverages that many of us consume daily. These sugary, acidic beverages include:

- Coffee
- Tea
- Juice
- Soda
- Wine
- Beverages that contain starch or sugar



Consuming these beverages daily can throw off our body's pH levels, letting bacteria in our mouth use these sugars as fuel. Sugary and acidic diets allow pathogenic oral bacteria to thrive and grow while slowly eroding tooth enamel – which results in gradual tooth decay. If we enjoy some of these, **is there a solution?** Yes!

We can help prevent tooth decay while increasing the alkalinity of our mouth by **drinking fresh-infused molecular hydrogen-rich (H₂) alkaline water** made with a water ionizer that utilizes advanced filtration medias.



Closing Thoughts

We should try to visit the dentist at least once every six months – **but many people do not because** they can see or feel the inflammation or pain occurring in their mouth. This leads to fearful questions such as: **“How bad are my teeth and gums? How painful will my dental work be?”** Thus, millions of individuals postpone dental visits.

Prevention is key – viewing visits to a highly-skilled dentist as a good choice for overall health is as important as exercising, hydrating and eating healthy. Aside from going to a dentist, daily brushing and flossing are required for a healthy body. In a future book, we could have a **nationwide list** of **“Best-of-the-Best” dental care experts**.

When we do not brush and floss – **inflammation silently brews** in our **mouths**. We can unknowingly speed up dental decay or even worse – periodontal disease. Periodontal disease can affect our facial bone structure. So, we encourage everyone to try their best to understand and implement the knowledge shared in this blog. **Why?** Because a **healthy, bright and beautiful smile awaits most of us** who maintain a proactive oral care program.

Our Dentist's Best Friend – Water Ionizers! Blog posted November 8, 2018 by Steven & Tina Clarke

In the U.S. during November through December, there are holidays that millions love to celebrate. What about our dentist? Is he or she “happy” to see his or her patients fully participate in all these special days? The answer is an absolute no! Why? Because our dentist sees first-hand the harmful effects that eating too much candy and sugary desserts can have on our teeth!

Can Water Ionizers Prevent Us from Saying, “Trick or Teeth?” The holiday season is very tricky on our teeth – with the spookiest night of the year followed swiftly by the sweet delights of Thanksgiving and then, of course, Christmas. Mmm ... pudding or pie ... Mmm ... lots of sugary desserts ... and sometimes, an increase in alcohol consumption. Maybe the colder weather that comes in October, November and December is also a factor.

Back in hot July, a slice of juicy watermelon that satisfied the kids is a lot less tempting in cold November. On the other hand (or maybe in both hands – LOL), ... a slice or two of warm apple pie or a big bowl of sticky caramel pudding can be just the ticket on a chilling day ... but not so great for our teeth and gum tissue.

Sugar Shocks. Many of us try to keep our teeth nice and clean. So, we do not skimp on trips to the dentist for our annual exam and routine cleanings. But when candy time comes calling, we need to be mindful of the temptations and step up our personal in-home and away-from-home dental care.

But first – how does sugar directly damage our teeth? Simply put, **sugar is the CATALYST** for a natural process that ultimately harms our precious tooth enamel and gum tissue.

Plaque Attack = Bad News! Sticky plaque is a dynamic bacterial substance that constantly forms in our mouth, coating our teeth and gums. Bacteria LOVES sugar. When we eat sugar – acid starts to form in our mouths, working rapidly on our tooth enamel. The bad news is every time we eat sugar, **we stimulate plaque in our mouth to produce acid for about 20 minutes** after we finish eating. No wonder dentists remind us to brush after every meal!



Water Ionizers and Alkaline Water = Good News?

Yes ... there is good news! Drinking alkaline water from a water ionizer can help neutralize damaging acids in our mouths. When we drink alkaline water or even use it as a mouthwash, **our teeth can really benefit from gentle molecular hydrogen (H2) medical gas** along with its antioxidant properties and healthy minerals.

Of course, we must be realistic – it is very difficult to “ban” candy, sweets and sugary desserts all year round. If we currently ban or minimize eating sweets – then great job! But for those of us who regularly enjoy a sweet treat in moderation ... here are two key tips that will keep our teeth (and our dentist) happy:

- ☞ **ALWAYS brush and floss our teeth after each meal**
- ☞ **ALWAYS drink alkaline, hydrogen-rich H2 Water 4 Life**

Why Our Dentist Dreads Christmas! Blog posted December 29, 2017 by Steven & Tina Clarke

Dentists are super-aware of the damage that sweets such as candy and soda do to our teeth. Christmas arrives soon after that testament to candy itself, Halloween. This poses all kinds of threats to our teeth unless we take extra good care of them. Little wonder our dentist may dread Christmas and have a few holiday nightmares!

The Usual Suspects

As well as sugar, many people often consume more alcohol than usual around the holidays. Alcohol attacks teeth in two ways: **first**, with the sugar it contains, and, **second**, with its acidity that damages enamel. Most of us clean our teeth and visit our dentist. But what else can we do, especially during the holiday season?



Understand Why Sugar Harms Our Teeth

Sugar by itself does not harm teeth. What it does is start a process inside our mouth. The sticky bacteria we call plaque forms in our mouth constantly. Sugar stimulates the bacteria to produce acid. The more sugar we eat, the more acid is produced. It is that sugar-fueled acid that damages our teeth.

☞ **Every time you eat sugar, plaque will produce enamel-damaging acid for about 20 minutes.**

“An excess of acidifying foods is a nightmare for your oral health. Acidifying foods eat away at the enamel on your teeth, the hard, mineral layer that covers them. Once the enamel is damaged or destroyed, it doesn’t grow back, leaving teeth unprotected from acids and plaque.” ~ Dr J Levine DMD PC. Prof. NYU School of Dentistry

How Can Alkaline Water Help Our Teeth?

Drinking alkaline water from a water ionizer can really help to keep our teeth healthy. Wetting our toothbrush with alkaline water and using it as a mouthwash (as well as drinking it!) all help to neutralize acids that attack the structure of our teeth. It can make a huge difference in slowing down the **sugar-plaque-acid cycle** that occurs every time we reach for candy, cake and other irresistible sweets.

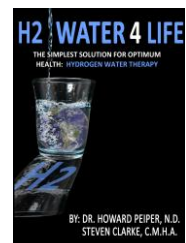
Have Your Cake and Eat It Too ... with H2

Moderation in most things is often a smart way to navigate our complex world. So, if we enjoy a second helping of pudding or another glass of wine, ... after we are done, ... we should **swirl around inside our mouth a little alkaline water** with infused molecular hydrogen (H₂). Why? Because this is the **ultimate in-home** (or away-from-home), **affordable** and **easy dental care program** for **prevention** and **treatment** of **our priceless teeth** and **gums!** It can help us avoid painful and expensive trips for a cavity, root canal, extraction or something even worse. A simple personal program using alkaline **H₂ Water 4 Life** is a much wiser course to follow.



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Additional References, Research & Studies

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<https://link.springer.com/article/10.1186/s13618-015-0035-1> (2015) *Medical Gas Research*

Hydrogen-rich water attenuates experimental periodontitis in a rat model (2011) *J Clin Periodontol*
CONCLUSION: Consuming hydrogen-rich water may be beneficial in suppressing periodontitis progression by decreasing gingival oxidative stress. <https://www.ncbi.nlm.nih.gov/pubmed/22092571>

Effects of hydrogen-rich water on aging periodontal tissues in rats (2014) *Scientific Reports*
CONCLUSION: Drinking hydrogen-rich water diminished oxidative mitochondrial DNA damage and improved bone mineral density of the mandibles (lower jawbones). <https://www.nature.com/articles/srep05534>

Preventive Effects of Drinking Hydrogen-Rich Water on Gingival Oxidative Stress and Alveolar Bone Resorption in Rats Fed a High-Fat Diet (2017) <https://www.mdpi.com/2072-6643/9/1/64/htm>

Studies for Dental Implant Specialists

Benefits of drinking or using H₂ water on Bone-Loss, Bone-Density, OCT Grafts & Osteointegration

Hydrogen water consumption prevents osteopenia and reduction of bone mass including bone mineral content, bone mineral density and structure (2013) – *Br J Pharmacol* <https://www.ncbi.nlm.nih.gov/pubmed/23121335>

Effects of hydrogen-rich water to improve bone mineral density of lower jawbones in rats (2014) *Scientific Reports*
CONCLUSION: Drinking hydrogen-rich water diminished oxidative mitochondrial DNA damage and improved bone mineral density of the mandibles (lower jawbones). <https://www.nature.com/articles/srep05534>

Treatment with hydrogen molecule abates oxidative stress and alleviates bone loss (2013) – *Osteoporos Int.*
<https://www.ncbi.nlm.nih.gov/pubmed/22648000>

Hydrogen gas (H₂) exerts a therapeutic antioxidant activity by selectively reducing cytotoxic reactive oxygen species (ROS). The aim of [this] study was to elucidate treatment with molecular hydrogen [H₂] alleviated bone loss along with other skeletal or bone issues including bone density as a countermeasure for spaceflight.

Treatment with hydrogen molecules prevents RANKL-induced osteoclast differentiation associated with inhibition of ROS formation and bone-loss related diseases (2014) – *J Bone Miner Metab*
<https://www.ncbi.nlm.nih.gov/pubmed/24196871>

- The **bone protective effects** of the hydrogen molecule (H₂) have been demonstrated in several osteoporosis models. This study confirmed many reasons for its benefits in **prevention** and **reversal of bone-loss**.

Hydrogen [H₂] supplementation improves allogeneic osteochondral transplants and grafts (2014) – *Scientific World Journal* <https://www.ncbi.nlm.nih.gov/pubmed/25506061>

Allogeneic osteochondral tissue (OCT) is used for treatment of large cartilage defects. Allogeneic osteochondral **transplants** consist of articular cartilage and subchondral bone for this treatment. The defects are filled with cylindrical osteochondral **grafts** that aim to **provide a congruent hyaline cartilage covered surface**. OCTs preserved in DMEM supplemented with hydrogen [H₂] are a promising material for repair of large cartilage defects.

Steven's Amazing Dental Implant Story – Drinking H₂ Alkaline Water with Minerals & Electrolytes v6 – 06.09.22
By: **Steven Clarke**, Certified Molecular Hydrogen Advisor, Nutritionist, Consultant, Lab Technician, Quantum Medicine Graduate & Biochemistry Student

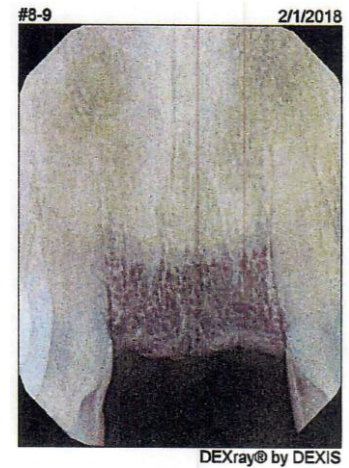
Horrible Dental Health – My Entire Life!

I suffered with crowded (and crooked) teeth, cavities, gum disease and worse from childhood throughout my adult life. These problems were a combination of genetics, drinking toxic water, poor diet high in sugar, mercury fillings, some badly-performed root canals and a freak injury to my two upper front teeth in 1968 – resulting in two hurried root canals

that harbored a small bacterial infection until my immune system collapsed in 2004. By early 2005, that bacterial infection rapidly spread into Noma disease (**gangrene in the mouth**)! On November 8, 2005 emergency surgery was performed to save my life by removing my entire root and micro-root structure along with therapies to ensure all bacteria was eradicated. Next up was straightening my teeth by the brilliance and rare talent of Dr. Mark Holt, DDS of Roseville – the Top 1% Provider of *Invisalign* nationwide.

H2 Along with Implants Repair and Restore My Dental Health

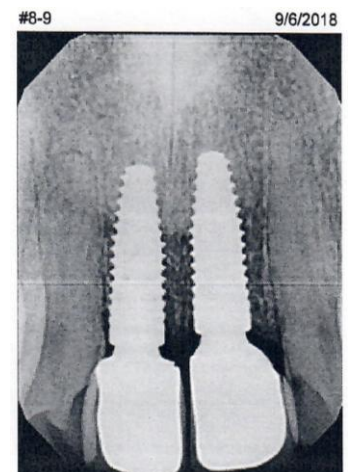
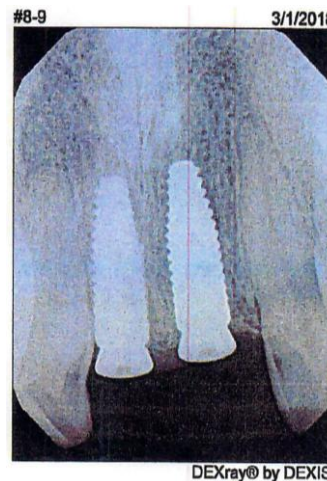
In 2018, it was time to install two implants. After meeting with several well-qualified specialists, I decided to select Clear Choice in Roseville, California. My initial exam and evaluation were on 2/1/2018. This was performed by the highly skilled Dr. Michael Forde, DDS and Jedediah Wooldridge, Prosthodontist. They were shocked that my DEXray image showed **NO BONE LOSS AFTER 12 YEARS** of no tooth or implants in the upper “empty” space. **“I’ve never seen this before. There must be an explanation.”** ... said Dr. Forde. I shared that my wife and I had been drinking hydrogen, alkaline water with over 72 minerals that form electrolytes for about seven (7) years. I explained that scientific studies prove H2 gas can also help reverse bone loss.



My surgery day arrived on March 1, 2018. In advance, Clear Choice explained how to prepare and what to expect. **First**, they **would** put me under sedation for about 60-90 minutes. **Second**, after their pain reducers (Novocain) wore off, I **would** experience some initial pain for 1-3 days – so they wrote me a prescription for pain meds. **Third**, I **would** need to eat liquids or soft foods for 1-2 weeks and gradually transition to solids.

My Unusual Pre & Post-Surgery Experience

Guess what? I had a secret weapon to test ... H2 medical gas. First test was sedation during my surgery. I was **sedated ONLY 15 MINUTES!** On the drive home, I drank 16 oz. of H2 (2.0 ppm) water. I was fully alert and had NO PAIN. Next, I waited for the Novocain to wear off and for some “real pain” to hit me. At 4:30 pm and 6:00 pm, I drank 16 oz. more of H2 (2.0 ppm) water. **By 7:00 pm, I was still pain free!** Hmmm, ... let’s try one more test ... carefully eat some solids to the left and right of my implants. I love organic chips and carefully ate a whole bag with no problems. Next day I resumed my normal diet, slightly adjusted, of various cereals and solids with no discomfort!



Faster & Perfect Osseointegration of Implants

Please look at my x-ray image six months later (9/6/2018) and see perfect osseointegration of my implants. I believe it was faster than six months. My wife, Tina, has an even BETTER STORY! She had Clear Choice install one implant in an area that was “empty” for OVER 20 YEARS. Her DEXray image showed **NO BONE LOSS AFTER 20 YEARS** of nothing solid in her “empty” space. Again, our amazing stories are due to drinking hydrogen, alkaline water with minerals and electrolytes for about seven (7) years. **MIGHT THE DENTAL IMPLANT INDUSTRY ADD H2 THERAPY** to pre-surgical and post-surgical instructions to help more patients **FEEL LESS PAIN** along with experience so many potential **RECOVERY, HEALTH** and **ORAL-CARE BENEFITS** ?



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