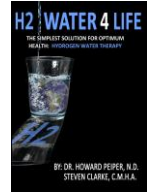


“Enjoy science made simple.”

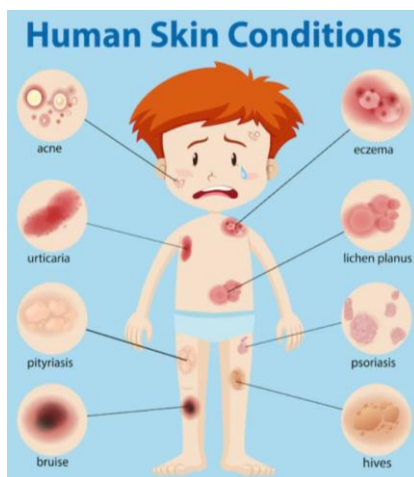
An Abbreviated Scientific Review written 12.31.2025 by: **Steven Clarke**, 2025 Certified **H2** Advisor, 2018 C.M.H.A., Quantum Medicine Level One Graduate, Complementary & Alternative Medicine (CAM) Liaison, Biology /Chemistry / Biochemistry Student, Lab Technician, Human-Case Studies Conductor, Nutritionist, Mineral and Electrolyte Science Specialist, Consultant & Coach to Celebrities, Pro Athletes, VIPs and Global Companies

In 2024, the U.S. federal NCCIH stated: *“Skin is ... the body’s largest organ. It helps regulate internal temperature, allows the body to retain fluids (preventing dehydration), and keeps harmful microbes out. Skin diseases ... affect as many as **one in three Americans** ... Common skin conditions include acne, contact dermatitis, benign tumors, cancers, atopic dermatitis (also called eczema) and psoriasis.”* This means **over 114 MILLION Americans**



suffer daily. **50%** of seniors over 65 have two or more disorders. Victims live in agony with rashes, itchiness, flakiness, dryness, lesions, bumps, boils as well as burning or pain. Did you know that skin problems are the **most common reason** for a new visit to a primary care physician or dermatologist?

As you may surmise, it is critical to select the most qualified dermatologist our budget can afford. The American Academy of Dermatology (AAD) is the foremost authority on skin disorders and has a global membership of 20,000+ physicians. Visit: www.aad.org for details. A board-certified dermatologist has 12 years of education/training including a four-year bachelor’s degree and must pass comprehensive exams to attain their board-certification. A qualified dermatologist that is non-board-certified has nine years of education and training but has not completed a three-year residency and board exams.



WHY ARE SKIN AFFLICTIONS SO WIDESPREAD ?

FIRST, let us review some known reasons. **(1)** Underlying health conditions. **(2)** Lifestyle factors such as reactions to stress, medicines and obesity. **(3)** Genetics. **(4)** Environmental triggers such as allergies. **(5)** Microorganisms like bacteria, fungus or parasites living in or on skin. **(6)** Viruses such as papillomavirus that causes warts. **(7)** Bug bites that cause infections like cellulitis or Lyme disease.

SECOND, research reveals healthy human skin has a complex **microbiome** that **constantly protects us** from threats but is under **non-stop attacks**. This diverse “living” barrier has three layers: 1:

epidermis (outer), 2: dermis (middle), and 3: hypodermis (inner a.k.a. subcutaneous tissue made of fat and connective tissue). On average, skin is about **64% water** (+/- for age) and has a range of **4.0 to 6.5** pH with an optimal span of **4.7 to 5.75** pH. The skin microbiome is an outer layer of oil with a balance of good bacteria and other organisms. **Washing** and **scrubbing** with hot water and lots of soap can **remove these**. Antibacterial soaps can also kill off normal bacteria. Of course, **cut/wound care**, **infections**, **good hygiene**, **hand washing** and **regular exfoliation** of the 500 million skin cells that die each day and replaced every few weeks are essential. But long and vigorous **daily showers** can **strip away** our body's outer guardian. So, we should use good judgment in skincare routines.

THIRD, a chronic state of overall internal **ACIDOSIS** can **hasten** or **aggra-**



vate many skin issues. As far back as 1958, research was published in the *AMA Arch. Derm.* by two MDs entitled: **Skin Manifestations of Chronic Acidosis**. More current experts like New York-based dermatologist Cheryl Karcher, M.D. say: *“If your pH ... [is] **too acidic**, you’ll increase your chances of inflammatory skin conditions like eczema and acne.”* Today we know that **acidosis increases inflammation, toxic load and excessive waste**. There are several conditions that cause chronic inflammation like autoimmune diseases, gastrointestinal disorders and metabolic syndrome. Modern science has now linked **acidosis-inflammation-toxicity-gastro responses** to many skin problems.

FOURTH, **electrolytes** can have a **huge impact** on **skin health**. Minerals form electrolytes. Most people are mineral deficient and/or imbalanced. But **electrolytes** help skin **(1) RETAIN water** which can improve skin's water composition, plumpness and radiance. When **skin is dehydrated**, it can look dull or lifeless, and its cells may not regenerate properly. **(2)** They can **STRENGTHEN the skin barrier’s microbiome** which is important for managing trans epidermal water loss. **(3)** When dissolved in fluid, minerals form **electrolytes** to help skin cells **REGULATE pH levels**. **(4)** Calcium and potassium in these can **IMPROVE the skin's fatty acid content** and **BOOST cell regeneration**.



Electrolytes are supplied to the skin from food and water through blood vessels, but they can be lost through sweat. According to Dr. Bruce Robinson, FAAD, a board-certified dermatologist in New York and clinical professor of dermatology at Lenox Hill Hospital, *“In the skin, **electrolytes** help **conduct electricity** when **mixed** with **water**, **enabling cells** to **regulate pH levels** and **keep** the **body’s hydration system** in **check**.”* Therefore, their **imbalance** and/or **deficiency** can **disable** skin’s complex water-mineral-matrix management system and significantly **harm** our skin health. So, many Americans need **supplementation** from companies that certify their ingredients are pure with no dyes or synthetics.

WHAT ARE KEY COMPLEMENTARY & ALTERNATIVE MEDICINE CHOICES TO EASE SKIN ISSUES?

Let us now talk about choice changes we can begin to make right away. In the **#1 position** of being the most important ... which is the **easiest** yet most **impactful** ... is changing our hydration habits. A mantra that we often share is *“change your **water** and change your **life**.”* In other words, change your health for the better by drinking the healthiest water on our planet. What is this liquid elixir?

It is ultra-purified water with freshly-infused **molecular hydrogen (H₂) medical gas**. H₂ is the **lightest** and **smallest** molecule of neutral gas on Earth and can quickly reach all three skin layers, connective tissues and muscles. Why is this vital? Skin is our largest organ and needs replacement of its constant fluid losses. H₂ has been researched for over 50 years and studies confirm it’s skin-recovery benefits.

Due to its tiny atomic size, it can **reach** our **DNA** to start repairs and restore innate self-healing. **Over 3,000 scientific studies** suggest hydrogen-rich water has *‘therapeutic potential in 200+ animal and human **disease models** ... and in essentially **every organ** of the **human body**.’* So, try to take in a therapeutic dosage of H₂ gas throughout the day.



#2 is keeping overall **body pH** slightly **alkaline**. As mentioned, a long-term state of internal **acidosis**

can **hasten** or **aggravate** skin disorders. We can restore pH balance by eating more **alkaline foods** and drinking **alkaline water**. Many people are surprised how fast their minor symptoms like skin tags, hives or keratoses can dissipate. Even some severe rashes, scaling, redness, itchiness, swelling and other discomforts such as burning with pain may progressively and completely clear up within months.



#3 is adding **electrolyte replacement** therapy. But one big caution. **14%** of Americans have some form of **chronic kidney disease** (CKD). So, it is prudent for those with this disease to consult a doctor before self-prescribing additional electrolytes. For those without CKD, they can personally decide to increase their daily electrolyte intake. Still,

as in most things, less is more. So, starting slow and using moderation is a smart approach. The safest supplements are in **low-dose correct-ratio** powders or liquids and are all **non-GMO, organic**.

These breakthrough discoveries in (1) hydrogen medical gas research, (2) a balanced body pH, and (3) electrolyte replacement have the attention of more doctors. Here are some **testimonials** and **clinical studies** that may give hope to those who suffer every day with minor and major skin afflictions. Yet, please remember that testimonials do not guarantee any specific or future results. A testimonial is unique to each individual's body based on their age, gender, genetics and many other factors.

➤ TESTIMONIALS



I Had Severe Atopic Dermatitis (AD) – Jon B. *“I had severe atopic dermatitis that covered **85%** of my **face** and **75%** of my **body**. I was in unbearable **pain**, unable to even put on a t-shirt, nor leave the house for a year. After failed attempts by many doctors, I decided to take the holistic route. I knew my immune system was in a hyperactive state and our bodies are made up of around 75% water, [so] my first instinct was to purchase the best water ionizer on the market. After researching many testimonies and videos, ... [it] was an easy choice. I LOVE this*

*machine! It's very easy to use and [makes] great tasting, clean, ionized [H2] alkaline water. Today, I am **living a normal life**, in optimal health, and **FREE OF ANY SKIN DISEASE!** If you are truly serious about your health, the first step is to hydrate and flush out toxins.”* (Tyent Website)

Eczema Went Away – Cameron Cushing. *“I don't have eczema now like I had for the last **20 years**. I used creams [in the past] because it would flare up, getting terribly red and itchy. After about **2 weeks** of drinking alkaline [H2] antioxidant water, the eczema went away. In about **a month**, the white patches were completely gone. I have not had eczema since then. Also, the dry skin on my elbows and knees is **gone**. I feel my body being purified and detoxified on a daily basis.”* (Health News Volume 18, #6)



Severe Acne Cleared Up – Bill R. (Michigan). “My adult son suffered for years with severe acne. His face was covered in red, swelling and large painful acnes. When he stopped [his] meds and switched his hydration to only **drinking H2 water**, his acne cleared up in about **4-6 weeks.**” (H2 WATER 4 LIFE Book, Chapter 22)



➤ SCIENTIFIC and CLINICAL STUDIES

OLMSTEAD, EDWIN G., M.D., LUNSETH, JOHN H., M.D. (1958) **Skin Manifestations of Chronic Acidosis.** *AMA Arch Derm.* 1958;77(3):304-313. doi:10.1001/archderm.1958.01560030050008

SAITOH Y, OKAYASU H, XIAO L, HARATA Y, MIWA N. (2008) **Neutral pH hydrogen-enriched electrolyzed water achieves tumor-preferential clonal growth inhibition over normal cells and tumor invasion inhibition concurrently with intracellular oxidant repression.** *Oncol Res.* 2008;17(6):247–255

ONO, H., NISHIJIMA, Y., (2012) **Hydrogen (H2) treatment for acute erythematous * skin diseases.** *Medical Gas Research* 2, 14 * Erythematous is abnormally red or inflamed skin or mucous membranes caused by short-term inflammation and dilated capillaries that accumulate blood. It can have significant **pain, itching or burning.**

IGNACIO, R., et al., (2013) **The Drinking Effect of Hydrogen Water [HW] on Atopic Dermatitis (AD) Induced by Dermatophagoides.** *Evid Based Complement Alternat Med.* 2013:538673. This study said that HW is “*proven to have antioxidant and anti-inflammatory effects ... [and is] a promising remedy for treatment of AD.*”

YOON, Y. S., et al., (2014) **Positive effects of Hydrogen Water (HW) on Atopic Dermatitis.** *Biol Pharm Bulletin.* 2014;37(9):1480-5. “*Atopic Dermatitis (AD) is a chronically relapsing eczematous skin disorder [with] allergic inflammation.*” Pro-inflammatory cytokines were significantly **lower** in the **HW group.**

MEI, K., et al., (2014) **Hydrogen protects rats from dermatitis caused by local radiation.** *J Dermatolog Treat,* 2014. 25(2): p. 182-8.

ISHIBASHI, T., et al., (2015) **Improvement of psoriasis-associated arthritis and skin lesions by treatment with molecular hydrogen: A report of three cases.** *Mol Med Rep,* 2015. 12(2): p. 2757-64.

ZHU, Q., et al., (2018) **Positive effects of hydrogen-water bathing in patients of psoriasis and parapsoriasis en plaques.** *Sci Rep,* 2018. 8(1): p. 8051.

BAJGAI J, LEE KJ, RAHMAN MH, FADRIQUELA A, KIM CS. (2021) **Role of molecular hydrogen in skin diseases and its impact in beauty.** *Curr Pharm Des.* 2021;27(5):737–746.

NAN GIO and YATING ZHANG (2025) **Progress in the Application of Molecular Hydrogen in Medical Skin Cosmetology** *Clin Cosmet Investig Dermatol.* 2025 Mar 3;18:511–523. “[Molecular hydrogen] regulates the inflammatory response, **alleviating** redness, itching, and discomfort, while **promoting** skin repair and regeneration. Moreover, hydrogen **activates** antioxidant enzymes in skin cells, boosting their antioxidant capacity and delaying aging. Clinical trials show that molecular hydrogen **significantly improves** conditions like acne, chloasma, and skin sensitivity.” >>> **Note to readers:** Upon request, additional studies may be provided.



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