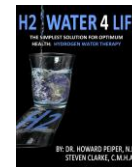


H2 WATER 4 LIFE MAY HELP DIABETICS

Health Alert: “Diabetes is now confirmed as an **American epidemic!**”

An Abbreviated Scientific Literature Review written 01.19.2026 by: **Steven Clarke**, 2025 Certified H2 Advisor, 2018 C.M.H.A., Quantum Medicine Level One Graduate, CAM Liaison, Biology / Chemistry / Biochemistry Student, Lab Technician, Nutritionist, Author, Mineral and Electrolyte Science Specialist, Hydration Consultant and Coach to Celebrities, Pro Athletes, VIPs and Global Companies



How widespread is this disease? In **2021**, the U.S. CDC estimated **97 million** people age



18 years or older had **prediabetes** (38% of U.S. adult population). The rate of prediabetes in children had more than doubled to 28.2%. **38 million** Americans (11.6%) actually had **diabetes**. This percentage reached **29.2%** among **seniors** 65 years or older.

However, more current data indicates that numbers are not declining and ... “Diabetes is now confirmed as an **American epidemic!**” In **2025**, the American Diabetes Association (ADA) called it “one of the most serious health problems our country has ever faced.” A Jan/Feb 2026 AARP article entitled “**The War On Diabetes**” said it is “**the danger we don’t see**” because so

“Every year, over **900,000 more** U.S. adults age 45-plus are diagnosed with diabetes.” – AARP

many people avoid early testing and do not know their blood sugar numbers. Three out of 4 Americans age 65 or older (**75%**) and nearly two out of 3 (**65%**) ages 45 to 64 have prediabetes or Type 2 diabetes. In 2024-25, the U.S. CDC estimated staggering totals ... **98 million** prediabetics plus **38 million** Type 2 & 1 diabetics equals a total of **136 MILLION** Americans adults are casualties.

Type 1 diabetes is an autoimmune disorder and virtually all patients need lifelong insulin injections. But the other two conditions are mostly avoidable or easier-to-manage. Why? Although genetics can play a major role that accelerates early onset of prediabetes and Type 2 diabetes, ... it is because both of these are mainly driven by eating (diet) and drinking (beverages) habits from youth on.

Diabetes is America’s most expensive chronic medical condition. The ADA says in 2022 alone that it cost the U.S. health care system **\$307 billion** – more than cancer or heart disease. This epidemic is getting worse due to nearly half of all adults **not having** a recent **blood sugar screening**. So, early-age testing and regular re-testing for certain age/higher-risk groups is a **vital strategy** in this war.

In the midst of such bad news, there are five significant **breakthroughs** to help us begin winning some battles. The same 2026 AARP article listed them as (1) More affordable obesity drugs, (2) Diabetes prevention programs, (3) Wearable blood sugar monitors, (4) Powerful new heart and kidney protection, and (5) Smarter insulin-delivery systems.



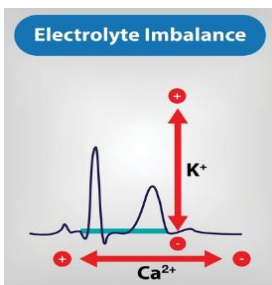
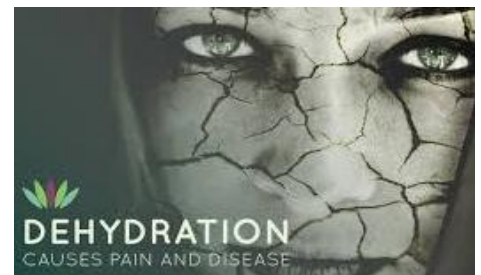
Nevertheless, we cannot ignore primary risk factors such as: (1) **Excess weight** – being overweight or obese. (2) **Waist size** – storing fat in the belly rather than hips and thighs. (3) **Sitting** most of the time which equals less physical activity. (4) **Family** history. (5) **Race** and **ethnicity** – certain populations are at higher risk. (6) Blood **lipid levels**. Elevated LDL and low HDL levels contribute to insulin resistance. (7) **Age**. Most other risk factors are exacerbated by aging. (8) **Prediabetes**.

Could there be other fundamental reasons why diabetes is so prevalent in America and globally?



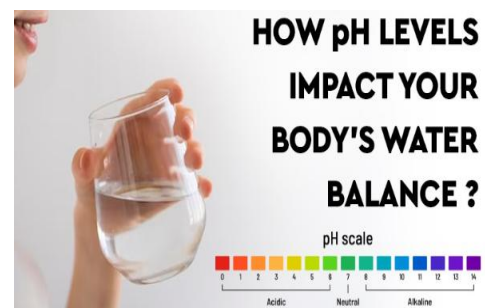
Before I try to answer this question, here is a well-known fact. Most “common” diseases gradually develop over time. A person may not notice early symptoms that often appear. Then one day your doctor informs you of a life-altering diagnosis. You are stunned. “*I have diabetes? No way!*” Here is another basic. A lesser-known detail is ... the **global** pharmaceutical, diabetes, fast food and weight loss industries are approaching **three trillion dollars** per year. Might this be a massive conflict of interest? Could keeping people struggling as diabetic patients or clients increase their profits? Let us get back to the question posed above and examine four fundamental reasons.

First, **water dehydration** and chronic **under-hydration** are often a primary cause. A majority of people walk around dehydrated. When we are water deficient, blood becomes thicker and more concentrated, leading to a **higher ratio** of **sugar** to **water** – which **raises blood sugar** levels. Why do so many ignore thirst sensations? Because they usually misinterpret them as hunger signals and proceed to eat rather than drink water.



Second, valid research indicates **electrolyte imbalance** and/or **deficiency** are another contributing factor. **What happens during a medical emergency response?** A primary focus is to restore fluid balance and low blood volume, if detected. This is usually done through IV fluids. If imbalances or deficiencies are suspected and there is enough time, treatment is tailored to the specific imbalance(s). A 2024 study of Type 2 diabetes melitus (T2DM) concluded that it is “characterized by insulin resistance, hyperglycemia, **electrolyte imbalance** and acid-base disorders. ... Electrolyte imbalances ... can **cause clinical disorders** ... [that] include a **decrease** in serum levels of **sodium, potassium, calcium** and **magnesium**.” This raises an age-old question. Which came first, the chicken (imbalance) or the egg (diabetes)? A likely answer is that it does not matter since each one can be a genesis of the other.

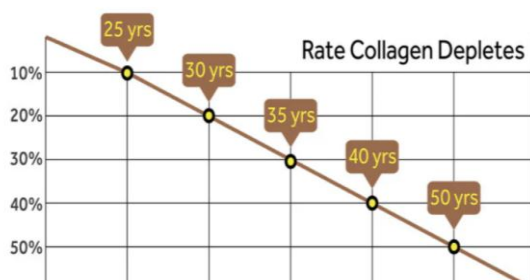
Third, for over two decades it has been known that **drinking acidic water** can **lead to** or **increase** the **risk** of diabetes. In 2002, the American Diabetes Association (ADA) published a study in Norway that showed water with a slight acidic 6.9 pH down to a more **acidic 6.2 pH** was “associated with a **fourfold higher risk** of type 1 diabetes.” compared to water with an **alkaline 7.7 pH** or higher. Other science-based studies support similar conclusions. Such research establishes an association of increased type 1 diabetes cases with concentrations of acidic toxins, chemicals and other acid-forming components in the drinking water of populations around the world.



Fourth, Collagen (C) loss or deficiency impacts diabetes. From about age 25, **collagen production** can **decline** roughly 1.0% to 1.5% per year. This depletion worsens diabetes through mechanisms in the extracellular matrix (ECM) leading to insulin resistance. An adequate amount of **collagen** in the ECM **improves insulin sensitivity**. So, diabetics may consider taking a premium low-dose collagen powder supplement to potentially lower their fasting blood glucose and A1C numbers.



Collagen & Age



Each person's depletion rate is slightly different and unique to their individual body. **Notice** our **chart**. It is not precise but an illustrative approximation for ages 25 to 50. **What** are signs of loss? **How** can we use diet and supplements to maintain healthy C-levels in our bodies? I can answer these questions in a separate article.

Yet, over 3,000 scientific studies suggest hydrogen-rich, alkaline **H2 Water 4 Life** plus reinserted macro and trace minerals that form electrolytes can aid us. It has the

attention of doctors, medical science, researchers, pro athletes, celebrities, VIPs and others who suffer with or want to avoid serious health problems ... such as **Type 2 & Type 1 Diabetes**.

Need to hear some more good news? H2 Water combined with **pure non-GMO, organic electrolytes** and a high-quality **multiple-type-collagen peptides powder** may help those who deal with or wish to halt prediabetes and/or Type 2 diabetes. Below are a few of many Testimonials and Studies that propose ionized alkaline hydrogen-rich **H2 Water 4 Life** has strong therapeutic potential.

➤ TESTIMONIALS

Diabetic Blood Sugar Normal – Bill Fuhrer. *"I've tried all kinds of things to get my blood sugar under control. For 5 years, my **blood sugar levels** have been **250 to 300** without medication and insulin. I decided to try alkaline, antioxidant [H2] water to see if it would help lower my levels. The 2nd day of drinking the alkaline anti-oxidant water, my blood sugar level was at 159. The 3rd day, [it] was down to 109. The 5th day, [it] was 99. **I am a skeptic**, but numbers don't lie. I stopped the [H2] water for a few days. I wanted to make sure it wasn't a placebo effect. After 2 days, [they] were back up to 250 ... I **started drinking the water again** [and they] came right back down. Now I have a **lot more energy** and **don't have** the **diabetic mental fog** any longer. I am **sleeping better**, and life is great."* (Health News Volume 17, #4



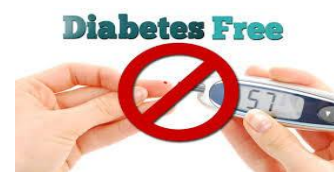
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Blood Sugar Under Control – James Jackson. “I’m 56 [years old]. One day I [ran] out of my prescription for Type II Diabetes. My blood sugar on the meter had gone up to 187. [So,] I **drank 26 ounces** of [H2] **alkaline antioxidant water** and my blood sugar an hour later **was down** to 96. I’ve [now] been drinking the water for 2 years.” (Health News Volume 18, #6)

Down to 86 – Portia S. “I was diagnosed with Type 2 Diabetes and my doctor put me on meds. I attended [Steven’s] free H2 class. [After my ionizer system was installed,] most days I drank a gallon of H2 water. **3 weeks** and **5 days** later, my doctor was surprised my **A1C** test was [back to normal]. My doctor took me off my meds ... I’ve been **med-free** for **almost 1-1/2 years!**” (H2 WATER 4 LIFE Book Chap. 22)



➤ **SCIENTIFIC and CLINICAL STUDIES** - Note: Upon request, we can provide more scientific research/studies.

Copyright Pramita, Nelly Yardes, Ni Luh Putu Ekarini (2024) Understanding the risk of **electrolyte imbalance** in Type 2 diabetes patients. *Innovative: Journal of Social Science Research*. Vol 4 Nomor 2 Tahun pp. 9388-95

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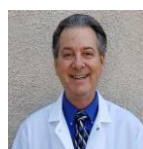
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Dr. Kyu-Jae Lee, M.D., PH.D.

“In the **1990’s** I began studying **alkaline ionized water** and published scientific articles on its antioxidant, anticancer, and **anti-diabetic effects**, ... I have now confirmed that the benefits are attributed to the [H2] **hydrogen gas** produced during electrolysis. The more I research and learn about hydrogen the more dedicated and passionate I become in educating and helping others.” – **Dr. Kyu-Jae Lee, M.D., PhD.,** South Korea

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