



## **My Hydrogen Protocol: Summary for Healthcare Professionals**

**To the Healthcare Professional:** Your patient is considering starting the My Hydrogen Protocol (also known as the Official Hydrogen Man Protocol™), via or My Hydrogen Protocol App. This document provides an overview of the program's core components so you can accurately assess its safety and suitability based on your patient's specific health history, and any medications or medical conditions. This is a wellness protocol, not a health protocol. The website and App provide information, not medical advice.

Statements in the App have not been evaluated by the Food and Drug Administration. The App and the products promoted (i.e., Lourdes Hydrofix, water distiller, trace minerals) are not intended to diagnose, treat, cure, or prevent any disease.

### **Wellness Protocol Overview**

My Hydrogen Protocol is a structured, lifestyle-based system built on three foundational pillars: Water, Nutrition, and Movement. It is highly variable, allowing App users to select their level of implementation based on their health capacity. The App provides general educational information and is not customized to the user, but rather allows the user to freely navigate among various options and information. Read the Terms of Service here:

<https://www.myhydrogenprotocol.com/terms>

### **1. Water & Hydrogen Intake (Hydration Pillar)**

- **Water Source:** The protocol utilizes exclusively distilled water (wherever possible).
- **Molecular Hydrogen Infusion:** The distilled water is infused with molecular hydrogen gas using a specialized machine (Lourdes Hydrofix). No other hydrogen machine is allowed; nor are hydrogen bottles or tablets allowed.
- **Intake Volume & Timing:** Patients are instructed to drink large boluses of Lourdes Hydrofix hydrogen water at specific times (e.g., 0.5 to 1 Liter consumed rapidly in one sitting, up to three times a day). The maximum recommended daily water intake on this protocol is approximately 1 gallon (3.75 Liters). Use a daily intake calculator, such as the following: <https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>
- **Inhalation:** The protocol also involves inhaling molecular hydrogen gas from the Lourdes Hydrofix via a nasal cannula for 30 to 90 minutes daily (or longer), especially while consuming food and liquids. This can create a risk of choking or pulmonary aspiration for certain persons.

## 2. Dietary Guidelines (Nutrition Pillar)

- **Core Diet:** The baseline diet is high-fiber and heavily plant-based, relying almost exclusively on raw, whole, organic foods. Daily intake typically includes a dense morning/lunch smoothie (dark leafy greens, sprouts, berries, seeds, nuts) and a large evening salad (lettuces, sprouted seeds, sauerkraut, beans).
- **Customization & Meat Consumption:** While the standard protocol restricts animal products, processed foods, bread, sugar, and added salts/oils, it is customizable. Your patient may modify the diet to include moderate amounts of clean proteins, such as beef, chicken, eggs, fish, and bone broth. If a patient requires a low-carbohydrate approach, they are encouraged to reduce specific fruits and beans and supplement their daily protein needs with meat. Pork and shellfish are strictly avoided.
- **Specific Supplementation:** The protocol includes the daily ingestion of trace minerals (shilajit resin and Concentrace drops), Vitamin D3 with K2, chlorella or spirulina, and boron. Other options can be added, such as nattokinase from fresh fermented soybeans.

## 3. Physical Activity (Movement Pillar)

- **Requirement:** The protocol requires a minimum of 20 to 30 minutes of continuous, steady walking/movement daily, preferably outdoors unless there is active geoenvironmental depositing metals and other contaminants in the air and upon the ground.

## Key Clinical Considerations for the Provider

- **Renal Function:** Due to the requirement to consume large, rapid boluses of water (up to approximately 1 gallon/day), this protocol may be contraindicated for patients with kidney disease or those on fluid-restricted regimens.
- **Medication Interactions:** The sudden increase in dietary fiber, raw vegetables, and rapid fluid intake may alter gastric motility and the absorption rates of certain oral pharmaceutical prescriptions.
- **Mineral/Electrolyte Balance:** As the patient is consuming distilled water, trace minerals are manually added back in via supplementation. Please review to ensure this aligns with any necessary dietary or health restrictions for your patient.

If you would like free access to the App for more information, please contact our support team:

[info@myhydrogenprotocol.com](mailto:info@myhydrogenprotocol.com)