

Clean Hydrogen Life Protocol: Summary for Healthcare Professionals

To the Healthcare Professional: Your patient is considering starting the Clean Hydrogen Life Protocol (also known as the Official Hydrogen Man Protocol), via or Clean Hydrogen Life 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.

Protocol Overview

The protocol is a structured, lifestyle-based system built on three foundational pillars: Water, Nutrition, and Movement. It is highly customizable, allowing users to select their level of implementation based on their health capacity.

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).

Intake Volume & Timing: Patients are instructed to drink large boluses of this 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).

Inhalation: The protocol also involves inhaling **molecular hydrogen** gas via a nasal cannula for 30 to 90 minutes daily (or longer), especially while consuming meals.

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 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 highly customizable. Patients 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 concentrated drops), Vitamin D3 with K2, chlorella or spirulina, and boron.

3. Physical Activity (Movement Pillar)

Requirement: The protocol requires a minimum of 20 to 30 minutes of continuous, steady walking daily, preferably outdoors.

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@cleanhydrogenlife.com

This document is provided for informational purposes only. The Clean Hydrogen Life Protocol is a wellness program and is not intended to diagnose, treat, cure, or prevent any disease.