

## **DID YOU KNOW???**

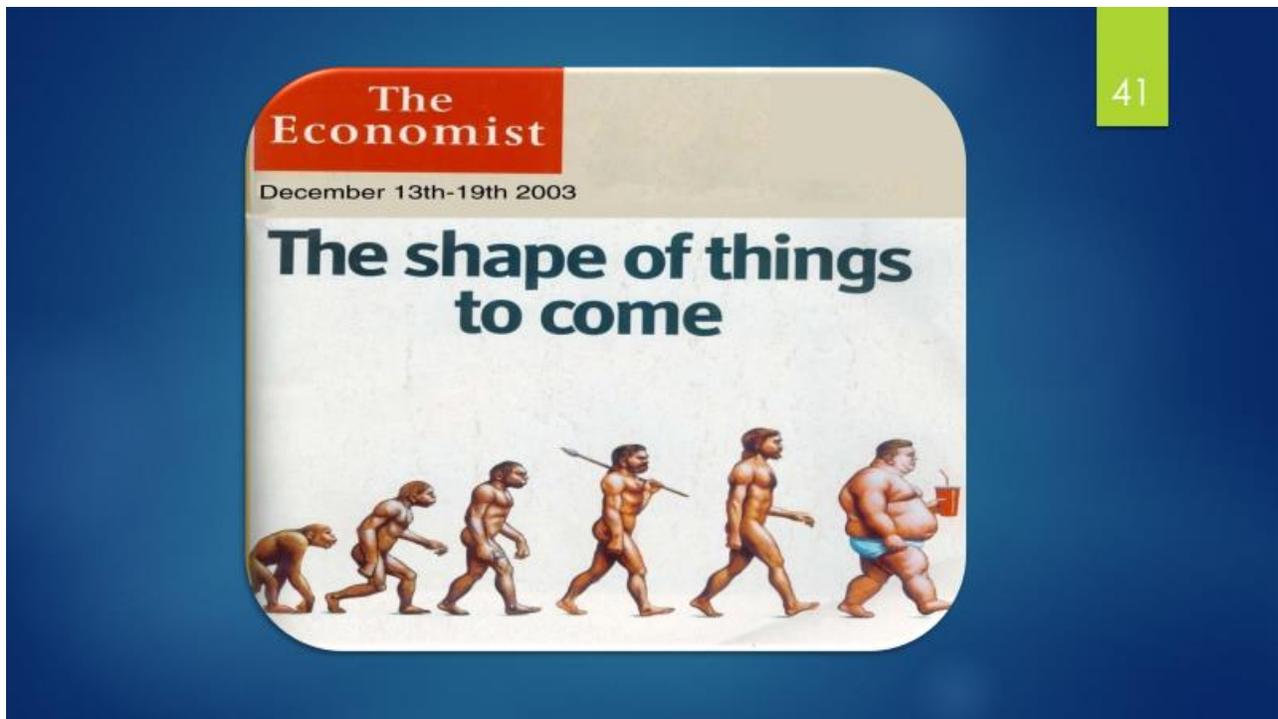
10/26/2018

### **HYDROGEN INFUSED WATER HAS MANY HEALTH BENEFITS: Part #2**

Over his decades in the private practice of dentistry, Dr. J Tim Rainey of Texas has introduced many lifesaving technologies to the practice of dentistry. As a scientist and activist, he also intervened in many other venues, starting in High School. Decades ago, research led dentistry to the conclusion that acidity caused dental disease. Sugar was NOT the boogey bear as once perceived. The oral environment needed to be acidic for sugar to work its destruction, or any other carbohydrate. Baking soda turned out to be the simple antidote while toothpaste has been one of the most destructive products ever sold to the public. The lives toothpaste has cost easily surpasses the lives taken by the recent opioid epidemic. Dr. Rainey has published this information in many forums unchallenged.

There are many health threats facing the people of our nation other than the misleading ads promoting toothpaste and mouthwashes. The advertising industry has been very successful in promoting another useless product, sugar containing drinks, and American waste lines have responded proving the success of advertising. When Dr. Rainey informs patients that they are losing calcium from their teeth faster than the body can replenish due to acid drinks, he is often asked “Dr. Rainey, what can I drink?” The common mentality of our population is that we deserve a treat every time we rehydrate! There is a simple solution, quit drinking acidic drinks and drink something that has benefits for your health! Although my staff and I drank our distilled quality water all day long, plain water just doesn’t have appeal. Recently, after much research and capital investment, Dr. Rainey’s’ distribution and teaching arm, the Texas Institute for Advanced Dental Studies (TIADS®) became the sole distributor for the Biolux Dual Ozonated Water and Hydrogen Fountain unit. Over the last decade, the Japanese have published volumes of research supporting the healthy benefits of Hydrogen. Right, the smallest compound available, H<sub>2</sub> gas. Drinking Hydrogen infused water can have far reaching implications for you, your health, and your loved ones. Now you have a choice of a drink that can have a profound effect on improving your health. <http://www.jtimrainey.com/biolux-dual-h2-03-generator/>

**PAGE DOWN FOR MORE**



The first resistance we encounter is the cost of adding something that can save your life, so let's consider the cost of continuing to do what we have always done, consuming soft drinks daily. Here are the statistics and the on-line sources for the information. The recent average annual non-alcoholic drink consumption PER CAPITA in the United states is \$402.48 (Per Person)!!! Where the soft drinks have the most negative impact is on children. The average number of children in families with children under 18 is 1.9 children. This is a whopping Estimated \$1600 annual cost per average family with children under 18!! About 50% of these "empty calories" are consumed at home, with children consuming more than adults of SSB's. That is an average of around \$1.25 per day per person.



Sugar-sweetened beverages (SSBs) or sugary drinks are leading sources of added sugars in the American diet. Frequently drinking sugar-sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis. Limiting the amount of SSB intake can help individuals maintain a healthy weight and have a healthy diet, and avoid the early onset of disease

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Back to the question: “What can I drink?” When I inform patients that they are losing calcium from their teeth faster than the body can replenish due to acid drinks, I am often asked “Dr. Rainey, what can I drink?” There is a simple solution, quit drinking acidic drinks and drink Hydrogen infused water. Hydrogen infused water has been shown to neutralize all of the toxic compounds associated with metabolism and eliminates the dangers associated with acidic drinks. Although my staff and I drank our distilled quality water all day long, plain water just doesn’t have appeal. Recently, after much research and capital investment, Dr. Rainey’s’ distribution and teaching arm, the Texas Institute for Advanced Dental Studies (TIADS®) became the sole distributor for the Biolux Dual Ozonated Water and Hydrogen Fountain unit. Over the last decade, the Japanese have published volumes of research supporting the healthy benefits of Hydrogen. Right, the smallest compound available, H<sub>2</sub> gas. Drinking Hydrogen infused water can have far reaching implications for you, your health, and your loved ones. Now you have a choice of a drink that can have a profound effect on improving your health!

If you already have an RO system, the cost of a Biolux unit with life altering and saving benefits is \$3000 or less than \$1.00 per day over the first three years, compared to the more than \$4.00 per day the average American family spends on empty calories. That’s one dollar per day!

The Biolux unit generates Hydrogen infused water and ozonated water

- a. Drinking Hydrogen infused water facilitates the immune system's scavenging of harmful ROS including hydroxyl and peroxinitrates while leaving the beneficial ROS.
- b. Hydrogen is the most recently discovered antioxidant capable of increasing the immune system antioxidant and anti-inflammatory and capabilities. Meanwhile Hydrogen protects DNA and ensures cell survival and possible cellular damage or destruction by blocking hydroxyl radicals. Research into Hydrogen benefits has documented more than 170 immune function assists.
- c. Hydrogen molecules as a powerful antioxidant rapidly penetrates biofilm and diffuses through cell membranes
- d. The reduction effect from drinking Hydrogen water neutralizes excess free radicals formed as a result of body acidification, effectively suppresses the symptoms and improves physical fitness after acidification.
- e. Hydrogen is the newest antioxidant with superior properties than any other known anti-oxidants with these features:
- f. Hydrogen molecules are small and can quickly penetrate the biofilm and then diffuse through the cellular membrane into cytoplasm, mitochondria and nuclei.
- g. The effective dose of hydrogen is not toxic nor is a large dose of Hydrogen harmful.
- h. Hydrogen is a moderate antioxidant which does not interfere with the oxidation-reduction reaction of metabolism.
- j. Hydrogen has better compatibility with tissues and organs compared to other antioxidants. Hydrogen is also easily degassed through the lungs.
- k. Hydrogen may reverse Parkinson’s disease.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4865993/>

For more information, go to [www.jtrimainey.com](http://www.jtrimainey.com) click on the Boiolux H<sub>2</sub> and O<sub>3</sub> Generator link....Scroll through the scientific articles and start with “What is Hydrogen Water and Should We be Drinking It ” and “Handwashing Effectiveness”. The Biolux unit is

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designed for home use and distributes both ozonated water and Hydrogen infused water. Ozonated water is the fastest and most complete sterilant available.

Dr. Rainey's method of addressing dental unit water line contamination utilizes heavy concentration ozonated water in the dental unit water lines generated by the Biowell units to provide sterile water to his patients and to lessen the pathogenicity of the plumes generated when working in the mouth, resulting in one of the safest water systems in dentistry. We also use the ozonated water constantly throughout the day to wash our hands and decontaminate just about everything we can wet. Hand washing with O3 assures almost instant sterility of the hands, while washing with Clorox would take several minutes to achieve the same level of sterility and washing your hands with soap is a distant third. Ozonated water will eliminate E-Coli in about 15 seconds while Chlorine (Clorox) is basically ineffective at one minute!! This would also apply to rinsing E-Coli contaminated meats and preparation surfaces.

The same technology we use in the office can easily be installed and used at home with the Biolux Dual Ozone Water and Hydrogen Fountain unit.

- a. Just the washing of hands with soap has been shown to decrease the transfer of bacteria and viruses from person to person. Think of how much more effective Ozone is in reducing the transfer of viruses like the common cold and flu viruses.
- b. We now have an Ozone water unit (the Biolux) that can be used in the home for the same reasons we use the Ozone water generators in the dental office. In house hold use, it would ideally be mounted near the sink. Ozone is the most powerful bactericidal agent in nature. Ozonated water achieves rapid and effective disinfection and bacteria elimination in 10-20 seconds.
- c. Any home with a Reverse Osmosis system is ready for installation of a Biolux, and many municipal water supplies provide quality water sufficient for direct use. A simple test with a \$5 TDS meter (Total Dissolved Solids meter) will determine the readiness of the water source.
- d. Pesticides/insecticides: Rinsing vegetables and fruits directly with ozonated water rapidly and effectively degrades pesticide residues as tested by SGS. Ozonated water removes pesticide residue in 1-2 minutes and makes the "shelf life" longer.
- e. Rinsing fish, shrimp, meat and poultry directly with ozonated water provides rapid and effective disinfection, bacteria and microbe elimination as well as pollutant removal.
- f. Ozone water rapidly and effectively eliminates any "fishy" smell" and odors when used for direct rinsing.
- g. Ozone water has several disinfecting and bactericidal applications in daily life: hand-washing, tableware, household utensils, knives and forks, bowls and chopsticks, cutting boards, dish rags, towels, as well as baby's pacifiers, feeding bottles, and diapers. Ozonated water is instantly effective in disinfecting C PAP hoses and masks. Mopping floors with ozonated water disinfects floors with no chemical residue. Wetting cleaning and dish rags allows simultaneous disinfection of both hands and surfaces.
- h. Ozone water can be added to washing machine water to provide a more effective and gentler disinfection better than Clorox without the risk of chlorine bleaching.

This and more opinion articles are available on the [www.jtimrainey.com](http://www.jtimrainey.com) website. Click on Articles, DID YOU KNOW HYDROGEN INFUSED WATER HAS HEALTH BENEFITS? Dr. Rainey is known for his scientific research into tooth structure and has lectured worldwide on

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these topics. He can be reached @ [drrainey@jtimrainey.com](mailto:drrainey@jtimrainey.com) or 361 526 4695. Dr. Rainey maintains a private practice in Refugio, Texas @ 606 Osage

Sources:

<https://www.activebeat.com/health-news/diet-soda-consumption-linked-to-expanding-waistlines/>

<https://www.statista.com/outlook/20000000/109/non-alcoholic-drinks/united-states> Annual per capita cost of \$402.48 which includes soft drinks, juices, and bottled water.

<https://www.statista.com/statistics/183657/average-size-of-a-family-in-the-us/> Average of 3.14 persons per household

<https://www.statista.com/statistics/718084/average-number-of-own-children-per-family/> With an average of 1.9 children in families with children under 18.

<https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>, About 50% of these “empty calories” are consumed at home, with children consuming more than adults of SSB’s. That is an average of around \$1.25 per day per person.