

How can Hydrogen Water help to reduce Blood Sugar Level?

Type 1 Diabetes

Also known as juvenile diabetes, this type occurs when the body fails to produce insulin. People with type 1 diabetes are insulin-dependent, which means they must take artificial insulin daily to stay alive.

Type 2 Diabetes

It affects the way the body uses insulin. While the body still makes insulin, unlike type 1, the cells in the body do not respond to it as effectively as they once did. This is the most common type of diabetes, according to the national Institute of Diabetes and Kidney Diseases, and it has strong links with obesity.



People with type 1 and type 2 diabetes experience a great deal of oxidation stress, as healthy cells are placed under attack. Furthermore, oxidation stress is the cause or contributor to every known human disease.

Free radicals cause oxidative stress as they interact with other cells. They try to steal electrons from other molecules (free radicals only contain one electron and electrons prefer to be in pairs), which leads to cell damage and death.

Molecular hydrogen donates a hydrogen molecule to free radicals, which leads to the formula for H₂O. Thus, H₂ neutralizes free radicals, turning them into harmless water.

Numerous scientific studies have demonstrated that hydrogen can have a powerful antioxidant effect, helping to reduce oxidative stress. Therefore, it would be reasonable to surmise that hydrogen could be a useful tool in the prevention of diabetes. Hydrogen water helps to promote improved insulin resistance. Hydrogen inhibits glucose and dicarbonyl compound-induced reactive oxygen species (ROS).

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