

# GUT HEALTH AND HYDROGEN

People have been including fiber in their diet for years because of the health benefit it provides. Individuals with high intakes of dietary fiber appear to be at significantly lower risk for developing



coronary heart disease, hypertension, strokes, diabetes, obesity and certain gastrointestinal diseases. Dietary fibers are derived from the plant cell wall. It mainly includes cellulose, peptic polysaccharides resistance starch etc. Food rich in fiber or indigestion, both carbohydrates are called prebiotics and include fruits (like berries, pears, melon, oranges etc), vegetables (like broccoli, carrots and sweetcorn) and some grains (like wholegrain breakfast cereals, whole wheat pasta, oats, barley etc). Farmers feed micro and aerobic bacteria that lives in our intestines, also referred to as gut flora or gut microbiota. Our body cannot digest or absorb fiber so instead it is

fermented in the large intestine and broken down. The byproduct of this reaction is what induces health benefits.

One of the byproduct of this fiber breakdown is hydrogen (H<sub>2</sub>). In fact, our bodies produce over a liter of H<sub>2</sub> on a normal day. This is one of the reasons that H<sub>2</sub> is natural and safe because H<sub>2</sub> is not a foreign particle to the body. With a healthy diet our body can produce large amounts of H<sub>2</sub> as high as 10 ltr /day. Researchers are still discovering that H<sub>2</sub> might play vital role in why eating fiber rich food is so healthy. One of the reasons that H<sub>2</sub> is produced is because it can be measured as it leaves the body via the lungs. Breath test after eating fiber rich foods have shown readings as 50 ppm of H<sub>2</sub>. Since H<sub>2</sub> is coming out of lungs, that is also being circulated to the blood and if it's being circulated to the blood then it can produce therapeutic effects.

**Call Now : 1800-102-0908**

**Website : [www.kykindia.com](http://www.kykindia.com)**

**Source : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3746371/>  
<https://pmj.bmj.com/content/93/1097/170>**