

# Hydrogen Water: Beneficial for your mental health

**KYK Hydrogen Water | 1,500 PPB of DH | KYK Co., Ltd. (South Korea)**

Sticking to a normal rhythm of drinking hydrogen water – 1-3 cups a day – can have more benefits than you might expect. A study found that hydrogen water is linked to improvements in cognitive functions and mood, as well as reduced feelings of anxiety and depression. Hydrogen water eliminates oxidative stress which accumulates in our cells as a result of daily workload, stress and exercise. Oxidative stress has been linked to a variety of neurocognitive and neuropsychology effects like moodiness, anxiety, increased sympathetic function and declined cognitive function. Drinking hydrogen water could be an important component to maintain good mental health.



Our body requires more fluids than normal when we engage in intense physical activities that make us sweat and leave us dehydrated. Dehydration affects the mind and the body, resulting in lower energy, dizziness, and agitation. So, when you start to feel the symptoms of dehydration coming on strong after intense physical activity, you'll want to properly hydrate. Hydrogen-rich-water can help prevent dehydration since the hydrogen bubbles in the water are small enough to directly penetrate your cells with antioxidants that your body needs.

Chronic oxidative stress and inflammation cause deteriorations in central nervous system function, leading to low QOL. In healthy individuals, aging, job stress, and cognitive load over several hours also induce increase in oxidative stress, suggesting that preventing the accumulation of oxidative stress caused by daily stress and daily work contributes to maintaining QOL and ameliorating the effects of aging. Hydrogen has anti-oxidant activity and can prevent inflammation, and may thus contribute to improve QOL. Therefore, drinking hydrogen-rich water every day is a great path to better health and a better mood!

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