



# MEHAK WELLNESS CENTRE

(BIOFEEDBACK & STRESS MANAGEMENT)

ISO 9001:2015

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DR RAJEEV PRAKASH MEHRA N.D.; M.D. (A.M.); GOLD MEDALIST; REIKI GRAND MASTER

Recipient of Awards in 2020

“Globally Renowned Best CANCER Treatment Specialist through Genetic and Auto Immune Correction.”

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## ANTIOXIDANT HYDROGEN RICH WATER

### ANTIOXIDANT HYDROGEN RICH WATER FOR ANTI AGEING

Drinking Hydrogen Rich Water helps in reducing oxidative stress by selectively removing Reactive Oxygen Species (ROS).

Reactive Oxygen Species (ROS) in the body damages cells and their membranes.

What is Hydrogen Rich Water?

It is water that contains high concentrated hydrogen. The human body produces free radicals naturally during metabolism, which is a fundamental factor in aging, chronic diseases & skin problems. Free radicals can also increase due to unhealthy eating habits, stress, water and air pollutions, excessive work and other causes that will damage human cells. Hydrogen rich water is the key to neutralize free radicals to achieve greater health.

Benefits of Hydrogen Rich Water

- Neutralizes / removes Reactive Oxygen Species (ROS)
- Delays aging processes, such as wrinkle formation, chronic inflammation, CANCER, diabetes and high blood pressure.
- Micro-cluster hydrogen molecules are easily absorbed by the body
- High reduction power anti-oxidant
- 1,000 ppb hydrogen rich water has the effect equivalent to consuming 1,032 apples on the basis of beta-carotene content.
- Molecular hydrogen (H<sub>2</sub>) is a strong antioxidant that rapidly diffuses throughout the human body, fighting free radical damage on the cellular level.
- Hydrogen is a known anti-inflammatory and stimulates your metabolism. Recover faster from strenuous exercise and enjoy healthier living.
- Improved energy levels
- Faster recovery time after workouts
- Boost your body's natural resistance to illness
- Promotes healthier skin and a younger more vibrant appearance
- Free radicals are unstable molecules that contribute to oxidative stress, a major cause of disease and inflammation. Molecular hydrogen fights free radicals in the body and protects the cells from the effects of oxidative stress.

**Drinking 2 litres of hydrogen rich water every day has the antioxidant effect equivalent of consuming the following amounts of fruits and vegetables**

**1,032 Apples**

**1,512 Bananas**

**76 Carrots**

**90 Spinach (bunches of)**

**7.4 Pumpkins**

**(Studies conducted in Saitama University, Japan; on the basis of Beta-Carotene content and hydrogen density of 1.00 ppm)**

**Recharge your water and enrich your body with active antioxidants by drinking HYDROGEN RICH WATER.**

### **What is Hydrogen water?**

**Water consists of a bond between 2 hydrogen (H<sub>2</sub>) and an Oxygen atom. How hydrogen rich the water you are drinking depends on the amount of Hydrogen gas (H<sub>2</sub>) that is dissolved or liberated from your water.**

### **Why does our food / drink have such low hydrogen content?**

**Hydrogen is the lightest and smallest element on the planet. Due to its small size, hydrogen escapes rapidly into the air thus; hydrogen water is best consumed when it is freshly produced.**

### **Why drink Hydrogen water?**

**In our hectic lifestyles and diverse eating habits, it is not easy to maintain a healthy balance and aim for a richer quality of life.**

**Consumption of alkaline hydrogen water provides increased water absorption and hydration, exceptional antioxidant properties and improved bodily functions.**

### **Does hydrogen water really work?**

**It supposedly works like this: When you ingest the hydrogen gas, it acts as an anti-inflammatory and a portion of the hydrogen molecule has antioxidant activity. It helps turn your cells into “an antioxidant factory”.**

**Hydrogen is the smallest molecule in the universe; this minuscule proportion allows for a smooth diffusion into the sub-cellular compartments of the mitochondria and other locations in the human body. Hydrogen is responsible for slowing down the aging process of the body.**

### **What happens when you drink water on empty stomach?**

**Here are some benefits of drinking water on an empty stomach, first thing in the morning. Having water on an empty stomach helps in cleansing of the colon, which in turn increases the efficiency of the intestine to absorb nutrients. It also helps in flushing out toxins from your body. One sign of dehydration is dark urine.**

- 1. Cleanse the body.**
- 2. Keeps the gut healthy.**
- 3. Keeps the internal organs healthy.**
- 4. Fights infections.**
- 5. Keeps your skin healthy.**

NON-INVASIVE THERAPY FOR ANTI OXIDATION  
 ANTIOXIDANT HYDROGEN RICH WATER FOR ANTI AGEING  
 ANTIOXIDANT HYDROGEN RICH WATER FOR CANCER  
 ANTIOXIDANT HYDROGEN RICH WATER FOR CARDIO / HEART

**Rs. 240/- HYDROGEN RICH WATER per litre (MUST)**

**Rs.27,000/- Complete 7,000 parameter Test (MUST)**

**Rs. 6,000/- Miasms & Anti-Aging Profile**

**Rs. 12,000/- Therapy for Anti-aging (MUST)**

**Cost of other related Therapies, Detoxification & Supplements / Frequency medication is recommended as per the patient's budget and comfort. Inquire for SUPPLEMENT CHART. (12 weeks of Therapy with 24 weeks of Supplements, helps in balancing most issues.)**

DR RAJEEV PRAKASH MEHRA recipient of Certificate of Excellence Award for 2018 - 2019

"BEST CANCER SPECIALIST IN ASIA"

&

"BEST CANCER SPECIALIST DOCTOR OF THE YEAR"

MEHAK WELLNESS CENTRE – Awarded







"TOP DIAGNOSTIC CENTRE IN MUMBAI"

AMONGST THE TOP 10 DIAGNOSIS CENTRES IN MUMBAI. MAY 2019. BY SILICONINDIA.COM

## PURE HYDROGEN WATER

### A STRONG ANTIOXIDANT

Drinking 2L of Hydrogen Water, it has the same antioxidant effects of consuming the fruits and vegetables below

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PURE HYDROGEN WATER		APPLE		BANANA		CARROT		PUMPKIN		SPINACH
<b>2L</b>		<b>1,032</b>		<b>1,512</b>		<b>76</b>		<b>7.4</b>		<b>90</b>

The comparison of values was made by measuring beta carotene content in fruits and vegetables. Research results from Japan's Shimata University Professor Hatana Gyasuki - based on data 1.00ppm of Hydrogen content



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