



Timecode	Subject	Link
	Tyler W. Le Baron + Shigeo Ohta - H ₂ Diskussion, deutscher Text von Karl Heinz Asenbaum Kontakt: asenbaum@web.de	www.aquavolta.de/euromultimedia/pdf/studies/LeBaron%20%2B%20Ohta%20H2%20Diskussion%20deutsch.pdf
00:25	Molecular Hydrogen Foundation	www.molecularhydrogenfoundation.org/
00:39	Hydrogen acts as a therapeutic antioxidant by selectively reducing cytotoxic oxygen radicals	www.aquavolta.de/euromultimedia/pdf/studies/NatMed2007Ohsawa.pdf
09:50	Mystery Mechanisms by Tanja Lewis	www.the-scientist.com/?articles.view/articleNo/46688/title/Mystery-Mechanisms/
10:40	Molecular hydrogen regulates gene expression by modifying the free radical chain reaction-dependent generation of oxidized phospholipid mediators	www.aquavolta.de/euromultimedia/pdf/studies/gene%20expression%20chain%20reaction.pdf
14:15	Molecular Hydrogen Improves Obesity and Diabetes by Inducing Hepatic FGF21 and Molecular Hydrogen Improves Obesity and Diabetes by Inducing Hepatic FGF21 and Stimulating Energy Metabolism in db/db Mice	www.aquavolta.de/euromultimedia/pdf/studies/Kamimura_et_al-2011-Obesity.pdf
16:32	Molecular hydrogen stimulates the gene expression of transcriptional coactivator PGC-1 α to enhance fatty acid metabolism	www.aquavolta.de/euromultimedia/pdf/studies/Nature%20Ohta%20Genexpression.d20168.pdf
18:39	Effectiveness of Hydrogen Rich Water on Antioxidant Status of Subjects with Potential Metabolic Syndrome—An Open Label Pilot Study	www.aquavolta.de/euromultimedia/pdf/studies/Effectiveness%20of%20hydrogen%20rich%20water%20on%20antioxidant%20status%20in%20metabolic%20syndrome%20jn-46-140.pdf
21:41	Oral 'hydrogen water' induces neuroprotective ghrelin secretion in mice	www.aquavolta.de/euromultimedia/pdf/studies/GHRELIN%20srepo3273.pdf
22:49	Molecular Hydrogen Improves Obesity and Diabetes by Inducing Hepatic FGF21 and Stimulating Energy Metabolism in db/db Mice	www.aquavolta.de/euromultimedia/pdf/studies/Kamimura_et_al-2011-Obesity.pdf
25:53	Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction	www.aquavolta.de/euromultimedia/pdf/studies/Schlaganfall%202017%20PILS105230571730294X.pdf
27:00	Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction p. 2589	www.aquavolta.de/euromultimedia/pdf/studies/Schlaganfall%202017%20PILS105230571730294X.pdf
28:40	Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction p. 2582	www.aquavolta.de/euromultimedia/pdf/studies/Schlaganfall%202017%20PILS105230571730294X.pdf
28:50	Hydrogen Gas Inhalation Treatment in Acute Cerebral Infarction p. 2589	www.aquavolta.de/euromultimedia/pdf/studies/Schlaganfall%202017%20PILS105230571730294X.pdf
29:25	Efficacy of inhaled Hydrogen on neurological outcome following Brain Ischemia during post-coronary arrest care (HYBRID II trial): study protocol for a randomized control trial	www.aquavolta.de/euromultimedia/pdf/studies/Inhalationsstudie%20cardiac%20arrest%202017%20306%20Patienten%2013063_2017_Article_2246.pdf
29:49	Hydrogen Inhalation is Superior to Mild Hypothermia in Improving Cardiac Function and Neurological Outcome in an Asphyxial Cardiac Arrest Model of Rats.	www.aquavolta.de/euromultimedia/pdf/studies/Hydrogen_Inhalation_is_Superior_to_Mild.13.pdf
29:57	H ₂ Gas Improves Functional Outcome after Cardiac Arrest to an Extent comparable to Therapeutic Hypothermia in a Rat Model	www.aquavolta.de/euromultimedia/pdf/studies/Hypothermievergleich%20003459.full.pdf
31:15	Therapeutic efficacy of infused molecular hydrogen in saline on rheumatoid arthritis: A randomized, double-blind, placebo-controlled pilot study	www.aquavolta.de/euromultimedia/pdf/studies/Rheumatoide%20Arthritis%202012%202045-9912-2-27.pdf
32:03	Consumption of water containing a high concentration of molecular hydrogen reduces oxidative stress and disease activity in patients with rheumatoid arthritis: an open-label pilot study	www.aquavolta.de/euromultimedia/pdf/studies/Rheumatoide%20Arthritis%202012%202045-9912-2-27.pdf
32:17	Preventive Effects of Drinking Hydrogen-Rich Water on Gingival Oxidative Stress and Alveolar Bone Resorption in Rats Fed a High-Fat Diet	www.aquavolta.de/euromultimedia/pdf/studies/Hydrogen-rich-water%20on%20gingival%20oxidative%20stress%20in%20nutrients-09-0064.pdf
32:22	Effects of hydrogen rich water on aging of periodontal tissues in rats	www.aquavolta.de/euromultimedia/pdf/studies/Effects%20of%20hydrogen%20rich%20water%20on%20aging%20of%20periodontal%20tissues%20in%20rats.pdf
32:26	Drinking Hydrogen-Rich Water Has additive Effects on Non-Surgical periodontal Treatment of Improving Periodontitis: A Pilot Study	www.aquavolta.de/euromultimedia/pdf/studies/Periodontitis%202015.pdf
32:43	Redox Dysregulation in Vascular Pathobiology	www.aquavolta.de/euromultimedia/pdf/studies/Redox%20Dysregulation.pdf
32:56	Mortality in Randomized Trials of Antioxidant Supplements for Primary and Secondary Prevention - Systematic Review and Meta-analysis	www.aquavolta.de/euromultimedia/pdf/studies/Mortality%20of%20antioxidants%20in%20vascular%20disease%20supplements-07.pdf
33:14	Age-related Dysregulation of Inflammation and Innate Immunity: Lessons Learned from Rodent Models	www.aquavolta.de/pdf/studies/Age%20related%20dysregulation%20of%20inflammation.pdf
34:40	The hydrogen hypothesis for the first eukaryote	www.aquavolta.de/euromultimedia/pdf/studies/Hydrogen%20Hypothesis%20Martin%201998.pdf
36:42	Hydrothermal vents and the origin of life	www.aquavolta.de/euromultimedia/pdf/studies/Hydrothermal%20vents%20and%20the%20origin%20of%20life.pdf
37:08	Mitochondrial evolution - Gray	www.aquavolta.de/euromultimedia/pdf/studies/Mitochondrial%20evolution%201999.pdf
38:02	Production of molecular hydrogen and excretion of hydrogen in the large intestine	www.aquavolta.de/euromultimedia/pdf/studies/Production%20of%20molecular%20hydrogen%20and%20excretion%20of%20hydrogen%20in%20the%20large%20intestine.pdf
38:15	Pectin and high-amylose maize starch increase caecal hydrogen production and relieve hepatic ischaemia-reperfusion injury in rats	www.aquavolta.de/pdf/studies/pectin_and_highamylose_maize_starch_increase_caecal_hydrogen_production_and_relieve_hepatic_ischaemiareperfusion_injury_in_rats.pdf
38:21	Drinking hydrogen water and intermittent hydrogen gas exposure, but not lactulose or continuous hydrogen gas exposure, prevent 6-hydroxydopamine-induced Parkinson's disease in rats	www.aquavolta.de/euromultimedia/pdf/studies/HRW%20contra%20Lactulose%20Ohno.pdf
39:18	Hydrogen from intestinal bacteria is protective for Concanavalin A-induced hepatitis	www.aquavolta.de/euromultimedia/pdf/studies/Hydrogen%20from%20intestinal%20bacteria%20is%20protective%20for%20Concanavalin.pdf
42:37	Consumption of hydrogen water prevents atherosclerosis in apolipoprotein 3 E knockout mice	www.aquavolta.de/euromultimedia/pdf/studies/Apolipoprotein%20E%20Knockout%20mice.pdf
45:09	The Identification of Nitric Oxide as Endothelium-derived Relaxing Factor	www.aquavolta.de/euromultimedia/pdf/studies/Nitric%20oxide%20as%20EDRF.pdf
47:46	Oxidants, Antioxidants, and the Beneficial Roles of Exercise-Induced Production of Reactive Species	www.aquavolta.de/euromultimedia/pdf/studies/Oxidants%20and%20the%20beneficial%20roles.pdf
47:52	Redox Modulation of mitochondrial biogenesis in exercise. Does antioxidant supplementation blunt the benefits of exercise training?	www.aquavolta.de/euromultimedia/pdf/studies/Redox-Modulation.pdf
50:38	Pilot study: Effects of drinking hydrogen-rich water on muscle fatigue caused by acute exercise in elite athletes	www.aquavolta.de/euromultimedia/pdf/studies/Muskelerm%C3%BCdung%20Nakao%202012.pdf
52:07	Molecular hydrogen protects against oxidative stress-induced SH-SY5Y neuroblastoma cell death through the process of mitohormesis	www.aquavolta.de/euromultimedia/pdf/studies/SH-SY5Y%20neuroblastoma%20cell%20death.pdf

Originalvideo bei Youtube:
<https://www.youtube.com/watch?v=1Up2i35MLdw>
 Deutsche Übersetzung und Postproduktion:
 Karl H. Asenbaum (Januar 2018)
 Basierend auf dem vollständigen Video Interview
 Standard Youtube Lizenz (Download 10. Januar 2018)

