



MHI Committee Handbook

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**This is a living document and will be updated as needed*

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INTRODUCTION

Thank you for joining the MHI Committees and contributing to our mission of advancing research, education, and awareness of molecular hydrogen (H₂) as a therapeutic agent. Your involvement makes a significant impact, and we're excited to work together to achieve great things.

This handbook is a guide to the MHI Committees and will be updated over time as the committees become more established.

General

The MHI Mission

The MHI Mission is to advance the research, education, and awareness of molecular hydrogen's therapeutic potential.



2. Overview of Committees

There are 3 main committees, and underneath these main committees will be subcommittees as MHI Community Members propose these ideas to the Committee Chairperson. The three main committees are as follows:

1. **H₂ Awareness Committee:**
 - Spread awareness about molecular hydrogen and MHI's initiatives.
 - i. Organize social media campaigns, community outreach, and events.
2. **H₂ Education Committee:**
 - Develop educational content to correct misinformation.
 - Utilize existing educational content for blog articles, videos, etc.
 - Utilize and create podcasts, videos, and webinars as MHI Committee members to advocate for the mission of MHI.
3. **H₂ Research Committee:**
 - Maintain H₂ Research for MHI.
 - Collaborate on research initiatives and support data collection and analysis.

Some of these committees will have overlapping roles. Committee Chairpersons will work together in these scenarios.

The Committee Roles are as follows:

- **Committee Chairperson** - Must be MHI Certified (Level 1). Assign tasks, monitor progress, and report to the MHI leadership team.
- **Committee Secretary** - Take notes, create reports, and assist in admin work
- **Sub-Committee Leaders** - Meet with Chairperson to share progress, updates, and ideas
- **Committee Members** - Support committee initiatives based on skills and interests.

3. Expectations for Committee Members

Eligibility: You must be an active member of the MHI Community to participate in a committee.

Time Commitment: 2-4 hours a month or more if you are interested. You will be assigned tasks based on your availability.

Participation: Collaborate with committee members to achieve Committee defined goals. Engage with the MHI Community and help recruit new members. Advocate for MHI's mission in your personal and professional networks.

Skills and Training: No specific skills are required to join. Trainings and tutorials will be provided as needed/requested. Members are encouraged to bring their unique talents and perspectives.

4. Communication and Meetings

Meetings

Each month a different committee will host a progress meeting to discuss ongoing projects, assign tasks, and share updates. These meetings will be hosted by the chairperson of each committee and will be between 30-60 minutes in length.

Communication Channels

Committee discussions will take place in the MHI Community forum. To access the community from your device, download the app "Thinkific" and search the school "MHI". Login to access your learning materials and the app itself. Different spaces are available for each of the committees. Anyone in the community is welcome to engage in these committee discussions. A chapter is also available to upload resources to in the MHI Community Resource Library. Please refrain from selling, endorsing, or recommending products within this community unless given explicit permission from a committee chairperson. Emails announcing the committee meetings will be sent out each month. A shared Google Drive or other tools will also be accessible to committee members.

Communication Reports

Every six months, the MHI Committee Chairperson and Secretary will meet with MHI Staff (or more frequently as needed) to discuss progress, challenges, and completed tasks. Ideally, a short written report will be created for documentation purposes and uploaded to the MHI Community Resource Library.

5. Committee Chairpersons

Each committee has a chairperson that serves voluntarily for MHI. The Chairperson is responsible for guiding the conversation, assigning tasks, and moving the mission of MHI forward. The Chairpersons for each committee is as follows:

H₂ Research: Alex Tarnava

H₂ Education: Tywon Hubbard

H₂ Awareness: Lauren Cappello

6. Committee Tasks

Each committee has a responsibility to be engaged in the MHI Community. This can include welcoming newcomers and commenting on posts. Committee members are encouraged to participate in the MHI Certifications which will give them the knowledge they need to share and educate on H₂ gas. Committee members are also encouraged to recruit and advocate on behalf of MHI by inviting friends, colleagues, and professionals in the field to join the MHI Community and Committees.

Specific tasks related to each committee that committee members can engage in are as follows:

H₂ Research: Finding articles and entering/indexing them into a spreadsheet / database, writing brief summaries in the Google Drive of the research articles.

H₂ Education: Presenting at events, educating on level 1 certification materials, creating educational content such as ppt that can be used by committee members.

H₂ Awareness: Reposting/sharing/commenting on MHI social media content, creating social media content, gathering testimonials of MHI Courses/community and H₂ gas and entering them into the Google Drive.

As the committees form and grow, be proactive and take initiative by suggesting ideas, volunteering for tasks, or leading projects. Contribute to brainstorming sessions and collaborate with other members.

7. Benefits of Committee Involvement

While the benefits of being involved in an MHI Committee vary depending on the person, the committees lend themselves to professional growth, networking, and creating a lasting impact. Through these committees, you may develop leadership and collaboration skills, connect with like-minded individuals passionate about molecular hydrogen, and contribute to groundbreaking initiatives in research, education, and awareness.

8. Guidelines for Representing MHI

When introducing yourself as an MHI Committee member:

- State: "I'm a volunteer for MHI, a science-based nonprofit, with an amazing mission of advancing the research, education, and awareness of H₂ as a medical gas."

When sharing your belief in molecular hydrogen use a disclaimer: "I do not represent MHI in an official capacity, but I volunteer for the nonprofit and believe more research needs to be done on molecular hydrogen and more people need to learn about it." You can also add a verifiable fact,

e.g., "In fact, with over 3,000 published studies, most of those from the last 10 years, the research is really expanding and growing, and I'm excited to see what happens next."

Here is another example:

Suggested Script for Introducing Molecular Hydrogen

When introducing molecular hydrogen to others, you can use the following script:

"Hi, I'm [Your Name], a volunteer for the Molecular Hydrogen Institute (MHI), a science-based nonprofit. I also [sell/distribute/research/educate on] molecular hydrogen, and my views are my own and do not represent that of MHI's in an official capacity. MHI viewpoints can be found on their website or by joining the MHI Community. MHI's mission is to advance research, education, and awareness of molecular hydrogen as a therapeutic gas. I'm passionate about this because I believe molecular hydrogen can support overall health and wellness, and with additional research may transform health and medical care.

In fact, with over 3,000 published articles, most of which have been conducted in the last 10 years, the research is expanding rapidly. I'm excited to see how this science continues to grow and make an impact. If you're interested in learning more, I'd love to share resources or connect you with MHI."

Feel free to adapt this to your audience and include examples or personal insights where appropriate.

You can personalize these statements and elevator pitches depending on your own background, why you got involved, and who your audience is.

Social Media and LinkedIn:

- You may add your role as a volunteer with MHI to your profiles, but include a disclaimer that you are a volunteer and do not officially represent MHI, especially if you are involved in selling products, since MHI does not promote or endorse any specific product.

9. Potential Issues and Conflicts of Interest

In the event there is a conflict of interest, or a potential issue, committee members should be transparent. This means when talking to someone about hydrogen, if you represent a brand, you must be careful not to use MHI as an endorsement of said brand. Other potential issues and conflicts of interest include but are not limited to:

Industry Bias: Volunteers affiliated with hydrogen product companies may push certain brands or commercial interests.

Competing Priorities: Volunteers may have roles in other organizations with conflicting missions or competing objectives.

Endorsements & Promotions: Members may attempt to use their committee position to promote personal businesses, products, or services.

Misinformation: Unintentional (or intentional) dissemination of misleading or biased hydrogen-related information.

Data Handling: Volunteers may have access to sensitive research or proprietary information that must remain confidential.

Mission Drift: Committees focusing on initiatives that don't align with MHI's core mission.

Issue Resolution

If you or a fellow committee member have questions about potential or current issues, please follow this process. To ensure smooth operations and effective communication, here is the chain of command for addressing issues or seeking guidance:

1. **Committee Members:**
 - First, reach out to your Sub-Committee Leader (if applicable) with any questions, concerns, or feedback.
2. **Sub-Committee Leaders:**
 - Address questions or concerns raised by committee members and provide guidance where possible.
 - If the issue is beyond their scope, escalate it to the Committee Chairperson.
3. **Committee Chairperson:**
 - Oversee all committee activities and provide direction to sub-committees and members.
 - Address escalated issues or questions and provide clarification as needed.
 - If the matter requires input from MHI leadership, the Chairperson will escalate it accordingly.
4. **MHI Leadership Team:**
 - Handles high-level concerns, policy clarifications, or issues that fall outside the committee's scope.

How to Raise an Issue:

1. Clearly outline the problem, question, or feedback, including relevant details or context.
2. Follow the chain of command: start with your Sub-Committee Leader or Chairperson before escalating.
3. Use established communication channels (e.g., committee meetings, email, or the MHI Community forum) to discuss your concerns.

By following this structure, we can ensure effective communication, timely resolutions, and efficient collaboration across all committees.

10. About Molecular Hydrogen, MHI, and Dr. LeBaron

What you can say about H₂

- **What is molecular hydrogen?**
 - Molecular hydrogen, a diatomic, neutral, and nonpolar molecule, is considered the ancestor of all the elements. It may have been essential to the very genesis of life!
- **Administration Methods:**
 - There are four common ways of administering hydrogen: inhalation, injection (saline), drinking hydrogen water, and topical application.
- **Safety:**
 - Hydrogen gas has been shown to be very safe, even at concentrations hundreds of times higher than what is used for therapy.
- **Scientific Characteristics:**
 - Molecular hydrogen is a diatomic gas and should not be confused with other forms of hydrogen, such as hydrogen ions or atomic hydrogen.
 - When dissolved in water, hydrogen gas creates "hydrogen water" without dissociating into ions.
- **Health Potential:**
 - Molecular hydrogen is a selective antioxidant that can permeate cellular membranes due to its small size and neutral, nonpolar properties.
 - It has been shown to support a healthy inflammatory response, enhance cellular energy levels, and mitigate cellular stress.
- **Research Status:**
 - There are over 3,000 articles spanning over 200 animal disease models being investigated. While research is promising, more studies are needed to determine optimal dosages and mechanisms.
- **Important Notes:**
 - Molecular hydrogen is not a cure-all. It is safe to use, and the science is progressing, but claims must be grounded in research and disclaimers.
- **Learn More:**
 - "I learned about molecular hydrogen through the Molecular Hydrogen Institute (MHI), whose mission is to educate, spread awareness, and advance research."

DISCLAIMER:

- Be careful with claims. Hydrogen therapy has not been approved for the treatment of any disease by entities such as the USFDA.

What You Can Say About MHI and Dr. LeBaron

- **About MHI:**
 - "The Molecular Hydrogen Institute (MHI) is the global authority on molecular hydrogen research, education, and awareness. It is a science-based nonprofit organization dedicated to advancing the research, education, and awareness of H₂ as a therapeutic gas." Read more about MHI here: <https://molecularhydrogeninstitute.org/about/>
- **About Dr. LeBaron:**

- "Dr. Tyler W LeBaron holds a PhD and is the founder and executive director of the Molecular Hydrogen Institute. He is one of the world's leading experts on molecular hydrogen. He is a passionate advocate for rigorous scientific research and has published extensively on the therapeutic potential of H₂." Read his bio here: <https://molecularhydrogeninstitute.org/tyler-lebaron-phd/>
- **Encouragement:**
 - "If you're curious to learn more about the science behind hydrogen, I encourage you to explore MHI's resources or follow Dr. LeBaron's work."

12. Contact Information

- For questions or support, contact info@molecularhydrogeninstitute.org or post in the MHI Community forum.

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