What is claimed is:

1. A breathing equipment, comprising:

a gas channel;

a monitoring device comprising a pressure sensor configured to detect a user's breathing rate in the gas channel;

a hydrogen generating device coupled to the gas channel and configured to electrolyze water to generate a gas comprising hydrogen;

an output device coupled to the gas channel and the hydrogen generating device for outputting an output gas to the gas channel, wherein the output gas includes the gas comprising hydrogen; and

a flow control unit coupled to the gas channel and the pressure sensor, the flow control unit being configured to control the pressure of the output gas of the output device in an inhalation period of the user's breathing rate to be higher than the pressure of the output gas the output device in an exhalation period of the user's breathing rate.

2. The breathing equipment of claim 1, wherein the hydrogen generating device comprises a water tank configured to accommodate water, an electrolysis device configured to electrolyze the water to generate the gas comprising hydrogen, a condense filter coupled to the electrolysis device to receive and filter the gas comprising hydrogen, and a humidifying device configured to accommodate the replenishing water for humidifying the gas comprising hydrogen and provide the replenishing water to the condense filter.

3. The breathing equipment of claim 2, wherein the hydrogen generating device comprises an integrated flow channel coupled with the electrolysis device, the condense filter and humidifying device to transfer the gas comprising hydrogen among them.

4. The breathing equipment of claim 3, wherein the humidifying device is stacked above the electrolysis device, the condense filter and the integrated flow channel are stacked above the humidifying device.

5. The breathing equipment of claim 3, wherein the hydrogen generating device further comprises an atomizing device coupled to the integrated flow channel, the atomizing device is configured to receive the gas comprising hydrogen and selectively generate an atomizing gas to be mixed with the gas comprising hydrogen.

6. The breathing equipment of claim 1, further comprising a pressurizing device coupled to the gas channel to generate a gas during the inhalation of a user, wherein the pressure at an output port of the output device in the inhalation period of the user's breathing rate is higher than the pressure at the output port of the output device during the exhalation period of the user's breathing rate.

7. The breathing equipment of claim 3, wherein the integrated flow channel comprises an upper cover and a lower cover, the upper cover combines with the lower cover to form a condensing flow channel, a humidifying flow channel and an output flow channel, and the lower cover is an integrally formed structure, the lower cover has a condensing flow channel inlet and a condensing flow channel outlet connected with the condensing flow channel, a humidifying flow channel inlet and a humidifying flow channel outlet connected with the humidifying flow channel, and an output flow channel inlet and an output flow channel outlet connected with the output flow channel.

8. A breathing equipment, comprising:

a gas channel configured to provide a gas comprising hydrogen for a user to inhale;

a monitoring device comprising a pressure sensor configured to sense the pressure in the gas channel;

a hydrogen generating device coupled to the gas channel and configured

to electrolyze water to generate the gas comprising hydrogen to the gas channel; and

an output device coupled to the gas channel and the hydrogen generating device for outputting an output gas to the gas channel, wherein the output gas includes the gas comprising hydrogen, wherein the pressure in the output device in an inhalation period of the user is higher than the pressure in the output device during an exhalation period of the user.

9. The breathing equipment of claim 8, wherein the hydrogen generating device comprises a water tank configured to accommodate water, an electrolysis device configured to electrolyze the water to generate the gas comprising hydrogen, a condense filter coupled to the electrolysis device to receive and filter the gas comprising hydrogen, and a humidifying device configured to accommodate the replenishing water for humidifying the gas comprising hydrogen and provide the replenishing water to the condense filter.

10. The breathing equipment of claim 9, wherein the hydrogen generating device comprises an integrated flow channel coupled with the electrolysis device, the condense filter and humidifying device to transfer the gas comprising hydrogen among them.

11. The breathing equipment of claim 10, wherein the humidifying device is stacked above the electrolysis device, the condense filter and the integrated flow channel are stacked above the humidifying device.

12. The breathing equipment of claim 10, wherein the hydrogen generating device further comprises an atomizing device coupled to the integrated flow channel, the atomizing device is configured to receive the gas comprising hydrogen and selectively generate an atomizing gas to be mixed with the gas comprising hydrogen.

13. The breathing equipment of claim 10, wherein the integrated flow channel comprises an upper cover and a lower cover, the upper cover combines with the

lower cover to form a condensing flow channel, a humidifying flow channel and an output flow channel, and the lower cover is an integrally formed structure, the lower cover has a condensing flow channel inlet and a condensing flow channel outlet connected with the condensing flow channel, a humidifying flow channel inlet and a humidifying flow channel outlet connected with the humidifying flow channel, and an output flow channel inlet and an output flow channel outlet connected with the output flow channel.