

Cellular-Energy Booster, Antioxidant, Anti-Inflammatory, Enhancing Cognitive Function, Brain & Mood, Anti-Aging Agent, Oxygen Transporter... More!

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A WONDER FOR HEALTH AND COGNITION

In the realm of natural health, there's a blue wonder that's been making waves, and it's not just any blue—it's Methylene Blue (MB). This humble dye, often used in food products, has been revisited by Dr. Tom Rogers, a.k.a. The Common Sense MD, who delves into its remarkable health benefits in his recent podcast, [Methylene Blue Revisited](#), via [Brighteon.com](#).

Dr. Rogers kicks off by sharing his personal experience with MB, noting its remarkable effects on his energy levels and cognitive function. He's not alone; many users report similar benefits, from improved mood to enhanced mental clarity.

THE BLUE DYNAMO

Methylene Blue, a small, simple molecule with a rich history, has been unjustly over-

shadowed by mainstream medicine. This humble dye has been around since 1876. It was initially used as a textile dye, then as a stain in microscopy, and later in food products. MB harbors an array of health benefits that deserve exploration.

Dr. Rogers notes that MB is perhaps the oldest modern medicine that there is. When initially using it as a stain under a microscope, they discovered a parasite named *plasmodium*, which causes malaria, and that this stain killed the parasite—a cure for malaria! It also killed harmful bacteria and viruses.

Every ER doctor has some on hand because it immediately reverses carbon monoxide poisoning and also cyanide poisoning, (and other chemical poisonings) given in an IV for these applications. It treats and prevents recurring urinary tract infections.

MB improves energy by increasing mitochondrial respiration. Dr. Rogers started using it for long-haul COVID, noting that it quickly crossed the blood-brain barrier, making it a star player in neurological health, in treating Alzheimer's and dementia, and immediately improving brain fog.

MAIN USES & HEALTH BENEFITS

1. Mitochondrial Support and Cellular Energy Production

MB's primary mechanism of action lies in its ability to enhance mitochondrial function and boost cellular energy production. Mitochondria, the powerhouses of our cells, convert nutrients into ATP, the body's primary energy currency. By supporting mitochondrial health, MB can:

- ▲ Enhance physical and mental energy levels
- ▲ Improve endurance and stamina
- ▲ Promote cellular repair and regeneration



the body. This detoxifying effect can help alleviate symptoms associated with heavy metal toxicity and support overall health.

6. Vasodilatory Effects

MB relaxes blood vessels, improving blood flow and oxygen delivery to tissues. This vasodilatory effect can help manage symptoms of peripheral artery disease, improve

erectile dysfunction, and enhance cardiovascular health.

7. Potential Anti-cancer Effects

Preliminary research suggests that MB may have anti-cancer properties, inhibiting the growth and proliferation of cancer cells. While more research is needed, MB's potential as a natural anti-cancer agent deserves further exploration.

METHYLENE BLUE & THE BRAIN

For the brain, MB is a game-changer. It can cross the blood-brain barrier, making it an ideal candidate for treating neurological conditions. Dr. Rogers discusses its potential in treating conditions like Alzheimer's, Parkinson's, and even depression. But MB isn't just for the sick; it's also a fantastic supplement for the healthy. It can enhance cognitive function, improve mood, and boost energy levels. Who wouldn't want a brain boost?

DOSAGE AND ADMINISTRATION: HOW MUCH & HOW OFTEN?

Always use pharmaceutical-grade MB when taking internally. For general health and wellness, start with a low dose and increase gradually, depending on tolerance and desired effects. Monitor for any side effects, such as stomach upset or blue discoloration of stool or urine (which is harmless).

Here's a simple dosage guide:

- ▲ Start with 15–30 mg daily
- ▲ Increase gradually, up to 150 mg daily

2. Antioxidant and Anti-inflammatory Properties

MB is a potent antioxidant, scavenging harmful free radicals and reducing oxidative stress. Its anti-inflammatory properties help calm the body's inflammatory response, making it a valuable ally in managing inflammatory conditions. These properties contribute to MB's potential in treating a wide range of health issues, from neurodegenerative diseases to autoimmune disorders.

3. Neuroprotection and Cognitive Enhancement

MB's ability to cross the blood-brain barrier makes it an ideal candidate for neurological health. It can:

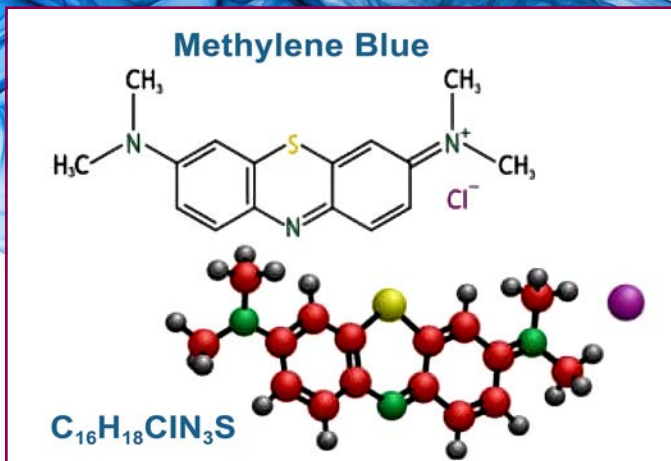
- ▲ Protect brain cells from oxidative stress and inflammation
- ▲ Enhance cognitive function, memory, and focus
- ▲ Improve mood and reduce symptoms of depression and anxiety

4. Anti-microbial and Anti-parasitic Activities

MB exhibits broad-spectrum antimicrobial and anti-parasitic properties, making it a useful tool in the fight against infectious diseases. It can help combat bacterial, fungal, and parasitic infections, including those resistant to conventional treatments.

5. Detoxification and Chelation

MB acts as a chelating agent, binding to and removing heavy metals and other toxins from



- ▲ Take with food to minimize potential stomach upset

METHYLENE BLUE FOR COGNITIVE DECLINE: A SPECIAL CASE

Dr. Rogers points out that for someone older beginning to experience cognitive decline, MB could be a game-changer. Here's a tailored usage recommendation:

- ▲ Start with a lower dose, around 15 mg daily, to assess tolerance
- ▲ Increase gradually, up to 60–90 mg daily, as tolerated
- ▲ Monitor for any side effects and adjust dosage accordingly

In addition to MB for cognitive health, consider these natural-health recommendations:

- 1. Omega-3 Fatty Acids:** Found in fish oil, omega-3s are crucial for brain health. Aim for 2,000 mg daily.
- 2. Curcumin:** This potent anti-inflammatory from turmeric can help calm brain inflammation. Consider 500–1,000 mg daily.
- 3. Ginkgo Biloba:** This herbal extract improves blood flow to the brain and has been shown to enhance cognitive function. Aim for 120 mg, three times daily.

4. Exercise and Mental

Stimulation: Regular physical activity and mental challenges are crucial for brain health. Engage in activities that are enjoyable, like puzzles, reading, walking, or gentle exercise.

CONTRAINDICATIONS & PRECAUTIONS

While generally safe, MB may interact with certain medications, such as monoamine oxidase inhibitors (MAOIs) and selective serotonin reuptake inhibitors (SSRIs). Consult with a healthcare provider before starting MB, especially if you have any underlying health conditions or are taking medications.

FINAL THOUGHTS

Methylene blue is a versatile and potent natural health agent with a wide array of uses and health benefits. Its ability to support mitochondrial function, scavenge free radicals, and enhance cognitive function makes it an invaluable tool in the quest for optimal health and well-being. Embrace the power of this humble dye and reclaim your health naturally. ■

For further exploration, check out these resources:

- ▲ Watch the full podcast by Dr. Tom Rogers: [Methylene Blue Revisited](#).
- ▲ [The Remarkable Journey of Methylene Blue from Textile Dye to Medical Marvel](#)
- ▲ [Methylene Blue's Remarkable Potential for Neuroprotection and Beyond](#)
- ▲ [Book: The Ultimate Guide to Methylene Blue by Mark Sloan](#)
- ▲ [Brain Power Revival: Methylene Blue's 136-Year Journey from Victorian Dye to Alzheimer's Hope](#)
- ▲ [Methylene Blue: An Emerging Contender in the Battle Against Cancer](#)