Unlocking the Power of Methylene Blue for Health and Vitality with Dr. Steve Warren Transcript

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Introduction to Methylene Blue and Vitality

No, you're exactly right. Because, you know, you say the talk, the processed foods. One of the interesting thing, and I don't want to really segue there and start criticizing, but we're seeing this really decrease in young people under the age of 35 with testosterone for men and female hormones for the ladies under 35, again, from processed food.

Increasing inflammation is ruining their hormones. We're seeing and the toxins around us, everything from the processed food to ultra processed food to the the sprays, the, you know, the the molds, the you name it or are surrounded in a toxic soup of everything around us.

Is it pounding on our body to causes inflammation? So all of us think, oh, I would take an Advil, which is the eggs of pain and getting, oh no, it's to get rid of that inflammation at the root problem.

Then, you know, then you're going to see some success. So I mean you can stop your processed foods, some of the toxins around us. It's hard to stop those because we're exposed to them all.

But you can minimize it by taking methylene blue to counteract it. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Well, welcome to Vitality Made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships. Life is all about relationships.

When you feel good, you have more to invest. And that's what we want. Well, it's a joy today to have two experts in the field of methylene blue. I have Dan Schmidt and Doctor Steve Warren.

Welcome, welcome, welcome to Vitality made Simple. All right. Thank you. You know, methylene blue can be very confusing, but if you're someone who wants to have less brain fog, more mental clarity, less fatigue, more energy, stronger immune function, better hormone function, then you really want to learn about methylene blue.

Now I have a quick story. And so Doctor Warren Dan knows I'm going to tell this. But methylene blue really shocked me about four years ago. I had just been diagnosed with chronic lymphocytic leukemia, and I was at an ozone conference, and I ran into Doctor Thomas Levy.

He and I have become friends, and I told Doctor Levy about this diagnosis and he said, get your tonsils out, Debbie. Get your tonsils out. And I at the time, this was four years ago, I was 62 years old.

And I said, oh my gosh.

Debbie's Personal Methylene Blue Story

He said, yeah, you're going to think you have been going to be tortured for two months getting your tonsils out. It's, you know, it's 62, he said. But do it.

Well, came home didn't do it. Ran into Doctor Levy about five months later in another conference and he said, did you get your tonsils out? And I said, no, and I'm, I'm a chicken.

And he said, good. Use methylene blue. And I'm like, methylene blue is a lab dye. You know, back in the 70s when I was in college, it was a lot of dye.

Are you kidding? Well, that started this journey into methylene blue. So today, folks, and I want to say that I've been retested again the fourth time I've gotten tested.

No evidence of disease with chronic lymphocytic leukemia. The doctors are shocked. And methylene blue is a piece of that, not the whole story. Because I'm doing a whole lot of things to, you know, to get well and stay well.

Right, right. But but this is so exciting because methylene blue is so basic. So, so today I want you all to learn about this. I want you to know that that it's a an energy enhancer.

It it helps revitalize your mitochondria. Those are the energy sources of your body all over your body. If your mitochondria are happy, then you're going to be happy.

You know, it's kind of like, mama, you know, if mom ain't happy, ain't nobody happy. Same with the mitochondria and a methylene blue is something you can't eat your way into.

You know, if you're if you've been in my clinical chair, you know that. I say if you can eat your way into it, don't take a pill. But methylene blue is a little bit different.

So so you, Doctor Warren. Dan, first of all, I want one of you all to explain what methylene blue is, why it's important. And how in the heck did somebody start using a blue dye as a health aide?

Do you want to feel better? Boost your mitochondrial health with methylene blue. We use the non messy pharmaceutical grade from best 365 labs. You can find our affiliate link at Doctor Debbie ESPN.com.

Use promo code vitality for 10% off. Sort of interesting. And you know that when several years ago when I, you know, started seeing patients after Covid, they'd come in with me with this brain fog, you know, couldn't remember anything and couldn't function.

Even 30 year olds couldn't get back to work. A lot of them were just suffering a lot. And I sort of pulled back in my, you know, mine. Is that geez, what did I used to use years and years and years ago when people had brain fog and realized that back at the time, in the ICUs, we use methylene blue IV for to help people after trauma, after the brain trauma, cardiovascular shock, trauma in the ICU using it.

And I said, wow, let me just try it. You know, I'm always up to trying something new because, you know, I've done medicine now for 45 years and did the tradition stuff for years and years.

I was fortunate to live in a rural area where patients had to try different things because they didn't have the experts at the time, or they'd go to the experts and never come back with any answers.

So I was always open minded to look at things from a different perspective. So I started using I. V. methylene blue and for people kept coming back, hey, my brain fog is gone.

I'm feeling better. And so I said, well, nobody wants to have IV methylene blue all the time. So let's let's look at it in a different form. And when I went back and researched it, realized that actually it was the first medication in the world back in the 1870s.

At the time, the scientists were taking tar, coal tar and trying to find different dyes and different things within that coal tar. And one of them was methylene blue.

There's a bunch more that we're using today that they found. And again, back then they had inquisitive minds. They didn't have to do all the testing. They just tried it on people.

They got better. Great. It worked. And so eventually in World War One, it was used for prostatitis, for malaria, for urinary tract infections. And, you know, everybody just loved the medication.

The sergeants really liked it because they knew the the infantry guys were taking it because they peed blue. That was the only side effect was peeing blue.

And so after a while, the soldiers complained about, you know, the blue color. So they started purifying. And so over the years, one direction when they purified the methylene blue turned out to be hydroxychloroquine, which we use now for rheumatoid arthritis.

What Methylene Blue Is and How It Works

And for it, we used a lot for Covid when they purified it the other way. It turned out to be an MPO inhibitor and an antidepressant antipsychotic. So a lot of the precursors of these different medications are coming from this route.

You know, dye basically methylene blue. And if you look back in the 50s and 60s, every woman's pill for chronic urinary tract infection or urinary incontinence had methylene blue in it to sort of keep the urinary tract infections down.

And after all, the researchers there realized it. Boy, this thing kills all microorganisms. That's why they used it in fish aquariums. You see it? You know, some people say, well, it's just a fish aquarium antibiotic.

Well, it is in a certain form in our purified form, again, it kills all the micro organisms in our body. And interesting enough, and you probably used it yourself, but in the operating room we used to use IV methylene blue and open up your.

If we're trying to find a hole in your stomach or in your intestines, we would give you methylene blue. Open you up and the little blue colored come out of the intestine.

Oh there's the hole. And they do it for leaks in the vascular system all over, because as soon as it hits the oxygen, it turns into a blue color. And then they also found out that methylene blue is what they have to have in emergency rooms right now.

For carbon monoxide poisoning and arsenic poisoning. So still, it's FDA approved for those medications. So the interesting thing is this is actually an FDA approved drug in those forms for, you know, arsenic poisoning, carbon monoxide poisoning.

And I used it for the the trauma shock. But when you get back to it, regardless of whether it turns into hydroxy chloroquine antidepressant, it's just what you said it got back to change in people's mitochondria.

And as I said, it's the only substance basically that brings good nutrients into the mitochondria, takes all those out of the body. So and you're in your practice, you you proclaim the same thing I do every day.

And that's inflammation is the root of all evil and causes most of our chronic illnesses, whether it's from the diabetes to mouth disease, you name it.

And that's lean. Blue is helping the mitochondria decrease that inflammation, improve that powerhouse, and in giving you that energy that we want. So by repairing the secondary or decreasing inflammation we get rid of that. Are those reactive oxygen species, those toxins that are inside the mitochondria.

And that's where we're getting it. So it started with, you know, trying to remember old things, realizing that it worked for those patients years ago.

And boy, when I started seeing my Covid patients improving, that's when we started to bring it out in some different forms. And then it just opened up to heal a lot of things, because we're getting rid of inflammation and increasing energy levels in the in the bottom line.

Yes. In originally, Doctor Warren, Doctor Levy told me to drop it on my tonsils and of course it taste pretty bad. And it and I was getting blue everywhere and you know, so so then when I met your company at the American Academy of Anti-Aging medicine, I was you can imagine my joy.

I was thrilled because you have come up with formulations with pills and, and and the thing that methylene blue does that is, has surprised me is that it it's synergistic with other nutrients, with other antioxidants.

So in other words, folks, it makes us it makes everything better. And so so expound on that please, Doctor Warren. Well, you know, it is like we said and you know, we have some other products.

And I talk a little bit about today darn well. But we just found that once we're that mitochondria is improving, we're actually bypassing some of the oxygen, the chains in there for the respiratory chain.

And getting in there. We're getting faster results with it. And whether it's any other anti-inflammatory that's in our body from, you know, the nads to the PKU or any other ones that are trying to build up the mitochondria.

I use a lot of peptides like SS 31 and and Moxie, which are really, you know, an injection form, good for the mitochondria. But my the methylene blue is that basis if it's helping get rid of some of those toxins helping it.

Anything else I add to it's just going to make those work even at a higher level. So that potentiality is just amazing. Between increasing the mitochondria, then if I add another anti-inflammatory or another mitochondria booster, it's going to work even better because the root problem is being solved by the vessel in blue.

And and you know, we try to find every, you know, side effect of methylene blue, the biggest one being that your urine turns blue if you swallow it. And as unfortunately, you know, you if you took it orally, you got blue mouth and blue saliva and and sometimes people get blue tears.

You know, I used to say we used it in a lab, but they also use a lot of fraternities pouring it into the, you know, the sodas or, I mean, the punch bowl.

So they had to, you know, Pee blue that night. But it was interesting that, that the methylene blue does such a simple thing, but everybody forgot about it.

And we're finding out more and more from the other things that I do. And you do, you just mention a few more, few others. A while ago. There's no money in it.

So big pharma, a lot of the big medical people don't want to deal with it because there's no big money in it. This is inexpensive product and we wanted to keep it that way so more people can get it, but people don't want to deal with it.

It doesn't cost very much. They think something's wrong with it. But again, it's a simple product and it's a low price that gives you so much benefit that it's just incredible.

Anybody I mean, everybody who talks me about it, I say, well, you know, try it first and then talk to me. And they come back saying, oh yeah, I'm just doing so much better.

I had a lady a few months ago that she's 75, 76, came in for dementia and for a while, but back and then she came to see me a few months later. So how are you doing?

Said, well, you remember I complained to you three months ago that I couldn't remember the names that dogs in my neighborhood. I have 150 houses that I take care of on the property, managed for 150 properties.

I couldn't remember the names of the properties, and so I thought I had to mention, did you put me on this blue thing? And she said, let me just tell you, I can remember every dog in the neighborhood.

I remember every one of the names of the hundred and 50 properties that I do. And not only do I know the names and now know all of their addresses without looking them up, she says, I guess I don't have dementia, I just lack in methylene blue.

So I hear those stories like you have every day from people. It's very encouraging because it's making a difference in their lives. And then when you get into the subject and I'll talk about more, is even the weight loss, because we're getting rid of inflammation, that we're helping with the weight loss because inflammation again causes, you know, the weight, whether it's stress eating increases inflammation, whether it's all the sugars that cause the inflammation.

You know, methylene blue is helping control that inflammation, an increase in your energy. And that's why we're seeing a lot of weight loss with the product added on to other things.

Yeah, that's super exciting. I found even getting rid of inflammation, you know, years ago people would start losing weight. So this is so logical right doctor Warren so so touch on, you know, different areas that decrease mitochondrial health.

Let's you know let's let's talk about environmental toxins. Let's talk about processed food. You know I want I want people to realize it took me a while to realize that, you know, we're in a world that's a salting our mitochondria.

And we have to be proactive to protect them. Right? No, you're exactly right. Because, you know, you say the talk, the processed foods. One of the interesting thing, and I don't want to really segue there and start criticizing, but we're seeing this really decrease in young people under the age of 35 with testosterone for men and female hormones for the ladies under 35, again, from processed food.

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Environmental Toxins, Inflammation, and Hormones

So I mean you can stop your processed foods, some of the toxins around us. It's hard to stop those because we're exposed to them all. But you can minimize it by taking methylene blue to counteract it.

But boy, I tell you everything you just mentioned and is around us. There's not much around us. Is it toxic that's causing us a lot of harm from, you know, the the news that causes us stress, making our adrenal glands stress those that produce inflammation to the to the toxins.

So I just had a patients brand new home, you know, three years later realize that behind this the stucco was all black mold. And she was super sick and that was the cause.

So, you know, it's just you got a lot of those things. At least methylene blue starts making you feel better. So you have enough, you know, energy to figure out what you're going to and what you need to change.

But I'll tell you, it doesn't take much to make you feel better than you take another, let's say a different food or around a certain area you go, oh, I got sick.

I'm feeling more inflammation day. Hey, that's what's causing it. To get that out of your out of your diet, around it, or get away from that exposure.

That's a great point that you bring up that once you start taking the layer off the onion, you feel better. And so then you have more energy to do something else, more proactive.

One thing that Dan and I were talking about off recording was non-native radiation. So that's a new term that I saw. We talk about, you know, EMF. We talk about Wi-Fi and, you know, 5G and all that.

That all affects our, our mitochondria. Whereas natural sunshine is good for our mitochondria. So so I loved seeing that demarcation between, you know, non-native so that we don't, you know, demonize the sun right now.

We need to we need to get that sun. I mean, have you ever seen in your practice anybody is a normal vitamin D level. It's not taken vitamin D. And nobody, nobody.

It's crazy because minimizing it and they've almost made it. I won't get on that subject, but they've almost obliged the sun that you know, because it's going to cause this, this and that and which actually is causing more harm in the long run than anything else that the evil guys, the the sun.

Oh, you better get this spoils. You're going to get this cancer that to the point that nobody gets the the sun and, and it's causing a lot of harm because we need that vitamin D just like the B12 you need.

And so I keep saying to people, I apologize. I said, well, your levels were low for these things. It's amazing what a little B12 or vitamin D and a few other things make a difference in your life.

And then you add methylene blue on to it. You know, it doesn't take much to make you feel so, so much better. It's crazy. And and they think that there's got to be a pill out there to make them feel better when there isn't.

Right. And and it's usually something very simple with no side effects that's going to make a difference. And I think people forget that they should be feeling good.

I mean, this podcast is about vitality, living life to the fullest. So I want everyone to know that it's possible. It's not like I don't. I tell people, never use the excuse.

I'm just getting old. No, no no no. Are these bodies are these these bodies are designed to heal and we just have to figure out what to give them. Now, doctor Warren, I want to respect your time.

I know you're headed to clinic, and Dan still with us and is going to let Dan talk for a second. No worries. I want to hear all that is. Dan, right now we're doing acolyte, which is the new ready the new ultrasound technology for for doing bone density versus the Dexa scan.

So I got to see a lady with the it's an ultrasound technique that they use in Europe, not in the United States yet, but it gives you the quality of bone inside of the bone as well as a T score.

And I'll tell you, I've had all these four ladies come in lately, the same story they're putting them on all these nasty medications when they need the calcium, the vitamin D and maybe some female hormones, God forbid.

And then they want all these nasty, these medicines to give the dentist happiness from all the necrotic, you know, necrosis in their jaws. Yet this new technology of ultrasound, you can do it multiple times.

It's a lot easier, a lot simpler. But we're getting the quality the bone inside. And so that's and you know it's really important to to see that because everybody's panicking at a -2.5 and minus three D score.

When the inside the bonus solid rock we're not seeing the fracture. So it's really cool. So have to talk about some time. But I'll let Dan talk a second I'll be right back okay. Great.

Thank you doctor was great having you are. We are back. Interestingly enough, you'll actually see some studies with bone density and actually in bone healing with nothing blue.

So there's a number of different studies that are out there. But one of the things I want to touch on is that we get used to feeling bad. And the problem is a lot of people start taking it is I'm going to take methylene blue.

I'm just I'm going to experience that. I'm hearing all the rage. I'm seeing these podcasts in these posts. You know, I'm going to start like, you know, what do I expect?

And most of us don't know our bodies very well to even know that it's changing until we get a big change. But I think one of the things, to touch on that we were just talking about with, wanted to make sure Doctor Warren got to talk before one clinic, which was.

It is an essential medicine when it comes to every hospital around the world. So when it is, I've it it has to be in every hospital around the world. CDC has it has essential medicine. Why?

It's the only known antidote, as Doctor Warren said, for cyanide poisoning and cyanide poisoning. So, you know, those are very, very important to have.

But that's only in the IV state. So you don't need that much. It's our medic drug. So you don't have to take more. Isn't better less on an ongoing basis works extremely well.

So anti mold antifungal antibiotic albiol. We talked about hydroxychloroquine and these other things. You talked about mold. We have more mold exposure than most people ever know.

Fungus things of that nature. One of the beautiful things about methylene blue on an ongoing basis, it's attacking those things and letting the mitochondria do its job. So two things that are really important.

We think of mitochondria. Our mitochondria are changing all the time. Think of our skin. We get, you know you know, we get new development of skin comes out.

We have to get rid of our well or good skin that's actually out right now to look good. And then we have to snuff it off. Same things happen with mitochondria.

We don't think about that. But those parts of the cells are actually however you want to look at it as an engine or as a, a power plant. They're always going and they need a jumpstart if they're lacking, and then they need support when they're starting up for new cells and then getting rid of old cells.

So that's one of the things that we look at as a company, not just talk about nothing blue to jumpstart existing cells, but how do we actually help that whole mitochondrial function.

And that's one thing that's super important to us as we go through this. We're talking about methylene blue in one case. But there's more to the story than just nothing blue or jumpstarting that mitochondria.

Remember, if you want to feel better, boost your mitochondrial health with methylene blue. We use the non messy pharmaceutical grade from best 365 labs.

You can find our affiliate link at Doctor Debbie osment.com. Use promo code vitality for 10% off. You're quite innovative in your formulations because you have different products for different things. So.

So Mike and I take this ADHD every morning now we don't have ADHD. I've never been diagnosed with ADHD, but so it's not like attention deficit hyperactivity disorder that the ADHD stands for.

I want you to talk about that. But then at night, Dan, we take the neuro protect and, oh my gosh, I sleep so good and have these amazing dreams. That's kind of one of the things that goes with it, I think. So.

So tell us about what people can expect with, you know, an inexpensive regimen of, of methylene blue to boost their redox reactions that very much upstream in terms of energy production and how your formulation is different because because it really is it really is it.

We're patent pending on most of our products. Everything that we have that's within our our scope, what we're doing. And the main reason what we're really looking at is how do we get the body to function.

So when it comes to the ADHD Active Daily Health, defense is the you know, ADHD is the acronym. We did look at that for people for really jumpstarting the brain, jumpstarting and being able to focus and have energy.

And what happened with that is we use a caffeine l-theanine ratio.

Mitochondrial Support, Sleep, and Formulations

I'm just going to some of those other ones that are out there for focus and attention. We know the drugs we're talking about really aren't very good. They're just basically just speed.

So Adderall vyvanse you're speeding up the brain to slow back down. Well, what we do is we're using the caffeine to speed up the brain l-theanine to bring that equivalent back down.

We've been using that for years for professional athletes and athletes all over for energy and focus. And then adding in the methylene blue. So we're getting the oxygenation.

We're getting the, you know, reactive oxygen species of the rose, the bad pollution out of the cell. And the neat thing about it as a redox capability of nothing blue, it just over and over upregulated regulates upregulated.

It regulates. So you can go go go go. And your body isn't getting you know that that fatigue. So we're able to really focus have energy like you said even if you don't have ADHD and just the brain and focus and energy.

Fantastic. So that's a that's what that one does. No that's terrific. And so people can go to your website and I've got a link on my website to your, to your website and products.

I think that is really good. Tell us the day. And I would be if I were listening to this for the first time, I'd be thinking, what are the side effects?

Can you get too much? If you do, what happens when should people avoid methylene blue? There's a couple things, to avoid, you know, pregnancy, GDP six.

That's a hereditary, disorder, things of that nature. So things like that. You'll hear about serotonin syndrome. You heard about Doctor Warren talking about it was an antipsychotic.

Antidepressant at the levels that we're doing. We haven't seen any interactions with that. Some of the. When Doctor Warren comes back, we'll talk a little bit more on that serotonin syndrome.

The one that they did, talk about online was actually one that was a high during an operation or there was an interaction. We have a lot of people that are using the product and guess what?

They don't need those anymore. When we can get better mitochondrial function and support for the brain and better neurotransmission, inflammation down and more oxygen to the brain, wonderful things happen.

And that is one of the things we looked at people. More energy, more focus. But guess what? Uplifted feeling and mood. And that's when we feel good on the inside.

We feel good on the outside and look at on the outside and feel good in the inside. All that's due to mitochondrial health. So if we can jumpstart that mitochondria, get it what it needs, get the sleep we need.

You talked about taking the Neuro Pro Plus at night because at at night or at rest, your brain needs 20% of your oxygen and 20% of your energy. So it's a an organ.

It needs a lot of energy and a lot of oxygen at night. Usually we don't get that when we can give it that we have deeper REM sleep, we have deeper REM sleep.

Guess what happens? Better dreaming. Like when you did when you were a kid, you had some vivid dreams. A lot of us, as we get older, less sleep, less dreaming, and we wake up not refreshed like we didn't, you know, get enough good night's sleep.

But when you also get sleep, it helps with hormones, cortisol levels, it just everything it gets are long too short term memory. So all those things are being done at night when we sleep.

So we can support that sleep properly with that energy and oxygen by taking that at night. It does tremendously well. Yes. And of course it's always important to pair all of this with good habits.

So I think people should have a, you know, a sleep routine. We start turning the lights down a couple of hours before we're actually going to go to bed.

There's, you know, just common sense things you could do. I never want anybody to think that the answer is in any pill. It's in lifestyle. But this is such an essential part of lifestyle.

So Dan, a lot of the news these these days about GLP one agonist. And you know, these are the the medications that help people lose weight where if well where does methylene blue figure into this equation.

If it does this is new to me. This is new area of to me it absolutely does. So we're in the belief that one of the things about methylene blue is great for jumpstarting your mitochondria.

If you have an engine, your car engine, it's just kind of sputtering, you know, it's just not going, you know, we need to do something, you know, to help that engine or be a new spark plug, whether it be, you know, getting better gas, whatever it may be, to actually really jumpstart that methylene blue is great because it when the mitochondria are stuck, it can actually jumpstart that.

So now that engine can start running properly. When it starts running properly, it can actually take the fuel that's going into that engine and burn it.

So one of the things that you have with the GMP, once they're great, people want to see, you know, weight loss. So there's a couple different things. I don't really go by weight as much as I do by body composition.

Right. So, you know, women have been beat up for years of, you know, what's your weight? It shouldn't be really what your weight is. How much how much excess fat do we really have?

Right. Muscle weighs more than fat. So it's actually getting the body in that healthy balance. So methylene blue is great to jumpstart that mitochondria.

So can start burning energy. So our body can actually go into stored fat and actually start utilizing that fat. And also the GPU ones are a great start.

But they need that extra help. So we have an ongoing study that's starting up here actually is tomorrow that is using some GLP one, but then actually helping with mitochondria in the long term, a lot of people after GLP one, after they're done with that, they start gaining more weight.

They'll see that it isn't a long term fix. Why? There are some great benefits of it, but in the long run, we're not really fixing or helping the mitochondria in the long run.

So by being able to jumpstart that with the methylene blue to give it the energy, saw those cells start working, right. We're also using PCU, which is also another product in your DNA, which is actually great for going into really creating new senescent cells, jumpstarting our existing mitochondria cells with nothing blue, and get rid of senescent cells.

And actually going into, you know, fat and sugars to actually burn with you as an egg. So we're really looking at that whole mitochondrial health from start to finish when we can get that running right.

Think of our engine. When you can get an engine running properly, it doesn't matter what fuel you put in, as long as you have enough of that engine to be able to burn it.

You can use unleaded, you can use premium, you can use a supercharge that is going to actually let that engine burn. So we're able to burn our existing stored fat and our sugars that we're taking into our body.

Some are better than others, as you know. Right. And as you start doing that and start feeling your body and feeling better, you know, it's foods. Do you know, take or not take.

So whatever diet you're on, if mitochondria are functioning properly, you're able to burn it like you did when you're younger. You get almost anything.

I don't care if I eat a pizza or if I eat this or that. Like, you know, your energy levels in your body were able to take it. Don't forget, if you want to feel better, boost your mitochondrial health.

With methylene blue. We use the non messy pharmaceutical grade from best 365 labs. You can find our affiliate link at Doctor Debbie osment.com. Use promo code vitality for 10% off.

Dan, are there any studies yet in how Methylene Blue might impact muscle loss associated with GLP one agonist? I mean, that's a big concern of mine. I'm seeing too many people start to look frail.

I mean, they're losing weight, but they're losing valuable muscle. Absolutely. So when you look at it, you're absolutely correct. Yes. With the study, that is what we're looking at as well.

Bone density, muscle mass, because those can be two things that are really taking a toll in time, especially with rapid weight loss. The other thing we can look at is you'll look at people and they kind of that grayish look or that, not to be mean, but that JLP one phase where we're losing too much fat fat in our faces, our friend in the end, we're kind of forcing in that area.

And one of the things to remember this is super important. This is why we're we're so big on this. We only talk about methylene blue in certain areas.

But we have mitochondria in every cell of our body. It when we start looking at you, look at our before and after pictures. You start looking at people that are taking methylene blue in our product, specifically with what we're designed with our our new PCU, NAD, and then also with our other products, you're going to see a better glow in the skin.

Why we actually have mitochondria in our skin. So when we start losing that or we start losing weight, we need good mitochondria help skin tightening.

We need good for actually looking better in our skin tone and quality and repair and new mitochondria in those areas. We know people that report things to us all over.

We have cosmetologists, I think, hey, we've noticed that for three months to an eight months, we're actually getting

better hair growth. Well of course, why?

Because mitochondria is everywhere. It's not just, you know, the only thing it's not in is our red blood cells.

Weight Loss, GLP-1s, and Body Composition

So wherever we can get help. And that's why when people are taking these products, they start experiencing different areas. So people ask, what will I feel?

Some people will feel it in cognitive function. Some people will feel it in energy, some people will feel it in better areas. But no matter where it is, it's going to help.

Somewhere in the body. So even if you don't feel it immediately, guess what? It is absolutely helping. What I've seen, Dan, among my clinical patients that have started methylene blue is that it seems to affect the worst things.

First. In other words, if they're experiencing brain fog, they're going to notice a difference in brain in their brain fog. You know, as I always say, it's you know, it's unappealing.

This big onion. It's layers and layers. And so when you free up resources then your body can work on other things. So, so like one one thing that's crazy.

I don't know if it's in your research, but I've seen people enjoy better bowel habits like better, you know, less constipation, less diarrhea, whatever.

You know, the extreme is there now, I mean methylene blue just because of this redox reaction helping the mitochondrial chain to work more efficiently, everything starts to be impacted.

That is correct. And if you look at it, sometimes you'll look on the internet will say, oh my gosh, it could cause, you know, more diarrhea can cause it.

But those are at extreme in those low levels. It does extremely well just what you're talking about. So yes it does. The body is always injury repair.

When we think about it. The body is always in that injured repair state. And a lot of times we're just always in that injured state because we never get the proper things to repair.

Just like when you said our bodies are calling for things. Right. So if we do have an issue in cognitive function or above, that's the first place that the body is going to try and repair that injury.

It's it's the most prominent. And typically that's what you're going to see. But you're also going to see an ancillary of other things, a cascade of other events that are happening, people that have muscular dystrophy, that they went into their doctor and I'm sure they don't mind me telling the story.

They text me all the time with updates and is is toes that were curled are no longer curled. He's able to lift weights and be able to to have the bounce.

So under the doctor last week and he goes, what are you doing? And he goes, well I've, I've found this methylene blue product and I've been taking that our methylene blue, which is our brain fog with our liquid mineral oxide.

The other thing to know is that not all methylene blue is the same that we do. We add our mineral chlorides to it, which is extremely unique. It's a stabilized oxygen.

So in that liquid form we're able to get those magnesium chlorides, all the different chlorides, potassium chloride I can go on and on and on, which are really important for really electronic, you know, transmission.

And that's really what our body is. It's a it's a electrical charge frequency charge. And if we can keep those balanced amazing things happen. So that's one of the things to look at as we go through what is that lacking.

And a lot of us are lacking those areas. So when we can take those things the body needs utilize them. Again, we see benefits all over. That is quite an impressive story about muscular dystrophy.

Oh my goodness. And actually, Dan, that gives me hope in terms of the question I had about muscle loss and GLP ones. I mean, obviously methylene blue is having a positive effect on muscle stability.

Yes, if it helps with muscular dystrophy. Yeah. And so it's been really, really fun. I'm just kind of but yeah, it's been I said muscular but cerebral palsy by the way.

That muscular. Oh okay. But even so healthy. Yeah. I'm like, wait a minute. Let me get my my mind straight here. But yes, I have a number of stories that come from all different things autism, all different types, because all these are all mitochondrial problems of inflammation and dysfunction.

So when we can actually get mitochondria to function properly, great Lyme disease we talk I've seen bar we talk about Alzheimer's. We talk about Parkinson's.

You know, as we talk about in quotes, that's actually all part of mitochondrial dysfunction. So methylene blue does across the blood brain barrier correct.

Yes it does. So that is super super important for just all the many people who are starting to, you know, experience cognitive decline and actually getting a diagnosis than that.

Well, there's nothing we can do, you know, but this is a very inexpensive option. And then the other thing, when you talk about going on to other things and I'm just throwing this out, broad thought, okay, I'm not observation.

Right. And a lot of things we do are really observational. And we watch and we really are attentive. We do things with studies as well. But when people go on, you know, different medications, what happens?

They start to, you know, unfortunately get more inflammation and get heavier. And maybe, you know, the medications I'm talking about. And if we start getting heavier and we start losing and gaining weight at a rapid rate, what are we affecting?

More like our mitochondria. And so when we can get on these things and our big push is our study is GLP ones can be effective, but we really believe more in a smaller amount when they're doing the GLP, once they start small and go larger, why we should be actually kind of I would think doing the opposite, right.

We should be getting healthier. Our study is to show that they can be very effective, very, very helpful. But what also happens is if we can improve that mitochondria, guess what better energy.

They don't feel the thoracic. They actually don't get the sickness when they're taking those. And in the long term, when they stop after a few months, guess what?

They can keep that and maintain that weight because mitochondria are not in full, full health and full burning capability. What was too many people on GLP ones have the idea that they're going to be on them forever.

So I appreciate that we're having this discussion and that this is a temporary solution, you know, for type two diabetes, insulin resistance, whatever.

Because they have to be supporting their bodies through the GLP one agonist. Prescription. It's just it's just not the panacea. I don't think at all than that, that, that we want it to be, you know, I unfortunately there's no no quick fix.

The quick fix is getting really your mitochondria healthy. It is keeping it healthy. And it's a daily. Yes it's lifestyle and

and of course that includes, you know, every single piece of have your environment that we've talked about from food to external toxins to stress to relationships.

It all it all matters. So this is just been a fantastic, discussion. I don't know if Doctor Warren's coming back. I didn't think he was. Is there anything else that you would like to tell our listeners about before we sign off?

Yes. We have a couple different things that are happening. And with the study, that's one of the things that, we're doing something at a very discounted rate to actually show people and have people as part of that study to be able to show that, yes, you can get better body composition.

We are talking weight to a certain extent, but we can actually help jumpstart that. Mitochondria get it healthy. One of the things that in this study people are helping with guess what does bone loss or we're not losing bone density.

As far as muscle mass with the study, they're actually feeling better, more energetic, better body can't, you know, as far as, composition. But also they're feeling great and confidence and they're feeling like once they started on this journey now they actually are going like, I want to eat better.

You know, you talk about the gut. It's calling for what we want, what it wants when we eat bad foods. Guess what? It's calling for more sugars, more garbage.

When we actually get that cleaned up it. Now people are going like, no, I just want to eat healthier. I can eat what I want, but it doesn't make a difference on your paleo diet.

If you're on a protein diet, if you're on, you know, a keto diet, it's all if the mitochondria can actually take it and burn it. And that's what we're actually showing in this study and afterwards that are better clarity, better focus, better energy.

And also guess what? Long term vitality. And you don't have to worry about, you know, always chasing that that weight number that people are is looking at.

So so Dan, you're saying that our listeners can go to your website and potentially parties a pate in a study that you're doing. So they'll be maybe taking some form of formulation of methylene blue.

And then they will be doing a questionnaire, or you will be monitoring exactly what's happening with their body composition. Is that correct? That is correct.

That is accurate. And we'll be doing that along with the GLP one.

Study Participation and Long-Term Vitality

Okay. And the reason why we're doing it wrong. But we're doing a different dosing on the jump one, because we already know that people want to see something kind of immediate.

We're having some immediate results. But one of the things we want to focus as a company is show long term health, right? And we want to go and we're not out to beat anybody up in the industry by any means, but we're out to educate.

So if we can do what people are doing, 1 in 8 Americans have actually try to G. O. P. one, successful or not. But if we can show that, hey, at low dosing this can help.

But as we add these other things on methylene blue, nothing blue, the peacock with, you know, and then we have our metabolism which is our same a lot like our caffeine donator with our l-theanine.

And then also the methylene blue when you combine those together. Now we're getting mitochondrial health more run as we're getting that weight loss and supporting energy.

The people are not feeling sick or lethargic. They can actually get up and move and go in the day. Their skin quality and tone is by far better because it's supported as we lose weight.

Guess what? We need collagen support as well. Otherwise guess what? Our skin just gets flabby as we are. Quick, quick weight loss, right? So as we support that other areas of mitochondria through our skin and through our energy levels, wonderful things happen.

So when you stop taking that, guess what? You're not just ballooning back up your mitochondria now healthy in charge, and you feel fantastic. And now you have really a better grasp on your vitality in the long run.

Yeah I like hearing that you are using a low dose. That's that's really great. You know at my, at my stage in clinical practice there's, it has been hard to find a good weight loss drug that has long term sustainability and efficacy.

And this sounds like it's a good way to ease people in and maybe ease people out to reap the benefits, but not have the very devastating potential side effects.

Yeah, and the long term, long term guess what? The understanding your best thing blue and your other products to support great mitochondrial function.

And you're good. And it's not a long term that you have to have an on. But it's one of those things to help educate and really get people, because most of those are really not going into really how do I affect my mitochondria?

Or they're just looking at it at a, you know, a very small portion of mitochondria home. And that's not good in the long run. Right. Well, there's nothing to lose when you get your mitochondria healthier.

And it's we certainly we certainly have enjoyed learning about your products and recommended them for for my patients. And I have seen so many positive results.

And I thank you for that. I know you all are working hard to be innovators in this area and to give people a very affordable, easy to use product. So, so thank you very much.

I think I, I hear Doctor Warren in the background. We're gonna see if he pops back in. We'll see. But he will say yeah, we'll say thank you. And thank you listeners for joining us for Vitality Made Simple.

There's Doctor Warren. All right. We're just kind of signing off. And we thank you. Thank you. But get everybody on that methylene blue and everything okay.

Yeah. So we're going to help everybody feel better, have more vitality, look better and enjoy better relationships. Vitality Made Simple is now in about 135 countries and I think 35 or 3600 cities.

And it's thanks to you, listeners, join us and spread this to your friends. This is a simple solution with really minimal, if zero side effects. I've seen a lot of in my own life, I can tell it.

I feel so much better taking methylene blue. So thank you both. Thank you guys. And you know we'll send it. We'll give you a link for that and do something special for your for your audience as well.

So we really appreciate taking their time and education and really to pass that message on that. Yeah, we can have long term great vitality, health. And you don't just have to you know, with age it doesn't come brain fog.

We can be as brightness as light, you know, vibrant as we ever were when we were younger. So we don't have to take that old narrative of when you just get older, it just happens.

It doesn't. Oh, I think I think I feel better than I did when I was 40. I'm going to really do so do I, so do I, I feel great and and so, so listeners just go to my website doctor Debbie osmond.com.

You'll find a link and they'll also be a link in the show notes for this 365 labs. Thank you both so much. Thank you. Bless you. Take care. Blessings in the next time. Bye bye.

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