

“We can’t help everyone, but we can help someone.”

- Ronald Reagan

I love this quote so much and those of you who know me, will know why. For those of you who don't, I'll explain. When my dad died of an overdose of chemo just two weeks after his first treatment, I was moved (or perhaps I should say I was called) to research alternative treatments for cancer (and there are many), which led to me becoming a health coach, which led to my passion (or perhaps it's an obsession) for helping people get and stay well naturally. I've often said that if I could just help one person because of what happened to my dad, he wouldn't have died in vain. I don't ever want to believe his death was pointless, though there have certainly been times I felt that way. Now here I am, an unbelievable 17 years after that horrible day and I'm beyond grateful for the people who have reached out to me and told me that something they learned from my newsletters helped them or helped someone with whom they shared my information. I want to keep helping people and sharing information about things which you may never have otherwise known. This month is no different. Many of you will never have heard of my topic this month, and I hope what you learn encourages you to learn more. When you get sick or get a scary diagnosis, fear is usually the first emotion that hits you. For me, if the knowledge I have can alleviate or at least reduce that fear, it's one of the greatest gifts I can offer. I truly believe I've been called to play a small part in not only helping to heal people, but also helping them stay healthy.

Yours in health,

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Curious About Methylene Blue



I've been curious about Methylene Blue ("MB") for several years and decided it was time to look into it. Like most things that help heal people without drugs, it's certainly gotten its share of bad press. Big pharma has a history of trying to vilify products that have the potential to take money out of its pockets. Does MB deserve its bad press or is it something to help people? It's worth repeating that I'm not a doctor, so I encourage you to do your own research. I'm providing you with helpful information that hopefully moves you to do look more into it.

Since I really didn't know much about MB, I wanted to understand its history. It's one of the oldest organic dyes ever produced, dating all the way back to 1876. A microbiologist had used it to stain cells and microbes to see them more easily under a microscope so he could tell the difference between the living ones and the dead ones. Along the way, he discovered that not only did MB help detect malaria-causing parasites, but it actually killed them. Then in 1891, a case study was published on malaria patients who were cured using MB. Decades later during World War II, MB was given to soldiers as an anti-malaria drug. Unfortunately, they complained that it turned their urine blue, and the search was on to find another drug to treat malaria. Interestingly, the same scientist who found it treated malaria learned that once it was injected into animals, it quickly moved into the brain. MB was one of the first drugs used to treat patients with psychosis at the end of the 19th century. It was later studied for bipolar disorder in the 1980s and has been investigated for its potential use in dementia and other brain related issues.

After learning some of the history, I was intrigued and decided to dig deeper. What I discovered was that MB offers a number of health benefits. I'm limiting this newsletter to what I personally consider the top five. Again, please do your own research, but I'm very impressed with what I've learned.

1. **Helps Kill Viruses.** Interestingly, it apparently works even better when combined with red-light therapy. That's likely the topic for another month. What really infuriated me was learning that during the COVID-19 pandemic, in as early as March 2020, Chinese scientists investigated the impact of MB on the SARS-CoV2 virus and found it completely eliminated it in two minutes. You read that right! MB killed the virus that caused COVID in 2 minutes, but yet, nobody heard about it or was told about it! Hmmmm, I wonder why? Then in October 2020, French researchers duplicated the Chinese study and got the same results. It gets even more interesting. Some of you may remember Dr. Stella Immanuel, one of the "Frontline Doctors", who was censored (and vilified) for telling people she was successfully treating her COVID patients with Hydroxychloroquine ("HCQ"). Well guess what? HCQ is actually derived from MB. Imagine that! Just think about how many lives could've been saved if the early studies on MB had been published worldwide and people had used it. The same can be said for ivermectin, but I digress.
2. **Shows Promise for Alzheimer's, Dementia and Parkinson's.** This could be a game changer for these patients. It's pretty obvious the drugs currently being prescribed don't work. If they did, these diseases wouldn't exist anymore. But unfortunately, they do exist and the number of cases continues to increase annually. The reason is because like most prescriptions, they treat the SYMPTOMS, not the CAUSE of the disease. The current medical approach is to increase the level of acetylcholine in the brain by blocking the enzyme that breaks it down. But here's what appears to be the problem. As we age, acetylcholine accumulates in the brain and the body. It stands to reason that taking drugs to further increase acetylcholine levels will only make things worse. What seems to be common sense to me is that if levels of acetylcholine are reduced, its negative impact on the brain will decrease. But common sense isn't so common. If what I'm assuming is true, MB will be helpful because it will reduce acetylcholine levels. In fact, in 2019, there was a study in which scientists gave Alzheimer's patients 8 -16mg of MB daily, while monitoring their brain function. They found that cognitive decline was reduced by 85% during the 65-week study period! Here's something to think about: at what point would you say a patient is cured? If 100% is your determining factor, 85% is pretty darn close. When I learned about this study, I sent it to a friend whose dad is suffering from dementia and is becoming less of the person she once knew each and every day. It's heartbreaking. After reading what I sent her, she did some of her own research and told me that some of the medications he's on can have bad interactions when combined with MB. What's sad is that she said *"it seems as if the doctors treating him just want to put him into a sleep coma until it's over."* She's frustrated enough with the doctors that she's going to do more research into MB and see if there's a way to make it work for him. I pray that it does. Obviously, details of dementia are incredibly complicated and more study needs to be done on the potential of MB as an actual treatment for this terrible disease. But from what I've read, it seems promising.
3. **Shows Promise for Depression.** I was pretty shocked to learn that over 260 million people worldwide suffer from "officially-diagnosed" depression. Granted, we probably all get an occasional bout of the blues, and hopefully, it's short-term. Unfortunately, doctors are much too quick to prescribe anti-depressants, which sadly, come with a plethora of both unpleasant and serious side effects. What's maddening is that scientists have apparently known for a long time that the actual CAUSE of depression is NOT a serotonin deficiency, which most antidepressants treat. In fact, *"in a 2015 review, scientists called the serotonin hypothesis a conspiracy theory pushed by drug manufactures to sell drugs to a gullible public."*¹ This is beyond infuriating to me. As long as billions of dollars are being made selling these drugs, you won't hear the truth about them from the mainstream media, whose main advertiser is typically pharmaceutical companies. But MB may be a better answer. Scientists gave severely depressed patients one dose of MB daily for three weeks and the results were that the improvement in patients receiving 15 mg/day MB was significantly greater than those receiving a placebo. Additionally, as far back as 1986 and more recently in 2017, MB was used in a trial for patients with bipolar disorder, with positive results. Several patients even continued its use after the study was over because of how good they felt while taking it. While different than depression, MB also seems to have the ability to release negative feelings about past situations, helping people *"move on"* from fears and trauma. This is likely because of its ability to target the brain, which I discussed above regarding its potential in helping with dementia and Alzheimer's.
4. **Helps Relieve Pain.** There's been quite a bit of research done on MB's ability to relieve certain types of pain. Experiments as long ago as 1890 on prisoners found that MB reduced nerve pain a few hours after it was consumed or injected. Research has more recently been conducted on its ability to relieve pain after surgery, from arthritis, from migraines and from chronic low back pain. A pretty amazing study I found was done in Beijing back in 2010 in which MB was injected into a painful disc in 36 patients. The other 36 in the study were injected with a placebo. Of those given MB, 19% reported being completely pain free and 72% reported being almost completely pain free. That's a pretty impressive total. A more recent study in 2021 concluded that the injection of MB into a painful disk substantially reduced reported pain scores. More research is clearly needed, but again, this is promising.
5. **Show Promise for Cancer.** Those of you who read my newsletter and who actually know me know that this is a topic very near and dear to my heart. My dad didn't die of cancer, he died of his *"treatment"* for it. I'm familiar with and have researched probably every alternative treatment for cancer, but MB is a new one for me. I've spent countless hours researching cancer treatments and know it's an enormous money maker for anyone involved in it. People are told, *"it's genetic"*, but I'm convinced that's a bald-faced lie. For over 100 years, it's been known that cancer is caused by damaged cells. Those damaged cells can actually revert back to normal with proper treatment. But we're not told what the proper treatment is because "The Big Three": surgery, chemo and radiation are HUGE money makers and the prescribed "standard of care." It's a one-size-fits-all mentality. However, here's an interesting

fact. Did you know that if the mitochondria from a cancer cell is put into a normal cell, the normal cell will develop cancer? Conversely, did you know that if the mitochondria from a normal cell is put into a cancer cells the cancer cell will become normal again? As far back as 1930, scientists at Johns Hopkins University learned that MB selectively seeks out cancerous cells and boosts their metabolism, while leaving healthy cells alone. MB seems to have the ability increase the oxygen consumption of a cancer cell. Cancer can't live in an oxygenated environment, so it makes a lot of sense to me why MB would be helpful in destroying cancer. Quite a bit of research on the use of MB on cancer is currently in process. I can't wait to see the results of more studies.

I've not yet tried MB, but I literally just ordered some. I'll be sure to report back on what I personally learn and what it does for me. There's so much more to learn and I've only just begun to scratch the surface on all the benefits of methylene blue and the positive effects it can have on your health. I'm excited to add it to my *"stay healthy protocol."* If you do your research and decide to try it, be sure to buy only pharmaceutical grade and buy only from a supplier in the United States. MB is sold in both powder and liquid forms. When supplementing with MB, expect to see light-blue/aquamarine-colored within twelve hours of consuming it. Don't be alarmed. This is normal. I'm not going to provide recommended dosing because I want you to do your own research and determine what's best for you if you decide to try it.

In closing I'll say this: given what I've learned about methylene blue, I think it can be another important tool for your natural health and healing toolbox. Nobody knows you better than you know you. This is most likely why Hippocrates once wrote: *"If you are not your own doctor, you are a fool."* Ask questions. Demand answers and take charge of your own health.

Have a wonderful month.

¹ Cowen PJ, Browning, M. What has serotonin to do with depression? World Psychiatry, 2015;14(2)158-160. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4471964>