

# Why I Love and Encourage the use of certain Pharmaceutical Grade Methylene Blue supplements in conjunction with Hyperbaric Oxygen Therapy

By Steven E. Warren M.D., Ph.D



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Steve Warren MD is a triple boarded physician who has practiced for over 35 years. He completed medical school at George Washington University and then finished a family medicine residency and preventive medicine residency. He has practiced as a rural medicine physician, a geriatric physician, and an addiction specialist. He is currently a regenerative/longevity physician focusing on genomics (DNA and epigenetics) and determining the root cause of chronic illnesses. He is using cutting-edge stem cell procedures, peptides, hormone therapies, IV nutrition, etc. He and his wife run Regenerative Wellness Center combining personalized medicine with aesthetic practice. He is devoted to improving your healthspan.



I am so excited to share what I believe is a game changing health and wellness strategy. I will start by explaining some potential health benefits and synergies of combining Methylene Blue, Guarana, L-Theanine, Caffeine, Vitamin C, Mineral Oxochloride along with Hyperbaric Oxygen Therapy.

Then I will share with you the protocol I recommend.



### Cognitive Enhancement

- Methylene blue may improve memory, attention, and cognitive function by enhancing mitochondrial function and increasing oxygen utilization in the brain<sup>[1][4]</sup>.
- The combination of caffeine and L-theanine from guarana and tea can synergistically improve focus, alertness, and cognitive performance<sup>[3][4]</sup>.
- Vitamin C acts as an antioxidant and may support cognitive health.



### Mood and Mental State

- L-theanine promotes relaxation and may help balance the stimulating effects of caffeine<sup>[3][4]</sup>.
- Methylene blue may have mood-stabilizing properties<sup>[4]</sup>.



### Physical Performance

- The energy-boosting and focus-enhancing effects may translate to improved exercise performance<sup>[3]</sup>.
- Hyperbaric oxygen therapy can aid in recovery from physical exertion<sup>[5]</sup>.



### Energy Production and Metabolism

- Methylene blue stimulates mitochondrial function and ATP production, potentially increasing cellular energy<sup>[1][2]</sup>.
- Guarana provides natural caffeine for an energy boost<sup>[1][3]</sup>.
- Hyperbaric oxygen therapy increases oxygen delivery to tissues, which may enhance energy metabolism when combined with methylene blue<sup>[5]</sup>.



### Potential Synergies

- Methylene blue may enhance the effects of hyperbaric oxygen therapy by improving cellular oxygen utilization<sup>[5]</sup>.
- Vitamin C may enhance the absorption and effectiveness of methylene blue<sup>[1]</sup>.
- The combination of stimulating and calming compounds (caffeine, L-theanine) may provide balanced energy without jitters<sup>[3][4]</sup>.



### Antioxidant Effects

- Methylene blue, vitamin C, and mineral oxochloride all have antioxidant properties that may help reduce oxidative stress<sup>[1][4][5]</sup>.
- The combination may provide enhanced protection against free radical damage.



## Three Reasons Why I Love Hyperbaric Oxygen Therapy

Let me quickly review with you what I consider the three biggest benefits of Hyperbaric Oxygen Therapy (HBOT) are:



### 1. Accelerated wound healing

HBOT significantly promotes wound healing by increasing oxygen levels in the bloodstream<sup>[1][2][3]</sup>. This increased oxygen:

- Stimulates the growth of new blood vessels (angiogenesis)<sup>[5]</sup>
- Enhances collagen production<sup>[3]</sup>
- Boosts the body's natural healing processes<sup>[1]</sup>
- Improves cellular oxygen supply by raising the tissue-cellular diffusion gradient<sup>[5]</sup>

This makes HBOT particularly effective for treating chronic wounds, diabetic ulcers, and other non-healing wounds<sup>[1][4]</sup>.



### 2. Reduced inflammation and swelling

HBOT has powerful anti-inflammatory effects<sup>[2][4][5]</sup>. It:

- Decreases inflammatory markers in the body<sup>[2]</sup>
- Reduces swelling in injured tissues<sup>[4][6]</sup>
- Helps alleviate pain associated with inflammation<sup>[6]</sup>

This anti-inflammatory action makes HBOT beneficial for various conditions, from sports injuries to chronic inflammatory disorders.



### 3. Enhanced cognitive function and brain health

HBOT has shown promising results in improving brain function and cognitive abilities<sup>[1][3]</sup>. It:

- Reduces inflammation in the brain<sup>[1]</sup>
- Promotes the growth of new brain cells<sup>[1]</sup>
- Improves oxygen supply to brain tissues<sup>[5]</sup>
- May help in treating traumatic brain injuries, strokes, and other neurological conditions<sup>[1][4]</sup>

These cognitive benefits extend beyond treating specific conditions, potentially enhancing overall mental clarity and brain health<sup>[3]</sup>.

The effectiveness of HBOT in these areas stems from its ability to dramatically increase oxygen levels in the body, promoting cellular repair, reducing harmful inflammation, and supporting optimal organ function, especially in the brain.



In closing I suggest considering the following protocol for optimal health and wellness results.

1 Regularly get Hyperbaric Oxygen Treatments

While following this Methylene Blue supplement protocol.

1 Start each day with 4 Metabolism + Tablets. Immediately followed with 1 ML of the Brain Fog Liquid in a small amount of water.

2 Each night before bed take 2 NeuroPro Plus Tablets.

I think this is a winning formula that will create and enhance health and wellness on multiple fronts.

Yours in Health and Wellness,  
Dr. Steven Warren



# CITATIONS

## Citations for Three Biggest Benefits of Hyperbaric Treatments:

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