

BEYOND THE BLUE

HOW TO STAY TURNED ON

An Energizing Sequel to
“How to Turn Yourself On”



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Beyond the Blue: How to Stay Turned On

Because turning yourself on was just the beginning...

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The content within is based on research, personal experiences, and a healthy dose of humor. Your mileage may vary. Also, yes, your pee might turn blue. It's fine. Probably.

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Introduction: Wait... There's More?

So, you took the plunge into the wild blue yonder and got your pee looking like it escaped from a sci-fi lab. Bravo. You've officially joined the ranks of the "glow-up from the inside out" club. But what now?

That's where this delightful little guide comes in.

Beyond the Blue: How to Stay Turned On is the sassier, snarkier sequel to your Methylene Blue journey—designed to fill in the blanks, boost your brain (and bod), and make you laugh while doing it. Because here at **BestHowToGuides.com**, we believe wellness doesn't have to be dry... unless we're talking about dry brushing. (And we are. Later.)

We'll dive into how to take this weird wellness hack and go further—with red lights, rituals, biohacks, and some eyebrow-raising ideas that are backed by legit science (but we'll keep the lab coats to a minimum).

If *How to Turn Yourself On* was your first dance with [Methylene Blue](#), think of this guide as the afterparty. You're still going to learn some powerful stuff, but with more jokes, fewer side effects, and a whole lot of "you won't believe this works, but it kinda does."

Let's turn the lights down low, crank up the mitochondria, and go... *beyond the blue*.

What Happens After You've "Turned Yourself On"?

So, the blue has kicked in, your neurons are high-fiving each other, and your cells are partying like it's mitochondria Mardi Gras. But here's the twist: turning yourself on was just the ignition. Now it's time to keep the engine running.

[Methylene Blue](#) was the spark. But if you want to stay lit (without burning out), you've got to keep feeding the flame. Think of this like charging your internal battery—not sprinting a marathon on 1% power and pure caffeine.

What Does "Staying Turned On" Actually Mean?

It's not just about energy—it's about **sustainable energy**. That "glow" feeling? The mental clarity? The I-could-write-a-novel-before-lunch buzz? It fades if you treat this like a one-and-done magic pill.

So staying turned on means:

- Keeping your **mitochondria happy** (we'll get to that)
- Avoiding habits that cause burnout
- Layering in light, breath, food, and motion to keep the upgrade alive

Three Pillars to Stay Lit (Without Becoming That Guy)

1. *Consistent "Minimum Effective Doses"*

You don't need an ice bath at 5 a.m. with monk chants in the background. You *do* need small, smart inputs: 5 minutes of red light, a walk in the sun, maybe a few drops of MB every few days. Choose *simplicity over spectacle*. You're not filming a documentary.

2. *Rituals, Not Routines*

Routines feel like homework. Rituals feel like self-respect with a candle. Morning MB + light + journaling = power start. Evening Epsom salt soak + reading + no screens = recharge mode. Bonus: Name your rituals something fun. "Operation Glow Goblin" > "nightly detox protocol."

3. *Track How You Feel (Not Just What You Do)*

Are you sleeping better? Pooping better? Not snapping at your houseplants? Good. That's the real data. You don't need a spreadsheet, just awareness. Bonus points for jotting a one-liner each night like: "Felt like a solar-powered dolphin today."

The Post-Hack Crash: Don't Do This

Some people light themselves up and then... crash hard. Why?

- **Too much, too soon:** They think more MB = more magic. It doesn't. It just makes your pee look radioactive.
- **No lifestyle backup:** They skip sleep, eat beige food, and expect miracles.
- **They get bored:** Biohacking isn't Netflix. You can't binge and then forget it for 6 months.

Here's the truth: **boring is powerful**. Small habits done consistently > crazy experiments done twice then abandoned.

TL;DR (Too Lazy; Do Rituals)

To stay turned on:

- Keep your mitochondria supported (light, food, sleep)
- Stick to the fun-sized rituals that *actually fit your life*
- Don't try to be a wellness wizard overnight

Your body's not a switch. It's a dimmer. Keep turning it up slowly—and soon, you'll be glowing like a firefly on espresso.

Light Me Up: Red Light Therapy Without the Woo

If you're picturing a sketchy red neon glow from a back alley or a spa menu sandwiched between reiki and aura cleansing, let's clear that up. Red light therapy (RLT) may sound like wellness woo, but it's one of the most science-backed biohacks out there—and a perfect power couple partner for your [methylene blue](#) protocol.

So... What Exactly Is Red Light Therapy?

It's not tanning. It's not heat lamps. It's a form of low-level laser therapy (LLLT) or photobiomodulation (fancy term, same glow) that uses red and near-infrared (NIR) wavelengths to stimulate your cells. In short: it tells your mitochondria to quit slacking and start making energy again.



When that red or near-infrared light hits your skin, it penetrates deep into your tissues, where your mitochondria absorb it and crank out more ATP (aka cellular energy). The result? You feel like a slightly superpowered version of yourself, minus the spandex suit.

Red Light + Blue Magic = Cellular Synergy

Why pair red light with methylene blue? Because they both support the same thing: **your mitochondria**, aka your body's energy factories. Together, they're like Batman and Robin if Robin also boosted collagen and helped with hair regrowth.

Methylene Blue helps your mitochondria process oxygen more efficiently. Red light makes those same mitochondria work harder and faster. Together, it's like caffeine for your cells—but without the jitters or existential dread.

What It's Good For (Besides Looking Cool With a Red Glow)

- **Energy production** – Like charging your phone, but for your body.
- **Brain fog** – Shine it on your forehead (yes, really) to support cognition.

- **Muscle recovery** – Athletes swear by it. So do sore humans.
- **Skin health** – Wrinkles, scars, acne? Red light doesn't judge—it just helps.
- **Mood boosting** – It's like natural light therapy's cooler cousin.

When & How to Use It

- **Morning:** Mimics natural sunrise and sets your circadian rhythm right.
- **Pre- or post-workout:** Reduces soreness, supports performance.
- **Evening wind-down:** Not essential, but it won't disrupt sleep if used smartly.

Start with 5–10 minutes per area, 3–5 times a week. Don't overdo it—more isn't always better. Unless we're talking tacos.

Red Light Rules (Don't Be That Guy)

- Don't stare directly into the light. You want better health, not blindness.
- Don't expect overnight miracles. This is wellness, not wizardry.
- Don't forget sunscreen outside—red light doesn't mean UV protection.

Pro Tip:

Combine red light therapy with breathwork, journaling, or simply sitting in silence. It's your literal lightbulb moment.

Let's be real: lying around bathed in a sci-fi red glow while imagining your cells partying is kind of fun. And if fun = consistent = results, then this might be your most glowing habit yet.

The Mitochondria Party: VIP Access Only

Welcome to the hottest (and tiniest) party happening inside you: the mitochondria bash. If you've never thought of your cells as nightlife hotspots, buckle up. These microscopic powerhouses are the real MVPs of your energy, mood, metabolism, and overall sparkly human-ness.

Mito-What Now?

Mitochondria are organelles (tiny organs) inside almost every cell in your body. Their #1 job? Producing ATP—your body's energy currency. The more efficiently your mitochondria work, the more energized, clear-headed, and age-resistant you feel.

You know how some people just seem... lit from within? Yep. Probably wellfed mitochondria.

Why They Matter (Besides Being Cool Science) Your

mitochondria:

- Power your brain and muscles
- Influence how you age
- Handle stress like champs (when they're not tired)
- Are the first to suffer when you're inflamed, underslept, or overcaffeinated

Poorly functioning mitochondria = brain fog, fatigue, and general blah. Happy mitochondria = laser focus, smooth moves, and waking up without punching your alarm.

How Methylene Blue & Red Light Supercharge the Party

Here's the cool part: your two new besties—Methylene Blue and Red Light—are basically mitochondrial hype coaches.

- **Methylene Blue** helps your mitochondria produce ATP more efficiently. Think: higher octane fuel.
- **Red Light Therapy** stimulates the enzyme cytochrome c oxidase (say that five times fast), which boosts energy production even more.

Together, they create a kind of cellular rave. And unlike real raves, you wake up the next day feeling amazing.

Want Better Mitochondria? Do This:

- **Feed them right** – Real food, healthy fats, low sugar. Basically, stuff your grandma might recognize.
- **Don't microwave them** – Aka avoid constant stress, toxins, and ultraprocessed snack attacks.
- **Give them light, oxygen, and a break** – Light therapy, deep breathing, and intermittent fasting all help.
- **Move your body** – Exercise = mitochondrial reproduction. (Yes, you can grow more of them!)

Warning: Mitochondria Are Divas

They need care, attention, and the occasional spa day. If you skip sleep, live on caffeine and despair, and stare into blue light at midnight... they'll mutiny. And you'll feel it.

So keep them happy. Keep them humming. And let this little party inside you light up your whole life.

Cue the sparkles.

Hacks, Stacks & Daily Rituals (That Don't Suck)

Let's face it—most health routines are either overwhelming, boring, or designed for people with 27 hours in their day and a personal chef named Sage. You don't need that. You need **fun-sized habits** that work, fit into your real life, and maybe make you giggle while you do them.

This section is your cheat sheet for biohacks, stackable upgrades, and daily rituals that make staying “turned on” feel like a vibe—not a chore.

Build Your Stack Like It’s a Sandwich

A stack is just a combo of things that work better together than alone. Think peanut butter + jelly. Or methylene blue + red light. Or yoga + rage screaming into a pillow (don’t knock it).

Here are some stack-worthy combos to try:

1. *MB Morning Stack:*

- 1–2 drops methylene blue
- 5 minutes of red light therapy
- Journaling or breathwork

2. *Midday Mojo Stack:*

- A walk in natural sunlight
- Creatine or choline-rich snack (eggs, anyone?)
- A 10-minute “do nothing but breathe” break

3. *Nighttime Wind-Down Stack:*

- Epsom salt bath or hot shower
- Blue light blockers (or just candles—ooh, ambiance)
- Gratitude journaling (or a list of things that didn’t suck today)

Ritual = Repetition + Meaning

A ritual isn’t just what you do. It’s how you feel when you do it. Rituals work because they tell your brain, “Hey, it’s time to shift gears now.” They bring rhythm to your chaos.

Name your ritual. Light a candle. Put on a weird playlist. Make it yours.

Supplements That Might Be Worth Your Time

(But also maybe not—because you're already amazing.)

- **Creatine** – Not just for bros. It helps cognitive performance, too.
- **Magnesium** – Supports relaxation, sleep, and mood. Almost everyone is low.
- **Choline** – Essential for brain function. Found in eggs, liver, or supplements.
- **CoQ10** – Another mitochondrial booster, especially if you're over 30 or take statins.

(Always check with a health professional if you're unsure. Or your nan. Nans know things.)

The Point Isn't Perfection

It's progress. And consistency. And laughing at yourself along the way.

Choose one stack or ritual and commit to it for 7 days. Then layer in another if you feel like it. No pressure, no spreadsheets.

Let your habits *evolve with you*. The more fun they are, the more likely you'll stick with them. And the longer you stick with them, the more turned on you stay.



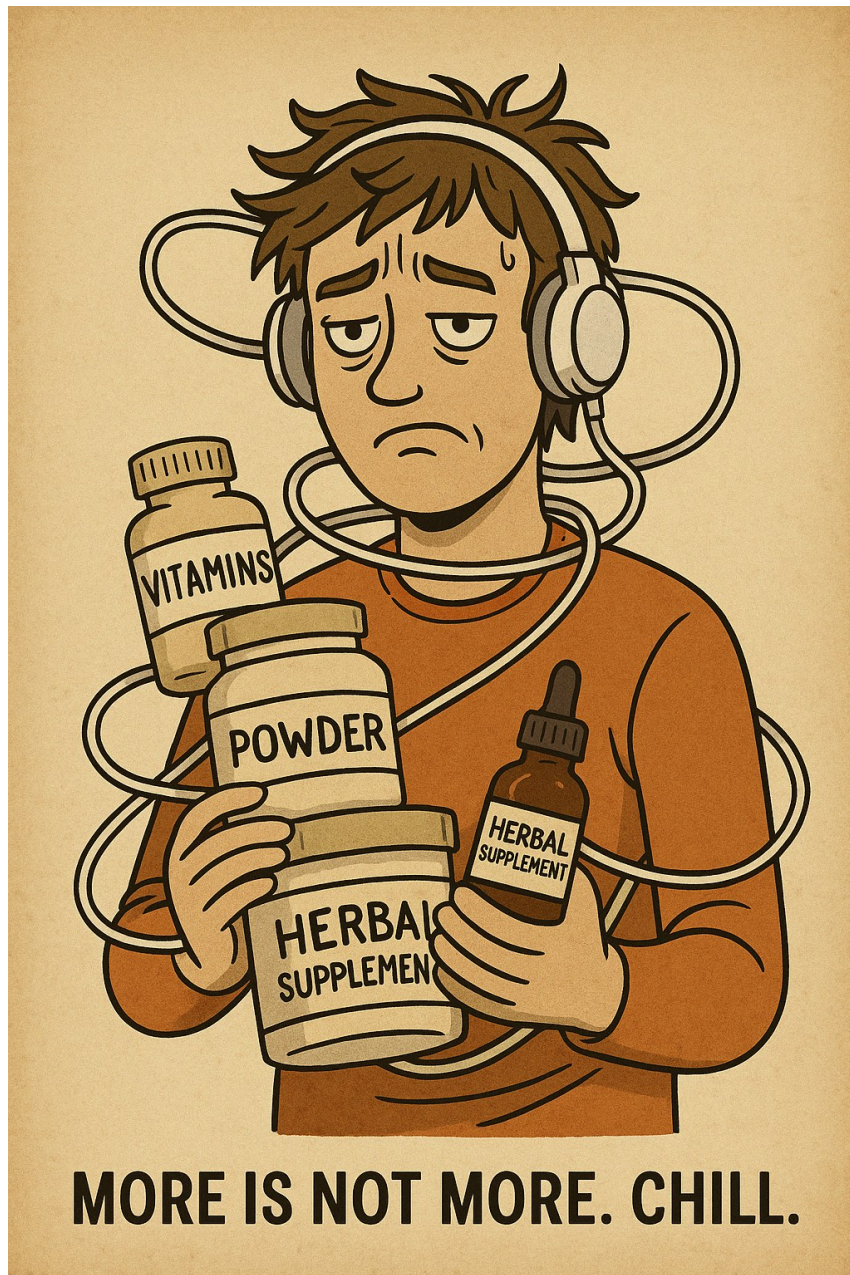
Common Mistakes: Don't Be That Person

So you've got the glow, the stack, and a light that makes your bathroom look like a UFO landing zone. Great. But even wellness warriors can trip over their own shoelaces. Here's where most people go sideways—so you don't have to.

Mistake #1: The All-In Obsession

We get it—you're excited. But turning your body into a nonstop biohacking lab isn't sustainable. Going too hard, too fast leads to burnout (and expensive pee). Plus, you'll probably annoy everyone around you with constant talk of mitochondria.

Fix: Start small. Stay consistent. Stack slowly. The blue glow is not a race— it's a vibe.



Mistake #2: Playing Doctor Google

Mixing five random powders, three mushrooms, and a mystery supplement from TikTok won't make you superhuman—it might just make you weirdly jittery, slightly broke, and more confused than ever.

Fix: Stick with the basics first (MB, red light, food, sleep), then experiment later once your foundation is solid.

Mistake #3: Ignoring the Boring Stuff

The unsexy things—like getting enough sleep, drinking water, moving your body, and *not* skipping meals because you’re busy “biohacking”—still matter. A lot.

Fix: Don’t skip the foundational habits. They’re called foundational for a reason. The hacks work better when your basics are locked in.

Mistake #4: Thinking More = Better

More MB, more light, more stacks? Nope. That’s how you fry your circuits, not fine-tune them. Overdoing it leads to fatigue, irritability, and sometimes a spontaneous urge to quit everything.

Fix: Minimum effective dose. If 3 drops work, you don’t need 6. If 5 minutes of red light feels amazing, don’t jump to 45. This isn’t CrossFit—it’s chemistry.

Mistake #5: Comparison Overload

Scrolling wellness influencers who wake up glowing, journal for 3 hours, and prep chia bowls with mantras while standing on one leg in a sunbeam? Cute. Not real.

Fix: Do you. That’s the magic. Wellness isn’t a competition—it’s a relationship with yourself (hopefully a fun one).

Mistake #6: Treating Hacks Like Religion

Biohacks are tools, not commandments. They’re meant to enhance your life—not create shame spirals when you forget to journal or have a cookie.

Fix: Flexibility is sexy. So is self-forgiveness. You’re not broken if you skip a red light session. You’re just human.

Mistake #7: Ditching Fun in the Name of Optimization

Optimizing everything can drain the joy out of the process. If every decision becomes a science project, you miss out on the magic of being a spontaneous, occasionally silly meat-suit full of dreams.

Fix: Make room for joy. Laugh. Rest. Eat the thing. Dance to a terrible playlist. That’s health, too.

Avoid these traps, and you'll keep your glow without turning into a wellness gremlin. Let this be your gentle (and weirdly specific) reminder: the goal is to stay *on*, not stay *obsessed*. Let the hacks serve *you*—not the other way around.



Beyond Blue Pee: What Else Can You Tweak?

So, your pee's the color of a Smurf smoothie and your cells are vibing. Now what?

If you're like most curious humans who stumble down the biohacking rabbit hole, you're probably wondering: *What else can I tweak without turning into a full-blown science experiment?*

Let's explore the next tier of tweaks—fun, useful, and still doable without joining a wellness cult.

Cold Therapy (The Chill That Thrills)

Cold showers. Ice baths. Cryo chambers if you're fancy.

Why it works: Cold exposure activates your brown fat (aka the good kind), spikes your norepinephrine (a feel-good, alertness-boosting brain chemical), and makes you feel like a superhero when you survive it.

Try This: End your morning shower with 30 seconds of freezing water. Build up to 2–3 minutes. Yes, you'll shriek. That's part of the charm.

Breathwork (Your Built-In Reset Button)

The breath is free, portable, and stupidly powerful. Whether it's box breathing, Wim Hof-style, or just *remembering to exhale during stressful Zoom calls*, breathwork regulates your nervous system and boosts oxygen delivery to your cells.

Bonus: It also gives you an excuse to sit quietly with your eyes closed and ignore your phone for five minutes.

Time-Restricted Eating (Not Just for Intermittent Fasting Bros)

Eating in a shorter window (say, 10am to 6pm) gives your digestive system time to chill and your body a chance to focus on healing and cleaning house (aka autophagy).

No, you don't have to skip breakfast if that feels awful. Just aim to stop snacking at midnight like a fridge gremlin and see what shifts.

Mindset Is a Mitochondrial Hack Too

Did you know negative thoughts are literally energy-draining? That's not woo—it's science.

Try swapping doomscrolling with gratitude journaling or... something less likely to trigger your inner goblin. Even 2 minutes of "what didn't suck today" works wonders for your cells *and* your soul.

Weird Extras (That Actually Work)

- **Blue-light blockers** – Nerdy glasses = better sleep = better mitochondria
- **Grounding** – Bare feet on earth = electrical balance (and it's free)
- **Essential oils** – Not just for Pinterest moms. Try peppermint for energy or lavender for chill mode
- **Laughter** – Proven to improve immune function and oxygen intake. Seriously. So go watch that goat on a trampoline again.

Don't Fall Into the Vortex

Reminder: you do *not* need to do all of these. You're not trying to win a gold medal in wellness. This is about staying curious, playful, and in tune with what *actually* works for you.

Pick one thing. Try it for a week. If it makes your life better (or at least weirder in a good way), keep it.

Because beyond the blue, there's a whole colorful spectrum of things to explore. Your glow-up has *layers*, darling.

Final Thoughts: Stay Weird, Stay Well

If you've made it this far, congratulations—you're officially one of us. Not quite a smurf, not quite a monk, but something wonderfully in-between.

You've learned the what, the why, and the wonderfully weird how. You've explored mitochondrial parties, pee that glows, and red light rituals. And through it all, you've hopefully laughed a little, learned a lot, and felt less alone on your wellness quest.

This isn't the end of your journey. It's just a cheeky pause before your next strange and magical self-upgrade. So go ahead:

- Stay curious.
- Stay glowy.
- Stay irreverent, informed, and occasionally inappropriate.

Because wellness isn't about doing it perfectly. It's about doing it *playfully*. And in case no one's told you today—you're doing a damn good job.

Now go light yourself up (metaphorically, please) and keep turning heads with that vibrant, turned-on energy.

Your future self will thank you. Probably with jazz hands.

Want More?

You made it to the end — gold star for you.

Whether you read every word or just skimmed like a caffeinated raccoon, you're clearly curious. So let's make that curiosity pay off.

Here's the rest of the **Rebel Wellness Collection** — weird, rebellious, zero-fluff PDFs that punch way above their price tag.

How to Turn Yourself On

The weird little guide that started it all.

Brain fog? Zero motivation? No idea where your energy went? This is where [Methylene Blue](#) enters the chat — and things get slightly strange (and strangely effective).

Inside:

- The truth about Methylene Blue (yes, the pee thing is real)
- How to flip your cellular energy switch without losing your soul
- Stackable hacks for clarity, mood, and motivation

[Buy Now - \\$17](#)

How to Keep Bending Without Breaking

Wellness for people holding it together with duct tape and snacks. This guide is your survival manual for real life — because some days you're thriving, and some days you're Googling "how to fake your own disappearance."

Inside:

- Daily rituals for resilience (that aren't exhausting)
- How to be flexible without falling apart
- Zero toxic positivity. Mild chaos. Maximum permission.

[Buy Now - \\$17](#)

How to Melt Yourself Down

Fat loss. Fire. Ice. Minimal suffering.

Want to lose fat without diets, drama, or dangerous rituals involving celery?

This is the one. Cold exposure + heat tricks + metabolic hacks that actually work (and let you keep your fries).

Inside:

- Fire & ice stacking for thermogenic fat loss
- Cold exposure you won't hate (probably)
- A metabolism reset that won't ruin your social life

[Buy Now - \\$17](#)

Want all 3?

Snag the rest of the **Rebel Wellness Collection** for just \$34



[Buy The Bundle - \\$34](#)

Because let's be real — you're probably going to want the whole damn set.

Sciencey Stuff (For Nerds, Skeptics, and Curious People)

Yes, we're funny. Yes, we're rebels. But no — we're not making this stuff up.

Below are the actual studies, research papers, and references that informed the protocols, hacks, and slightly unhinged suggestions in this guide. We've simplified them here so you don't fall asleep mid-scroll — but feel free to Google away.

Methylene Blue

- Gonzalez-Lima, F., & Auchter, A. (2015). *Methylene blue as a cognitive enhancer: Support for NADH oxidase activity in the mitochondria and increased brain energy metabolism.*
- Rojas, J. C., Bruchey, A. K., & Gonzalez-Lima, F. (2012). *Low-dose methylene blue improves memory retention in rats.*

Red Light Therapy

- Hamblin, M. R., & Demidova, T. N. (2006). *Mechanisms of low level light therapy.*
- Chung, H. et al. (2012). *The Nuts and Bolts of Low-level Laser (Light) Therapy.*

Mitochondrial Health & Energy

- Wallace, D. C. (2005). *A mitochondrial paradigm of metabolic and degenerative diseases, aging, and cancer.*
- Picard, M., & Turnbull, D. M. (2013). *Linking the mitochondrial genotype to phenotype.*

Breathwork, Light, Movement

- Jerath, R. et al. (2006). *Physiology of long pranayamic breathing: Neural respiratory elements may provide a mechanism that explains how slow deep breathing shifts the autonomic nervous system.*
- Youngstedt, S. D. et al. (2019). *Circadian phase-shifting effects of bright light, exercise, and bright light + exercise.*

This isn't just woo with better fonts. The science is real — we just chose to explain it without putting you into a coma.

You're welcome.