# Q&A with Leyla: Methylene Blue

written by Dr. Ronald Hoffman | June 19, 2025

Big Food pledging to drop artificial food dyes—hopefully in all states; Can we expect a ban on Big Pharma ads? Unknown dangers lurking in your ‘wellness’ packs? Thoughts on stem cell release vitamins; Contraceptive pills and inflammation; Chronotype to determine the best time to go to bed? Does methylene blue deserve all the hype?