15 MVX Experiments That Could Rewrite Chronic Disease Care Transcript

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Introduction to MVX and Research Goals

I've been talking a lot about MVX. It's the best test to measure longevity and health, and it gives you a direction to go down if you want to improve your health related to chronic illness and maintaining your and I have 15 different ways that it should be tested.

I've talked to several researchers at LabCorp and it's not their forte to run these kind of clinical tests. So I'm looking for a researcher to help me out, maybe somebody who's new out of school and they're looking a new project and maybe a little bit of fame.

Let's talk about these 15 tests, the point of MVX is the metabolic vulnerability index is that has six factors and these six are lined up in such a way that you can make them go up or down and improve your overall score.

And if you don't know too much about MVX, make sure you see my other videos about this. But experiments at Duke University have shown that two therapies have been proven to not lower MVx, you want a lower score One of them is exercise.

So there's several doctors on social media saying that exercise is the most important thing to make you live long and be healthy. That's completely not true.

NVX proves that. And it makes sense too because there are people who exercise a lot and they end up dying of a heart attack. So in order to live a long time, you have to have correct biochemistry in your body and just moving your muscles and breathing deeper does not improve the bio chemistry within your.

And I'll give you an example. My grandmother died at 98. She did not exercise and she lived to be 98 So another therapy that has been proven to not lower MVX is cholesterol-lowering drugs.

And they did before and after MV X tests with people who started cholesterol lowering drugs and they didn't get better. This is true for every single drug.

MVX Basics and Why Lower Scores Matter

You can test any drug and there are no drugs that improve the health of mitochondria, which is the point of improving your lifespan and your health and also lowering your MV x score so that you can live longer and be healthier.

So these two studies have been done and I don't know of any other studies being done. And this isn't really like within the medical field to try to improve health.

That's what NVX is all about. So I talked to a researcher who knew about these 2 tests. I told her it makes sense that exercise doesn't lower NVx. And it makes sense that statin drugs do not lower MVX.

Like, I can predict what will lower the MVS because in my 30-year career I figured out what I call the 7-step blueprint to optimal health. And, it does not include exercise and it doesn't include any drug except for maybe antibacterial, antiviral, anti-parasitic drug or even anti mold.

So here's my 7-step blueprint to optimal health. I made this graphic somewhere around 2018 and 2019. So I solved MVX five years before it was ever released.

It was released January 6th of 2025. The first step is diet. so I have several experiments that should be run to see if any diet changes MVx. And we're talking about keto diet and vegan diet, and comparing these two.

And you can test any diet. Just do an MVX score and then change into your diet for two months or longer. Then redo the MV X score, see if it goes down.

Step two is energy. That's enhancing mitochondrial function. B1 is the best supplement for that. In my opinion, there's going to be other supplements, of course.

But I have an experiment regarding B 1. And I want you to listen to this whole video and just pay attention to what I say. And maybe one of these experiments will trigger a bell in your head and you might be interested in helping me out.

I really need hundreds or maybe thousands of people to run your own experiment on yourself and give me the data. We'll put all this together. So I've run this on myself now three times.

The first score was 55, the second score it was 31. Then I just got my third score today and it went up a little bit. to 39 I think it was but at that time I actually had a sinus infection.

I'm just going to keep testing it every month and just bring it down. So the step three is drainage and I don't really have any experiments on that.

Seven-Step Blueprint for Optimal Health

Drainage is cleaning out your liver, kidneys, gallbladder, colon, making sure everything's working well as far as your body's natural ability to clean itself out.

Lymphatic system, lungs, sinuses, skin, all these organs clean the body out. But steps four and five have to do with cleaning out parasites and other organisms out of the bodies.

Step four is more about the gut, step five is full body detoxing, cleansing of organisms. And then step 6 is detoxification of metals and chemicals and radiation too.

I've experimented with that, I'll go over. Step 7 is lime, getting organisms out of the cells, out the mitochondria. And there are other organisms that live inside the cell such as Babesia, which is a parasite.

viruses, bacteria, they can all live in cells. And there's labs that we can run beyond MVX to verify that you have something. But the point of this, too, is like, if you've got Lyme disease and you want to run an MVx experiment, such as get your MV x test run, go on a Lyne protocol like herbal, and then four months or six months later, do another MV X test and see if the MV score drops.

That would be a great thing to do. These steps are in order. If you're filled with metals and chemicals like in step six, then it's hard to do step seven.

if you are filled parasites, like steps four and five, it is hard do steps six. But if your trying to get parasites out of your nose and sinuses, or out your fingers if they have arthritis, you can't really do that unless you do Step four, which is more focused on the intestines.

See, and then before you do step four intestinal cleansing, you got to make sure you're pooping good, which is step three. Drainage in your lividic system, liver, gallbladder, they have to be working well.

But you have have energy to do all that and you to have a good diet. So you, have do these in order. So this is what I've been doing for many years with patients.

I walk them through this program. It takes six months to a year and a half, maybe longer, two years, three years. And then they get better. Step O is optimization.

That's adding minerals and other nutrients. But that can be done at any point along these seven steps. So now that

I have given you this background, let's talk about these 15 studies in order.

step 1, 2, 3, like that. We're going to do these in the order that we have here. My first experiment has to do with the ketogenic diet. So the procedure is test your blood with Keto-Mojo at home and be out of ketosis for two months straight.

Then test you MVX, so then get into ketoses, that means your GKI is below 9.0, and the Ketomojo blood test that you do at homes gives you that score. And if you're below nine point oh, then you are in ketose.

Do that daily for 2 months, make sure you in Ketosos for to months. And then change nothing else. Don't exercise more, don't do any detoxing programs, and then retest your MVX.

Keep all the other variables to a minimum. Just basically focus on being in ketosis. The next dietary test is regarding seed oils. Now in the medical literature, there's no studies, no science that shows that seed oil cause any harm.

Even though RFK Jr. thinks that they do cause harm, I do think that seeds oil causes harm but I don' have any science to back that up.

Diet Experiments: Keto, Seed Oils, and Processed Foods

And when they test the science, they're using inflammatory markers such as homocysteine, but MVX is better than testing with homocysine. MVS has a factor called glycA, which includes homocysteines and like nine other things.

So when glyca goes up, it's a disaster. It's like high inflammation, lots of infections. And the other aspect of seed oils is that I think it might be damaging to some of the lipoproteins, and MVX tests a lipo protein called small HDL particles.

And so we want to see, with this experiment, consume three tablespoons of cottonseed oil per day for two months. We'll see if glycate goes up, if the small HCl particles go down, which would be a bad thing, change nothing else.

Don't change your diet in any way other than consuming three tablespoons of cottonseed oil per day for two months every day. And then retest MVX. The reason why I picked cottinseed is because it's the most popular of seed oils in restaurants.

I think if this shows up as a problem and it lowers MVx, that would be the first science to show that seed oil is bad for our health. My third test, also a dietary food experiment.

Eliminate all processed foods and eat only meat, vegetables, and fruit. No grains, no bread, or sugar, nor pasta. Just real food, not grains. I don't consider grains food in my opinion, my whole career.

Since 1999, I've only purchased five loaves of bread. That's how little I think of a bread and people argue with me like, oh my bread is Ezekiel, it's organic, its sprouted.

But I'm not impressed by any of that. So, this is for people who eat a standard American diet, which is 50% or more processed food. So the procedure is test MVX, get your score, then change your diet by eliminating all foods except meat, fruit, and vegetables.

No desserts, candies, cookies, cakes, no pop, grains, rice, bread, pasta. and change nothing else. Don't start exercising more, don't sit in the sauna for a longer period of time.

Do this for two months straight, retest your MVX. And if we had 100 people doing this, we can get some really good data. This is more of a snapshot test.

What we're doing is comparing 200 vegans versus 200 keto-carnivore dieters and see who has the lowest MVS

scores. I'll include vegetarians. If you've been a vegan vegetarian for a couple years, just get the NVX test run and send it to me and give me a little note.

Hey, I've vegan for two years. I been vegetarian four years let me know. And if you're on the low-carb keto-carnivore diet, get the MVX test run and just send it to me and give me a note like you've been keto or cycling keto for three years or you know, I've done carnivores since 2018. That's true for me.

And so just give a me note on your diet. So this is to discover if there's a difference between MVx scores and vegans versus keto vores. and so that's how you, that'd be great if could help me out with this and I've never been published in the research before and that's why I'm asking for a researcher to help me out with this.

This is test number five. Again, it's related to food and it is specifically about the high amino acids. So when you look at the MVX scores, three of the six are branched-chain amino acid.

And if they're very high, I think B1 will bring it down. I got science to show that. So the best B 1 supplement is called Phi Omega. And you can purchase that I've got a link right here.

If you do have high amino acids on the MVX test, I would like you to verify that through this lab called ETKATest. You can get it at hdri-usa.com to see if your B1 is truly low.

So if you have a low B-1 status in your body, these branch chain amino acids will go high. When they go high, you become insulin resistant, get a fatty liver, your blood glucose goes up, blood pressure goes down.

This is metabolic syndrome. It's what everybody is suffering from. You get fatty gut, higher hip to waist ratio, and you start gaining weight.

B1, Amino Acids, and Raw Animal Foods

A lot of it has to do with a B1 deficiency caused by a high carbohydrate diet. So the procedure would be test MVX and see if these three amino acids are high, and then test the B1 status with the lab I just mentioned.

Take thiamega, I would say take three per day, change nothing else, do it for two months, then retest MVx and ETK after two month. This test, this experiment right here would revolutionary.

when it comes to chronic disease. This is like RFK Junior worthy, like he needs to know about this. this test is also related to the branch chain amino acids of the valine, leucine and isoleucin and sometimes they show up low and that's called cachexia.

Cachexias can be a scary like end game like when your health is really bad for a long period of time if you have cancer or you had a heart attack you end up getting cachxia you can't gain weight you eat a lot of food but you're not digesting the food So the branch chain amino acids kind of go away and you lose muscle.

You're wasting away. That's what it is. I think the best solution I have for this is actually raw animal foods. And I had a story to share with you about this.

So we have a patient in my office. It's on my YouTube channel. She had endometrial cancer with cachexia and metastasis and ascites. So the cancer was spreading and she was retaining fluid in the gut.

And with our recommendation, she started eating raw eggs. We gave her the choice. Raw meat, raw liver, and raw milk. Raw cheese, whatever. It's got to be some raw animal food.

So she started eating 12 to 18 raw eggs per day. And after two years, all of her cancer was gone. The cachexia was done. She saved her life. she got re-scanned.

Everything was going. That's been over three years. So to increase the branch chain amino acids when they're too

low, pick a raw animal food. So I wrote raw milk, eggs, butter, meat, liver.

Sorry for the typos. Change nothing else. And this would be a hard one to do because cachexia is scary. But you can have low BCAAs on this test, the valine, leucine and isoleucin, and still feel fine.

The point is you got to bring that up. At the point of eating these raw animals foods, it's really good for your digestive system. and it could potentially fix up your liver, gallbladder, small intestine, stomach, pancreas.

So retest MVX after two months and see what happens. I have a note down here at the bottom and this is another idea. To raise the low branch chain amino acids is to find which digestive organ needs the most help and then repair it.

And that's what we do in our office, we're repairing organs all the time. We have multiple supplements to repair the digestive organs. And we can pinpoint the gallbladder, or we could do broad general digestive support.

You know, you can pin point the stomach, the small intestine. Okay, so all these tests that I've been talking about have to do with step one, which is all related to the diet.

Now we are talking step two, energy enhancement of the mitochondria. So here's my experiment. Add 15 minutes of red light and test MVX before and after two months.

So the procedure is, first of all, get some kind of Red Light therapy and maybe have a Red light sauna. I have Redlight panel. Also have the RedLight mat that you can lay on.

You can buy these for 300 up to 600 bucks or more. Um, I got mine at a pretty good price at 300 years ago, so maybe it's more than that with inflation.

But do 15 minutes per day. It's been shown that red light at 15 minute per days can lower your glucose by 27% after a two-hour postprandial test. So redlight can be great for your mitochondria.

To lower glucose, by twenty-seven percent. That's amazing. Do 15-minutes red-light daily for two months and then retest MVX. Okay, now we're talking about steps four and five.

This has to do with parasites and other organisms. And in MVX, there's this factor called glycaea. I kind of mentioned it. When glycoea is high, this is horrible.

You have to fix your immune system. The normal range for glycea is actually 260 to 300. A lot of people have their score over 300, including mine. I did get mine down 35 points, but then when I got my test read done for the third time, I had an infection.

Red Light and Mitochondrial Energy Support

It went up, you know, even more. But yeah, the goal is get it below 300. So if your glycA is over 300 and you want to experiment, there are two tests.

One is called the hypercoagulability panel. And what this does is it measures how much fibrin you have in your body. Fibrine is the basis. of blood clots, placking in the arteries, biofilm, and scar tissue.

Now the bio film is what I'm looking at because organisms such as mold, bacteria, virus, parasites, candida, they all make bio-film and they live in it.

So if you have a lot of fibrin in your body, these organisms make a really strong house. And there are genetic factors and there nutritional factors that will maintain a high amount of fiber in the body.

I ran this panel on myself and I have the genetic factor. Now I had to take two lumbro kinase per day on an empty

stomach for the rest of my life because I what's called a 4G-4G deletion and so therefore I'm at high risk of clotting just because of genetics.

and there's going to be a ton of people if you've ever had a stroke or if have a family history of somebody in your family that had heart attack with placking, you got to get this test done for your genetics.

So the other test if we have high GlycA is called Cyrex Array 12. And so I broke that up. Here we have step A and then step 8A. So this is where we talk about Cyrex Array 12. I'm recommending both if your GlycA is high.

Let's talk this first one, the hypercoag panel.

Inflammation, GlycA, and Infection Testing

Get your test run, and if Glec A is High, then test the HypercoaG panel based on what that says. Address it correctly and we can help you with that. The primary therapies are Lumbrokinase.

The other one is the actual blood thinning drugs. Those are the two therapies. And there are medical doctors that can recommend the drugs two months later.

Retest MVX and see if the glycate drops because you have lower fibrin in your blood back to a normal level. Change nothing else. But this does not address infection.

See below. So below we have when glycae is high, identify any and all infections and treat correctly and terminately. So just because you took an antibiotic doesn't mean you corrected the problem terminatedly.

You might need to do some drainage, you might use some Spanish black radish from standard process, You may need some binders. So these are things that we help people out with.

Use the test to look for infections, Cyrex or Ray-12. That's the name of this test. It's a great test, I'm going to show it to you in a moment here. Four months later, retest MVX and Cyrex Array 12 to see if the glycate drops and to if your full MVx score drops.

Here's the Cyrax array 12 and on the left we have a person who got it done and she had a lot of infections. If you look over to this pink side over here, we got 1, 2, 3, 4, 5, 6, 7, 8, 10 things that are high.

Yellow is moderate, green is good. And so if you look all the way over here, we have bacteria, viruses, parasites, there's more bacteria. There's lime right there, mold right here.

And more viruses into the very bottom, Borrelia, which is lime. Nine months later, this person was in really good shape. Look over there. They're all green.

Look, all the way down except for this one all over here. And she was feeling a lot better. What did it take to eliminate all this? Well, you have to do it holistically.

You can't just take an anti-mold drug, anti parasitic drug anti bacterial drug antiviral drug. It doesn't work that way. Another aspect is if you have a chronic sinus infection, it can drip down in your body, causing more infections in you body.

So it's not always about just taking pills. You have to address things up here topically. Alright, let's get back to these experiments. Here's number nine.

This is for parasites. Step four and five in the seven-step blueprint to optimal health. Do a parasite cleanse and see if MVX goes down or GlycA goes So my favorite supplements for this are Para 1, 2, and 3 and 4 from Cellcore Biosciences.

So test your NVX if you have high GlycA that indicates infection and or inflammation. We already talked about the hypercoagulability panel. But also then do this Gut Zoomer right here or test Cyrix Ray 12, which I already talk about.

Go on a parasite protocol for five months using Para one, two, three, four. And then change nothing else retest MVX and get and got zoomer or sirex array 12. So we're looking to see if a parasite program eliminates parasites and gets the test lower.

so you know been doing this since 2007 people poop out parasites that are like super long most people actually see parasites coming out. So as I'm going over this, I am actually realizing a lot of these experiments require you to be a patient in the office.

The dietary ones I talked about at the beginning, not so much.

Parasite Cleansing and Detox Protocols

But to help with getting rid of parasites and doing like a heavy metals detox, for example, having mentioned heavy metal, let's talk about this one. This is more of a general, like, Let's see what happens kind of viewpoint.

So if you do MVX and your citrate is high, then run this test called total tox burden. So just see if high citrates equals a high toxic burden as determined by total tax burden lab test, which is a urine test.

Related to that, if do have a higher citrite level and you have high amount of toxins, as seen by the total tax burden urine test. Then do a heavy metals chemical detox program.

Here's the link to total tox burden right here. And do five months of binders from Cellcore. I'm also working with another company called Bio One Sciences.

Change nothing else. Don't do like extra exercise. don't go keto. Just do the detox programme. Retest MVX and total text burden after five Here's an example of how detoxing makes you healthier.

This graphic right here comes from Bio One Sciences, the company. And you can see on the left, March of 2021, and all the way to the right, May of 2023, this person had a lot of reds on left.

Their symptoms were very high, 10s and 8s, 9s. Then all of the to right their scores were green, 3, 1, 0s there's a 5 there. So the point is we have about 10 of these examples of people going on a detox program and all their symptoms go away just by detoxing.

And what does it take to detox? You just take pills. Pills and time. It's not like you have to, you know, like meditate five hours a day and not go to work.

Like you just easily incorporate this in your lifestyle. Okay, you still with me? You're doing good. We got a few more. This is number 12 related to detox.

So my recommendation is to do an intense sauna detox program. And there's one called the purification rundown, which I've done three times. The last time I did it was February of 2025. I was in the sauna for 18 days in a row, I took a high amount of niacin, and I got up to 5000 milligrams of Niacine.

and i was In the Sauna for more than four hours a day. And some people were in this detox program for two months because they just have a lot of toxins.

You can actually feel the toxins as they come out. And I went in because I had a gas leak at my house for all of 2024. So my first day in the sauna, I could smell chemicals in my nose.

probably coming from my lungs and my sinuses for five or six hours after being in the sauna after the first day. I feel

so much better after having completed this.

The book that talks about the Purification Rundown is called Clear Body, Clear Mind. Now you can do your own sauna detox at home if you have a wood box or a canvas at your house, but if want to do the hardcore one, the one that's been done on hundreds of thousands of people, that would be the purification rundown.

So my recommendation is if you're going to do it at home, then do for a minimum of 30 minutes for at least 25 days. The goal is profuse sweating. Drink lots of water, take minerals and salt, change nothing else, retest MVX after 25 days or after doing the purification rundown.

So mine was only 18 days, but like I said, other people could be 50 days. Here's another interesting experiment. This is for people with a high coronary artery calcium score.

If you have heart disease, you take these three products.

Sauna Detox and Coronary Artery Calcium Support

These are all supplements. You can order them without a prescription. Nanobektiax, Med-5, and Cavitex. So these are supplements that are designed by cardiologists to eliminate plaquing and infections out of the arteries.

Take these three supplements for two months straight. Change nothing else. So NanoBactX is one pill per 20 pounds of body weight before bed on an empty stomach.

Cavitex suppository, once per day. There's the website. Then Med5, one tab in the morning, and one at 3pm. Change nothing else. Do this for two months straight.

Retest MVX and retest the coronary artery calcium score if you can. We got two more. This is about Lyme, this is step number seven out of the seven-step blueprint to optimal health.

Do a Lyme protocol and see if MVX and or Glyke A goes down. And you can use this TickBorne 1.0 lab test to verify Lyne. So here's what you do. You test MVx.

If you have high GLYKE A and you suspect LyME, then do TICKBORNE 1,0. There's a link to go get that. Or you can use Cyrex Array 12 because it has some Lyme organisms in there, but the most robust test and probably the best in the world is from Vibrant America right here, this first link right there.

Okay, so you could do one or the other. Go into Lyne Protocol for five months using the IS products from Cellcore. They have four products, ISBOR, BART, BAB, and BOOST.

IS stands for immune support. These are all herbal, they're not prescription drugs. They work really, really well. I've had people eliminate their arthritis, increase their energy and just get a lot better because we cleaned out their cells of these Lyme organisms and whatever other organisms or toxins are in the cells.

That's how you clean the cell out with herbs. Herbs are brilliant. they have a high IQ. herbs are really good. Change nothing else. Don't start a keto diet, don't do a heavy metal detox protocol at the same time.

Just do these lime herbs. Retest MVX and tick-borne 1.0 or Cyrix Array 12 after five months. This is the last experiment, and this has to do with oxidative therapies.

That means oxygen. Now, I don't do these, but I know a bunch of holistic MDs that do this, and I so appreciate them. They're holistic. And so if you have a holistic M. D.

and you want to test these oxidative therapies, i'd be a fan of that. That's a great idea. Ozone hyperbaric oxygen.

Lyme Protocols and Oxidative Therapies

There's another one called Ibu, which is right below me right here. Extracorporeal blood oxygenation and ozonation. that's where they take the blood out of your body.

and they clean it, and then they put it back in your body. So here's what you do. Test MVX, then start a treatment plan of ozone, which could be IV or insufflation, where they would put up your rectum.

It's kind of like a reverse fart. works really well. Or start a treatment plan of hyperbaric oxygen therapy or start treatment of Ibu and change nothing else.

Don't change your diet. It'd be good if your was a healthy diet, but do this for two months straight or until the prescribed program is done and then retest your MVX.

So that's it for these experiments. When I discovered MVx, and tried to figure out what is it composed of. I realized, well, I know how to fix this. And then I got it activated January 6 of 2025. It's like, OK, now what?

I started talking to a bunch of researchers, PhDs, MDs about NVX. The people that designed this test, talk to them. But they're not into the clinical trials, which is fine.

They encouraged me to get my own funding, to give my writer, you know, write the articles. and get my own sponsor and IRB approval. The research board has to approve it.

And it's like, I don't know, i've never been trained on this. I was not set up to do this, so if you know somebody who is a researcher and is interested in doing this and helping me out, that'd be fantastic.

It'd kind of be like the relationship between Dave Feldman and Nick Norowitz. If you're in the keto carnivore Community the lean mess hyper responder community you understand how Dave Feldman as a software engineer had some brilliant ideas And he just started putting out his content on YouTube and he attracted Nick Norowitz a Harvard student and together they've done some great research and they got published and it's revolutionizing lipidology and cardiology.

And the cardiologists are like really pissed off about it because they don't like change. A lot of people don' like to change, but MVX is such a powerful test.

I believe this is the beginning of the end of drug-based medicine for chronic disease. And I'm not trying to get rid of all drugs, I am trying get people healthy.

And in order to help people get healthy, it comes down to nutrition and detoxing. As a matter of fact, detox is first. So the best way to reach me right now is by using this email called info at the nhcaa.com and send me your ideas and give me some updates on what you're thinking and how you can help out.

Thanks.