Conventional Medicine Vs. Cellular Health Transcript

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Introduction to NVX Plus and the health continuum

NVX Plus is a new blood test that measures the cellular health of our bodies and this is the graphic that I just designed to help you understand the importance of running NVx Plus no matter what state of disease or health you're in.

So let's go over this graphic because it also describes how There's this disconnect between drug-based medical doctors and then the wellness industry such as myself.

I'm a chiropractor using nutrition and diet supplements for 27 years. There is like a no man's land right in the middle of this. And this will explain a lot when you hear differing opinions on therapies and conditions on social media.

I'm going to read every word here on this graphic, so if you're watching on your phone and you can't read it, don't worry, I'll read to you. So at the very top it says mapping the health disease continuum.

It says MVX+, which is the name of this blood test, it was released January 2025. And it's the most important blood tests for humanity regarding health.

Its the main evaluation for chronic disease and mitochondrial dysfunction. So when we talk about chronic disease, it's going to be up here, these rainbow-colored circles, and then the mitochondrial dysfunction is down here in the green circles.

And there's a difference between what's up there versus what down there, although we're still measuring the same thing, which is health. Then on the far left, we have healthy, look at this woman, she's smiling.

and all the way to the right is skull and crossbones and mortality. So what goes on in the middle is a procession, if you will, of mitochondrial dysfunction and cellular dysfunction, then therefore tissue, gland, organ, and body dysfunction.

in that order and in medicine it goes like this, healthy, orange is risk factors, yellow is symptoms, this blue is disease, light blue's pathology, and then purple it says end of life syndromes.

A syndrome is a series of events that occurs that are predictable when in a condition such as poor health.

Mapping risk factors, symptoms, disease, and pathology

So let's start here at the orange. It says risk factors and in the Orange Circle it says hypertension, obesity, A1C, which is a measurement of blood sugar, and then LDL, cholesterol, etc.

These are risk factor. You could be pretty Healthy feeling good and active, but yet you're a bit overweight. You might have slight hypertension and don't even know it.

And you haven't run blood tests in a long time, so you don' know what your A1C is. Those are risk factors and you may not even realize you have any of them.

Now under symptoms, which is yellow, it says fatigue, pain, GI problems, brain fog, etc. So now you're suffering a bit and you have some trouble like with sleep or you can't comprehend very well, your energy might be low.

Now you had symptoms and then you run to a doctor and your not given a diagnosis of a disease because you are not there yet. You have mitochondrial dysfunction and cellular dysfunction and you feel it, but you're not in this part yet, disease, which is blue.

This is where drugs start to come in. So blow me in the circle, it says diagnosis. Labs and symptoms provide a label for an area. The area might be heart, nervous system, brain, lungs, pain in your legs or nerve pain.

That's the areas. You get a diagnosis, and as you go down this way, you might have multiple diagnoses for multiple areas. So you can have neuropathy in your legs, you have shortness of breath related to your heart, but here in the light blue, it's pathology.

You have tumors, plaque, calcification. When I say calification, that could be arthritis, could There's an actual physical change that could be found with some kind of a scan, MRI, x-ray, CT scan or like invasive cardiology.

Now at the purple, we have end-of-life syndromes and it says cacaxia, sarcopenia frailty and acidosis. The modern definition of acidosis is something that is discovered in the hospital.

And it's not a good thing. In the 1930s, the definition of acidosis was different, and it applied to most everybody with a chronic illness. But here I'm describing the modern definition.

Okay, let's start at the beginning here. So here we have a healthy person. They're on no drugs, their diet is good, they have lots of energy, like to exercise, sleep well.

And then as you go to risk factors, I would say that half of the risk factors are not worthwhile to pay attention to. The other half are. So A1C is a good risk factor, but LDL cholesterol not such a great risk.

Hypertension, obesity, overweight, yeah you want to address that. But you wanna get into the nutritional components to actually fix it so you're not relying on a drug for the rest of your life.

Now, when I refer to what medical doctors say, I'm referring to, what I see on social media.

Why the wellness and medical worlds clash

This might not be your medical doctor, but what they see in social medias is, if you're here at risk factors, they want you on a cholesterol-lowering drug, and if your blood pressure is high, then they'll want a blood-pressure drug.

And if A1C is higher, the want diabetes drug and, If you are overweight, They want to want GLP-1 drug So you being drugged here risk factor when all of this could be fixed with diet and exercise and supplements.

Now here at Symptoms, Fatigue, Pain, GI, Brain Fog, people here respond really well to the type of holistic healthcare that I provide. I've been fixing these symptoms for over 20 years.

And people respond well, to diet and supplements right here. Now, we have a collection of symptoms and labs for an area that shows some problems. Now you get a diagnosis, you got a disease.

And then, of course, there's drugs for that and medicine. But yet, I still have been able to reverse some chronic conditions. I can't say the word cure.

That's illegal. and I Can't see that I diagnose a diseases. that's Illegal. The people in this blue, i've brought them from blue to yellow back to orange and to be being healthy again.

But it's this crossover from symptoms to disease that's kind of like no man's land because over here, you have regular medicine with the drugs and the surgery.

And then over there, we have the wellness industry with diet supplements, exercise, good sleep, light, sunlight, et cetera. Now if you have a collection of diseases, in medicine you end up with a selection of drugs.

That's called polypharmacy. And down here in the pathology part, you might end with surgery. In the purple part there's nothing medicine can do. They can give you comfort.

But these are end of life syndromes. Now I've had people with end-of-life syndrome that I wasn't able to help. There's been other people that did receive help by changing their diet dramatically.

So the social media medical doctors, they own this area right here, and they bash the holistic people over here. And the wholistic people are like, wait a minute, you're treating symptoms and diseases that can be reversed with diet and supplements.

That's why I'm saying in this are between yellow and blue, that's where the battle is on social That's where there's an economic territory here versus here, and medicine is creeping into here and the holistic providers are creeping in to here.

So this is where the battle is. Now I talk about in the 1930s, they did feeding studies and they were reversing diseases by supplying nutrients. That is were all the feeding study were done.

The vitamin discoveries were in 1920s. that was a great era and they were treating chronic illness with nutrition even all the way out here end of life syndromes usually with vitamin b1 b 1 has been absolutely tremendous for really severe problems now let's talk about the green circles this is related to mvx plus it gives you a score one to 100 for your overall health you want your score to be low 1 to 25 is really really good So it says below me, no chronic infections nor toxins, diet is good.

These are people that are doing really well.

How MVX Plus scores reflect cellular health

If their score is below 25, they're happy. They are happy people. So when people's health is worse and worse, their MVX score's higher and higher, They're not so happy Now under risk factors for MVOX in the green circle it says MVX score is greater than 25, may have no symptoms, but has cellular dysfunction.

So the reason why somebody has hypertension or high A1C is cellular disfunction. It could be insulin resistance, it could hormonal imbalance like high ghrelin or the GLP is too low and they end up on a GLp drug when they could just do a low carb diet and raise their glucagon but they're treated medically for a nutritional condition.

Under this third green circle it says MVX score rising. This is under symptoms. Symptoms starting but responds to diet in supplements. So they are still in the holistic healthcare field.

They get good results here as long as their practitioner is good. Now under disease it says MVX score greater than 50. Cells, tissues, glands, organs are dysfunctional.

They end up on drugs. But you can still get your score from above 50 to below 30 and below 25 potentially. The first time I ran MVx myself my score was 55 and I felt terrible.

I had a gas leak. I had lung pain and heart pain. Four weeks later my scored was 31 because I wasn't breathing in gas anymore. So yeah, you can still have a bad diagnosis like this and lower your NVX score and go backwards on this health disease continuum.

Now under pathology, the green circle says MVX score is greater than 65. Surgery and polypharmacy is done here, but still needs cellular health regained.

So you could need the drugs to save your life in an acute situation. And I describe like type 1 diabetes is an cute situation every day you need a drug or else in a few weeks you're not doing good at all.

And there's other acute situations like a bacterial infection or something where you need antibiotics or a steroid. That's where medicine comes in really well.

But then what? After you're done with the antibiotic and steroids, what's next? What's Next is regain your health. In

between medical doctor visits, you still have to work on improving your Health.

So run MVX, see where your score is, and get your scores down. MVx will guide you down the right path. Is it infection, inflammation, toxicity, malnutrition, or mitochondrial dysfunction?

Those are the five aspects that MV x plus measures. And under end of life syndromes, the MV X score's very high, greater than 80. Now, I've had people who had cachexia.

It didn't work out too well. We've one person in particular that I remember, she had endometrial cancer with cachaxia and ascites, which is fluid retention in the abdomen and metastasis of her cancer.

She was a mess. Her medical doctors gave up on her, but she came to see us and that was like four years ago or something and she's still alive. All of our cancer is gone.

And it was a lot of work and she's very diligent about her diet.

Using MVX Plus to track recovery and severe illness

And she was eating lots of raw eggs every day, even to this day eating raw, eggs getting deep into ketosis and raw animal foods are really important to repair your tissues because it's easily digested protein.

and your immune system needs that. She also had to do a lot of detoxing, but it was a lotta work and she just went with it and is doing really well. And she has run MVX Plus and her score is really good.

It's pretty low. But the point is you wanna avoid this. So you live to be 90 or whatever years old and you fall asleep one night and then you don't wake up.

Like that's how you go instead of suffering from these end of life syndromes, which is caused by toxins, organisms, and the standard American diet. Now let's revisit this again starting in the orange risk factors.

You get these standard blood tests, annual physical blood pressure and A1C thyroid panel, for example, standard complete blood count, CMP. These blood test have been used for decades and they give you some readings.

But then as you get more symptoms, you'll get specialized blood and urine tests. And then once you get a disease, now you have a collection of labs and a collections of symptoms.

And under pathology, you've had these scans done. They find something wrong on the scan. The tests are more expensive, they're taken more frequently, and then here you end of life syndromes.

So if you could just run MVX along this whole way and bring your score down, your MVS score lower and lower, You're reversing this health disease continuum.

regardless of what your TSH score is, regardless what any other lab or scan shows, they're measuring symptoms. And the symptom could be liver failure, it could heart-placking, a tumor, cyst, or fibroid.

These are symptoms of cellular and mitochondrial dysfunction, causing tissue, gland, organ dysfunction and death. So as you run MVX+, you're testing physiology, you are testing function.

And that is fixable. Even if your score, we've had patients who scores over 75, and we brought them down into the 30s. This can be done. But the practitioner has to focus on improving health using diet and supplements, or whatever else it takes, instead of treating symptoms and disease with poisonous drugs.

And you might need the drugs. You might the surgery. They will prop you up. But as long as you are continually improving your health, then you have a chance.

This graphic I made in 2018, it describes the seven steps it takes to reverse your poor physiology and to bring back health. And in the red font, like above me, these are the factors measured by MVX+, and you apply the measurement to the step.

Like this is step one, related to diet. and the branch chain amino acids in MVX Plus are what correlate with the diet. So that's the measurement and then step one is the action that you do as you improve your diet I don't want to get into all the details of this I've done plenty of videos about this but I'm just showing you that MV X Plus lines up exactly with The 7 Steps to bring your health back.

Originally, this graphic was in this format, but then I changed it.

The seven-step health model and the infinity loop

I change it to this infinity sign because you start with step one and you work your way around three, four, five, six, seven, and then O is optimization, which is over here.

And that has to do with constantly improving your health even to a small degree because every day you're exposed to toxins and unlucky exposures such as parasites or a virus or something like that.

You want to clean your body out as much as possible. You may have to go through this again or two or three times or you may just have hit like step three or four every once in a while.

So that's why I made it into an infinity sign instead of just one line. I'm going to back to this graphic one more time. We're looking at disease through pathology and end-of-life syndromes.

This is exciting and expensive and radical stuff here. The drugs and the surgery and they make movies out of this information. They make TV shows out it.

Take money out your paycheck every week for Medicare and Medicaid to pay for this. Health insurance here is very expensive. Average American family is spending $27,000 a year for insurance.

And with a $9,000 deductible, that's $36, 000 spent every year without getting any benefit whatsoever. You have to spend the money first before insurance pays for your doctor's visit.

Even then you have copays. So medicine focuses here. Now over here with the natural health care providers such as myself, Oftentimes it's a cash practice and so you're paying out of pocket and the main tools are diet and supplements and we over here don't understand the infatuation with drugs and shots and all the poisonous medications that people get.

that are over here and these doctors don't understand why somebody would spend money on vitamin b1 or to take wormwood or something for parasites like these.

Doctors don' get it at all at least not the ones on social media. There's actually a pediatrician on Social Media and he sells t-shirts that say stop Googling drink water for whatever health condition you have.

He's telling you just drink more water and stop googling like that's the most ridiculous message anybody could ever say. But yet his patient base, he's a pediatrician.

They're the healthiest people in the country because they're kids. So he has no concept about chronic disease in adults. Medicine is really good with acute situations such as an infection.

And what they are trying to do is apply their emergency tactics to people over here. And there's some people over here that are so good with healing the body using diet and supplements and herbs that they're applying that to over hear.

But the main message is to prevent you from going from left to right is the clean out all the toxins out of your body and clean up all of the infections.

The chronic infections of course the acute ones too.

Why MVX Plus matters more than standard studies

but the cleaner your bodies the less garbage and debris and mucus that you have in your the better off you are the last disease you had. MVX Plus verifies that.

It validates what you've been doing, it guides you down the right path, tells you where to go next, and it tracks your progress. We charge $89 for this test.

I have my patients run it every 6 to 8 weeks. This is the absolute best test on the market for humanity. In the last two months I've gone to Washington DC twice.

And I talked to a variety of people about this and how important it is. national program like Medicare and Medicaid, for example. I've talked with Dr.

Senator Rand Paul, I talked to R. F. K. Jr., I talk to Jade Bhattacharya. He's in charge of the NIH. Dr Jim O'Neill, he's the acting director of CDC right now.

Talked with Doctor Redfield, former director the CDC, talked Dr Robert Malone. And if I don't get anywhere with the politicians, doesn't matter. MVX Plus is the future of medicine.

It is a test that directs you down the right path on how to improve your health and then you can measure and track your progress. It negates all these large studies such as like the Harvard School of Public Health food surveys where they survey 100,000 people and they say, oh, look at this, eat three grapes a day and you'll live to be 11 years older.

Like that's implausible. These studies don't necessarily apply to you. Everybody's genetics are different. Everyone's digestive systems work differently.

You might prefer chicken over pork or pork over beef or beef over eggs. And you might need more plants, you may need less plants. have problems with nightshade vegetables, or some people have problem with fruit.

So all these things are determined by you through your symptoms, but yet MVX Plus can also target and pinpoint problems related to your diet and your ability to digest.

How to get NVX Plus testing and training

And then you fix it. It's already been shown at Duke University that MVx Plus is not changed when you take statin drugs. When you takes statins drugs, it does not improve your MVS score.

They did not publish that study because it had a negative outcome towards staten drugs But I was told by one of the researchers that that's what happened.

So if you want to get NVX Plus, you can go to the front page of my website, upper right corner, click on NVXTest, and we'll reach out to you. And we can get that rolling.

You go the LabCorp in the morning, fasted, to go get the blood draw. We get results within seven days. we send you the results by email. I have other videos about NVX Plus on my YouTube channel.

If you're a doctor, I set up a website called NVXTraining.com. It's got a three hour, 20 minute video, training course on NVx Plus, plus other courses.

So you can check out NVxtrainging. com. And if you want to be a patient in the office, call this number.