Decoding Your Metabolic Health: A Deep Dive into MVX Testing Transcript

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Sponsor Message and Introduction

Hey everyone, Dr. Rob here. I want to take a moment to spotlight my sponsors, Professional Co-op, empowering clinicians with premium access to top-tier lab services at a fraction of the cost.

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Discover more at www.professionalco- op.com. Hey everybody, Dr. Rob here, Proven Health Alternatives. I've got superstar, blood test expert, functional medicine guru, Doctor Darren Schmidt.

How are you, Doc? I'm good, how are your? Doing great, I am happy you could come here. You really caught my attention. This blood tests that you were talking about really inspired me.

And I m happy that had the moment and the time to be able to get on the podcast and share some insights. So let's just go for it. What is MVX Plus? MVX Plus is called Metabolic Vulnerability Index, and it was released in January of 2025, so it's pretty new now.

And it measures six fundamental physiological factors that really are the most associated with chronic illness and mortality. The point is, you measure these and you improve them, then you extend your life and increase your health.

And you can contrast that with other tests that kind of are more for symptoms. So even like liver enzymes, for example, or a thyroid panel, they're measuring the pathology or the symptoms or even risk factors related to a disease.

What MVX Plus Measures

Now, disease is a collection of symptoms and lab results. Whereas MVX is measuring the most important factors of your health. And so I've been running this now on hundreds of patients and looking at before and afters and addressing these six factors and I can tell it comes down to five things.

And they're just super important so we got malnutrition, toxicity, infection and inflammation. Those lead to mitochondrial dysfunction. So mitochondria dysfunction is the basis of all chronic illness.

It's a lack of energy ATP production. And then the question is, why are the mitochondrial dysfunctional? It's toxicity, malnutrition, infection, inflammation.

And so MVX measures all five of those things that I just listed, and it gives you an overall score called MVx, metabolic vulnerability index. The score goes from 1 to 100. You want your score to be low.

And the loss I've seen on somebody is 13. When I first had my blood test done in January, it was 55, which is crazy high. And it's because I had a gas leak at my house last year for at least a year, probably longer.

And my health was so bad, May of 2024, from this gas leak. And again, I didn't know I had it. I went to the ER with crushing chest pain, high blood pressure, shortness of breath, numb leg, left leg.

Numb left arm. Wow. So I go to ER, they can't find anything. And then what's super interesting is that 10 days later

I started taking high doses of B1.

Within two weeks I was 95% better and it kept me going all summer and fall. And I found the gas leak in December. I shut the leak off. So I discovered that B1 is the most important nutrient for humans.

That's just my opinion. And what's amazing is that in MVX, those six factors, four of them are directly related to your B-1 status in your body. So like all these amazing clinical discoveries that I have come upon in my career, They all come together with this one lab test.

And one other factor is that I read old books, nutrition and medical textbooks. They're behind my shoulder here, some of them. That's what they said back in the 30s.

they talked about mitochondrial dysfunction, and they talk about malnutrition. What they say in 1930s is what we're measuring with MVX+. As they once said, there's nothing new under the sun, my friend.

Right. And I think that the doctors back then were way more ethical and not sucked into the pharmaceutical companies like they are now since World War II.

Big Pharma has been very powerful and the research changed dramatically after World war II and so now we're getting back to the original vitamin nutrition, you know, like healing your body.

clinical research and education and MVX is like it not only does it track your overall health like with that number one to a hundred and also guide you down the right path and then you can use it to monitor your progress.

It's amazing. You are without question enthusiastic about it, and I'm stoked as well.

GlycA and Inflammation

So to recap what you said before, there are four leads to mitochondrial function, malnutrition, inflammation, infection, Toxicity, all leading to this black cloud above our head called mitochondrial dysfunction, which is the leading cause of neurodegeneration.

One of the best tests for mitochondria dysfunction and I'm going to throw it in there, longevity, is MVX. There's six factors for MV X, Which of course leads us to the follow-up question.

What are those six markers? OK, the six markers started from the beginning when you get your lab report. The first one is called GlycA, and that is not related to glycogen.

It's related too inflammation and infection. So GlicA is associated with a lot of inflammatory markers, such as C-rectal protein, interleukin-6, TNF-alpha, anon-anon.

And so when Glic A is too high, Then you have to dig a little bit deeper with lab tests, for example. And you can find out, well, is it an infection? And if you run panels for that, and then you could find is that inflammation.

There's one panel for, that I recommend, it's called the hypercoagulation panel. That's through professional co-op services. In my clinical experience, you want your score to be less than 300. And when you get the report from the lab, it says less than 400 is fine.

I don't agree with that. It should be less that 300. You're talking the marker for glycogen A, right? GlycA. We'll call it GLYCA, I shouldn't say glykogen because I'm going to mislead people.

Right, because it's not related to glytogen. And the reason that three hundred's a more appropriate number than four hundred is you know you both live in the equivocal arena in that You know, those markers are specific to people who want to be truly optimized healthy, not just generally healthy.

Yeah, exactly. So it's an ideal to less than 300. You optimize your health as your score goes down and it gets below 300, which is a great point because we're looking at regular lab tests and there's this range and then people target like oh this number like cholesterol like 201 is bad but 200 is good or 199 is Good right there is that there that line that it doesn't work that way So much with MVX.

It's more of a trend. So if your glycA is 400 and then 300, you know, You bring it down. That's great. Now if it goes down to 250, that's even better.

The lowest I've seen is I think 227. so it's like just keep it Down. Bring it, down, keep It down so that works. Glyc A is elevated in both acute and chronic inflammatory conditions.

making it a useful marker for assessing the overall inflammatory state of the body. Acute and chronic, yes. Outstanding. So that's number one. Now, I'm going to put you on the hot seat just a little bit because I am from New York.

I apologize. Would you say it's probably the most comprehensive inflammatory marker or at least one of most? it absolutely is i think the most comprehensive inflammatory marker so i ran it on somebody uh this is part of mvx and i and his glyc A was high and he goes oh that reminds me i need to run see your active protein and I was like wait what no it's all in there it''s in their glycea is the best marker for inflammation because in the research how it's associated with and it lists off like six, seven, eight different inflammatory markers just rank like a, you know, just and have that be your marker.

What would be a second marker out of the six? The second one is the small H2L particle number. So when I say that, it's a special type of HDL. When you go to the cardiologist, they run your lipids.

They test LDL, HDl. No, that's not that. This is run through a machine called NMR. All the MVX factors are NMR tested.

Small HDL Particles and Toxicity

And this is small HL particles, not large. And you want that number to be high on the reference range? And so what I tell my patients is the goal is 19 or higher.

It's related to toxicity. it's not related. to diet. Its toxicity so I had a new patient maybe four or five weeks ago and she told me that she's been detoxing for years.

And her glycate, or I'm sorry, her small H2O particle number was like 21, which is phenomenal, just really good. So, you know, anything over 19 is good, so that's it's a toxicity issue.

So small HDL particles when inflammation is high, small HDR particles metabolize more readily thus reduce small hdl particles or a marker once again of higher inflammation.

So what you're reading there you talk about inflammation so what I'm finding is that all the six factors are related to each other so somebody can be sick right they can have a really bad stomach flu right their diarrhea vomiting their smallish shell particles are going to crash down, which is bad.

Their glycate is going go sky high, and it's going mess up their digestion. So the other factors will go off, like they're going be off. But in essence, small shell particle are more related to toxicity.

Now you could say inflammation is a form of toxicity too, but I don't really say that very often. So when I see patients and their small particle count needs to come up, I put them on detox products.

And I know it's going to take a while because it takes a lot of the detox. But I saw this too when they had that gas leak. So my small particles are very low at 11.7. And then, four weeks later, like I'd shut the gas leak off, didn't change anything else.

Four weeks, later my small visual particle count went up to 17. So just detoxing by not breathing in the gass. I cleaned my body out and my smaller particles skyrocketed almost to normal.

So you as an expert are able to ascertain the nuances in the test, but I think you made a salient point in that the markers are all interconnected because the body is all inter-connected, and you really need not just to take the tests as a consumer, you want to go to someone who understands that inter connection of the numbers, otherwise they're just numbers.

Right. So let me follow up with what I said. The gas leak was stopped. My numbers all improved. Then the third time I got my blood test, I had a sinus infection.

Now my GlycA goes sky high and my small atrial particles dropped a little bit. They got worse by a bit, but the GLYCA went way up. It's my own personal experience, plus all my patients.

That's where I come up my assertions about these factors. You know where they indicate and I and if you do research on chat gbt it's wrong That gpt is wrong about mvx.

Let's just get that out there Well, chat CPT will be reprogrammed by people like you and they'll get it right. Yeah, yep. So, you know, my mom always used to say, she always wanted to go to a doctor with a little gray hair because she felt that his experience would lead to better outcome.

And you're exemplifying that not with any gray here, but the idea of, looking at the test, applying it to thousands of patients. You're understanding the interpretation, the treatment, and then the reassessment.

That said, What's the third marker that you like so much on the MBX? Yes, the 3rd marker is called citrate. Citrate is the first big molecule in the Krebs cycle or the citric acid cycle in a mitochondria.

So citrates is related to mitochondrial function or dysfunction. When you take MB-X, it's a blood test. If there's lot of citrite as measured by NMR in your blood, why isn't that citrete in you mitochondrion?

Citrate and Mitochondrial Function

And at first I thought it was toxicity but the answer is no, it's not about toxicity. It actually has to do with malnutrition of the nutrients that belong in the mitochondria.

And as I said earlier, B1 is a huge factor for mitochondrial function. B one is in charge of five biochemical reactions in the mitochondria, including step one, which is getting the first nutrient into the Mitochondria.

So anyway, so when citrate is too high, then I'm looking at mitochondrion nutrition and B 1 is big factor that. And it's easy to fix, that can be fixed in a couple of weeks.

Whereas inflammation infection and toxicity can take, you know, months or longer. So citrate's not only a mitochondrial assessment, it also, when citric is elevated, isn't it, also like quelling certain high acid levels and such?

You mean acid level's like within the cells? Correct. Yeah, I could see that happening. I can see it as being true. Now, back in the 1930s, instead of saying mitochondrial dysfunction, they call it lactic acidosis.

And so I did 40 videos on my YouTube channel about that subject, latic acidosis, and it wasn't until recently when I realized, wait a minute, That's mitochondrial dysfunction.

So when you have mitochondria dysfunction, you end up with high hydrogen outside of the mitochondrion within the cells and then a high amount of lactate and other poisons, including ethanol and acid aldehyde.

These are, ethanol is alcohol and the acid of aldehide is the hangover feeling. You put all that, raise up all of that in

the cell and now your cells are toxic and you'll have a lot of acid.

The acid is hydrogen. So when you have good mitochondrial function and your body's using citrate and all the other nutrients within the mitochondria, then the acid levels in the cells can come down.

Also, eating red meat has a lot of heme, iron, and myoglobin, which infuses oxygen deep into the cells and then the oxygen hooks up with hydrogen, forms water, and that gets rid of the acid too.

So yeah, the answer to that is yes. Here's your question, yeah. Excellent, excellent. Now branched chain amino acids, there's three that are in particular and there is a gold medal winner in those three also.

Right, so the last three of the six factors are the branched-chain amino acids, valine, leucine and isoleucin. The reason why they're special is because when they go up too high in the blood, it shuts off the liver's ability to de-fat itself, and you end up with fatty liver.

This is half of Americans with And you can blame a high carbohydrate malnourishing diet like, you know, refined grains and sugar that depletes B1 and causes type 2 diabetes, etc.

But the fatty liver gives you hypertension, insulin resistance, And it's all metabolic syndrome. So in order to fix that up, do a low carb diet, keto, carnivore, and then add in B1.

Then your body can defat itself. And the keto diet's been shown to reduce fatty liver by 31% in six days. So that's why, now the other aspect of those amino acids, they can be too high, and the solution is what I just said, the low carb diet plus adding B1, but they could be to low.

And that smell nourishment, like the term malnourishment is because of, those branch chain amino acid being too low or too, high but when they're too the person's got to eat more meat.

Cut back on the sugar, reduces sugar to zero, and again, add in B1. So for the first time in my 25-year career, I'm telling people, you're malnourished.

And with this MVX, it's like, if you are in the nutrition field, You should be able to tell somebody with confidence, like you need to eat more meat, your mal-nurished, or you B-1, Your mal nourished and this mvx tells us that.

So, glyc A, small HDL are indicators of inflammation, but citrate in the branched-chain amino acids would be indicators or malnutrition?

BCAAs, Malnutrition, and Diet

Right. So glyk A and small H2O particles are inflammation infection and toxicity, and then the citrates in branch-chained amino acid are malnutrition.

So you like the keto diet, I agree with you. I found it to be quite effective as one of the choice diets. What I really like, and you highlighted it in everybody if they're going to write something down, is a lot of people who are keto or carnivore oriented claim there's enough nutrients that you don't need anything from plants.

you said that you have to add B1. So I think that that was a real good takeaway. And I appreciate that because I don't believe there's any one diet. I know you don' either.

It's a compilation of a lot of different options. Now, you also have this seven step program that I really liked. What are the seven steps to improve NVX Plus?

Okay, so the Seven Steps is a combination of steps that take that I you know I borrowed from a lot of other clinicians and especially um there's a company called Cellcore Biosciences and the founder of that company he had what he called the five-step roadmap to health so I added to that.

I kind of changed it around a little bit. Now here's the seven steps so step one is diet. And then step two is called energy, meaning increase the mitochondrial energy production.

Step three is drainage. That means make sure that your organs that clean the body out are working well. There's liver, kidneys, colon, lymphatic system, et cetera.

and there's a few supplements that i use and we that's where you get out tapeworms and rope worms and mucoid plaques and stuff like that and then step five is where You help your immune system get rid of organism from head to toe okay okay and Then step six is detoxification that the metals chemicals and radioactive elements.

Step seven is the intracellular organisms like Lyme. And you can also have Candida mold parasites in your cells. That's where they come out, step seven.

Then there's one more step that's O for optimization. So with step O, you're just supplying specific organ support and minerals and just keep your health up.

So to recap your seven-step optimization program, diet, too much sugar, and too many anti-nutrients from plants. Don't be afraid of meat. I took this from YouTube, but I don't want you to think that I'm able to, I have my notes in front of me.

Okay, good. Energy production in ourself. You love the ketogenic diet, makes more ATP than carbohydrates without question. Organs of excretion, drainage, kidneys, lymphatics, liver, colon, sinuses, skin, and lung.

I love that fact that you tied, we talked about this before, the liver and the gut. Whatever you do to your gut, you'd do it to you liver. whatever you did to liver you would do you gut intestinal parasites, So that's actually passing guys that are not paying rent, but yet taking space up in your body.

Your body cleans, it's not necessarily a detox. It's cleaning your whole body from head to toe. I did hear a number and can you validate it? 60% of parasites are removed from the body cleanse.

When I put people on these parasites supplements to clean out their intestines, it's about 60% of the people actually see some really weird stuff coming out, meaning parasites or, you know, bags of mucus.

I mean, I got pictures. It's just wild. That would be a great Instagram picture. Yeah. I mean I've put some of these pictures on TikTok and then they shadow ban that video.

All right, maybe we'll pass on that idea then. And you also said detox, you talked about the cells and the O is for optimization. So how can you take this test, take the seven step if you're a practitioner and implement this in your office seamlessly?

Right. Yeah, I just want to clarify that. The seven steps I created in 2018 and the seven Steps are the solution for any problem in MVX and my seven step again.

It goes back to the 1930s at all. This is 100 years of really good holistic clinical care coming together and now we're able to test it and guide and track progress with MV X plus the way you get MV x plus is.

A doctor can order it through LabCorp. It's number, what is it? 123608, I believe. And it's really quite inexpensive. So you can ask your doctor about that.

Then if you don't have a holistic doctor, you could actually get it from my website. My website is thenhcaa.com. And in the upper right corner of the front page, it says MVX test.

We charge $89 for it. And you can order it that way. Then you get the blood draw at LabCorp, and you have to be fasted for 10 to 12 hours. So just go in morning, don't eat breakfast.

One vial, the turnaround time is like seven days. It's really easy. Great stuff. That's how you would implement it? You talked a lot about B1. What about exercise medications in reference to MVx?

So there were two studies done at Duke University. And the first one was on statin drugs, and statins drugs lowered LDL cholesterol, but it did not lower the MVX test.

Seven-Step MVX Improvement Plan

They will never publish that study. I learned about this study from one of the researchers that developed MVAX. She said that I could quote her. Now the other study was done on exercise, they had four groups of people.

One was a control, then mild, moderate, heavy exercise for eight months. And they ran MVX plus and it did not lower MV X so when you're lower when your MV score goes down you live longer and they've graphed this out and has been published in the Lancet.

And they can see like if you're if your score is 55, like mine was in January, your chance of dying in the next five years is 20%. Wow. And then four weeks later, my score was 31. and the chance.

Of dying the. Next five. Years is 3%. And now and then my recent score. Was 26. So now it's like 1%. but that's the whole point. Lower that score. Like if you're, you know, doing some supplement or drug or exercise and your score's not coming down, okay, gotta rethink what you are doing.

And you gotta get that NVX score down. That's what it's all about. Again, NVx will guide you. Is it Infection, Inflammation, Toxicity, or Amount of Nutrition?

Do you need B1? I've had people where I showed them the NVS score and they're like, oh, I'm gonna stop drinking whiskey. because their small issue of particle number was too low.

They'd already been, you know, there's a, it gives you these hints and these clues and you can figure out like where to go next. So basically where you're saying what I got, which is going to light the patient base and the listener basis, okay, I can go take a test.

It can give me an assertion of where I am in inflammation, malnutrition, i.e. longevity. But I can change my score because most people's scores are probably going to be pretty poor, as evidenced by the fact that most Americans' health is failing.

and I can change that course of where I'm going. Now, can you go into a little bit more detail? People, they have their pens up now. We just caught their attention.

Hey, doc, other than taking the test, give me three to five things that you want me to do. Well, rather than taken the tests. So let me just say this for your listeners, your scores will be somewhere, let's say 60 and lower.

And when I've had people, their scores are 78, you know, 75, They're in really, really bad shape. They got cancer, they have a severe rheumatoid arthritis, something like that.

And when your score is 60, you're not feeling good at all. When my score was 55, I was in rough shape because of that gas leak, and now I'm in the 20s, so I feel so much better.

So if your scores 50, don't sit there and say, well, No, you don't feel good. The test tells us you can feel better. So what do you do to drop that score?

Well, first you have to look at the six factors and determine what's your first step. If it's GlycA, it is an infection inflammation. You have tackle that.

Smallish particles are too low, now you need to detox. And if your citrate is too high, you need mitochondrial

nutrition, then there's more details to all this stuff.

And I'm finding a lot of people with malnutrition and they're not eating enough protein. And they think that plants are good, like the plants, they just don't have enough proteins to be honest.

Here's my statement on plants versus meat. Plants are medicine and meat is food. So meat as food, plants as medicine. Now some people need fiber, that's medicine, other people don' t need fibers.

And some people need phytonutrients for whatever reason. They just their body likes it. That's I think that's medicine. but meat is food, okay? And MVX measures the protein status in your body.

And I've seen it over and over again now, since I'd been running MVx since January, I'm finding people malnourished. One time I had this guy and his sister came in, she was mal-n nourished, it showed on MV X, and you know, brother, sister, any points at her, he goes, yeah, you eat sugar every day and he don't eat enough meat.

Like that totally called her out and what she she had been complaining about She called it lingering What is that C difficile she the bacterial infection in the fall with a lot of diarrhea and fatigue and anemia and hair loss and And so it was continuing for six months or longer, but that wasn't the issue.

It was, she, her diet was terrible. Sugar every day, not enough meat. So within three, four weeks, he was doing so much better. Just changing your diet and MVX told us.

Now, without NVX, I'd be like, OK, let's look for bacteria. Let's for immune problems. It wasn't that it was malnutrition, simply malnutrition. I'm finding that more and more with this test.

That's like mind blowing when you think about it. Almost crestfallen in the fact that Americans are mal nutrition. and they suffer from malnutrition, which really speaks volumes to things that we've talked about on a podcast before, like the consumption of ultra-processed foods.

And one of the biggest problems with the ultra processed food that you spoke to is high sugar and really nutrient incomplete. What you just said really emphasizes that.

Yeah, the major problem in my opinion about processed food is lack of amino acids, lack protein, and then they're hyper palatable. So like MSG, for example, studies have shown that it's not toxic.

I was thinking for a long time it was toxic, But what's the problem with MSG?

Testing, Retesting, and Clinical Use

Well, it makes your food more tasty that now it's hyper palatable. Extra salt, extra sugar, all the chemicals, preservatives, you know, they manipulate our biochemistry and our desire to survive and they manipulated our taste buds.

And then you just keep eating and eating these processed foods. That's a problem. Hyper palatability and then lack of protein, right? The more protein you eat, The more meat that you eat, the more human you become.

Addictions go away. The need for processed food goes away… I mean, I just had a big sirloin steak, like this big. That was my late breakfast. And I have half a cow in my freezer in the garage.

And I've been doing the carnivore diet since 2018. Yeah, I eat plants every day too, but my diet's 90% meat. Now you might be happy at 70% or 100% meet or whatever.

Just find out where you fall in. But most people are deficient in protein in their diet and in the blood. I want to delve into that, but I wanna highlight what you said, plants are medicine, meats are food.

People are gonna see that on my reel, because I'm going to make a post and put it on thread. So that's great. But I want to delve into the fact, what do you eat?

Now, you said that it's 70, 90% meat, but what you do eat. Let's be specific. Are you eating meat? Are eating the eggs? are you in poultry? What are eating?

So I have half a cow in the freezer. So, I'm eating burger patties and steaks and roasts. And I got two chickens sitting in my freezer, have a dozen eggs, got butter, a jar of lard.

And right now I'm making yogurt, the El Ruderai yogurt. You may have heard of that. And as far as plants, I have bananas. Yesterday, had asparagus for the first time in a year.

My girlfriend eats more plants than I do, so she buys the plants and I end up eating them. But in 2019, i had like six heads of lettuce. And that was it for the, oh, I'm sorry.

I had fruit once a month in 2019 and six heads of lettuce. Otherwise it was just meat. And it's more carnivore then than ever before. So it kind of a boring diet, but man, it feels so good.

People ask me, aren't you bored? It's like, no, this is, It always tastes good, its always satisfying. It had salt, and I have pepper, And I just eat the meat and it is like the best food on the planet for human beings.

Its the natural proper human diet. I mean, and you're nice and trim, you have no body composition issues. That's very clear. Look great for your age. I know you hate that.

But it is a term that we use. So my question is, my buddy's going to ask me, I always have a moment where I mentioned that he's listening from overseas and he wants something tangible.

What three to five supplements would you recommend generically for somebody to take? Well, starting with B1. When I say B one, people think already take vitamin D.

No, no, B as in boy B 1. There's several kinds. The there's the water soluble kind that was made in a lab in 1934 called thiamine hydrochloride or thamine mononitrate.

And that would be for maintenance, like 250 milligrams per day for But therapeutically, there's two fat soluble B1s, one's called benzotiamine, that's for the body.

So this is life-saving right here, I want to tell you. When I had the gas leak, i couldn't breathe, had high blood pressure, chest pain, terrible. Within one hour of taking benzothiamin B-1, it was breathing easier, and in two weeks I was 95% better.

It kept me going all summer and fall of 2024. Despite still having the gas leak at my house, so most people need them for timing for about six months.

So by November. I was having a recurrence of some of the symptoms that be one fixed. And then all those symptoms went away and I was good. And December 7th, I found the gas leak.

So this is one thing about B1 I haven't found with any other supplements. It'll solve symptoms at the beginning. When you're done with B one, it'll create those same symptoms.

At the end. This is like telling you, stop now. Most people, like I said, most people need benfotiming for about six months. But when you stop it, if you feel worse again, just go back on it.

Another form of B1 that's fat soluble is called TTFD, and that is for the brain. And so dementia, short-term memory problems, even like high doses of TFFD for Alzheimer's, Parkinson's.

And there's research on this, so I'm not just making this stuff up. So let me get back to the BEMFL timing. It increases oxygen in the blood, it gets the oxygen from the Blood into the cells, It helps the body make carbon dioxide, and then it Gets the carbon Dioxide out of the Cells and out through your breath.

B1 is the best nutrient for the nervous system, including the brain and the cerebellum and brain stem. And the vagus nerve, which goes down from here all the way to your organs.

B1, Detox, and Supplement Recommendations

So there's a lot of digestive problems people have because of B-1 deficiency. So, it controls gallbladder, squeezing bile, and peristalsis and stomach churning and sweating and sexual function.

B1 is really good for the whole autonomic nervous system. So you asked me about five or so supplements. B1 is number one, like number 1, 2, and 3. Let's just put it that way.

And then I could go on about vitamin D and magnesium and stuff like that, but everybody's already, they've already heard that. You could take enzymes and hydrochloric acid.

I'm always on some kind of a detox product, so let's finish off my list. So B-1's at the top, then any kind liver support or detox products. So the detox product could be a binder like activated charcoal, diatomaceous earth, bentonite clay.

It could an acetylcysteine, you know, to get the machinery. of the mitochondria working better, glutathione style supplements, or maybe liver herbs, gallbladder support, Gallbladder flushing.

So it's kind of a broad, I'm giving you broad answers regarding that, but it is kind like if, these are my recommendations, B1 and then always detox. That's my answer.

I'm a big believer. We talked about that before. we think that detox went the way of the wig party, but you and I both detox our patients regularly and it should be in everybody's everyday toolbox.

So we agree that MVX is a choice for longevity. It should a test that everybody should take. it's new to the market. What other blood lab markers would you look for beyond MVx and where would get them from?

Okay, good question. So if the small astral particle number is too low and you want to find the toxins, I use total tax burden from vibrant wellness. If the Glyke A is too high, there's two labs I'd like to use.

The first one is for the organisms, it's called Array 12, and the lab is called Cyrex with a C. Cyrax Aray 12. And then the other aspect of GLYKE A being high is inflammation.

It's already mentioned the hypercarotidation panel from professional co-op services. And then if the citrate is too high and it could be too low, then I recommend the O test, organic acid test measuring mitochondrial function.

And if then the amino acids are too higher or too lower, you can't use the test again. But it's primarily looking at the diet and sugar versus me. You can retest MVX like every six weeks.

I've been doing it every four weeks for since January, you know, I run six now or whatever. So just monitoring my health every 4 weeks with my patients I'm saying about every 6 weeks or so, because it is so inexpensive and it so easy.

So it's inexpensive, it easy, and the turnaround time is quick and you can make improvements. So when people go gluten free, you and I are both gluten-free theoretically, It takes 90 days for symptomologies to abate.

However, this MVX test, if you adhere to your protocol, something or at least in a formation of your seven step, You can have a turnaround and make a change in the test in six weeks.

That's correct? Oh yeah, you can make a change in 10 days. You can, yeah. I've had people run it every like in ten days, well, it really begs the question.

Where can I get the test and where can they find a practitioner like you or you? Well, if I meet from my website at it's the nhca.com and then it so new, um, You kind of have to ask your holistic doctor to run.

It or your regular doctor, to. Um, The only people that know how to read it really well are the people who have learned from me because I'm the only one trying to figure it out initially.

Now I've got a team of people and we're doing some doctor trainings and stuff. So it's all a work in progress. I look forward to seeing you at the next symposium.

Keep up the work. keep on improving the name of Chiropractic and Chiropractic in the guise of functional nutrition, functional medicine, and functional health and all that.

Ladies and gentlemen, it's been great. Dr. Darren Schmidt, Dr Rob Silverman, Proven Health Alternatives, always yours in health.