Forget Biological Age — This New Test Predicts Real Longevity Transcript

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Biological Age vs Athletic Performance

So I came across a comment on social media the other day. It said, biological age versus real age is a total scam. If you want to see your real-age, look at a master's category of athletic feats, such as a one-mile run time, not some scammy algorithms.

if the body can't physically express a performance, then you're the age on a birth certificate. I posted that, I reposted that and said, yep, totally agree with this.

So he just mentioned scammy biomarkers. We're going to get into that. And he's comparing them with athletic feats. How can you predict longevity between the two?

A lot of interesting comments and questions came in. But the one that I wanted to chat about was one said, Peter, I mean, yeah, this kind of makes sense.

Why would physical tests be a better measure of biological age than fancy biomarkers? So he's talking about fancy biomarkers that really suck at predicting how long you're going to live.

They're not meant to do that, they're measuring pathology. So the kidney function through GFR, the heart function, through ejection fraction. When you run standard medical tests, it's measuring risk factors and it is measuring I'm here to tell you that there's a new blood test called NVX Plus.

It's measuring function of physiology. And it predicts longevity in that what's your chance of survival of the next five years. it's very mathematically accurate.

Its been tested by the NIH on 30,000 people.

Introducing NVX Plus Biomarker Testing

Six different cohorts. One was a healthy cohort. The other five had some disease. This test has been used to measure longevity for people with multiple sclerosis.

liver transplant, cardiac catheterization. So, NVX Plus is new. It was released January 6th of 2025. That's why Dr. Atiya and a lot of other doctors have never heard of it.

I've been studying this since May of 2024, and once it finally got released in January, then I started running it, I run it now on about 900 people. And it's absolutely fascinating.

It's a great clinical picture of your overall health and how your body is functioning, not risk factors. Risk factors, they don't work so well. And pathology, let's go back to what Dr.

Peter is saying here. Ultimately, physical performance is indeed the best metric of the limits of capacity. Let me butt in here, there are people who cannot perform physical feats very well but they live a long time.

There's an exception to this rule. So there are non-physical performance metrics that we can look at as well. I could look your kidney function. Or I can at your glomerular filtration rate.

And that would certainly be a marker of age. But honestly, it's only in an extreme case with that. It's not a marker of age, it's a mark of pathology.

That gives me an insight. In other words, only if somebody is 50 and they have a glomerular filtration rate of

somebody who's 80 would I say the negative.

But the positive isn't really there. If you look at my glumerular filteration rate it is over 100. It doesn't tell you much about me even though I'm over 50 years old.

My kidneys are in great shape, but it doesnt tell me that I have the kidneys of a 20 year old because quite frankly they haven't deteriorated in any measurable way since Im 20. The same would be true of my ejection fraction.

It's really good today. Now, of course, there are certain other factors that invariably go down.

Why Physical Metrics and Pathology Matter

Resting heart rate goes down, heart-rate variability, pardon me, resting heart goes up, heartbeat variability goes. But ultimately, if you really want to understand biological age, I really like this idea of we should look at physical metrics, right?

We should be looking at VO2 max, we But there are people who are strong with really good VO2 max and they run and dive a heart attack on the road or they dive while playing basketball or lifting weights.

So they look good, they can run to do all these athletic performances. and then they get a cancer diagnosis. So it's all about physiology and how your body's functioning on the inside.

You also know of people that don't exercise and they live a long time. My grandmother died at 98. She didn't excercise. When you have exceptions to the rule, then you can't necessarily apply the rules to yourself because you might be the exception to a rule.

But there is a solution and that is MVX+. We should be looking at hardcore performances, including other things, by the way, that are a little more subtle than the aggregate pieces.

But we would want to look at things like balance. So how well can you stand on one leg with your eyes closed? How long can do that? And can even do more challenging things?

Like turn your head, push-ups, pull- ups. And the X Plus measures six factors. One of those is toxicity. In my life, I've had three bouts of toxicity, had the gas leak at my house for over a year in 2024, and I had black mold toxicity in 2016. Both of unbalanced.

They both caused lack of endurance in the muscles. When I had the gas leak I would drive to the gym to go work out. I'd sit in my car for 30 minutes trying to breathe and I just drive home.

The gas leaked caused high pulse, high blood pressure, trouble breathing, so poor VO2 max. It's actually increased now on my Garmin watch from 37 to 41 because I've detoxified.

Now in the early 90s, I was working on the family farm. I got poisoned by parathion, which is a terrible pesticide, and I detoxed from that in 2005. And within three months of detoxing that pesticid, i could quadruple my pull-ups and i doubled my push- ups within 3 months.

So my athletic feats got better because i detoxified. That's how you get healthier. And so MVX measures toxicity, inflammation, infection, malnutrition, and all of those lead to mitochondrial dysfunction.

Those are the best factors to determine if you're going to live long or not.

Toxicity, Detox, and Mitochondrial Health

How well does your body detoxify? Now of those six factors, three of them are the branched chain amino acids. So are you eating enough protein? Do you have enough vitamin B1 in order to digest the protein.

I think the main reason why you want to exercise is to increase your appetite so you can eat more meat. That's the biggest benefit of exercise, and there's all these other benefits, but the main point is to get more protein in your body that repairs your tissue.

It repairs you immune system, it repairs, your membranes, tissues, etc. Am I optimistic that we will have blood-based biomarkers that give us more insight about age as time goes on?

Absolutely. It's already here, it's MVX+. Do I think they are all complete and utter garbage today? No, I don't. The ones that have now primarily measure one biochemical pathway in the cells is called methylation.

I didn't want to get into it. But the cell detoxify in many ways, but they're only measuring that one way, methyllation. But it's an incomplete test. Now one test for longevity using methylation, it costs like a thousand dollars.

If you order NVX Plus from my office, its $89. It's really inexpensive. I've been running it monthly on myself since January and here it is August. So I get a readout on my health every single month.

You can run it twice a week if you want, or you can, you know, run every three months. Its up to you and your goals and what you're trying to do. I think there are some out there that probably give us a little bit more of an indication of rate of change of age than actual age.

But at the end of the day, I don't believe that there's a single blood-based biomarker that you can look at, and it can predict future years of life very well.

So he's talking about the single blood-based biomarker. He's taking about methylation. But now MVX plus is the six factors. One of them is a multi factor for the immune system and inflammation.

So it's like watching a movie. These readouts in MV X plus, they give you a beginning, middle and end. Whereas GFR for kidneys or ejection fraction for heart.

That's kind of like a snapshot at that moment in time. But with MVX+, you can actually see your body improving in the blood, physiologically, inside. It's really fascinating.

When you start detoxing, MVx tells you, because now you look worse for a period of time, then the idea is to look to be better. So when people detox, they feel better, and MV x looks worse, that's just part of the deal.

That is part the package. This is how it goes. It's been the greatest clinical tool of my 30-year career. Don't discount the basics. The basics are how well you physically perform.

Protein, B1, and the Basics of Longevity

The basics are get rid of all the chronic organisms in your body, reduce inflammation naturally, detox, eat a lot of protein over fats and carbs, make sure you have enough B1 in you body because that's the single most important nutrient for every human being on planet earth and plants and animals.

Those are the basics. I don't care if you could do one push up. I don't really care. I'm sure when my grandmother passed away at 98, she couldn't do a push-up or a pull- up.

Probably at the age of 60, it doesn't matter. What matters is, is your body functioning on the inside? Now, if you want to exercise, great. Do it. It's fun.

Makes me feel good. But I think it increases the longevity. The basics are the things I just mentioned. Here's the graph that shows NVX Plus being the best way to predict longevity or mortality.

You can see on the left here, it says cumulative mortality incidence, and it goes from 0 up to 70%. And on right, is says your NVx score. So your score should be low.

And when you're healthy, its going to be lower. On the bottom, It says time, so 0, 1, 2, 3 for 5 years. So if your score is 75, just scan all the way to the left, you'll see that the cumulative mortality incidence is 60%. And if you're score's 35 or less, then your cumulative mortality incidence will be about 2% or 1%. So the point is run MVX Plus on yourself.

Know how to reduce your mortality by fixing up the six factors of MVx. I've been doing this now for my whole career. And I figured out the 7-step blueprint to optimal health, which I'll show you in a second, and it addresses the 6 factors.

Here's the seven set blueprint to optimal health. I created this over my career and it lines up exactly with MVX. So I have plenty of videos about this.

This is the solution to the problems discovered in MVx+. This the original article about MV x plus when it was introduced to public and you can see right down here it says MV X February 2023.

NVX Plus Mortality Graph and Risk Model

There's a link and within this article there's some amazing graphics. Let me show you two right now. Here's the first graphic. This is the old way of measuring longevity.

And these are the fancy biomarkers and risk factors that Dr. Tia mentions, and this is what medicine is measuring left and right over and over again and trying to predict longevity, you can see at the top it says age.

So this bar graph is telling us that when you do the math to figure out how long you're going to live, age is a greatest factor in those math equations.

The next one is kidney function down here. And then you also have previous heart failure, there's BMI, diabetes, smoking, hypertension. So these risk factors have exceptions to the rule, which is a problem.

Here's the new way of measuring longevity. You can see MVX is at the very top here, and it's about 70% of the math of determining how long somebody's going to live.

Next is age, that's 20% percent of math. People can be 95 years old, But if the MVX score is very low, like 30, they're going to live another five years.

And if somebody is 60 years old and their MVS score's 80, which is terrible, chances of them living five-years is not very high. They need to work their butt off to improve their health and fix up the six factors of MVx.

The rest of the risk factors become negligible. You can see they are at 0%, 1%, 2%. They all become less than 5% of a math of determining longevity. once you incorporate MVX+.

So this is the new way of measuring longevity. When you test for methylation, you tests for GFR, test your cardiac function, those are risk factors and those our pathologies, whereas this actually testing physiological function at the mitochondrial and cellular level.

So when you're helping the body get better, you are fixing all the cells. You're fixing other mitochondria. Not just focusing on one organ like the heart or the liver, although I'm not discounting that.

I am saying the bodies made of cells and if the cell aren't healthy, then no organ will be healthy.

Seven-Step Blueprint and Clinical Access

So the focus is getting the self healthy and the first way you do that is detoxifying. The second thing you after you detoxify is nourish. If you want to order NVX Plus from my website, go to the frontpage.nhcaa.com, upper right corner, it says NVx Test.

If your a practitioner, you can order it for your patients. if you're a patient, get your practitioner to order it. There's only one of me, and there's like 1 million medical doctors, And there is what, 350 million Americans.

I can't do it all myself. I have a training, mvxtraining.com, and this is for providers so you can learn how to run MVX and interpret it. The initial training is at three hours and 20 minutes.

It's broken up into five sections. And then I had what's called the Seven Step Blueprint to Optimal Health, which took me two years to put together and it solves all the factors in MVx.

Practitioners take that course and patients take the course also. So, patients, you can go to theholistichealthacademy.com and sign up there. Providers, go mvxtraining.

com. It ends up in the same website, but there's different portals. My last message is this. The best way to increase your longevity and increase you health is with diet and supplements.

That's been my career since day one, is using only diet and supplements to get people better. No drugs, no over-the-counter drugs. no needles in any form, No prescriptions.

It's all diet in supplements. And MVX Plus, the lab test, verifies that. See if you have a bias against supplements or herbs or a healthy diet. You have to remove that bias.

If you think that you're a statin drug to lower your cholesterol, extend your longevity, then that's not true. That was already tested at Duke University.

Statin drugs are a failure at improving your MVX score. They will never publish that study. At Duke university, they also studied exercise and it did not lower the MVx score, it didn't make it better.

Again, you have to clean your body out. This is where the detox supplements come in. A healthy diet, high protein, get rid of organisms, reduce inflammation.

And if you want to be a patient in my office, call this number right here.