How the MVX Blood Test Flips Modern Medicine Upside Down Transcript

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Introduction to NVX Plus and the 7-step blueprint

In this video I'm going to show you how this new blood test called NVX Plus flips medicine upside down. So first I need to explain some graphics. This one shows the seven step blueprint to optimal health.

this is a seven-step process I came up with over the course of 25 years to get sick people well and the NVx Plus blood tests measures all these steps and I am going show this graphic next.

On the 7-step blueprint, I labeled the six factors of MVX and where they belong. I'm giving you this overview right now. We'll go into details later. Here's what the MVx test looks like when you get the results.

There are three indices and six-factors. The first two lines are two of the three-indices. These don't actually target clinically. And then we have glycase, small-isotope particle number, citrate, valine, leucine and isoleucin.

Those are the 6 factors that you can target clinical and make them better. So I put down where the seven steps are when you talk about these six factors.

So here we have glycA. It's in steps three, four, five, and seven of the 7 steps. The small ischial particle number, that's step six. Citrate is step two and then the last step O for optimization.

Then the three valine, leucine and isoleucin, they're in Steps 1 and 2. Let's go back to this one.

Understanding the MVX results and six measurable factors

the first step is diet, foundational foods. And that is where you address the branched chain amino acids, the 3 last factors of MVX. Step two is increasing energy production in the mitochondria that addresses the branched-chain amino acids and citrate.

Step three is drainage that it addresses glycase, so does step four and five that's cleaning out the colon and the rest of the body of organisms. Step 7 is intracellular organisms, such as Lyme disease.

And then the last step, O, is citrate. This is a match made in heaven. It's a universal truth, MVX+, and the 7-step blueprint to optimal health. When you have truth it's truthful everywhere.

it is the universal Truth. We're measuring physiology, like how your body is working on the inside. Its not risk factors, its not pathology. we're actually measuring how your body functions.

If your bodies functions 100% correctly, what disease do you have? No disease, that's the idea. But if you risk factors, does that cause disease? Not necessarily.

And if have pathology, can you treat that successfully? not necessarily because you'll have to go before that and actually get to the causes. So having said that, follow me along with this graphic that I made in 2017.

How the 7 steps map to physiology and healing

I've made this based on the information taught to us by the founders of medicine of the 1920s, 30s and 40s. And what they said was you have to address the causes of chronic disease, and that's this blue circle right here.

There are three major causes, toxins, pathogens and excess sugar intake. You also have to address the most common mechanism of chronic disease, which is in the green circle, that's lactic acidosis.

Now we know it as mitochondrial dysfunction. By the 1930s, it was called latic acidosis. The mitochondria over your cells make energy, and each cell may have 2,000 up to 2 million mitochondrion.

The red circle, the last one, that's symptoms. The last circle is symptoms right here, this purple circle. And that is where organs need help and when you feed the organs properly, symptoms go away.

But you have to address all three of these circles in order to get true healing from chronic illness. Now in medicine, when you go to them and you say, hey, I got the symptom.

I've got pain, and I'm depressed, whatever symptom, they measure symptoms in their labs and they treat symptoms with their medications. And you talk about symptoms and their hoping that your symptoms go away.

But they don't really get into the mechanism and the causes. Now, NVX Plus is the most important lab test to measure the mechanism and causes. Check this out.

Here are the six factors of NVx. We have citrate measuring mitochondrial dysfunction right here. Back in the 30s, they called it lactic acidosis.

Causes, mechanisms, and symptoms of chronic disease

And then to the far left, we have small H2O particles. They measure toxins. And then above that, we have pathogens measured by glycA. These are the factors of MVX.

And the last one is the BCAAs. It says branched-chain amino acids. Those measure your diet, excess sugar intake, B1 deficiency, and amino acid deficiency.

So it's amazing how this one lab test measures the most important factors of physiology. And you can work on each one of these and improve them and then improve your overall score.

I've done this now for many people over the last several months since this lab was released at the beginning of 2025. Now, we're measuring physiology, right?

We're not measuring risk factors and we are not measure pathology. Pathology is at the very end of your disease process and risk factor may or may not cause any problems whatsoever.

So, when measuring the physiology that's what's really important like deep inside is your body working well and if it is then what disease do you have?

No disease. That's the idea. and the physiology has been studied and discovered over the course of 100 years. I like to read old nutrition and medical textbooks.

You can see behind my shoulder some examples of some of these books going back to 1929 and earlier. And here's another pile of them. Don't forget to reading books.

The internet doesn't have all the answers. I can tell when doctors only read PubMed because they have tunnel vision, they don't know their history very well.

So I've had a few new patients tell me, hey, I don' want to work with you because I dont think your diagnosis is correct. And my answer is, it's not about a diagnosis.

I even heard alternative, holistic doctors say, get the diagnosis! And it's not really about that, unfortunately. I wish it was because then it'd be really simple.

But the truth is, most people with chronic illness have multiple factors going on.

Why NVX Plus measures physiology instead of risk or pathology

And you start with the worst one. So you look at the MVX scores and you see which one this person needs to really work on first. You address that. Make it better.

Then you have to pivot to the next worst problem. So there's the seven step blueprint to optimal health. I lined it up here in the red font with the six factors of MVX.

And then somebody may need to detox first, then get rid of infections and inflammation, fix up their diet, eat more protein, digest protein better, fixed up there mitochondria.

There's all these factors. So which one do you need focus on first and then second? And so you're pivoting from one quote unquote diagnosis to the next.

Here we go, pivot. Pivot! PIVOT! Another factor is specialists. You can have a Lyme specialist, you can a Parasite specialist and they're gonna be part of the 7-step blueprint to optimal health.

Lymes specialists at step seven, the Parasyte specialists that steps four and five. But in medicine they don't have those kind of specialists like in the holistic fields.

They have liver specialists, they have skin specialists so the specialties are in type of infection or the organ that the problem is in.

Using MVX scores to prioritize treatment and track progress

So that doesn't really match up with fixing physiology. You fix physiology by detoxing and then nourishing. you don't fix biology by drugging the liver or by putting something topical on the skin.

So this is how medicine gets flipped upside down because we're addressing how the body functions as opposed to treating symptoms, discussing, discovering, testing, and treating, symptoms.

We're going before that. Your job as a patient is to talk about the symptoms in the red circle, and then the doctor talks about mechanisms and causes.

So they acknowledge your symptoms, but they're not necessarily going after your systems, treating them. And guess what? And they are very visible too.

You can see the systems. you can feel the system. But the mechanisms in causes, they can be invisible. so they easy to miss. but now with MVX we can find the mechanism and the causes and now they become more and more visible.

So this is where most of the discussion should be at with the green and the blue as the doctors and patients are discussing what to do next. Then you're using symptoms to track progress.

You're not using symptoms as the enemy. Of course you want your symptoms to go away and you can feed organs to make them go way. But you got to address all three things.

You can't just address the red circle. If you wanna run MVX Plus on yourself, you go to the front page of my website, upper right corner, click on MV X test and get your score.

if you're a doctor and want to learn how to run and MV x plus and interpret it and use it to guide, track and measure progress with yourself and your patients.

I'm setting up trainings and he can send an email to this address.