MVX Plus: The End of Drug-Based Chronic Care Transcript

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Origins of Chronic Disease Theory

So the founders of medicine back in the 30s told us how to fix chronic disease and now we can test all those factors exactly and improve them. In 2016 I had terrible symptoms from a long-term exposure to black mold.

and I wasn't getting answers in the healthcare field, whether it's alternative or regular. But in 2016, I was looking for causes and ended up reading old medical and nutrition textbooks and have samples back here.

Doctors back in 1930s and students of medicine all studied the most common mechanism of chronic disease, which is called lactic acidosis, but this is actually mitochondrial dysfunction.

Delectic esodosis is a mechanism of how people get sick. It's not a cause, but a mecanism. And there are other mechanisms of people getting sick, But there's really only ten causes.

Ten. These ten cause can be broken up into four subjects. malnutrition, toxicity, pathogens, and inflammation from the pathogens. And as I was reading these books from 1930s, the doctors back then the founders of some of the subjects of medicine, such as the founder of endocrinology, Henry Harrewer, The Founder of Physiology, Dr.

Otto Warburg, father of holistic nutrition, Doctor Roy Lee. As I reading their words, they all said the same thing in order to reverse chronic disease.

I'm going to show you that right now. I made this graphic in 2017, one year after I discovered lactic acidosis and I was reading these old books. And let me walk you through it because now there's a lab test that tests all these factors.

The Three Causes and Three Circles Model

So the first factor is causes. There's three major causes and that is toxins right below me, pathogens, and then excess sugar. Refined white sugar is not empty calories.

It's actually very poisonous and causes a lot of inflammation. So you have toxins, pathogens, and inflammation in this first circle, which is the causes of chronic disease.

In the second circle we have mechanisms that select acidosis, as I mentioned. As I'm going to repeat myself, it's actually mitochondrial dysfunction. And there's a lot of different names over the last 100 years to describe mitochondria dysfunction, but we're just going leave it at that for now.

The last circle is symptoms. Obviously you want your symptoms to go away. And how do you do that? You feed organs. So I have a variety of ways that organs are fed.

And as the organs get happier with whatever nutrient you're giving them, whole food nutrition, a better diet, etc., nutraceuticals, then the symptoms that the organ make go away.

Every organ has a different set of symptoms. If your heart's not happy, you get heart symptoms, if your brain's that happy then you'll get dementia, forgetfulness, headaches, et cetera.

if you muscles aren't happy you will get weakness, cramping. You get the idea. And at the top of this graphic, it says, follow the physiology, address all three factors of chronic disease.

I coined that term follow physiology because people follow labs, they follow their intuition, the follow symptoms, what some influencer says. They follow a report, a study.

What about the Physiology? You follow that physiology. How is your body actually functioning? And if it's not functioning well, find out why and fix it.

And it is primarily getting rid of organisms and toxins. That's the most important thing you can do, and then you nourish it! Chronic diseases are basically caused by infections and toxins.

Heart disease, cancer, autism, dementia, autoimmune diseases, infections, toxins combined destroy the body. You just have to reverse that. If what I'm saying is true, then you'll find truth everywhere, and the truth will persist.

Introducing the MVX+ Test

You just have to uncover it. Here's this lab test. It's called MVX+. It stands for Metabolic Vulnerability Index. And it actually measures the three factors that I just described.

that were discovered back in the 1930s. So now we're talking 85, 90 years ago. By many researchers, lots of people over lifetimes have come together to find the truth and it's all wrapped up in this MVX Plus test and is really amazing.

I'm going to walk you through it really quickly then we'll put the two graphics together and I'll show you how they correlate with each other. My first score right here below me is at 55 on a scale of 1 to 100 and i didn't feel good.

i was having a gas leak at my house which i eventually fixed And then one month later, my score was 31. You want that to drop. So drop 24 points in four weeks, which is really phenomenal.

Now there's other aspects of this test that are clinically relevant and you can lower or raise the scores based on your lifestyle choices, your diet, and your supplements that you're taking.

There's no drug that fixes this. And as a matter of fact, exercise does not make MVX improve either. there was a study done at Duke University where they had four groups of people exercising, light, moderate, and heavy, exercised for eight months, in a control group, And the MVx scores did not change based on their exercise.

Exercise is not deep enough. You have to go really deep with biochemistry and physiology to improve your score with MV X. The Inflammation Vulnerability Index is a combination of Glyke A and small H-cell particle numbers.

The GLYKE A is infection and inflammation. This small h- cell particle number is toxicity. Metabolic Melnutrition Index, is the combination the last four.

These are related to nutrition and mitochondrial dysfunction. So this one is citrate. That's the first ingredient of the citric acid cycle, also known as the Krebs cycle in the mitochondria.

Citrate measures mitochondrion function.

How MVX Maps to Causes, Mechanisms, and Symptoms

The last three are amino acids and that has to do with nutrition. So if you're not eating enough protein or not digesting your food very well or you are deficient in vitamin B1, the most important nutrient for humans in my opinion, then the valine, leucine and isoleucin will be too high or too low.

So the founders of medicine back in the 30s told us how to fix chronic disease. And now we can test all those factors exactly and improve them and reverse chronic illness.

We have the path and the blueprint right here. So I'm going to take this follow the physiology graphic and we're going convert it to the metabolic vulnerability index graphic.

Glycae is infection and inflammation. So I'm going to put this over here under the causes because pathogens are

here, and then excess sugar causes tremendous amounts of inflammation, pathogens also create a lot of information.

And so do toxins, but these are all causes, so glycaea goes right here. This small HCl particle number is a measurement of toxicity, so I'm going to put this right here over by toxins.

Citrate is the measurement for mitochondrial function. So I'll put it here under mechanisms under lactic acidosis. That was the old term that they used back in the 30s to describe mitochondria dysfunction.

The third circle with symptoms is more about feeding the body, feeding organs. And in MVX it's these three branched amino acids, valine, leucine and isoleucines.

I'm putting them there. So there you have the six factors of MVS. and they all line up with what the original founders of medicine said a hundred years ago before the pharmaceutical companies took over after World War II and especially after 1961. There are a couple of events that happened then that really flipped the tide away from nutrition and healing the body over to treating symptoms by using pharmaceutical drugs.

Now these six factors are broken up into two main groupings. The first group is called IVX. That stands for Inflammation Vulnerability Index. And that has to do with the causes.

So we got the glycA and we've got this small HL particle number. Those two together are the IVx. And the other main grouping is called MMX, which stands for metabolic malnutrition index.

Using MVX to Track Health Changes

So citrate and mitochondrial function, and then the amino acids. I've talked a lot about the carnivore diet since 2018, I talked about ketogenic diet, since 2015. Protein is the most important macronutrient for your body, your muscles are the largest organ in your Food for your muscles, your little tiny brain, thyroid, adrenal glands, they don't have a chance.

You have to feed your muscle first because that's the largest organ. As of this recording, I've run MVX on 230 people. It's only been available now for three and a half months.

We have few people that have run it more than once and we're getting enormous amounts of very valuable clinical information. I have one woman who she's detox a lot and she has gotten rid of a lots of parasites in her past but MVX showed that she was malnourished.

I put her on a couple supplements for mitochondrial function to lower the citrate and um she changed her diet a bit and I gave her supplements to fix her digestive system and in 10 days she lowered her MVS score by 14 points in ten days and felt Phenomenal.

This is a super valuable tool to figure out where a person stands in their health and then track your progress as they get better. I dropped my score by 24 points in four weeks just by not breathing in the gas leak.

My third test actually went up because I had a sinus infection so I fixed that and the fourth test showed that it came back down again. So my overall score now is 29. i have other people who are healthier than me on MVX.

And I interview them and I find out why. And then we can still see where they have room for improvement. This test needs to be run at every single hospital.

It needs be ran for every annual physical. You get your blood tested for lipids and CBC, anemia, comprehensive metabolic panel, liver enzymes. this MVX test is more important than any of them combined.

If you're a doctor, start running it and learn how to fix it. You can only do it the natural way with diet and supplements. There's no drug that fixes this.

They did a study with people on statin drugs to lower their cholesterol and it did not improve MVX. This paper will never be published because it had a negative outcome.

But I was told by one of the researchers who ran this study, this MVx test is a revolution. It is the end of drug-based medicine for chronic disease.

Clinical Value, Research, and Access

And when you're treating somebody and you are not moving the needle on MV X, then maybe you provide comfort. Or maybe you're saving their life. Emergency rooms will treat a patient and save their lives.

But when they come home, you have to improve your health. This is the graphic that shows your chance of surviving the next five years based on your MVX graph.

If you want to learn more, watch my other videos. Use MVx Plus to measure, track, and guide your healthcare. and use this 7-step blueprint here to go into detail and reverse the factors of NVX in this order.

This test is legitimate. It was tested by the NIH on 30,000 people over many years. But I've talked to a couple of the researchers that put this test together.

and they had no idea what this test is capable of. They thought you would get a score and it wouldn't change for years. But on my patients the score is dropping significantly in a very short period of time and for the people that don't do the healthy things their score goes up.

I had a woman who raised her score from 60 to 64 in four weeks And that's a bad thing. And she went on a 10-day vacation, drank a lot of alcohol, ate some processed food, and celebrated some holidays.

Her score went up by four points, significantly raising her chance of mortality, based on that previous graphic I just showed you, in just four weeks.

I've had several patients now, they've been with me for a long time. They've detox heavy metals and chemicals out. To get rid of parasites and candida out of their body.

And now we're running MVX and that's all clean. You could see that they have done a lot of work. We've got a little progress. But then there's some malnourishment.

So I put them on supplements for their mitochondria and they increase their protein intake a bit. Then we are seeing positive changes with that. For the first time ever, it's really easy to diagnose malnutrition in somebody that looks really healthy.

But if they're not eating enough protein or digesting it well enough, then they could be amino acid deficient and it shows up in this test. So if you want to run this tests on yourself, you can go to the front page of my website, go the upper right corner, click on MVX test, fill out that form, somebody from my office will contact you, get the requisition to you after you pay, and then you go LabCorp, it's one vial of blood they pull out of your arm.

we get the results and we email those results to you. I'm working on educating doctors, I have a couple of trainings for doctors set up this summer. If you're a doctor and you are interested in that, send an email to info at powernutritionpractice.com.

Be a part of this revolution, it'll be nothing but good and maybe some pharmaceutical companies will go bankrupt.