MVX: The $135 Lab Test That Maps Your Next Health Step. Transcript

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Introduction to MVX testing

This test is fantastic. It directs you exactly where you need to go from day one. Let's go over some MVX samples. If you don't know what this means, watch my other videos.

it's the most important lab test anybody could ever take regarding their health and longevity. And it gives you a path to where to next to improve your health.

In these samples, I'm going to show you people who need take their next step, whether it is a lab or taking a supplement or changing their diet or something like that.

So far, I've had 118 people take this test. Thank you very much for doing this. And here's a 40-year-old male with a pretty decent score of 39. These three at the bottom, Valine, Leucine and Isoleucin, they're all lab high.

That means that they are above the normal range on the lab. There's also within normal limits, but also high, so that's factor two. We'll go over that.

But in this case, the solution is vitamin B1 and high doses. My favorite supplement for that is Thiamega. We sell it out of our office and it's created by Elliot Overton.

He's brilliant. And he's probably the world's leading expert on vitamin b1, also known as thiamine. So this is an obvious answer right here. The overall score is 39. Let me show you what that means.

If you go all the way to the right and you look at a score of 39, let's pick this here, 35 to 44. right here below my finger. So just go all the way to the left side straight across.

His cumulative mortality incidence as it says right, here he's at 10 percent cumulative, mortality incidents over the next five years. If you look down here, we've got year one, two, three, four, five all, the, way across So if you know it's a pretty decent score at 39 but why not improve it if he brought it down to 29 now he's all the way down here below 35 look at that and I know its small but just trust me if your driving a car don't watch the screen please don.

all the way across, he's got a 2% chance of chemotube mortality incidence if you drop the score by only 10 points. I have a patient now, her score is 66, and so if let's do this comparison.

How MVX scores relate to mortality risk

So bring this all way over and their chance mortality incidents is 40%. If they dropped it down to 60, Just by six points, then they're all the way down here at 30% chance.

So they go from 40 to 30%. They drop their chance of mortality by 10% just by dropping their score of six point. Keep this in mind when you look at these numbers.

Anything over 75 is quite high, and that says 60% is mortality. And then anything below 35 is actually really good. Here's a really interesting example.

This person had a tooth pulled. Two weeks later, ran MVX for the first time and got a score of 40. Notice the GlycA is 373. That's inflammation and infection.

And then notice small H2O particle number is 15.4 and that indicates toxicity and citrate is 1.71, also indicating toxicity. Four weeks later, this person did the test again.

And here's the second test. Well, the MVX scores stayed the same at 40, but the glyc-A dropped significantly. I'm going to bounce back and forth here.

GlycA drops significantly from 373. to 339. That's because he had that infected tooth pulled. But notice the small HDL particle number. It was 15.4, which is decent, but then it dropped down to 14.2. You want that number to go up, not down.

that means he's got some toxins. And this small hdl particle is a bit stressed out, and as you clean the body out it goes up to 17, 18, 19. The best scores are 19 to 21. So he's got some toxins that he never addressed.

He never took supplements to clean up the battle that occurred with his immune system from the infected tooth and the dental procedure, which is another battle.

So you got to get that stuff cleaned out. I want you to look at this number right here called the metabolic malnutrition index. His score is 45 on the first test.

It's a cumulative number regarding citrate, toxicity, and then the B1 factors which are valine, leucine and isoleucin. So between the first test and the second test, his metabolic malnutrition index stays at 45. So that's very interesting.

The only thing that really changes is his inflammation went up. His inflammation vulnerability index, which is 40, and that is an accumulation of glycA and small HL particle numbers, went from 40 up to 41.

Inflammation, toxicity, and post-dental procedure example

It's a slight change, but it tells you what happened. It tells you that he had some cleaning to do, which he didn't do. He didn' take any supplements.

And maybe he'll get back in the office and take some supplements and fix this up. But really the overall goal is to get this down from 40 to 35 to 30, however low you want to bring it down.

Okay, I'm going to show you these three tests. The score on these 3 tests is 38. So this person is a 7-9 year old male who had a stroke. This person, same MVX score at 38, 48 year-old male, and he needs to do some detoxing.

And then this man, male 63 years old, the same test. I'm just showing you, it doesn't matter what your age is. What matters is the amount of health that you have.

This person here who had a stroke absolutely needs to do the hypercoagulability panel, which is a measurement of how much fibrin you had in your body and how to bring it down.

Fibrine is basis of clotting, placking, scars, and biofilm. Biofilm is where organisms live. So, the clotting factor, it's the fibrin, and that's my recommendation to him.

But overall, pretty good score, but we know exactly where he needs to go to improve his health. Here's a 55-year-old male with a high GlycA. His overall score is 37, which is pretty, good but GlicA is infection inflammation.

So in order to determine the inflammation, do the hypercoagulability panel, in inorder to find the infection do Cyrex Array 12, then address that appropriately and correctly.

This is the worst one that I've seen, a very high score of 74. Let's look at the other graph. So 74 is right here below my finger. And if you go all the way across, he's got a 50% cumulative mortality incidence.

This a tough case, but he has rheumatoid arthritis. The Glycaea is extremely high, lots of inflammation. Then the small HDL particle number is very low at 8.1. These small H2L particles clean up the LDL cholesterol.

We know that cardiologists say LDl cholesterol is a bad cholesterol, But the truth is, it does a job. It's part of the immune system. And it prepares the organisms to be consumed by the white blood cells.

So, they can be used up. The LDL needs to be cleaned out of the body. And that's what the small HDL particles do, is they clean up the used LDl. So if you have a very low number of small HL-particles, you get a build-up of LD-L.

Your immune system, overall, in this case, and in many cases, it's very weak. You get an overall increase in organisms. They eat away at your bones, then you've got arthritis, or they eat way at you liver.

If you got hepatitis, name the organ, if there's an infection in there, its going to eat at those organs. So in this case, he needs to figure out like what's going on with the glycA.

Is it inflammation and infection?

Stroke case and hypercoagulability testing

Probably both. And we have lab tests for both of those. You got the hypercoag panel and then the Cyrex Array 12. Then the small HL particle number should come up when his body's cleaner.

So some detoxing needs occur here. One last thing about this, at the very bottom we have valine, leucine and isoleucin are very, very low. So the leuccine is less than 50 and it should be 41 to 179. It's so low that they had to repeat the testing at their lab.

The leuciene needs to come up. He can consume leucein as an amino acid. You can buy protein powders that are basically the branched chain amino acids.

These three amino assets are called the Branched Chain Amino Acids. But we need to get to the underlying pathology. That's the bigger issue. Here's a similar incidence.

This person is not a patient. I don't know her history, but a very high MVX score. Lots of inflammation and infections. Glycae is very High. The small H2O particle number is Very low.

It should be 19 or 20. She's at 9.2. the citrate seems to be okay. And then the valine, leucine and isoleucin. They're kind of low, But they're okay, they should come up.

But again, there's some underlying pathology here that needs to Be addressed. Here's another similar. This is a six-year-old female, not a patient. Very high metabolic vulnerability index at 69. The glycea is very high at 424. The goal is 260 to 300. Small H2O particle number at 10.9. That needs to come up to 1920, somewhere around there.

And then her valine is really low. So this might be cachexia. the leucine is low, and the isoleucin is also low. So she might be like losing muscle that's wasting away.

There's a lot of work to be done here, but if she were a patient, I would say, okay, step one, figure out what's going on with the glycA. Do Cyrex Array 12, then also do the hypercoagulation panel.

If you have a lots of fibrin in your body, the Hypercoaugulation Panel will find that. And then you can clean that up with lumbar kinase, the enzyme, or maybe even some medications through your MD to thin the blood.

That way you get nutrients and oxygen to your organs. If your blood is thick, that's a problem. And the hypercoag panel will find that.

High inflammation and severe deficiency cases

The small HL particle number should come up to 19 by detoxing. This citrate is at 1.99, and that is pretty good. Then the valine, leucine and isoleucin are all very low.

That's cachexia, like I mentioned, but I think the main solution there is eating raw animal foods. I know that may sound like a strange solution, But there's a lot of holistic medical doctors going back over 100 years that became internationally famous by having people consume raw, animal food.

So Dr. Mayo, the Mayo Clinic, he had a raw milk diet. He cured all kinds of people. in his initial clinic by having people stay in bed and drink raw milk every hour.

Also, Dr. Weston Price had raw butter that was orange from cows that ate grass during June when the grass was growing really fast, plus cod liver oil.

A guy named Junas Vanderplants, he had rough fermented meat. And Dr Gerson, who was kicked out of the United States and had to move to Mexico, had people consuming raw liver.

So yeah, so to finish this off, I would just say this person needs to consume raw animal foods, maybe raw milk, raw eggs, butter, liver, meat. So we're still talking about some of the worst cases and this score is 64. But notice a female 44 years old.

This person is relatively much younger than the other cases that I just showed you who are people in their 70s and 60s. Again, age doesn't matter. It's the state of your health.

Here's an 80-year-old male doing pretty good with the MVX of 62. The only thing that's really off is the small ischial particle number is 10.7. Bring that up to 19 by detoxing.

Notice his glycA at 278. That's fantastic. His goal is 260 to 300. He has very little inflammation and very few infections hiding out, but he's got some toxicity occurring.

So his citrate is at 2.6. That's also indicative of a little bit of toxicity. And the range is 1.08 to 2,73. So he's got some work to do for detoxing.

Now the valine leucine and isoleucin regarding vitamin B1 are in really good shape. If they came up a bit, that would be better. But yeah, I mean, at the age of 80, he's doing pretty good, except for the need for detoxing.

And this is the great value of this test. Like I'm telling you, He doesn't have chronic infections. He Doesn't Have Chronic Inflammation. he doesn' have a B1 deficiency.

doesn''t have cachexia. Doesn'''t need to eat raw animal foods. Branchetain amino acid, protein powder. And he can start right there. If this guy was a patient, I'd say, all right, let's start detoxing.

But for some other people, it's like, OK, Let's get rid of some Lyme or let us get out of parasites. He's got some detox to do. This test is fantastic.

It directs you exactly where you need to go from day one. And I love all the holistic doctors and currently in our profession, we'll have people spend four grand on all of the tests, all that tests.

And if you do like a land panel, it could be 600 bucks. If you total tax burden, which I recommend, It's over 500 bucks, you know, start with MVX. It is only 135. All right, let's talk about this person.

59-year-old female, not a patient. MVX score is 60. Let's show you what that looks like. So the score's at 60 right here below me. This go all the way across.

30% cumulative mortality incidence at that score.

Detox-focused case and treatment priorities

That's ready to bring 60 down to 50. If she was at 50, then cumulative of mortality would be at 15% instead of 30.

You can cut your cumulative mortality incidence by 50% by just bringing your score down from 60 to fifty, which shouldn't be that hard.

So what she has going on is glycA is a bit high. Now it's not lab high, it is not above 400, but it still high so she's got something going there. And then her toxicity level is also high because her small H2O particle number is all the way down to 13.6 and it should be 19. So they're not labeled high or lab low, they are still off.

Now her citrate is 2.04, which is in the middle. I'm happy with that. That's okay. But her valine leucine and isoleucin are all very low. And that is, is that cachexia?

Is that like wasting away, sarcopenia. She's not a patient. Uh, but what's going on? What's her diagnosis? Did she have a heart attack five years ago?

Uh does she really have bad arthritis? Um, does have chronic kidney disease, diabetes, that kind of stuff. So you got to get to the underlying pathology.

In the meantime, supplement some amino acids and make sure you're eating meat. Maybe she's a vegan. I don't know. maybe she has some severe digestive disorder, like her stomach's not working, her gallbladder, liver, maybe doesn't have a gall bladder.

These are all things that prevent the absorption of these proteins. But chances are it's more of a long-term underlying chronic disease diagnosis, as opposed to just digestive dysfunction.

This one I've talked about before, but it's worth mentioning. His overall score is 23, which is fantastic. And his overall chance of mortality in the next five years is like 1%. His glycA is 299, and the goal is 260 to 300. So he's within the normal range.

The small HL particle number is at 20.7. and these citrate is that 2.12. It's okay. the valine leucine and isoleucines, they're good. They're fine. So when you look at all of these, even though they're pretty good, which one sticks out the most?

For me, the one that sticks the out most is Glyke A which is at $2.99. It's in the Most Ideal range. But when we talked on the phone, he eats sweets and he gets tooth infections.

So yeah, stop eating sugar and you gotta address those teeth problems and get a really good dentist. He sent me his parents' results. 75 year old female, overall score, 26. Fantastic!

His father, 77 year old male, overall score 37. Fantastic. And I asked him, well, do your parents eat junk food or what's their diet like? He goes, oh yeah, they eat sweets.

They go on cruises, eat whatever they want to eat. So I ask him like, what is the secret? Are they like exercising all the time? Do they take supplements?

The secret is we're from China and we do exercises that pump energy into our organs.

Moderate-risk case and interpreting low amino acids

Okay, man. Sounds good to me. If it works, it work. I'd like some experiments to be run on this to see if we get 100 people to do exactly what he does.

He's a chiropractor and he's doing like a sacral occipital technique. And if you know what I'm talking about, then you'll know. What I am talking, if not, don't worry about it.

But he is like using some body work to make positive changes. Maybe that's why his parents are doing so great at their age, despite their diet. This is the last one, and it's the best one.

So let me give you a history. He's not a patient, but he gave me all kinds of details about his health. His overall score for MVX is 13, which is amazing.

his glycae is 265. Again, the reference range is 260 to 300, in my opinion. The reference on the lab is less than 400, But keep in mind, 260-300. This small HCl particle number is at 21, Which is a very high end of the Reference Interval.

21.6 is lab high. So I don't think the reference interval on the lab high is correct, which is 11.5 to 21.6. The people with the best scores and the Best Health have a small HDL particle number of 19, 20, 21, so his score is 21 His citrate is below 2.0. I still have to figure out more about citrates so he's not very toxic.

And then the valine leucine and acetyl leuccine, they're at the high point of the Reference Interval. So high normal, So there are people with lower scores on their valine leucine and isoleucines, and it overall brings their total score lower.

So you actually want it to be high normal. The reference range is 116 to 298. His valines is at 252. His leucine's at 137, it should be 41 to 179. And the isoleucines at 67, the reference range is 28 to 109, so he's more at the higher point of the normal reference-range.

So let me give you some details about his health. 23-year Air Force career as a fighter pilot, he got to start off healthy if going to be a Fighter Pilot.

Commercial pilot right now, he lives in a newer apartment, five years old. He works out 45 times a week, swimming, running, biking, weightlifting, eats a fairly balanced diet, though try to focus on protein and minimize carbs, eat sweets a couple times week and a few alcoholic drinks a weak.

So his LDL-P and LDLC, which our cardiologists think are really bad, They're historically high, though a small LDLP and LDL size are good.

Low-risk pilot case and lifestyle factors

So again, regular cardiology is totally missing the boat when they just measure LDl. You got to look at the particles. LD l versus LD L particle size, two different things.

Those LD-L particle sizes ranges are normal. The LD count itself, you just throw in the garbage. He takes CoQ10, vitamin D, B12 folate, cardio salmon, and super EFF from standard process, turmeric, which it's all good.

Since getting the MVX test, he has substituted B 12 foliate with a B1. Gets routine blood tests every few months, including expanded NMR, Which is the lipoproteins.

So obviously he's been taking really good care of his health. Chances are he got some genetics to help him. But when I see airline pilots, I think overall as a group, they're doing pretty good.

There are professions where they have to keep their brain in really sharp focus. And in order to do that, you have a healthy body too. So I thinks pilots get that.

When I look at his history that I just told you, there's actually two factors that improve or decrease health. One is unlucky exposures. That's the exposures to parasites when you go swimming in a pond or the natural gas leak that I had.

I was breathing in natural gases for a year. That was an unlikely exposure. And then you got the lifestyle choices. So you can have environmental factors degrading and toxifying your body or you could do it with your own diet.

So he is not doing that with his diet too poorly. He's got the alcoholic drinks a few times a week and he eats sweets a good few time a weak. But he's exercising.

I would still recommend like no sweets. My diet is like, no sweet since 1999. The last time I had pop was 2003. Like there's no way I'm going to drink a pop.

There's one exception to that. Back about five years ago, I have one pop And it was the most satisfying and tasty thing I've ever had. But don't be drinking pop.

I was stuck in a bus in Mexico, driving from the airport to a resort for over an hour. They ran out of water. And they had Coke Zero. So I had a Coke zero.

It was great. Other than that, I haven't had pop since 2003. New research shows that there's no safe amount of alcohol. But back in the 80s and 90s, medicine was saying that it's okay to have two glasses of red wine per night, because that's what they do in a Mediterranean diet, which is total BS.

They just use epidemiology, they didn't read it right. And but now they're saying there is no alcohol that is safe, there are no amount.

Best-score example and closing advice

In my past I would have alcohol maybe once a month, but in the last six months or more, I think I've had only one beer. When you get your NVX test run, you can go through this video and see what you've learned from what I just told you and then apply it to your health.

If you need your handheld through your Health Improvement Program, just call the office, become a patient. We're experts at this. I have been doing health improvement plans my whole career.

and practicing nutrition since 1998. So right now, we have nine doctors in my office. And we're all talking about cases and talking, about success stories.

It's pretty amazing to listen to my other doctors and what they're saying. Then my staff hear what you say to them, what my patients say. My staff shares that with our doctors.

So, whatever we find, we try to fix it, and we do a pretty good job of it. In medicine, when they find something, it's really bad because they don't fix.

It's always the worst case scenario, right? It is like, let's wait and see what happens. We don' have any solutions for you. Let's just wait until it becomes a tumor, then we'll cut it out.

Whereas in our practice, if we can find whatever and fix, that's a good thing. Let's be honest, I think it's fun, it is solving a puzzle, an adventure.

It shouldn't be scary. And as you do an uplifting exercise like this, discovering what's going on with your health, fixing it up, and getting good results, then share it with friends and family and have them go through the same experience.

That's the whole point. Help you and then help your family that are more like friends. Then help friends that more are like family. Start there. Okay, see you at the next video.