# MVX: The Blood Test to Beat Chronic Illness Without More Drugs Transcript

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## Introduction to MVX and Chronic Illness

Okay, so we're live on X. So we are going to talk about MVX, which is the most important blood test you can get for regarding chronic illness. And this lab is active since January 6 of 2025, and the people that put it together.

We're talking about researchers at LabCorp, PhDs, MDs. People at Duke University, they ran a couple tests on that. And it gives you six factors. These six factor are broken down into two categories.

The two inflammation and nutrition. Two of them are inflammation, but there's way more to it. When you look at the original studies and publications and videos about MVX by the MD-PhD types, they use it to measure chronic disease.

If you have chronic kidney disease, it'll tell you how long you're going to live down to the percent between zero to 100 percent because it gives you the score one to a hundred and so like if your score is 55 the chance of you dying and I'll show you graphs so I can like upload um right on the screen these graphs.

So if you score 55 which mine was in January then your chance Four weeks later, my score was 31, so my chance of dying dropped all the way down to 3%.

And there's a reason why, which I'll go over that in a moment, too. But you can change your MVX score. You want to decrease your score, the lower the better.

It's like golf. So you want that score to be low. And as people get sicker and sickier, their score goes up. And it comes down to these broad categories of nutrition subjects.

Detoxification, infection, inflammation, malnutrition. These are the four big, broad, categories that are seen in these six factors. Now, the six-factors, when you look at the research, there are two, Malnutrition and Inflammation.

But let's say you have one of the Six Factors is Glycae. It's called GLYCAE. And it's associated with inflammation, such as you may have heard of homocysteine, C-reactive protein, that kind of stuff.

So if glycae is high, you don't know if it is inflammation or infection. You have to run a test, then another test. And there's one I like called Array 12 by a company called Cyrex.

It measures 27 different infections, mold, bacteria, parasites, Lyme, virus. If you have nothing showing up there, then you're running another test regarding inflammation, and the one that I like is called the hypercoagulation panel.

And so both these tests will give you the path to take. So if you have high inflammation but no infections, you going to do the things to reduce inflammation.

If you are vice versa, like low inflammation and high infections you do things that get rid of the infections. That's one category of six factors. Now, the other categories include malnutrition.

So specifically, there's three branched-chain amino acids. And on MVX, and I could show you, but on the MVS, if they're too high, that means you're deficient in vitamin B1.

And so what happens when you have high amino acids, these three, leucine, isoleucin, and valine? When they're too high, then your liver will not de-fat.

You end up with fatty liver. Okay, so, what does that mean? Well, like, 49.8% of Americans have fatty livers.

## Six MVX Factors: Inflammation, Infection, and Nutrition

So, let's just say half of American's have fatty liver from a high carbohydrate, highly processed diet. When you have a fatty liver, now you've got high blood pressure, insulin resistance, high-blood glucose, type 2 diabetes.

You have visceral fat. This is what we call metabolic syndrome. Then you end up getting a statin drug, you get arthritis drugs, diabetes drugs when it's actually a B1 deficiency.

And so B1 is the most important nutrient of all nutrients, in my opinion, because, you know, I've been in practice for a long time and I had a gas leak at my house last year.

And I took B one and it's quite a story. I don't know if I want to get into it. Make sure I need to look at this camera. Sorry. So the B 1 saved my life and this terrible gas league.

was causing crushing chest pain, high blood pressure, and I couldn't breathe. And I didn't know I had this gas leak for a year. It was right outside my living room window.

The way the wind blows west to east, it would go into the living, down the hallway, into bedrooms. I was breathing like right now I'm in my house and this is the last bedroom down And I'd be speaking on the camera for an hour.

And at the end, I was exhausted and I couldn't breathe. I didn't understand it. Well, the gas leak was causing that. So I ended up going to the hospital May of 2024, May 18, actually, crushing chest pain, eight out of 10, high blood pressure, couldn' breathe, and they spent five hours there and $10,000 and couldn"t find anything.

Well, luckily I'm in the nutrition field and so on May 28th, I started taking B1 and there's several versions of B 1. I start taking benthol timing which was invented in 1960s in Japan by some chemists in order to get B one into the fat like through the fatty membranes.

So B-1 is water soluble except for a couple versions made in japan And Benfotiamine is great for the body, breathing, heart, neuropathy, and the extremities.

So within an hour of taking Benftotianine, I was breathing better. And in two weeks, it was 95% better, And I still had the gas leak, which I didn't know about.

So all summer, all fall I was doing fine. December 7th of 2024, just a few months ago, I found the gas leak and it was right outside my living room window.

So I fixed that and now I'm off of B1. I don't need it anymore. And I've done some hardcore detox. I did an 18 day sauna detox program. As in the sauna for four more than four hours a day for 18 days and I could smell chemicals in my nose on day one.

So. So anyways, getting back to the MVX, if you have high amino, the three branched amino acids, they're high, then you got to look for a B1 deficiency or just start taking B one in the fat soluble version.

Now, let's say these three amino acid are too low. That's different. And it could be cachexia, meaning you're dying because you have cancer. Or it can be you are vegan, not eating enough protein.

It could also be that you can't digest food very well. Your stomach doesn't work, your gallbladder is congested, you cannot digest fatty meat. You have SIBO, small intestinal bacterial overgrowth.

So you've got to fix whatever digestive issue is going on. And MVX tells us. MVx is unbelievable how great it is. Let me continue what else is on NVX.

So I mentioned glycA for inflammation and infection. I mention the three amino acids. Now there's really two more left. And one is called small HDL particles.

When you look at cholesterol, people talk about LDL cholesterol being The most important cholesterol, the most thing in all of medicine, not true. And I will win this argument with any cardiologist that LDL is not the important thing when it comes to heart disease and plaque.

The small HL particles are the most important thing, and the reason why is because they soak up LDL. And the small-HL particle count, there's a number on MVX and that count should be high, And there is a range from 11.7 to 21.6, I believe.

So if your score is 10, it's too low. That's not a diet-related issue, that's actually toxicity. It's a toxin issue. And here's this super interesting story that I figured out.

So I'm on the carnivore diet since 2018. I ate a ton of meat, I love meat. and I do eat some fruits and vegetables sometimes. Now I have a vegan patient who's 80 years old and he had some AFib and some other heart related issues.

i keep trying to get him to eat steaks and burgers and you won't do it. And so now my small HCl particle count was 11.9. It was in the normal range, but it was too low.

His HCL particle account was like 10. And it should be 21. Both of ours were low, I'm on the carnivore diet, he's on a vegan diet. We both have a low count for the small particle number.

So I realized, okay, it's not related to diet. So that's true for a lot of heart conditions. I mean, It's more about toxicity. When you eat the standard American diet, and you're eating a lotta carbs and sugar, there's a toxicity issue.

sugar as a toxin. That's how I see sugar now. So my small H2O particle number went up because I stopped the gas leak. And it went from 11 point something to 17 in four weeks.

Again, the goal is like above 19. In four week it ran up like that because i stopped breathing in gas. And then so he told, and he hasn't redone his MVX score, but his went up, I'm sorry, he felt better.

He had trouble breathing. And I put him on a supplement for detoxing heavy metals and chemicals. That supplement is called HMET binder from Cellcore, Cell Core Biosciences.

H. M. stands for Heavy Metals. E. T.

## B1 Deficiency, Fatty Liver, and Metabolic Syndrome

Stands for Environmental Toxins. He told me three weeks ago when I saw him in my office, he took one pill. He could immediately breathe better. So that was such validation that, yeah, small HL particles are a toxicity.

I'll have him redo the NVX test. And I'm studying this now. The only doctor in the world trying to figure out how to use NVx to improve our health. They have some really good answers.

And I'm telling you, AI, chat GPT, has no idea how to read MVX. Maybe someday it will. So another factor in MVS then is citrate. This is the last one.

There's the less factor. And then I'll show you some graphs. When you look at the mitochondrial function where you make energy ATP, the first ingredient is Citrate, So if you have a lot of citrate in your blood, that means it's not getting into your cell membranes and into through your cellular membrane and through you mitochondria.

And so therefore, more and more citrates is building up in the blood and it is not being used. So that's also a toxicity issue where your cells membranes and mitochondrial membrans are filled with toxins.

Another potential factor is that your mitochondrion are missing core nutrients. So there's a Facebook group called Understanding Mitochondrial Nutrition, and in it they say that the mitochondria need 22 specific nutrients, so what

would they be?

Iron, copper, some minerals, vitamins, certainly the B vitamins. B1, B3 is niacin, then NAD, which everybody's trying to sell, which is great, you know, if you wanna take any D, go right ahead, but don't forget there's 21 other nutrients in the mitochondria.

And there are companies that are coming out with vitamin pills that have all the nutrients and I have a couple and they're great. They're amazing. So that's why citrate might go high.

Let me show you, okay, this is a super cool map. I'm gonna step here and now you can see. Okay now, check it out. Bring the microphone. I'm going to hold on to the mic.

Bear with me. Okay, here I got the So this graphic shows the old way of predicting how long you're going to live, your longevity. And you can see at the very top is age.

At the bottom, it has a score of 0 to 30. So when you do the math to figure out how old you are going live then what percentage does this factor of age contribute to that math?

And the answer is somewhere between 25 and 30 percent. Okay, I don't have these specific numbers. And you can see the next one is GFR, that's kidney disease.

Hopefully you see my cursor. So kidney diseases is over 20 percent, a factor 25 percent And I'm sorry over twenty five percent so that's how you do the math and you.

You can look at previous heart failure which is pretty serious there's diabetes smoking hypertension. Gender women live longer than men. At the bottom we got total cholesterol triglycerides, HDL cholesterol.

Okay, so picture you just keep that in mind and this is how people say, oh you need to quit smoking. You need lower your blood pressure, you'll live longer.

I'm not saying these things are true or not true. But let me now show you the next way, the new way to determine how long you're going to live. And that's this one.

So at the very very top we have MVX. It's such a good test. it's so well studied and it measures the six factors that determine better than anything else how long you're going to live.

and it contributes to the math of your longevity by, I think it's 75% right there at the very top, that blue graphic right here. And then you can see the next one is gender.

You just see that they're super insignificant. Hypertension, smoking, diabetes, previous heart failure, kidney disease is all the way down to like one or two.

These become sort of not factors. This test revolutionizes all of medicine. So I'm going to stop this one and I had a plan. Whoops, not that. Here we go.

I'll bypass my plan and show you at the bottom of the scientific research paper that came out on MVX. This right here is what was said. Here we go. Okay, so they talked about MVX, they showed the math, and at the very bottom, this is the conclusion in the paper.

Our results suggest that survival, meaning how long you're going to live, might be more dependent on previously unrecognized causal factors. Now I just mentioned what they are.

Infections, toxins, nutrition. Those are the causal factors. Not smoking, not gender, did you have a heart attack? Those of the cause of factors, okay.

And follow me because there's more to it. I got another graphic to show you. Okay, these unrecognized by medicine causal factor distinct from those responsible for development of diseases or vulnerabilities considered to be the causes of death.

So the doctors are thinking that kidney failure is the Cause of Death. A heart attack is the cause of death, you know, hypertension is a cause a death.

No, there's other factors and MVX is telling us what these other factor are. If supported by future research, okay, I'm gonna stop right there. There's already tons of research to support this, what I gonna say next.

Treating the underlying metabolic dysfunctions, of the overlapping syndromes of, now these next words are how people die. Cacaxia, when people have cancer and they're dying and losing weight, they eat a ton of calories but they can't put on weight.

That's cacxia. You can have cardiac cacaxias. Have a heart attack and a year goes by, you're not thriving, my great-grandfather had a hear attack, spent the next five years on the couch, couldn't breathe, died.

## Small HDL Particles, Toxicity, and Detox Support

sarcopenias muscle wasting malnutrition frailty frailty has its own definition these are how people die okay so combine those with ant okay So treat those with anti-inflammatory nutritional or alternative therapies.

And that might provide greater survival benefit than targeting conventional disease risk factors. Yes, disease risks factors are kind of a red herring and they distract us from the causes.

All right, that's super interesting to me. I hope it's interesting for you. So let me show you, I did the, okay, this graphic is the scary graphic. And I hope you can see my cursor.

You should be able to. Let me get into the screen. All right. On the far left, it says chemotube mortality incidence. So over the next five years here, we got zero years, one, two, three, four, five, years.

OK, that could have moved Move the screen out of my way. All right. And then on the left, what's your cumulative mortality incidence? 10%. In the next five years, is your chance of dying 20%? Is it 30% all the way up to 70% up here?

And how do you figure this out? MVX gives you a score 1 to 100. If your score is 75 or greater, that's here, you just draw a line all the way straight across, all way to the left.

Your chance of dying in the next five years is 60%. The NIH ran this test on 24,000 people. That's how they know this. It's a lot of people, the National Institutes of Health.

I'm not degrading functional alternative medical testing, but this is the NIH, right? Very specific meaning, and specific is a very technical term. These results are very specific.

They're very correct. Okay, my score, the first time I ran it, when I was toxic with the gas leak at my house, My score was 55. So here it is, go all the way to the left.

My chance of dying was 20% in the next five years. my cumulative mortality incidents in The next one year, it was look at this blue line. And the Next one years like three or four or 5% somewhere in there.

But it kept going up. If I were to not discover the Gas leak. It would have kept Going up So, and I felt terrible. Just horrible. Chest pain, lung pain.

Walking funny. Weak legs. Horrible. I shut the gas leak off. Four weeks later, my score is 31. MVX test. So where's 31 at here? It says less than 35. It's that green line.

You got to cut all the way straight across, and my chance of dying, 3%. So I dropped my chances of dieing 17% in four weeks by not breathing in gas. My third test I ran, I had a sinus infection.

And my score went up to 39. So that's right here, 35 to 44. Just draw that all of the across. I'm at 5%. It finds infections, it finds toxins. and I run this on my current patients.

And I can tell what I'm missing. I could tell that I missed a whole bunch of toxins with my previous testing procedures. Like I tell they miss infections or inflammation or malnutrition or B1 or amino acids.

Maybe they need some digestive support. It helps. OK, I go on. This is just a fantastic test. Now, notice that of all these twenty four thousand people, the average age of death was around sixty one or sixty two years old.

At the very bottom they're at 58, at the top they are at 62. So these people were sick, they were primarily, maybe half of the 24,000 people had a heart disease, known heart diseases.

Another group within those 24000 were healthy. But my point is that there is people who are 59 years old right now. They're going to have a heart attack next year, and they don't know it.

And MVX tells you, MV X gives you the best clue. So and then at the very top here on the far right, it says vulnerable. At the bottom, says resilient.

So if your score is 31, you're very healthy. Your health is resilient. If your scores is 75, in the red, yellow, your more vulnerable. That's why it's called the Metabolic Vulnerability Index.

So metabolic meaning metabolism, meaning how's your mitochondria? It's about your Mitochondria. It is not like how fit are you? What's you VO2 max? Your lung capacity?

Its not that. It's not your grip strength. Do you go to the gym? It is not that. It isn't your telomere length. These are the six factors of MVX that determine how long you're going to live better than anything else.

There are a whole bunch of longevity experts. Biohackers and I don't know, I think of Harvard professors with long beards saying they're going to live to 150. That's what I hope they are right.

Well, they should run MVX and see if they were right because if not, and guess what? This test is so cheap, it's only 135 bucks. It's crazy cheap. And I have other functional tests that are great for, you know, finding parasites and toxins.

You know they're 500, 600 bucks, 700 bucks. and they give us great information.

## Citrate, Mitochondrial Function, and Core Nutrients

But when you do MVX, it'll tell you that your next step is to do the heavy metals test, or the next is step to find parasites. It'll you tell where to go.

And then you spend five, six hundred bucks, but first do NVX. That way you're not spending three thousand, four thousand dollars trying to like search around.

NVx tells you go here or go there. Its amazing. So having said that, um, I can show you where to get it. This is my website and, uh, upper right, maybe I could flip sides here.

Upper right. Do you do right? Right up there. It says MVX test. You can click on that. The website's the nutritional healing center.com. Click on it right there and it'll, a page will pop up, fill in the information and somebody from my office will contact you.

I'm sorry my camera's a little bit blurry. So there's that. video that I found on YouTube in May of 2024. If you want to

check it out, Dr. Bill Cromwell was part of the team to develop MVX.

And I talked to him two and a half weeks ago, and he really had no clue as to the power of this test. I told him all the things I just told you. These researchers who developed this test, they thought that you could run the test and two years later you would have the same score and maybe it would change a little bit.

No, it changes dramatically based on your actions. And I talked to another researcher who helped develop MVX. She said that, and I don't have this study, but I wish I did.

They had a study at Duke where they had an older gentleman run on treadmills. And they did before and after with MVX. So their glucose went down, their insulin resistance went, down which is great.

But their MV X didn't go, it didn' go down. Their MVx did not improve. And I'm not surprised by that at all. I'll tell you why in a second. And then they did another study and instead of exercising, they put them on statin drugs to lower their cholesterol.

And guess what? MVX did not go down. It didn't improve. Here's why. So I'm going to grab, do I even have it? Seven steps, my seven steps. This is my seven step blueprint to optimal health.

Let me grab the microphone. Okay. Okay. Follow me on this. And, uh, this is my career. I created this seven step blueprint to optimal health because in my.

Career, I have a cash practice, nutrition-based I've been studying nutrition for since 1993, self-study started chiropractic school in 94, graduated in 97, started nutrition practice in 98. I quit all insurance in 2005. I quite chiropractic, I, quit getting chriopractic patients around 2012 or 2013, 2011.

My practice is hardcore nutrition, cash only. I have to get people better. If they don't get better, I lose my practice. Why would anybody pay to see me when they already have insurance?

They can go get drugs. There's nutritionists that take insurance.

## Research Graphs: Longevity, Survival, and MVX Scores

You know, I don't take insurance. I quit insurance November 1st of 2005 for the sole reason to force me to be a better and better doctor. That's why I did it.

And I like to study, so there's an advantage I have. So this seven steps is kind of a takeoff of philosophy that really rang true when I heard about it, because a lot of different doctors have their own philosophies.

And it could be Western, it can be Eastern, based on alkalinity, you know, the vegan philosophy. Here's the truth. This is what really works. I made this graphic in 2018. And I've learned from it.

And the person that actually made the original was Todd Watt. His name is Dr. Todd Watts from Cellcore Biosciences, which is a supplement company. Anyways, I expanded on it, so I changed it but step one is diet and step two is increasing mitochondrial energy.

That's vitamin B1 and the 2021 other nutrients within mitochondria. Step three is drainage. That means that you make sure that your liver, intestines, kidneys, lymphatic system, they're all working well.

These are organs and systems that detox on their own. So if you're not pooping, for example, you need drainage, some colon cleansing supplements. You need some gallbladder flushing.

Something like that. Okay, step four is cleaning the intestines. Now we got supplements that make people eliminate parasites, ropeworms, stuff like. So step five then is full body immune cleansing.

so now you're getting parasites out of people's bodies from head to toe. It cleans parasites and organisms out their fingers, their joints, and their knuckles start to hurt.

They blow parasites out of their nose. I actually blew three parasites outta my nose, and only supplements will do this. There's no drug that is that great.

there's a particular product called Para 3 from Cellcore. It's fantastic. But you can't just do it in step five unless you make sure you do steps one, two, three, four first.

You have to do that in order. All right, step six is detoxing heavy metals and chemicals. Step seven is Lyme disease. And maybe that's a bad term. What it really means is organisms that are living inside your cells.

That includes viruses. It includes parasites, fungus, mold, bacteria. When I say LyME, I was at a seminar once and this woman stood up and she said there's about 60 co-infections of LyMe.

So what happened was in 1980, they found Lyme, Borrelia burgdorferi. They found it in the cells. And it's such a big deal because, you know, lime was hard to find because it was in the cells.

And then soon after that, they found other organisms, Babesia, which is a parasite, Ehrlichia. Mycoplasma, these Bartonella. These organisms are in cells and they kept celebrating, hey, this is great.

But guess what? They found bacteria, mold, mycotoxins. So there's herbs that clean out the cell in step seven. Herbs do it, not drugs. There's no good drugs in this situation unless you have an acute Lyme situation where you need antibiotics, but you got to follow up with herbs.

The step O is optimization. That's adding in minerals and step 0 can be done anywhere in the seven steps. So anyway, so the point is and the six factors of MVX line up My seven steps that it took me 30 years to come up with fixes MVX.

They line up one for one. It's amazing. So let me get rid of this. And what did I want to show you? Um, longevity. Oh, here we go. So here on the far left, we have my seven set blueprint to optimal health that I just went over, and then the MVX six factors and where they line up with my 7 steps.

And then we the labs beyond MV X that you can test to see, you know, what kind of organisms you have, What kind toxins you. Have, And Then here's the therapies.

And starting with the low-carb diet, small HDL particle numbers are toxicity. And the Low-Carb Diet, ketosis is the basis of detoxing. There's a branch chain amino acids that I mentioned and getting rid of the parasites.

Here's the herbs for Lyme. here's symptoms people go through as they go to the seven steps and the six factors. All the way on the right, we have courses and e-books that have made in the last nine years.

So this lab test totally validates my career. It's so great. And all the times I've been called a voodoo doctor, witch doctor. Quack. You're just a chiropractor.

Since 2013, I have been on YouTube, social media. I heard it all. Those are ad hominem attacks, right? You know, attacks your license or your being or you're skin color.

That's an ad hominem attack. Um, and you know that the person lost their argument. So, um, anyways, so there's that, but yeah, totally valid. Okay. And there was a whole bunch of holistic doctors that I know personally, whether they're chiropractors, medical doctors, or DOs, they do some version of the seven steps.

For example, there's an internist in Kansas City. Um, God, I hope I'm right on that. His name is Dr. Simon you last name as why you Dr Simon, you prevention and healing.com.

He focuses on cancer. Now he's not an oncologist. She's a, he is an internal specialist. And he has a hyper focus on parasites. He also detoxes heavy metals and chemicals.

he also talks about teeth. You can have infections in the teeth causing problems.

## Seven-Step Blueprint and How MVX Fits

So he does the seven steps that I talk about. And that's what happens when you have a good holistic doctor and they're following the truth. It leads down to that path.

There's another one. Dr. Ellie, I'm forgetting your last name, former president of the American Association of Oral and Systemic Health. What that means is this group of doctors, AAOSH, they look at dental problems like infections in the jaw causing arthritis, causing cancer, and causing plaque in arteries.

These infections here are a major source of disease in a body. This has been known for over 100 years. And there's actually two associations of doctor that look into this and, um, study it.

It's fantastic. So she, the point is Dr. Ellie, she does this, some version of the seven steps. Okay. Um, I got one more slide that I want to show you.

I've got more, but I kind of want focus on this one. This is about April B. okay? I'm going to shrink it down so it's not too big. so we're going do it this way.

Good. All right. Get the microphone. Okay. Able B. So when you talk to a cardiologist, they say LDL is a problem, but the truth is, and they'll admit this, ABLE B is the chemical on the LDl particle, And ABEB is what causes plaque.

And so this upper left corner is A graphic. It's a U shape. This is The problem with able B and hypertension and being overweight. There's a lot of factors that are U-shaped when it comes to longevity.

So on the far left, it says HR. That means hazard ratio. And if it's up, that means you're going to die sooner. Okay. On the bottom, is says the quantity of APO-B.

See, if you have a high amount of Apo- B, you can see how it goes up. If you a low amount, of a APo-b, It also goes UP. Is AP-o B good or bad? See? That's the problem.

Now there's some… People who, let's say they have cancer, they want to be overweight because they'll live longer. They'll want have high blood pressure or high LDL because it will live long.

This U-shaped curve is a problem in medicine. And it's like, what are they missing? Do they know what they're missing. Well, at the bottom, is the solution and it's MVX and specifically the malnutrition part of MVx.

So when you do the math of this graph and you throw in the non-nutritional aspect, now it is no longer a U-shaped curve. And now April B is a problem.

The higher it goes, the more of a problems it has, period. Whereas over here, you don't know, do you want it high or low? Well, if you have the malnutrition aspect corrected, meaning you haven't got vitamin B1, you're digesting your amino acids, and you don't have cachexia, now you know Able B is just trouble, trouble as it goes up, up.

That's for the cardiologists. That for all the medical doctors who go on and on about LDL and, um, without knowing this new information, this is new. So the study that I'm referring to in that actual graphic is from, I believe January, maybe February of 2023. It's only two years old as I record this.

Anyways. All right, cool. Um, so it's eight o'clock. And so I've been speaking for a half hour. That's all I wanted to do. If you wanted more information, I'm going to talk about MVX from here on out on X.

And I have been using X as a platform to attack my Michigan governor and other political leaders in Michigan that I despise. Well, because I want to change my messaging.

And I'll go after the politicians in other ways besides X. So you can follow me. Go on my website. I have all the courses. You can sign up to be a new patient.

There's a big course called the Seven Step Blueprint to Optimal Health. If you just want jump in and get the NVX test, I don't know if I can even show you.

Can I show you? This is my first. Oh, look at that. Look at it. I think I'm showing you right now. Yeah. And then so I've kind of new at this. So I have to.

No, I don't want that share screen. Here we go. There I am.

## ApoB, U-Shaped Risk Curves, and Final Takeaways

OK, this is me. II have time like it's Sunday night, right? So it was 801. Keep going because I forgot I wanted to show this this my actual first score.

Right here, 55, right there, at my score of 1 to 100. That's what gave me a 20% chance of dying in the next five years. I quit breathing in, I stopped the gas leak, and in four weeks, 31. So this first score was January 13th right here and the second one is February 10th.

24 points in 4 weeks. This is what blew away the MVX researcher that I talked to on the phone. she's like oh my god you dropped it 24 points in four weeks i'm like yeah she goes i need to learn from you and i was like yes you do need, to, learn, from me and then this is glyc a when glyca is high it's horrid that's infection and inflammation so notice my infection inflammation was 335 and it dropped to 316 in four weeks.

I felt so much better. It was fantastic. And then the small HL particle number, that's the next one. and it was too low at 11.7. You can see that the range is 11.5 to 21.6. See that?

You want it to be 20. Okay, so I went from 11 point seven all the way up to 17 in 4 weeks because I wasn't breathing in the gas leak. Okay, and I'll show you my third test.

I had a sinus infection and all these things got worse. Okay. And then my citrate and valine, leucine isoleucines, the malnutrition aspects, they kind of went up and down.

Um, not much of a big change, but with the valene, lucine and iso-leucin, you want them to be higher in the normal range. So those improve like the veiling went from 170 to 275 to 75 is better because it's in the higher part of the normal range right there.

Okay. Now that my next one, let me see if I can do this. Oh my gosh. Did it work? Yeah, I'm so impressed with myself right now by doing this live stream like that.

Okay. I was at 31 and now in March, um, and as a matter of fact, my fourth blood draw is tomorrow morning. So four weeks ago, My score went up from 31 to 39. And you could see my G glyc A, it went screaming high three 16 up to three 50. Why?

Because of the sinus infection. Whoops, there we go. And then my citrate and my branched-chain amino acids, it kind of bounced around, but they kind went down.

The branch- chain amino acid, they dropped. I mentioned you want them to be higher in that normal range and they went. So that means my body was using up the B vitamins trying to tackle the sinus infection.

Okay so my sinuses are cleared out and my lung chest pain is better. I've been jumping up and down on the

trampoline to make sure my lymphatic system is good. I've taken on my supplements and we'll see what happens tomorrow and at some point I'll do some videos about my continued journey with MVX.

So I'm going to stop to share with the No, I don't want to do. Oh my gosh. I just messed up. How do I do that? Oh, here we go. Okay. Cool. All right. So now it's eight Oh five.

It only took five minutes to go over that. Alright, cool. Well, that's been, it has been a lot of fun. Um, I'm going to keep doing live streams today, today.

Tonight. I meant to on five different platforms, but X was the only one that let me go on. so, so you got me on this one. And, um, So I encourage you to get MVX and you can get it right on my website.

You don't have to through any doctor. and as far as I know, there's, two other doctors in the country running MV X. And, but you have to be a patient of theirs.

For me, you don't have be patient in mine, just go to my website, thenhcaa.com. And if you want a consultation, that's gonna cost you some money. If you wanna be patients, it's going to cost more money, this is how it goes.

You know what? All right, so I'm gonna end this like, I don' know how to end it. Okay, thank you for hanging out with me. I appreciate it, had a lot of fun, hope you had fun too.

Leave some comments. I want to get… I can't read your comments as I'm doing this live, but I'll go on X and I will read you comments, I wanna see what kind of feedback you have.

See what kinds of questions that you had so that later on I could answer those questions as i give the live. Okay, thanks. Bye.