Vitamin B1 Is the Key to Metabolic Health—Here’s Why Transcript

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Why Vitamin B1 Matters

Vitamin B1 is the single greatest nutrient for human beings. It's also the most deficient. And I discovered this in 2024 because I had a gas leak at my house and it put me in the hospital.

I have crushing chest pain, high blood pressure, couldn't breathe, left arm numb, my left leg numb. My thought was having strokes. At the Hospital after five hours, they couldn' find anything.

They kicked me out. Then 10 days later, thankfully I'm in a nutrition practice now for 30 years. I figured out that I needed B1, so I took a fat soluble version called Benful Timing and within one hour I was breathing easier and in two weeks I 95% better.

And it kept me going for the next six months and then I found the gas leak. It saved my life even in the presence of this gas. Now, the thing about a B1 deficiency is that it causes over 70 symptoms, and they can be mild all the way to very severe.

They could be GI problems, cardiovascular problems.

Symptoms of B1 Deficiency

Nervous system problems including brain issues, short-term memory problems Alzheimer's, Parkinson's and even peripheral neuropathy outside of the central nervous system.

And it cause end of life symptoms including coma. or cachexia, which is where you lose your appetite and you start losing weight even though you're eating a lot of food.

So B1 deficiency is endemic. A lot people have it, but it's not in the medical repertoire of therapies. Because here's why, these 70 symptoms then are broken up into specialists.

So you have the GI doctor, the heart doctor the neurologist, and they're all specializing in the symptoms of B1 deficiency. Now, if you find out that you had a B 1 deficiency and it's, you know, usually causing at least some of the systems that have, then you'll have to find why.

Common Causes of Deficiency

Here's the common causes of why people have B one deficiency, too much alcohol over a lifetime, coffee, tea, stress, I had the gas leak, so toxins, also parasites and mold, they all cause B1 deficiency, but the most common cause is a high-calorie malnourishing diet.

So the standard American diet is 53% ultra-processed food. That means a lot of grains of sugar, not enough protein, and not of vitamins, especially B1.

Our standard american diet causes a B-1 deficiency and that causes all the symptoms I mentioned including fatty liver. High blood glucose, insulin resistance, high blood pressure, and that's all called metabolic syndrome.

50% of Americans have a fatty liver. And a B1 deficiency causes that. So you take B-1 and then you also go on a low-carb ketogenic diet. That's been shown to reduce fatty livers by 31% in six days.

So these are therapies that most people need, but medicine ignores and is very unfortunate. So I wrote an e-book about this. And by the way, I have a whole bunch of old books behind me from teens through 1960, and I had seven books about B1 from 1929 to 1955.

Diet, Metabolic Syndrome, and Keto

They knew back then how important B-1 is. And there's still some modern B1 books, which are fantastic. But talk to your MD, your family doctor or specialist about B-1, and they're not going to have a clue.

And I didn't have the clue until 2024 because I had that gas leak and I have to fix it. So most people have B 1 deficiency. By the e-book that I wrote, it's very simple to understand.

and you get the idea about what symptoms it can cause, how to fix it, then you got to find the cause as to why you had a B1 deficiency in the first place, and they have to fixed that also.

Once you understand B-1, the next step is to understand a blood test called MVX+. It's new.

Books, Testing, and Next Steps

It was released in January 2025. It is the best blood test to figure out human physiology and it gives you a score 1 to 100. Want your score to be low.

Of the six factors measured by MVX+, four of them are directly related to B1 deficiency. So all these cool discoveries from the olden times to modern times, they all come together and they're forming the same story.

And it's been a fantastic journey So I think the best place to start is to figure out B1. And there's other subjects, there is mold, and there are parasites, candida, the diet stuff.

But the simplest thing you can do is understand B-1, take it. Most people need it for about six months, so it's not always a long-term solution. You just need six-months worth of B one, maybe.

And so start there, understand that, get into MVX Plus, the blood test, and just keep learning. And there's, I've been at this for 30 years and I created my seven step blueprint to optimal health.

I have a course on that. Have a mold course. Got a parasite course, got a viral course I got the keto course and got to be one course start with the B1 ebook.

It's $4.99. Click, buy it, Understand it and start.