What Your MVX Test Really Says About Your Health Transcript

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Introduction to NVX+

In this video, I'm going to go over NVX and a little background as to how it came about and its significance. So, i'm gonna share the screen. I'll start right here.

The title is NVx+, and the first index, which is a mathematical number that they come up with, to give you an overall score. The first index is Metabolic Vulnerability Index, and as you can see my first score, January 13th of 2025, my score is 55. And you want your score to be lower.

the second index, is called the Inflammation Vulnability index. It's a combination of glycA and small acetyl particle numbers. So the glykA is infection and or inflammation.

And the small ischial particle numbers is toxicity. So in this case, my IVX, Inflammation Vulnerability Index, was 50, and it came down to 27 four weeks later.

My total score was 55, the MVX. And it come down 31 four week later, And that's a pretty dramatic change. Most people don't have a big change like that.

I've had people hear this story and they're disappointed that their numbers didn't move so dramatically.

Understanding the MVX Indices

but they still improved and they're on the right path. But I'm showing you this because it's quite a dramatic example and it is easy to see the differences.

So let me give you some ideal ranges also. The MVX should be as low as you can get it. the lowest I've seen is 13. The glycase should be 300 or less, and you can see my numbers back in January-February of 2025 were 335 and then down to 316.

Later I got it down into the 200s. The small axial particle should 19 or higher. If it's 18 it is pretty good, but when it 19-20 people are really happy.

And you could see mine was 11.7. I was suffering from a gas leak. And then I had shut the gas leak off and then four weeks later, my score went up to 17, which is great.

The third index is the metabolic malnutrition index, so right below my face here. And you want that to be in the upper 40s. That'd be ideal. The lowest I've seen is a 43. So you can see in this example, I was at 59 and I had a gas leak and it caused some digestive upsets.

After I fixed the gas leaked, then my score dropped down to 47, which is great. I felt a lot better. My appetite was better, and was eating more food.

It was great, Now the citrate, that has to do with mitochondrial function. And this one bounces around. It's ideal if it's 1.6 to 2.0, and that's debatable.

I'm still kind of up in the air a little bit about these last four factors, but right now I am saying that citrates should be 1,6-2,0. The valine should be 200 and leucine 110 and the isoleucines should 55. These are called the branched-chain amino acids.

They are unique as far as all 20 amino acid and they signify malnutrition. Just like citrate is malnutrition for the mitochondria in your cells, these branch- chain amino-acids are mal-nutrition for your whole body.

So when I say malnutrition, I'm talking about too much sugar, not enough protein. And let's say you're eating a lot of protein, are you digesting it and assimilating it well?

Ideal Ranges and Example Score Changes

So it encompasses a lots to do with protein digestion, consumption, and then reducing the carbohydrate intake, low sugar low, you know, pasta bread, etc.

low. So that's how the MVX looks. And so when you get your numbers, you can see, like in these examples, in my first test here in January right below me, my worst score was the smallest show particle numbers.

It should be 19. And everything else is still off, but not as bad as the small-scale particle numbers. And then on this second test, which was one month later, my worst score was the valine, because that should be 200. The citrate is a little bit too high also, so more of a nutrition factor.

because the small shell particles went up to 17 because I wasn't breathing in that gas leak anymore, so my body was detoxing quite well. So that's an example of reading MVX, and I'll show you some more examples.

Here's a sample of somebody whose test was January 22nd of 2025. And the worst thing here is the glycae at 452. And then at a later test it had dropped down because they put him on a supplement to reduce the organisms in his body.

Now notice that his valine was very high at 301 and then a few months later it was all the way down to 213 and the best score would be 210. So that's really really good.

Overall his total score went from 50 down 45. So that's how it goes. And this is over the course of a couple of months. There's an example of how to make this work.

So here's a person whose overall score is 44. Their glycA is really pretty good at 262. It should be below 300, so that is excellent. But their smaller shell particles are at 14, and they should more like 19. They have to do some detoxing.

So you can say, and they might be thinking about, oh, I have Lyme or I've parasites or have inflammation. Inflammation causes disease. Everybody says inflammation is bad, but their glycae is below 300. So let's not talk about organisms and inflammation, let us talk toxicity because your small show particles are at 14. That is too low.

Now, they're also malnourished. So the citrate's a little bit high and there's some supplements that fix that quite easily. But their valine should be 200. They're at 150. Their leucine's at 89. It should 110. And their isoleucines should at 55 and they are at 36. So in this case, are they eating enough protein?

Are they digesting the protein, or are eating too much sugar? Those are the two main factors. So I wrote it right here above me.

Reading MVX in Different Cases

Check their digestion. Are the eating of protein and also detoxing is important for this person. Okay, let's talk about the history about this test. With this graphic right, here I made this in 2016. And I made it because I like to read old nutrition and medical textbooks and you can see over my shoulder.

I show this off on several videos. These are books dating back to the 19 teens through about 1955 and I learned a lot from those books. And they said, the founders of medicine at the time said in order to treat chronic disease, you have to do three things.

Number one, fix the cause right here. And there's three main causes. There's toxins, there are pathogens, and there is excess sugar consumption. They also said you got to fix them mechanism of chronic diseases.

The main one is called lactic acidosis right there below me. Now, latic acido is a condition that occurs outside of the cells. And concurrently, there's another problem is called mitochondrial dysfunction.

So mitochondria dysfunction is talked about more now than lactic acidosis, but they both occur at the same time when you have some kind of a chronic illness.

Okay, but in the 1930s, they called it lactic acidosis. Now it's more mitochondrial dysfunction. The third circle is this red circle. It's about symptoms.

Back in 30s they said, in order to get rid of symptoms, you feed the organs because the heart will cause certain symptoms and the liver will. The brain will cause certain symptoms.

If you feed those organs, like you eat liver for your liver, or if there are certain nutrients and foods for you brain, you can feed these organs and these symptoms go away.

And it's brilliant, but you cannot ignore the mechanisms and the causes. So as a patient, you talk to me or your provider about your symptoms, and they write it down.

And then you can do blood work to figure out symptom problems, like a thyroid panel, liver enzymes, et cetera, etc. There's most of medical testing, even in the functional medical world.

Most tests are related to the symptoms and organ function. It's legit, right? It is still important to know this stuff. But as I said, we can't ignore the mechanisms and the causes.

Okay, and one more thing to point out is that there's these tracks above me right here, like this.

History of the Physiology Framework

It's like a tank track. And it goes around, it go around like, this, right? Because all three of these circles, they all like work together. You got to fix all 3. Ok, I call this the follow the physiology graphic.

address all three factors of chronic disease. So doctors will treat a patient based on things not related to physiology. They'll base it on lab tests that don't measure physiology, they base on theory, some article they read or some video they saw.

You got to know the physiology of your body. I made this graphic in 2016 or 2017 and then MVX came out And just as I showed you, there's these main factors within MVX, and they are glycA, right here, it measures the pathogens, the infections and or inflammation.

And then small steel particles measure the toxins. It lines up. That's amazing. The branched-chain amino acids measure your diet. Too much sugar, not enough protein.

Are you digesting your food? And do you have enough B1? Because that can really help the digestive system. So the last factor in MVX is called citrate, and that's measuring mitochondrial function, or concurrently lactic acidosis.

So, I just spelled out for you, like, your health improvement program from any doctor should include feeding the organs so that symptoms go away, and then addressing these MVX factors.

So citrate for this, then the small shield particles, glycane, branched-chain amino acids are the causes. So it all lines up and we're talking about 100 years of Nobel prizes, like our wonderful Dr.

Sir Hans Krebs figured out the Kreb cycle that, you know, in mitochondria, there's the initial Krebe cycle. And I've been studying the history of medicine and healthcare and it just all lines up.

Okay, let me summarize. So, so far we have this MVX and this is what you measure. And then this how you think

and then, this what is you do. Let me run you through this.

This is a 7-step blueprint to ophthalmal health. I made this in 2017, 2018. Step one is the diet. Make sure you're eating foundational foods that feed your body.

Protein is super important. Over here we have energy. Step two is mitochondrial enhancement. There are specific supplements for that. Vitamin B1 is a primary supplement to help your mitochondria.

And then we have step three, which is drainage above me. And that means that you have to make sure your liver, kidneys, colon are working well because they naturally clean your body out.

It also includes sinuses, lymphatic system, and skin. I feel like I'm missing something, but those are the main ones. Then over here, number four, we are below me, intestines and immune cleansing.

So these are supplements that clean your gut out and you get out ropeworms and mucoid plaques and all kinds of garbage.

The 7-Step Blueprint for Health

It's a physical cleansing of your intestines. And then at step five, we have the full body immune cleansing. So that means getting rid of organisms from head to toe.

That includes bacteria, viruses, more parasites, candida, stuff like that. And then we have step six, below me, powerful detoxification. So supplements that really work well at cleaning out metals, chemicals, and also reductive elements like uranium and radium, because those are actually still problems.

Then over here we are cellular immune cleansing. That's step seven. This is cleaning up the inside of the cells. Lime disease, like lime organisms, They live in the cells, and so can Candida mold and mold toxins.

And there's dozens, there are probably 60 or 80 different organisms that have been discovered in your cells. So if you start supplements that fix your cell's up, you can't just start them right away because there is these six other steps you have to go through in order to get inside your self and clean them out correctly.

The last step is step O optimization and that means feeding the glands certain specific nutrients like for example eating liver to feed the liver and then minerals and most of my career was spent here in step oh.

And it wasn't until 2016 when I really understood like, oh, let's really detox. So steps three, four, five, six, and seven are cleansing and steps one, two and O are nourishing.

The basis of healing your body is detoxing. I don't care what your diagnosis is. Autoimmune, heart, skin issues, I've seen it all. But if your bodies filled with toxins and parasites and candida and mold and etc.

etc., you get a bunch of diseases, you can see here that there's some confusion about symptoms and diseases. So at the top of this graph it says overlapping symptoms of overlapping diseases So above me, we have symptoms, fatigue, brain fog, muscle and joint pain, headaches, mood, GI stuff, autonomic nervous system problems, insomnia.

And on this side, We have POTS, which is like a dizziness problem, chronic fatigue fibromyalgia, Gulf War syndrome, PANS, antibiotic resistant bacterial infection, and then down here.

So look at the symptoms. All of these conditions have fatigue. They all have brain fog, they all of muscle and joint pain. Four out of six have headaches.

And so when you're chasing symptoms or trying to describe or categorize symptoms and label disease names, it becomes, I call it chasing ghosts because symptoms will appear based on organ dysfunction.

So when I had a mold exposure, all of my organs were not working well. Like, I thought I have a gallbladder problem, brain fog, you know, a brain problem.

And I've had heart pain, left arm numbness, so neuropathy. Is it my nervous system? Is my stomach? Why am I bloated? It must be dysbiosis. And it all came down to mold.

And so there are a finite number of causes of disease, which I'm going to show you right now. All right, here are the 10 causes chronic illness. Up here we have five immune challenges, parasites, bacteria, fungi, Which includes mold, Candida and yeast, virus and Lyme.

Here we have three toxins, chemicals, metals, radioactive elements. And here we lack of drainage, the organs that naturally clean out the body. They need to be working well.

Lymphatic system, colon, liver, kidneys, sinuses, lungs, and skin. Below me, nutritional deficiencies.

Symptoms, Disease Overlap, and Root Causes

The primary macronutrient that everybody's deficient in is protein. Protein is the most important macro nutrient of fats, carbs, ketones, and alcohol.

And then B1 is most the important macro nutrient. This is my clinical experience. I'm standing by this and people can debate this. They can say other things like hormones or emotions and stuff like that.

I'm talking physiology. If you want your body to live a long time and be healthy, you have to address physiology, that is number one. Other therapies provide a lot of comfort.

Hormones provide lot a comfort, they can also be very healing. But to really get to the root cause, it's addressing these 10 factors. So if you're a patient in our office, then make sure you set up an appointment to get on a good program to help your MVX scores get better and better.

If you're detoxing, your second score might get worse. But I've seen this now about nine times, including myself. Feeling better, but the MVX score gets worse temporarily because these toxins are leaving your fat cells and they're getting into your blood and causing some havoc.

So while detox, don't be afraid. Your score may get better. Now, if you're not a patient, then you should call the office and find out if this is right for you, If you want our help to get better.

So the way we have this set up, we had the new patient visit where we read your intake form and we look at your lab tests and other tests that you might have.

And we do a 30 minute visit, where asking a bunch of questions and were putting the pieces of the puzzle together of your health, your chronic health problem, is a puzzle and we're gonna step back and look at it in a brand new light.

I know you've been told a lot of different things by a lotta different doctors and other healthcare providers and articles and YouTube videos, but we gonna look it with our experience and our knowledge on the seven steps and the follow physiology graphic, and we do muscle testing, we put it all together.

And then after the new patient visit, there's some time between that and their report of findings visit. During that time, you can think about what you went through with us.

We might be doing some more research trying to figure out what are we missing with your case. and we might have you write down your diet between that time or even take some supplements to see how your body responds.

Not always, sometimes. But then the second visit, that's called the report of findings visit. About 15 minutes before

that visit you get the Report of our Findings.

So it's actually a report And we go over the report together you read it and then we walk you through it, and we talk about like what we found our initial recommendations.

We talked about the specific supplements, we'd go for the MVX tests or any other clinical data that we need to share with you. We also go over the rest of the program including finances and frequency of visits.

Okay, so just because you have a new patient visit and a reported findings visit doesn't mean that you're officially on board with us.

How the Clinic Uses MVX+ in Care

Okay, so after, at the end of the report of fighting to visit, you may say, You know what? I got a guy down the road from me that I'm gonna go see and he's gonna help me out.

Okay great. Or you might say it costs too much or I don't like taking pills or, I'd rather be eating sugar, whatever. People have a lot of different reasons why they don' want to start with us, which is fine.

But if you do want to start with us and the the price is affordable for you, then then we start the program. OK, so you're officially a patient at the end of the report of findings when you sign your name on the dotted line.

We actually have a piece of paper. You can do it digitally if your not in the office and you signed it and then And we have memberships. We set it up like a membership model, and we determine the frequency of the visits.

And, we're monitoring to make sure that you're getting better. The point is, how much better can you get in three months or four months? And let's say you're 20% better in four months.

That's amazing. And you just keep going. These programs are anywhere from six months to a year and a half, two years. Depending on how ill you are, I've certainly seen people got them through their biggest concerns within six month.

For other people, it can take more than two year. Everybody's different. but you've had a lifetime of accumulated toxins and organisms and then therefore dysfunctional physiology and that's how we have to fix that up.

So that's how we set this up. If you want our help, then you can contact my intake department and they can arrange all that up and set up the visits and the first visit and The Report of Findings visit.

And I'm just trying to say that you're officially a patient once you agree to everything that we say and we agree with you. So this is like a legitimate contract, like it's full disclosure.

We're not hiding anything. And you're you know everything about what we're about. And we know. Everything about you were both fully committed together.

We work together and then when we were on board together, then you can start the program if you are 90% with us. That's not such a good match like I'd rather have it be 100%. You know, if your 60% With us, that's.

Not a match. You should find somebody else who can help you out. So I'm just trying to be upfront with how this works out. But we have over 500 reviews on Google.

Our average rating is 4.9 stars. So we do a really good job. What we work with is very conservative. It's very inexpensive compared to conventional medicine.

There's not a ton of harmful side effects. We just have some detox reactions when you're on a detox program. Otherwise, people just get better and it takes the time it take to get there.

And whether you choose to work with us or not, you can still use MVX Plus to guide, monitor, and track your results. You just want to give those numbers better, better.

Nothing else matters. The therapies have to make MV X better