

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

*Metabolic Energy Generating ATP***Current #100**

You can do it

Support your body while it is still strong.

One hundred Currents. One life toward 100.

You made it through one hundred Currents. The number is on purpose. Goal #2 was spoken at Current #20: a healthy human life toward 100. After 100 you may coast or keep rowing. That is still yours. This page is not a guarantee. It is a cheer. You already have a mill. It is minting now. Feed it.

Two destinations. One practice.

Sleep. Eat. Move. Connect. Relax. Gonzalez is the how. Two humans to Mars and back, vitally strong, ready for the next watch — Current #99. Earth first. The five are rehearsal and they are the life. You do not have to wait for a launch to begin Tuesday.

Keep	Leave
The five as the day.	A corporation writing your future.
The paddle in your kayak.	A jet ski. A second syllabus.
The helper in the chair.	Firing the physician as a ritual.
A life toward 100. Two humans home.	A promise we cannot print as a contract.

The future we want

Big corporations will keep writing the invoice they already know how to print. That is their charter. It is not your kayak. We are not waiting for permission to generate energy. We are creating the future we want — a body that still mints at 100, a species that can leave and come home strong — not the future a charter wants for a customer.

You can do it. The person next to you can do it. A united people, each in their own boat, can do it together. That is not a slogan from a ship. That is a fleet.

The question

Will you live the five toward 100 — and help the next kayak? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, eat tonight. Protect the night. Use the body. Keep one living contact. Take the stop. Then tell one person they can do it too.

We can do it together.

Support your body while it is still strong.

Notes

- This is education and encouragement. It does not guarantee a lifespan of 100. After 100 you may coast or keep rowing.
- It does not replace your physician, your medications, or the care you already have.

- It does not endorse a party or a riot against a charter. The paddle stays yours. The helper may stay.
- The Foundation does not sell a diploma for one hundred Currents. Public language stays Metabolic Correction. Two humans to Mars and back remains the destination. A healthy life toward 100 remains Goal #2.

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