

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #11

Metabolic Dysfunction

Support your body while it is still strong.

The why

Current #10 named Metabolic Correction — Michael J. Gonzalez’s how. This page names the why. Metabolic Dysfunction. Inputs go wrong. Missing materials. Hard conditions. Load without repair.

For a stretch of early life the surplus arrives with little asking. That stretch does not last. The story we use is “after about 25.” It is a picture of a river, not a lab number. After the easy surplus fades, the same work must be done on purpose — or the mill runs down.

Fatigue, slow recovery, and fog are early signals. They are not a moral score. They are the mill telling you the inputs changed.

Three ways inputs go wrong

Missing materials. The cell cannot mint ATP out of a package it cannot read, or out of a day with no water. Food first is Correction because the mouth is where the mill is fed.

Hard conditions. A night that never goes dark. Air that never changes. A throttle that never comes down. The mill is still asked to spend.

Load without repair. Isolation added to the same day. A name managed in a waiting room while generation is left unfed. The office can be careful and the mill can still be empty.

What dysfunction is	What it is not
Inputs gone wrong. The mill short of material or rest.	A verdict on your character.
Early signals: fatigue, slow recovery, fog.	A diagnosis this page is allowed to write.
Why Correction has work to do.	A sixth public pillar.
A river after the easy surplus fades.	Blame for the years the waiting room had the wheel.

This is not blame

Naming the why is not accusing the person. Illness is not a grade. A system was built to manage names. Generation was left to you. None of that is erased when you pick up the paddle. You are not being scored. You are being shown the mill.

You do not have to have caused the river to change in order to row. Current #2 already said that. This page only names what the mill is short of.

What you do with the name

Dysfunction without Correction is a complaint. Correction without Energy as the aim is paperwork. The five pillars are how you start feeding the mill tonight: protect the night, eat real food and drink the water, use the body and take the air, keep one living contact, take the stop.

A deeper driver — how insulin can lean on that mill — is the next Current. It is not this page. It is not a sixth pillar. Learn the why first. Then look at one signal.

Be brave enough to look at the mill

You are not behind. You are not too late. Your cells are still minting energy every second of every day. Naming dysfunction does not take that away. It tells you where to put the next meal, the next night, the next walk.

The question

Will you name the why without taking the blame? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, look at one input today. Material. Condition. Load. Then keep the pillar that feeds that mill. That is Metabolic Dysfunction named — and Correction begun.

If you want to keep learning, keep flowing with our Currents. Insulin is next.

Notes

- This is education. It does not diagnose, treat, or claim to cure.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about your own body, take it to a licensed professional who knows you.
- The Foundation does not sell IVs, lab panels, wearables, or bottles as the price of belonging.

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