

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #12

Insulin

Support your body while it is still strong.

A door on the mill

Current #11 named Metabolic Dysfunction. This page names one main driver of that why: insulin that will not stand down. Credit the public science to Benjamin T. Bikman, Ph.D. Credit the how to Michael J. Gonzalez. MEGA names what we generate when the door is open.

Insulin is a signal. In the right amount, at the right time, it helps a cell take in what the plate just gave it. When the signal stays loud, the cell stops hearing it. Glucose on a slip can still look “fine.” The mill is still working against a closed door.

That is not MEGA-ATP. Lowering a loud signal is not the same act as generating energy. One opens a door. The other is the work the cell does when the door is open.

Not a sixth pillar

The public day stays five: Sleep, Eat, Move, Connect, Relax. We do not add an Insulin pillar. Eat already holds food and water. Move already holds the body and the air. The plate and the walk are how most people first change the signal. A meter is a snapshot. It is not the Program.

What this page teaches	What it does not
A loud insulin signal can close a door on the mill.	A sixth public pillar called Insulin.
A “good” glucose can hide a loud signal.	A number this page is allowed to diagnose.
Eat and Move are the first practice.	A shake, a meter, or a course we sell.
Opening a door is not minting ATP.	Stop or skip a medicine because of this page.

How you keep the teaching

Look at the day, not only the slip. What did you eat? Did you drink the water? Did you use the body and take the air? Did the night go dark? Did you stop? Insulin is weather around Eat and Move. It is not a new religion.

If a licensed professional who knows you wants a fasting insulin or a glucose walk, that is their chair and your data. The Foundation does not read the strip. The Foundation does not sell the meter.

This is not a war on a hormone

You need insulin. A body without the signal cannot handle a meal. The problem is a signal that never stands down. Naming that is not blaming you for a hormone you did not invent. It is not permission to stop a medicine. If a question is about your own insulin, take it to a licensed professional who knows you.

Be brave enough to look at the door

You are not behind. You are not too late. Your cells are still minting energy every second of every day. A closed door is a condition. Correction still starts with food first, then the rest of the five. Give the cell what it already knows. Then get out of the way.

The question

Will you look at the door, not only the number? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, keep Eat honest today — real food, actual water — and use the body once. That is how most doors begin to hear again. Insulin is the why. The five are still the day.

If you want to keep learning, keep flowing with our Currents. With the Patient is next.

Notes

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

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.