

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #14

How You Know

Support your body while it is still strong.

The first teacher is the day

Current #13 asked you to sit in the chair as a partner. This page asks how you know the mill is working. Start with the day. How did you sleep? What did you eat and drink? Did you use the body and take the air? Was there a living contact? Did you stop? How does your energy feel now?

That is Layer 0. It costs nothing. It is not a journal. It is five honest marks and one feeling. A paper does not mint ATP. A wearable does not mint ATP. You do.

Three layers. One order.

Layer 0 is the day. Always on. Always first.

Layer A is ordinary terrain blood — rare, with a licensed professional who knows you. A yearly look at the land, not a weekly religion.

Layer B is one deeper pathway panel when a reason appears, not because a clock rang. Food first. The deeper shelf stays with someone who knows you.

How you know	How you get lost
Layer 0: the day you actually lived.	A score asked to replace the night.
A number is a snapshot, read with a helper.	A test treated as the Program.
Your data. Your body. Your marks.	A dashboard that diagnoses or sells.
Food first. Panel later, if at all.	A panel first, plate never.

A number is a snapshot

A wearable can picture the night. A draw can picture the land. Both are useful when a licensed professional is reading them with you. They are your data. They are not Sleep. They are not Eat. They are not Move. Measuring a meal is not the same as eating one.

The Foundation does not sell a ring, a strip, a panel, or a membership as the price of belonging. It does not interpret your labs. It does not diagnose from a dashboard.

Relative headlines, absolute days

When a paper enters the room, read past the headline. Look at who paid. Ask for the absolute numbers, not only the “cuts risk in half” line. Notice what the control group actually received. Then come back to the present. The day is still the first teacher.

Be brave enough to mark the day you had

The first honest mark may wobble. You meant to protect the night and the screen stayed on. Mark what happened. That is how a body learns. You are not behind. You are not too late. Your cells are still minting energy every second of every day.

The question

Will you trust the day first? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, mark tonight's five as they actually happen. Feel the energy when you stand up. That is how you know. A number can wait.

If you want to keep learning, keep flowing with our Currents. Names vs generation is next.

Notes

- This is education. It does not diagnose, treat, or claim to cure. It does not interpret labs.
- 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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