

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #18

The Copilot

Support your body while it is still strong.

The helper who stays

Current #3 asked you to take the wheel. Current #13 asked you to sit in the chair as a partner. This page names the person who can stay in the other seat: a copilot. A physician. A nurse. A licensed professional who knows you.

You choose the destination. Tools and maps may help you get from A to B. The current driver can stay as helper, as one source, as copilot. Taking the wheel is not firing anyone. It is not becoming your own surgeon.

Coverage is fuel you already funded

If you paid into a plan, that plan is fuel you bought. Use it when the mill needs a scan, a stitch, an acute door. Do not confuse the invoice with generation. A claim does not mint ATP. It can buy time and tools while you keep the five.

Copilot	Not the copilot
Advises. You decide the destination.	Owns the wheel and the story.
One trained source among sources.	The only voice allowed in the boat.
Coverage used as fuel you funded.	The invoice treated as the mill.
Stays while you keep Sleep, Eat, Move.	Fired so you can go it alone.

How you keep the seat honest

Bring the day into the room. What you ate. How you slept. How the energy feels. Ask for absolute numbers. Ask what the helper would do in your chair. Then decide. That is Current #13 practiced with a name on the other badge.

A Foundation page can teach. It cannot sit in the copilot seat. It cannot write a prescription. It cannot cancel a claim. The mill is still yours at midnight.

This is not a war on the helper

Some rooms earned distrust. That is weather. It is not a reason to throw out every trained pair of hands. Acute care saves boats. Licensed medicine is not the enemy of Metabolic Correction. Correction feeds the mill. The copilot handles doors you cannot open alone.

Do not add, stop, or delay licensed care from this page. If a question is about your own body, take it to a licensed professional who knows you.

Be brave enough to keep both seats filled

The first time you speak as the person at the wheel, the room may go quiet. That is how a body learns. You are not behind. You are not too late. You do not have to hate the copilot to keep the destination yours.

The question

Will you keep the helper and keep the wheel? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, name one helper who may stay, and keep tonight's five. That is the copilot. That is the boat still yours.

If you want to keep learning, keep flowing with our Currents. The shelf 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. Do not add, stop, or delay licensed care 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 IVs, lab panels, wearables, or bottles as the price of belonging.

Support your body while it is still strong.

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