

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #21

Rockefeller

Support your body while it is still strong.

The man and the model

Current #20 named a life toward 100. This page is one picture of a long day — and of the model that grew beside it. John D. Rockefeller Sr. slept, ate, walked, and played golf. He kept homeopathic physicians in the house. He wrote that he was a homeopathist. He lived to 97.

He did not write the Flexner Report. Carnegie commissioned it. Abraham Flexner was a schoolmaster, not a physician. The bulletin landed in 1910 as a fact-book on the schools. Rockefeller money, through the General Education Board, then spent the next years buying the laboratory-hospital model the bulletin had praised. Both sentences are true. That split is the teaching.

What the funded model selected

A school that could attach to a university, a laboratory, and a teaching hospital fit the new capital test. A dietetic door, a botanical door, a homeopathic college often did not. What could be standardized, billed, and later patented kept the official hours. A night and a plate did not. A name and a pill fit a chart. Generation was left to the person carrying the name.

That is how a profit logic can crowd a living mill. It is not a reason to fire every helper. Current #18 still stands. Laboratories and hospitals are not the enemy. The rig is in what the model pays for — and what it stops teaching.

The man’s day	The funded model
Food, sleep, golf. Homeopaths kept.	Laboratory-hospital school as the official door.
Lived to 97 on inputs the mill already knows.	Hours move toward what a chart can bill.
He financed a system. He did not live it.	The official door narrowed to chart and pill.
Eat, Sleep, Move — already the Program.	A pill for an ill as the only remaining door.

Do not tell the false story

He did not author Bulletin Number Four. Medicines in 1910 were not a Standard Oil product line. The river of school closures had already started before the bulletin printed. The bulletin named the banks. A fortune then dug the channel. Keep those facts. Drop the cartoon.

What you do with the picture

Keep the man’s day. Protect the night. Eat real food. Use the body. That is a life toward 100 practiced as Tuesday. See the model when a room offers only a name and a pill and no question about the mill. Sit with the copilot. Keep generation as the story.

Michael J. Gonzalez spent a life on the generation side. Food first. Give the cell what it already knows. The 1910 turn did not cancel that mill. It only made the official door narrower.

Be brave enough to hold both facts

You can use a hospital and still feed the mill. You are not behind. You are not too late. Your cells are still minting energy every second of every day. The model does not have to be your day.

The question

Will you keep the man's day and see the model? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, keep tonight's five — and notice when a room has room only for a pill. That is Rockefeller, kept as paradox.

If you want to keep learning, keep flowing with our Currents. The mill 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. Laboratories and hospitals are not the enemy.
- 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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