

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #24

Fuel

Support your body while it is still strong.

What the mill burns

Current #23 named the coin. This page names what the mill burns to mint it. Fuel. Current #6 already taught Eat: real food a grandmother could name, and water. Coffee is not water. This page does not re-teach the plate. It names the job.

Fuel is material the mill can read. A package the mill cannot read is noise in the hopper. Michael’s order stays food first. A bottle is not fuel. A shake sold as belonging is not Eat.

Water is fuel’s partner

The mill runs wet. A dry hopper still looks like a meal. Drink the water. That mark already lives inside Eat. It belongs here because ATP is minted in water as much as it is minted from food.

Fuel	Not fuel
Real food the mill can read.	A package no grandmother could name.
Water in the glass.	Coffee asked to stand in for water.
Food first. Shelf later, if at all.	A bottle asked to replace the plate.
The hopper that feeds Current #23.	A second Eat syllabus.

A closed door still matters

Fuel sitting outside a closed insulin door does not reach the mill. Current #12 taught that weather. The answer is still not a sixth pillar. It is a more honest plate and a body used — then the mill can burn what arrived.

The mill can use more than one fuel. That flexibility is a later Current. Today the job is simpler: put real fuel in. Put water in. Let Demand, next, ask the mill to spend what it minted.

How you keep it

Look at the next thing that goes in the mouth. Can a grandmother name it? Is there water in the glass? Mark Eat as it happened. Measuring a meal is not eating one.

Be brave enough to feed an ordinary mill

You are not behind. You are not too late. You do not need a specialty hopper to start. Your mills are still minting every second of every day. Give them something they already know.

The question

Will you feed the mill real fuel? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, eat food a grandmother could name and drink the water. That is fuel. That is Eat, seen from the mill.

If you want to keep learning, keep flowing with our Currents. Demand 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, shakes, or bottles as the price of belonging.

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