

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #25

Demand

Support your body while it is still strong.

Ask the mill to answer

Current #24 named fuel. This page names what tells the mill to spend it. Demand. Current #7 already taught Move: the body used, and the air taken. This page does not re-teach the walk. It names the job.

A mill that is never asked grows quiet. Use is the ask. Air is the partner. A muscle shortens because a coin was spent on purpose. A lung opens because the mill was given oxygen to finish the burn.

Not a second step-count

Demand is not a gym religion. It is not a medal. It is not a number a watch is allowed to shame you with. A walk that changes the air is demand. Stairs instead of a door that opens itself is demand. Getting up after the stop is demand.

Demand	Not demand
The body used. The air taken.	A chair that never ends.
An ask the mill can answer today.	A plan that starts next month.
Move, seen from the mill.	A second Move syllabus.
Fuel given a reason to burn.	A score that replaces the walk.

Fuel without demand sits

A plate with no walk is a hopper that never turns. Demand without fuel is a mill asked to spend an empty account. They belong together. Eat and Move were never two religions. They are one river through the mill.

Slow recovery after ordinary use is weather Current #17 already named. Demand is not punishment. If the body is new to the ask, start small. The mill still answers.

How you keep it

Use the body once today. Take the air. Mark Move as it happened. A watch can picture the walk. It cannot take it for you.

Be brave enough to ask an ordinary mill

The first honest walk after a long chair may wobble. That is how a body learns. You are not behind. You are not too late. Your mills are still minting every second of every day. Give them a reason to spend a coin.

The question

Will you give the mill a reason to answer? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, use the body once and take the air. That is demand. That is Move, seen from the mill.

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

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.