

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #28

Reserve

Support your body while it is still strong.

What is left when spending pauses

Current #25 asked the mill to spend. Current #16 named load without repair. This page names what those two are always negotiating: reserve. Coins left in the account when the throttle comes down.

Sleep already taught the night. Relax already taught the stop. This is not a second night Current. It is the mill’s view of those two marks: repair can only use what was not spent.

Reserve is not a product

Older maps had a word for stored life. We do not import that word as a bottle. Reserve is what a dark room and a still ten minutes leave for the mill. It is not Jing for sale. It is not a tonic. It is coins you did not spend.

Reserve	Empty account
Night protected. Stop taken.	Screen on. Throttle never down.
Coins left for repair.	Every coin spent on the day.
Sleep and Relax, seen from the mill.	A second Sleep syllabus.
A gift you keep by pausing.	A tonic this page sells.

Demand without reserve spends the house

Use is good. Use with no night is Current #16 again. Fog and slow recovery are often the mill reporting an empty reserve — Current #17 as weather, not as a verdict. Feed the mill. Ask it. Then leave it something.

How you keep it

Protect the night. Take ten minutes still. Mark Sleep and Relax as they happened. A score can picture the night. It cannot restock it.

Be brave enough to stop spending

The first protected night after a loud week 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. Leave them a few hours when you are not asking them to spend.

The question

Will you leave the mill some coins for the night? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, protect tonight and take the stop. That is reserve. That is Sleep and Relax, seen from the mill.

If you want to keep learning, keep flowing with our Currents. Hard conditions are 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, tonics, or bottles as the price of belonging.

Support your body while it is still strong.

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