

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #30

Get Out of the Way

Support your body while it is still strong.

Michael’s last clause

Current #10 gave the order: give the cell what it already knows how to use. Food first. This decade named the mill, the coin, the fuel, the ask, a salt, a second hopper, the reserve, and the room. This page is the last clause. Then get out of the way.

Correction is not a hobby of adding. It is materials, conditions, and a stop to the interruptions. A stack that never pauses is still in the way. A night that never goes dark is still in the way. A bottle asked to replace the plate is still in the way.

What “out of the way” is

It is not neglect. It is not firing the copilot. It is not waiting for a name before you eat. It is feeding the mill — then letting it work. The cell already knows. You are not the mill. You are the person who can stop crowding it.

Out of the way	Still in the way
Food first. Night protected. Walk taken.	A stack that never pauses.
One condition changed. Then left alone.	A new product every week.
The mill doing the work it already knows.	You trying to be the mill.
Copilot stays. Wheel stays yours.	Firing every helper so you can crowd the cell.

The mill decade, closed

Rockefeller kept a day. The mill is why that day works. ATP is the coin. Fuel and demand and reserve and conditions are the how. Get out of the way is the courtesy you owe a mill that is already running.

The library will keep flowing. Later Currents will open weather and jars one at a time. They do not replace this clause. Feed. Then stop crowding.

How you keep it

Keep tonight’s five. Change one condition if the room is hard. Leave the extra bottle on the shelf unless a licensed professional who knows you has a reason. That is out of the way practiced as Tuesday.

Be brave enough to stop adding

Doing less after you have fed the mill can feel like doing nothing. It is not nothing. It is trust. You are not behind. You are not too late. Your mills are still minting every second of every day. Give them the plate. Give them the night. Then let them work.

The question

Will you feed the mill — then get out of the way? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, keep the five tonight and add nothing extra. That is Michael's last clause. That is the mill decade closed.

If you want to keep learning, keep flowing with our Currents. The next ten will wait until we name them.

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.

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