

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #31

Ayurveda

Support your body while it is still strong.

An older map of the same neighborhood

Current #30 closed the mill decade. This page opens another door: a long-coded science of life. Ayurveda. Keep the word. Do not rename it MEGA-Ayurveda. Do not call it the original Metabolic Correction. It is their map. Ours stays five pillars and Michael J. Gonzalez’s how.

The name itself is life-knowledge. The older books watch transformation, residue, constitution, and a long human life. That neighborhood is not foreign to a mill that mints ATP. Rhyme is not identity.

Where the words rhyme — and stop

Agni is their word for the fire of transformation. It is not MEGA-ATP. Ama is sticky residue when the climb is dirty. That is weather after the five — not a sixth pillar. Ojas is a result-word when the climb is clean. It is not a product. Rasayana is their longevity branch. It rhymes with a life toward 100. It is not a Foundation protocol.

Their map	What we will not do
Agni — fire of transformation.	Call Agni MEGA-ATP.
Ama — residue after a dirty climb.	Make Ama a sixth public pillar.
Ojas — a result when the climb is clean.	Sell Ojas as a bottle.
Dinacharya — a daily clock.	Replace Sleep, Eat, Move, Connect, Relax.

This page is not a clinic

No dosha quiz. No herbs we ship. No mineral ash. Uncertified bhasmas can carry heavy metals — that is a hard stop, not a recipe. Panchakarma stays their deep-tissue door, not ours. Pulse diagnosis does not live on a Dashboard.

If a licensed professional who knows you works in that tradition, that is their chair and your decision. The Foundation remains education. Food first still holds.

How you keep it

Honor the map. Keep Tuesday. Protect the night. Eat real food. Use the body. Keep one living contact. Take the stop. Residue after a dirty climb is often load without repair — already named. You do not need a Sanskrit syllabus to begin.

Be brave enough to honor a map without becoming it

You are not behind if you never learned a dosha. You are not too late. Your mills are still minting every second of every day. Give them what they already know. Then get out of the way.

The question

Will you honor Ayurveda as a map — and keep the five as the day? 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. That is life-knowledge practiced as Tuesday. That is Ayurveda, kept beside Correction — not inside it.

If you want to keep learning, keep flowing with our Currents. Traditional Chinese Medicine is next.

Notes

- This is education. It does not diagnose a constitution, treat, or claim to cure.
- It does not replace your physician, your medications, or the care you already have. Hard stop: uncertified mineral ash / heavy metals.
- If a question is about your own body, take it to a licensed professional who knows you.
- The Foundation does not sell herbs, bhasmas, Panchakarma, IVs, lab panels, or bottles as the price of belonging.

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