

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #33

Classical Western Medicine

Support your body while it is still strong.

The third older map

Current #31 and #32 honored two older maps. This page honors a third: the dietetic and botanical West. Classical Western Medicine. Keep the name. Do not rebrand it MEGA-Hippocrates. Do not call it the original Metabolic Correction.

Hippocrates of Kos is the named ancestor people call the father of medicine. His guild watched food, movement, and a body that tries to heal. That is map, not product. The 1910 cut that narrowed the official school already lives at Current #21. This page is the older door that lost hours.

Where the words rhyme — and stop

Vis medicatrix naturae — the body’s own repair — is not MEGA-ATP. Diaita — the day’s regimen — feeds Sleep, Eat, Move, Connect, Relax only. It is not a sixth syllabus. “Let food be thy medicine” stays ascribed as tradition. It is not a signed quote this page will print as fact.

Their map	What we will not do
A body that tries to heal.	Call vis medicatrix MEGA-ATP.
Diaita — food, walk, the day’s regimen.	A humor quiz.
Food first, long before a lab.	Willow, lobelia, or Battle Creek as a SKU.
The 1910 cut already named at #21.	Relitigate Flexner as a sermon on this page.

Hospital medicine is not the enemy

The official door narrowed. That is Current #21. Laboratories and hospitals still save boats. Current #18 still stands. Honor the older West without firing the copilot who trained after 1910.

How you keep it

Honor the map. Keep Tuesday. Food and a walk were primary inputs on Kos. They are still Eat and Move. You do not need a humor to begin.

Be brave enough to honor a father without buying a college

You are not behind if you never read the Aphorisms. You are not too late. Your mills are still minting every second of every day. Give them a plate and a walk. Then get out of the way.

The question

Will you honor the dietetic West 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, eat real food and use the body tonight. That is diaita practiced as Tuesday. That is Classical Western Medicine, kept beside Correction — not inside it.

If you want to keep learning, keep flowing with our Currents. Food Is Health is next.

Notes

- This is education. It does not diagnose a humor, treat, or claim to cure.
- It does not replace your physician, your medications, or the care you already have. Laboratories and hospitals are not the enemy.
- If a question is about your own body, take it to a licensed professional who knows you.
- The Foundation does not sell willow, lobelia, Eclectic formulas, IVs, lab panels, or bottles as the price of belonging.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.