

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #50

The Big Change

Support your body while it is still strong.

The ship does not become a kayak

The Medical Industrial Complex is an ocean container ship. Highly profitable. Little incentive to turn. Best business model ever invented if the score is margin: create the account, then manage the account. Pharma, Medical, Insurance, Food, Ag. Then the file, the headline, and the fear. That is the decade you just rowed through.

The big change is not that the ship becomes small. A ship that size has no reason to. The big change is you pick the paddle back up. One body. One boat. 100% yours. No rented speed that still belongs to the ship.

What this decade was for

41–46 · The wings	47–49 · The weather
The set. Pharma. Medical. Insurance. Food. Ag.	The file. The headline. The fear.
One charter: profits over people.	Useful to the ship. Not the Program.
A person in a chair may still care.	The five still feed the mill.

Hope is not a press release

A law can move a degree. A pledge can sit on a slide. The mill is hungry tonight. Hope on this page is not a movement logo and not a ship that suddenly loves you. Hope is that the paddle was never taken out of the water — and that people are already rowing with first principles and real tools. Next we name some of them. This page only hands the paddle back.

Current #2 asked if you would take 100% responsibility. Current #3 asked if you would take the wheel. Current #4 asked if you would try it. The Big Change is those three, after you have seen the ship.

How you keep it

Tonight: Sleep, Eat, Move, Connect, Relax. Keep the helper. Keep the wheel. See the charter. Do not wait for the container ship to turn before you eat.

Be brave enough to row beside a ship

You are not behind if you trusted the hull. You are not too late. Your mills are still minting every second of every day. Feed them. Then get out of the way. The ship will still be in the channel tomorrow. That is allowed.

The question

Will you pick the paddle back up? 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 The Big Change. That is the invoice decade closed. You are the customer on their books. You are the captain of the kayak. Both can be true in the same hour.

If you want to keep learning, keep flowing with our Currents. Next we name people already in the water.

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. It does not co-brand a political movement. Flexner stays at Current #21.

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