

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #54

Abram Hoffer

Support your body while it is still strong.

The brain as a molecule problem

Abram Hoffer worked in Saskatchewan in the 1950s with Humphry Osmond. They treated acute schizophrenia as a chemistry the mill might finish — niacin and ascorbic acid in amounts the diet had not supplied. Pellagra had already shown that a missing B vitamin can look like madness. They asked whether the mind could be hungry in the same way.

Michael J. Gonzalez named him mentor. Pauling later gave the field a public word. This page keeps Hoffer’s layer: the brain is not only a story. It is also a cell. It is not a Foundation psychiatry protocol.

Mind and mill

| His layer                                        | Not this page                                      |
|--------------------------------------------------|----------------------------------------------------|
| A molecule the brain already uses.               | A dose table. A bottle we sell.                    |
| Respect in the chair. Food in the day.           | Firing the psychiatrist.                           |
| One of the first comparison trials in that ward. | A verdict that the 1973 task force never happened. |
| Correction as the how — Current #52.             | A sixth public pillar named niacin.                |

Hold both rooms

A 1973 American Psychiatric Association task force rejected niacin as a stand-alone for chronic illness they measured. Hoffer kept writing until 2009. This Current holds both rooms. It does not retry the case. It does not tell you to stop a medicine because a Saskatchewan ward got hopeful.

How you keep it

Keep Eat. Keep Connect — one living contact. Keep the copilot. If the question is your own mind, take it to someone licensed who knows you. Pauling is next: the name of an older field.

Be brave enough to feed the mind without firing the chair

You are not behind if psychiatry has already helped you. You are not too late. Your mills are still minting every second of every day. Feed them. The brain is weather and mill. It is not a product.

The question

Will you treat the brain as a mill that can be hungry — and still keep the helper in the chair? 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 Hoffer, kept as a layer — not as a diagnosis you give yourself.

If you want to keep learning, keep flowing with our Currents. Linus Pauling is next.

## Notes

- This is education. It does not diagnose schizophrenia or any mental illness. It does not claim a cure.
- It does not replace your physician, psychiatrist, medications, or the care you already have. Do not stop or reduce licensed psychiatric medicine from this page.
- If a question is about your own mind or your own body, take it to a licensed professional who knows you.
- The Foundation does not sell niacin, IVs, or a psychiatry protocol. Public teaching stays Metabolic Correction. Hoffer's word for the field waits for Pauling's Current.

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*Support your body while it is still strong.*

Michael J. Gonzalez Foundation, Inc.