

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #57

Harold D. Foster

Support your body while it is still strong.

The map of the ground

Harold Douglas Foster was not a vein man. He was a geographer. University of Victoria, 1967 to 2008. He mapped where illness clustered and where it did not — soil, water, selenium, the hard water that carries magnesium. In the 1990s he brought that map into the same room Hoffer and Riordan already occupied. Michael J. Gonzalez named him mentor, with those two, in 2009.

Place is weather after the five. It is not a sixth pillar. A low-selenium map is not MEGA-ATP. Eat still starts in the kitchen. The mill still sits in you — and also on a piece of earth.

Terrain as geography

His layer	Not this page
Where the mill sits — soil, water, mineral.	A bottle of selenium we sell.
Maps of clustering, not a plot.	An AIDS protocol. A cure claim.
The ground as weather after the five.	A sixth public pillar named selenium.
Correction remains the how — #52.	Firing the infectious-disease chair.

Hold the map and the chair

Around 2000 he published a selenium–HIV thesis and later African nutrient work. That is geography meeting a virus. It is not a reason to stop licensed antiviral care. Hard water and magnesium rhyme with Eat and with Current #26. They do not replace the plate.

How you keep it

Keep Eat. Keep the five. Notice the ground you live on without making it the captain. If a question is your own infection or your own mineral, take it to someone licensed who knows you. Alan Gaby is next — the route written down. Current #56, Hugh Riordan, still waits if you want the clinic layer filled in order.

Be brave enough to look at the ground without leaving the kitchen

You are not behind if you never read a medical-geography paper. You are not too late. Your mills are still minting every second of every day. Feed them. The map is weather. It is not Tuesday.

The question

Will you treat the ground as weather after the five — not as a sixth pillar? 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 plate. That is Foster, kept as a map — not as a mineral you buy because a county was pale on a chart.

If you want to keep learning, keep flowing with our Currents. Alan Gaby is next — or Hugh Riordan if you want #56 filled first.

Notes

- This is education. It does not diagnose, treat, or claim to cure. It is not an HIV or cancer protocol.
- It does not replace your physician, your medications, antivirals, or the care you already have. Do not stop licensed infectious-disease 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 selenium, mineral tests, or a geography protocol. Public teaching stays Metabolic Correction. Place is weather after the five — same posture as the mouth and the grid.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.