

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #58

Alan Gaby

Support your body while it is still strong.

The route written down

John Myers of Baltimore put magnesium, B vitamins, and C into a syringe and did not publish the recipe. After he died in 1984, patients found Alan R. Gaby. In 2002 Gaby wrote the modified formula into a journal so the route could be taught without a rumor. That paper is this layer.

Klenner was megadose C for a virus already in the house. Gaby is a smaller push of several nutrients the cell already knows — a different job. Neither is the Program. Eat is still the plate. Correction is still the how.

A formula is not a spa

His layer	Not this page
The route written so it can be checked.	A lounge. A menu. A SKU.
Magnesium and B as materials the mill uses.	A dose table we print for home.
Oral and vein are still different jobs.	A sixth public pillar named Myers.
The scribe, not the inventor.	Proof the drip replaces Tuesday.

What the layer taught

If a route cannot be written, it cannot be checked. Gaby’s service was legibility. A 2002 review is not a 2026 spa claim. Evidence for wellness drips in people who can eat is thin. That sentence belongs here so the layer does not become an aisle.

How you keep it

Keep Eat. Keep magnesium literacy from Current #26 on the plate first. If a question is a needle in your own arm, take it to someone licensed who knows that vein. Ron Hunninghake is next — the clinic that kept running.

Be brave enough to name a route without booking the chair

You are not behind if you never sat under a bag. You are not too late. Your mills are still minting every second of every day. Feed them. The formula is a layer. It is not Tuesday.

The question

Will you treat the written route as literacy — not as a spa and not as the Program? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, eat tonight. That is Gaby, kept as the scribe — not as a menu.

If you want to keep learning, keep flowing with our Currents. Ron Hunninghake is next.

Notes

- This is education. It does not diagnose, treat, or claim to cure. It does not print Myers' or Gaby's formula as a recipe.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about intravenous nutrients in your own arm, take it to a licensed professional who knows that vein. G6PD deficiency and significant kidney insufficiency remain hard stops when ascorbate is in the bag.
- The Foundation does not sell bags, cocktails, or a drip bar. Route literacy is not Metabolic Correction and not a sixth pillar. Current #56 (Hugh Riordan) is still unwritten if you want the clinic layer filled in order.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.