

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #62

Richard Z. Cheng

Support your body while it is still strong.

The page that kept the room speaking

Andrew Saul founded the Orthomolecular Medicine News Service. Richard Z. Cheng now sits as editor-in-chief. Gonzalez wrote for that page as a contributing editor. Cheng’s layer is not a new molecule. It is a room that still prints the sentence: give the cell what it already knows.

He spoke in Istanbul in 2026 on arteries as a systems problem — nutrient, mill, toxin, redox — not only a lipid number. That rhymes with Current #12. It is not a Foundation cardiology protocol. Public teaching stays Metabolic Correction.

A desk is not a brand

His layer	Not this page
A page that kept Hoffer’s room open.	A Foundation newsletter. A SKU.
Arteries as mill weather, not only LDL.	A reversal protocol we print.
Systems literacy after the five.	A sixth pillar named IOM.
Correction remains the how — #52.	A MAHA co-brand. A political chair.

What the layer taught

A field dies when the only printer stops. Cheng kept the printer on. That is stewardship of a page, not ownership of the five. Saul’s founding chair is Current #67. The living ISOM chair is next.

How you keep it

Keep Eat. Keep Correction. If a question is an artery in your own chest, take it to someone licensed who knows that chair. Do not stop a medicine because a systems essay got hopeful.

Be brave enough to read the page without joining the masthead

You are not behind if you never opened OMNS. You are not too late. Your mills are still minting every second of every day. Feed them. The desk is a layer. It is not Tuesday.

The question

Will you honor the page that kept the room speaking — and still keep Correction as the how? 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 Cheng, kept as a desk — not as a brand.

If you want to keep learning, keep flowing with our Currents. Ilyès Baghli is next.

Notes

- This is education. It does not diagnose, treat, or claim to reverse coronary disease.
- It does not replace your physician, your cardiologist, your medications, or the care you already have. Do not stop a statin or any licensed medicine from this page.
- If a question is about your own heart, take it to a licensed professional who knows you.
- The Foundation does not sell IOM, OMNS, or a Cheng protocol. It does not co-brand MAHA. Public language stays Metabolic Correction. Istanbul is a calendar fact.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.