

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #66

Efrain Olszewer

Support your body while it is still strong.

Molecules for the mind

Efrain Olszewer is an internist in the South American chair. FAPES. Journal of Orthomolecular Practice. In Istanbul he spoke of neurotransmitters as molecules and metabolism as the floor they stand on. That is Hoffer’s layer — Current #54 — still in a living room. It is not a psychiatry protocol. It is not a niacin aisle.

A thought uses ATP. Fog was Current #17. The copilot stays. Do not stop a medicine because a molecule has a name.

A journal is not the Program

His layer	Not this page
The mind as hungry mill, still living.	A Foundation psych stack.
Neurotransmitters as molecules.	A dose table we print for home.
Hoffer’s layer kept in a chair.	A reason to fire the psychiatrist.
Correction remains the how — #52.	A sixth pillar named mood.

What the layer taught

If the brain is tissue, it eats. That sentence does not retire the person in the psych chair. Midha will take the same layer to children at #69. Saul is next — the page that kept this room in English.

How you keep it

Keep Sleep. Keep Eat. Keep Connect as one living contact. If a question is your own mind, keep the helper and keep the wheel. Do not open a niacin bottle from this page.

Be brave enough to treat a thought as hungry without leaving the chair

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

The question

Will you treat a thought as a hungry mill — 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, sleep tonight. That is Olszewer, kept as Hoffer’s layer — not as a protocol.

If you want to keep learning, keep flowing with our Currents. Andrew W. Saul is next.

Notes

- This is education. It does not diagnose, treat, or claim to cure depression, psychosis, or any psychiatric illness.

- It does not replace your physician, psychiatrist, medications, or the care you already have. Do not stop, skip, or reduce a psychiatric medicine from this page.
- If a question is about your own mind, take it to a licensed professional who knows you. Crisis care stays crisis care.
- The Foundation does not sell niacin, a FAPES protocol, or a Journal of Orthomolecular Practice subscription. Public language stays Metabolic Correction. Istanbul is a calendar fact.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.