

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #69

Aarti Midha

Support your body while it is still strong.

Hoffer’s layer, still in a chair

Aarti Midha is an integrative and metabolic psychiatrist in Jaipur. She sits on the OMNS board Gonzalez wrote for. She treats a child’s mind as tissue that can be hungry — gut, sleep, metal, gene, tooth as weather around the mill. That is Hoffer’s sentence in a living chair. It is not a pediatric protocol. It is not a reason to extract a tooth from a Current.

One case is one kayak. Nine years is courage. It is not proof for every child. The psychiatrist stays. The five stay the day.

A case is not the Program

Her layer	Not this page
A child’s mind as a hungry mill.	A Foundation PANS protocol.
Weather named: gut, sleep, load.	A Mosaic kit. A gene-test aisle.
Hoffer’s layer kept with children.	A dental extraction we recommend.
Correction remains the how — #52.	A reason to fire the psychiatrist.

What the layer taught

If a thought can be hungry, look at the day before you look at a label. Sleep. Eat. One living contact. A stop. Then weather. Grant is next — vitamin D as a molecule the mill already knows.

How you keep it

Keep the five for the household. If a question is a child’s mind, keep the helper and keep the wheel. Do not copy a nine-year case onto your kitchen counter.

Be brave enough to see a hungry mind without becoming the doctor

You are not behind if you never read a Jaipur case. You are not too late. Your mills — and a child’s — are still minting every second of every day. Feed them. The case is a layer. It is not Tuesday.

The question

Will you honor Hoffer’s layer in a living chair with children — and still keep the five as the day? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, protect the night. That is Midha, kept as a chair — not as a protocol.

If you want to keep learning, keep flowing with our Currents. William B. Grant is next.

Notes

- This is education. It does not diagnose PANS, PANDAS, OCD, or ADHD. It does not reprint a multimodal pediatric protocol.
- It does not replace your physician, psychiatrist, dentist, or the care a child already has. Do not stop a psychiatric medicine from this page.
- If a question is about a child's mind, take it to a licensed professional who knows that child. Dental extraction and chelation are not Foundation teaching.
- The Foundation does not sell lab panels, gene tests, or a Jaipur protocol. One case is literacy. Public language stays Metabolic Correction.

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