

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #70

William B. Grant

Support your body while it is still strong.

A molecule the light already writes

William B. Grant is an epidemiologist on the OMNS board. He treats vitamin D as a molecule the mill already knows how to use — written by light, latitude, season, and skin. That is Current #29 spoken as a number. It is not a bottle club. It is not a cure claim.

Move includes air and a body used outdoors. Eat includes food that carries the molecule. A capsule is weather after the five, not the five.

Light is not a SKU

His layer	Not this page
D as a molecule the mill already knows.	A IU table we print for home.
Latitude and season as weather.	A tanning bed we sell.
Maps, not a sermon.	A sixth pillar named sunshine.
This decade closes here.	A reason to skip the physician’s level.

The decade in one breath

Tumor fuel. The page. The living chair. Japan’s line. Gut as weather. Mind as hungry mill. The founding page. The NAD book. Hoffer’s chair with children. Light as a molecule. Florida is next — mills under load.

How you keep it

Keep Move. Keep Eat. If a question is a blood level in your own body, take it to someone licensed who knows you. Do not swallow a winter because a map got loud.

Be brave enough to close a decade without buying the last bottle

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

The question

Will you treat vitamin D as a molecule the mill already knows — and still keep Move and Eat 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, use the body in the light you have. That is Grant, kept as a map — not as a bottle.

If you want to keep learning, keep flowing with our Currents. Dominic D’Agostino is next.

Notes

- This is education. It does not diagnose deficiency or claim that vitamin D prevents or cures cancer, infection, or any named ill.

- It does not replace your physician, your medications, or the care you already have.
 - If a question is about a blood level or a supplement in your own body, take it to a licensed professional who knows you. Excess vitamin D is possible. This page prints no IU.
 - The Foundation does not sell vitamin D, UV beds, or a Grant protocol. Public language stays Metabolic Correction. Decade 61–70 is closed. Florida begins at #71.
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Michael J. Gonzalez Foundation, Inc.