

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #73

Dominic D’Agostino

Support your body while it is still strong.

Fuel flexibility under load

Dominic D’Agostino works at the University of South Florida and with IHMC in Pensacola. He asks what a mill can burn when the room gets hard — pressure, oxygen, a long watch. Current #27 named flexibility. This page is the Florida chair that measured it under load. It is not a keto product. It is not a cancer protocol. Seyfried was #61.

A mill that can use more than one fuel is a mill that can keep minting when the first fuel runs thin. Eat is still the plate. The five are still the day.

A ketone is not the Program

His layer	Not this page
The mill using more than one fuel, under load.	A Foundation keto stack.
Hard conditions as a reason to stay flexible.	A meter we sell. An oil we brand.
Science credit. Correction remains the how.	A sixth pillar named ketosis.
Florida mill. Csilla is next.	A reason to skip the oncologist.

What the layer taught

If Tuesday is easy, one fuel may be enough. If the week is a dive, a watch, or a long night, the mill that can switch keeps minting. That is literacy. His wife takes the same mill into performance next.

How you keep it

Keep Eat. Keep Move. If a question is a ketone in your own blood, take it to someone licensed who knows you. Do not buy a bottle because a lab in Tampa measured a dive.

Be brave enough to let the mill switch without joining a diet

You are not behind if you never heard Metabolic Link. You are not too late. Your mills are still minting every second of every day. Feed them. Flexibility is a layer. It is not Tuesday.

The question

Will you let the mill use more than one fuel when the room gets hard — and still keep 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, eat real food tonight. That is D’Agostino, kept as flexibility under load — not as a product.

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

Notes

- This is education. It does not diagnose, treat, or claim to cure cancer, epilepsy, or any named ill. It does not print a ketogenic protocol.
 - It does not replace your physician, your medications, or the care you already have. Do not stop licensed oncology or any medicine from this page.
 - If a question is about exogenous ketones, a meter, or a medical ketogenic diet, take it to a licensed professional who knows you.
 - The Foundation does not sell oils, salts, or a D'Agostino stack. It does not co-brand Metabolic Link or IHMC. Public language stays Metabolic Correction. Flexibility was named at Current #27.
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Michael J. Gonzalez Foundation, Inc.