

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #74

Csilla Ari D’Agostino

Support your body while it is still strong.

The mill performing

Csilla Ari D’Agostino is a neuroscientist. Budapest. Semmelweis. USF. NASA NEEMO 23 — an aquanaut, which means the mill had to keep minting under water, under pressure, on a watch. That is Current #29 and #73 spoken in a living body. She is not this page because she is married to the last chair. She is this page because she took the mill into the sea.

Performance is Move under load. It is not a ketone company. It is not a sixth pillar. Eat is still the plate.

A dive is not a SKU

Her layer	Not this page
A brain and a mill kept working under water.	A Foundation performance stack.
Hard conditions in a living woman.	An Audacious Nutrition aisle.
Move as the day the mill answers.	A sixth pillar named ketones.
Her own chair. Poff is next.	A wife footnote. A product launch.

What the layer taught

If the mill can work on a habitat floor, it can work on a Tuesday. You do not need a capsule to begin. You need the five. Angela Poff takes the same lab’s tumor-fuel question next.

How you keep it

Keep Move. Keep Eat. If a question is a ketone or a dive table in your own body, take it to someone licensed who knows you. Do not buy a performance powder from a Current.

Be brave enough to honor a performing mill without buying the brand

You are not behind if you never heard NEEMO. You are not too late. Your mills are still minting every second of every day. Feed them. Use the body. Performance is a layer. It is not Tuesday.

The question

Will you treat performance as a mill under load — and still keep Move 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 today. That is Csilla, kept as a performing mill — not as a product and not as a footnote.

If you want to keep learning, keep flowing with our Currents. Angela Poff is next.

Notes

- This is education. It does not diagnose, treat, or claim to improve performance by a protocol.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about exogenous ketones or a medical diet, take it to a licensed professional who knows you.
- The Foundation does not sell Audacious Nutrition, Ketone Technologies, or a NEEMO stack. Public language stays Metabolic Correction. She is her own chair.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.