

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #76

David Perlmutter

Support your body while it is still strong.

Brain as mill weather

David Perlmutter is a neurologist. Naples. He treats the brain as tissue that eats — grain, uric acid, sleep, and the plate as weather around the mill. Fog was Current #17. Hoffer’s layer was #54. Olszewer kept it living at #66. This page is the Florida neurologist who said the same sentence in public English.

A book is not the Program. A grain is not a villain you fire a neurologist over. Eat is still the plate. The five are still the day.

A title is not a protocol

His layer	Not this page
The brain as a hungry mill.	A Foundation brain stack.
Food and sleep as weather around thought.	A grain ban. A uric-acid aisle.
Fog as a signal — #17.	A reason to fire the neurologist.
Correction remains the how — #52.	A sixth pillar named Grain Brain.

What the layer taught

If a thought uses ATP, the night and the plate matter. That does not retire the person in the neurology chair. Ken Ford is next — the Florida shop that built machines and then asked the human to keep generating.

How you keep it

Keep Sleep. Keep Eat. Keep one living contact. If a question is your own mind, keep the helper and keep the wheel. Do not treat a bestseller as a prescription.

Be brave enough to feed the brain without joining a title

You are not behind if you never read the book. You are not too late. Your mills are still minting every second of every day. Feed them. Protect the night. The brain is weather around the mill. It is not Tuesday.

The question

Will you treat the brain as mill weather — and still keep Sleep 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, protect the night. That is Perlmutter, kept as weather — not as a title.

If you want to keep learning, keep flowing with our Currents. Ken Ford is next.

Notes

- This is education. It does not diagnose, treat, or claim to prevent dementia, Parkinson’s, or any named brain ill.

- It does not replace your physician, neurologist, medications, or the care you already have. Do not stop a 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 books, a uric-acid protocol, or a Grain Brain syllabus. Public language stays Metabolic Correction.

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