

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #77

Ken Ford

Support your body while it is still strong.

A shop that asked the human to keep generating

Kenneth M. Ford built the Florida Institute for Human and Machine Cognition. Pensacola. Ocala. Navy, then computers, then a not-for-profit that builds machines and then asks the operator to stay awake. He platformed Dominic D’Agostino. He turned a robotics shop toward sleep, ketones, and a firefighter who still has to climb. That is hard conditions — Current #29 — as an institution.

IHMC is not the Foundation. A podcast is not the Program. Flexibility stays #27 and #73. Eat is still the plate.

An institute is not the Program

His layer	Not this page
A Florida shop that kept the human in the loop.	A Foundation lab we open.
Hard conditions: operators, fire, a long watch.	A keto book. A STEM-Talk brand.
Dom’s chair given a home.	A sixth pillar named performance.
Correction remains the how — #52.	A NASA protocol we print.

What the layer taught

A machine can help. The mill still has to mint. Florida’s mill team closes here. Next is a cardiologist who took a public stand apart from the ship — Peter A. McCullough.

How you keep it

Keep Move. Keep Sleep. If a question is an exoskeleton or a ketone in your own body, take it to someone licensed who knows you. Do not join an institute because a Current named its founder.

Be brave enough to honor the shop without moving in

You are not behind if you never walked a Pensacola hall. You are not too late. Your mills are still minting every second of every day. Feed them. Use the body. The shop is a layer. It is not Tuesday.

The question

Will you honor a shop that asked the human to keep generating — 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, use the body today. That is Ford, kept as a shop — not as a brand.

If you want to keep learning, keep flowing with our Currents. Peter A. McCullough 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 ketones, sleep devices, or occupational load, take it to a licensed professional who knows you.
- The Foundation does not co-brand IHMC or STEM-Talk. It does not sell a keto book or an exoskeleton. Public language stays Metabolic Correction.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.