

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #81

Ben Bikman

Support your body while it is still strong.

The scientist who named the door

Ben Bikman is a scientist at Brigham Young University. He treats insulin as the why of Metabolic Dysfunction — not as a sixth pillar. Current #12 was the door. This page is the man who kept pointing at it. Good glucose can hide loud insulin. Opening a door is not minting ATP. Gonzalez is still the how.

A book is not the Program. A meter is not Layer 0. Eat is still the plate.

A why is not a product

His layer	Not this page
Insulin as the why of dysfunction.	A sixth public pillar named insulin.
Look at the door, not only the number.	A meter we sell. A stack we brand.
Science credit. Correction remains the how.	A reason to stop a diabetes medicine.
Eat remains the day — #6.	A Black Box. A keto aisle.

What the layer taught

If the number on the meter looks fine and the mill still struggles, look at the hormone that opens the door. Then eat. Paul Marik is next — the chair that said medicine should be done with the patient.

How you keep it

Keep Eat. If a question is insulin in your own body, take it to someone licensed who knows you. Do not throw away a medicine because a Current named a scientist.

Be brave enough to look at the door without buying the meter

You are not behind if you never read Why We Get Sick. You are not too late. Your mills are still minting every second of every day. Feed them. The why is a layer. It is not Tuesday.

The question

Will you honor the scientist who named insulin as the why — 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 Bikman, kept as a why — not as a product.

If you want to keep learning, keep flowing with our Currents. Paul Marik is next.

Notes

- This is education. It does not diagnose insulin resistance or diabetes. It does not print a diet protocol.

- It does not replace your physician, your medications, or the care you already have. Do not stop insulin or any licensed drug from this page.
- If a question is about a number in your own blood, take it to a licensed professional who knows you.
- The Foundation does not sell meters, a Bikman book funnel, or a Black Box stack. Current #12 remains the door. This page is the person. Public language stays Metabolic Correction.

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