

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #83

Martin Picard

Support your body while it is still strong.

The mill as a living scientist

Martin Picard works at Columbia. He treats the mitochondrion as a living organelle that answers to stress, sleep, and the day — not as a worm in a pill. Current #22 was the mill. Current #23 was the coin. This page is the scientist who kept measuring both. Gonzalez is still the how.

Energy is minted in you. A supplement aisle is not the mill. The five are still the day.

A paper is not a bottle

His layer	Not this page
The mill as a living organelle.	A Foundation mito stack.
Stress and sleep as weather on the mill.	A CoQ10 aisle. A mito icon we already rejected.
Science credit. The mill stays #22.	A sixth pillar named mitochondria.
Correction remains the how — #52.	A Columbia co-brand.

What the layer taught

If ATP is the coin, the mill is the mint. Feed it. Give it a night. Sarah Myhill is next — a clinic chair that treated the same mill as the floor of fatigue.

How you keep it

Keep Sleep. Keep Eat. Keep Move. If a question is a mitochondria panel in your own body, take it to someone licensed who knows you. Do not buy a bottle because a Current named Columbia.

Be brave enough to honor the mill without buying a mito aisle

You are not behind if you never read a Picard paper. You are not too late. Your mills are still minting every second of every day. Feed them. The scientist is a layer. It is not Tuesday.

The question

Will you honor the scientist who kept measuring the mill — 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 Picard, kept as a mill — not as a bottle.

If you want to keep learning, keep flowing with our Currents. Sarah Myhill is next.

Notes

- This is education. It does not diagnose mitochondrial disease or chronic fatigue. It does not print a mito protocol.
- It does not replace your physician, your medications, or the care you already have.

- If a question is about energy in your own body, take it to a licensed professional who knows you.
- The Foundation does not sell CoQ10, PQQ, or a Picard panel. Current #22 remains the mill. This page is the person. Public language stays Metabolic Correction.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.