

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #84

Sarah Myhill

Support your body while it is still strong.

The mill as the floor of fatigue

Sarah Myhill is a physician. She treated tiredness as a mill that could not keep minting — not as a mood and not as a character. Picard measured the organelle. She sat with the person whose day had gone quiet. That is fog as a signal — Current #17 — spoken from a clinic chair. It is not a diagnosis we print. It is not her diet reprinted as the Program.

Sleep and Eat still write most of the repair. The helper stays. Gonzalez is still the how.

A clinic is not the Program

| Her layer                                   | Not this page                            |
|---------------------------------------------|------------------------------------------|
| Fatigue as a mill that cannot keep minting. | A Foundation CFS protocol.               |
| The day gone quiet treated as a signal.     | A PK diet we reprint. A package we sell. |
| Same mill as Picard. Different chair.       | A sixth pillar named mitochondria.       |
| Correction remains the how — #52.           | A reason to fire the physician.          |

What the layer taught

If the day is quiet, feed the mill and give it a night before you name a verdict. Dominik Nischwitz is next — the mouth as weather, spoken by a dentist who would not pretend the mill ends at the neck.

How you keep it

Keep Sleep. Keep Eat. If a question is fatigue in your own body, take it to someone licensed who knows you. Do not diagnose yourself from a Current. Do not order her package because a page named her.

Be brave enough to treat quiet as a signal without naming yourself a case

You are not behind if you never read Diagnosis and Treatment of Chronic Fatigue Syndrome. You are not too late. Your mills are still minting every second of every day. Feed them. Protect the night. The chair is a layer. It is not Tuesday.

The question

Will you treat a quiet day as a mill asking for fuel and a night — 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 Myhill, kept as a chair — not as a protocol.

If you want to keep learning, keep flowing with our Currents. Dominik Nischwitz is next.

Notes

- This is education. It does not diagnose ME/CFS, mitochondrial disease, or any named ill. It does not print a paleo-ketogenic protocol.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about fatigue in your own body, take it to a licensed professional who knows you. Crisis care stays crisis care.
- The Foundation does not sell a Myhill package, a B12 protocol, or a UK clinic door. Public language stays Metabolic Correction. Fog remains Current #17.

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Michael J. Gonzalez Foundation, Inc.