

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #88

Mark Hyman

Support your body while it is still strong.

Food as a public chair

Mark Hyman is a physician who put food in a public chair. Ultra-processed as load. The plate as the first intervention. Current #6 was Eat. Current #34 was the sentence. Current #45 was Big Food. This page is a man who said those things where a camera could hear them. It is not a Cleveland Clinic brand. It is not a test aisle. Functional is their word. Metabolic Correction is ours. Two maps can rhyme. You still cook tonight.

A plate is not a panel

His layer	Not this page
Food in a public chair.	A Foundation functional-medicine stack.
Ultra-processed as load on the mill.	A 10-Day Detox we reprint.
Eat remains the day — #6 and #34.	A Function Health panel we sell.
Correction remains the how — #52.	A Cleveland Clinic co-brand.

What the layer taught

If food is in the chair, Tuesday is still the kitchen. William Makis is next. Honor the search. Do not copy a stack.

How you keep it

Keep Eat. Real food. Water as water. If a question is a billed panel in your own body, take it to someone licensed who knows you. Do not buy a test because a Current named a public chair.

Be brave enough to keep the kitchen without joining the brand

You are not behind if you never read Food Fix. You are not too late. Your mills are still minting every second of every day. Feed them from the plate. The chair is a layer. It is not Tuesday.

The question

Will you honor a public chair that put food first — 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 Hyman, kept as a chair — not as a panel.

If you want to keep learning, keep flowing with our Currents. William Makis is next.

Notes

- This is education. It does not diagnose, treat, or print a detox protocol.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about food or a lab in your own body, take it to a licensed professional who knows you.

- The Foundation does not sell Function Health, a 10-Day Detox, or a Cleveland Clinic door. Measurement stays Layer 0 / A / B. Public language stays Metabolic Correction.

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