

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #92

Tony Lyons

Support your body while it is still strong.

The table of books

Tony Lyons is a publisher. Skyhorse. He kept putting books on a table the ship would rather leave empty. That is a microphone of a different kind — ink instead of a hearing. RFK Jr. was the voice. This page is the table. It is not MAHA as our brand. It is not a weekly we adopt.

A catalog is not the Program. Big Legacy Media was Current #48. A headline is a product. A book can still be a river you choose.

A table is not a syllabus

His layer	Not this page
Books the ship would rather leave off the table.	A Foundation imprint.
Ink as a second microphone.	A weekly report we reprint.
Read. Then keep the five.	MAHA or CHD as our brand.
Correction remains the how — #52.	A reason to fire the local paper.

What the layer taught

If a book opens a river, you still pick it. Joe Rogan is next — a microphone long enough that two people can finish a thought.

How you keep it

Keep Eat. Keep one living contact. If a question in a book touches your own body, take it to someone licensed who knows you. Do not treat a catalog as a protocol.

Be brave enough to read a table without joining the imprint

You are not behind if you never bought the list. You are not too late. Your mills are still minting every second of every day. Feed them. A table is a layer. It is not Tuesday.

The question

Will you honor a table of books the ship would rather hide — 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, eat tonight. That is Lyons, kept as a table — not as a brand.

If you want to keep learning, keep flowing with our Currents. Joe Rogan is next.

Notes

- This is education. It does not endorse a party, a candidate, or a ballot.

- It does not replace your physician, your medications, or the care you already have.
- If a question in a book touches your own body, take it to a licensed professional who knows you.
- The Foundation does not co-brand Skyhorse, MAHA, or Children's Health Defense. It does not reprint a weekly report. Public language stays Metabolic Correction.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.