

PINEAL CLEANSE

HOW TO CLEANSE AND DECALCIFY
YOUR PINEAL GLAND



**Unlock Your True Potential
and Find Inner Peace**



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INTRODUCTION

Pineal Gland – Scientific Definition

The pineal gland, also known as the pineal body, conarium or epiphysis cerebri, is a small endocrine gland in the vertebrate brain. It produces melatonin, a hormone closely related to our circadian rhythm which has profound effects our reproductive system and the modulation of sleeping patterns.

Pineal Gland – Spiritual Definition

The Pineal Gland, also known as the “third eye” is the direct connection to our higher selves, this is where our consciousness lies, still, eagerly waiting for our attention to be directed inward, just for a moment so that it can show us who we really are, infinite non physical beings with the power to create our own reality in any way we choose.

Above are two definitions of the pineal gland, one scientific and one spiritual. They are both very different, however they are both correct, so we can derive from the above that there are many differing views on this thought-provoking subject of the pineal gland and what its functions are. This book has not been written to provoke thought or to stimulate your imagination. This book has not been written to prove anyone right or wrong on the subject, or to attempt labeling things to satisfy our need for order, we do not wish to trivialize this part of the human mind by categorizing it. The pineal gland, like us has both physical and non-physical dimensions, we wish to shed light on both aspects. The purpose of this book is to cut through the noise and to inform you, the reader, what this organ in the centre of your brain actually is, what it does, why it is there, how it can literally change your life by drastically improving your physical, mental and spiritual state and most importantly how you can realize the full potential of your pineal gland. Whilst writing this book we have made a conscious effort to keep in mind that many people will read it from many different backgrounds and lifestyles, there is not just “one way” to awaken the pineal gland, there are many, we have included as many as possible in this book. The process of awakening the pineal gland consists of two processes, one is de-calcification, which involves diet, lifestyle and detox, we will call this the biological process. The other is activating pineal gland (third eye), which involves spiritual practices, meditation techniques and mental exercises, we will call this the spiritual process. To restore the pineal gland to its optimum health and to reap the benefits of this, both the physical and spiritual processes need to be followed with discipline, they need to become a way of life, this book has been written for those who are truly committed to finding out what their mind, body and spirit is capable of, we hope you enjoy it and use it for that which it was written.....



A BRIEF OVERVIEW OF A MISUNDERSTOOD ORGAN

Located in the center of the brain directly behind our eyes is a tiny, pinecone-shaped organ called the pineal gland. It often contains calcifications (“brain sand”) which make it an easily identifiable point of reference in X-ray images of the brain. The pineal gland is attached to the outside of the substance of the brain near the entrance of the canal (“aqueduct of Sylvius”) from the third to the fourth ventricle of the brain. The last of the endocrine organs to be discovered and classified by modern science, the pineal gland has taken the unofficial title of being “the last great mystery within the physiology of mammalian organs” as stated by researchers, Richard Wurtman of MIT and the Nobel Prize winner, Julius Axelrod. That being said, on a broader scale this organ has been respected and revered by many ancient cultures, religions, philosophers and esoteric schools of thought across the world, all of which defined the pineal gland as our direct point of contact with the spiritual realm or a higher state of consciousness.

From a scientific point of view we know that the pineal gland produces melatonin (chemically known as N-acetyl-5-methoxy tryptamine), the hormone which regulates rhythms of physiological functions including sleep timing, blood pressure regulation, seasonal reproduction and many others. Our natural body clock is controlled by melatonin which includes day by day sleeping patterns and on a larger scale how we transition from season to season, a deficiency in this hormone will result in an erratic sleeping habits and in some cases SAD (Seasonal Affective Disorder). Melatonin also acts as a powerful antioxidant playing an important role in the protection of our mDNA (MitochondrialDNA) & nDNA (NuclearDNA)... confused? Don't worry we will delve into the scientific explanations later in the book.

Pound for pound the pineal gland receives a larger blood flow than any organ in the body, with only the kidney receiving more overall. It also serves as a connection for the limbic system in the brain, which is believed to influence our emotions, behavior, olfaction (sense of smell) and long term memory. The pineal gland makes a huge contribution to your general mood throughout the day as melatonin is a derivative of serotonin (5-hydroxytryptamine), a neurotransmitter which is manufactured in the brain and intestines. It is most recognized for its role in the brain where it plays a major part in regulating ones emotional state. It is known that illicit mood-altering drugs such as Ecstasy and LSD spike a large increase in serotonin levels, it is often referred to as ‘the feel good chemical’.

Modern science in particular has overlooked extensive further research into this misunderstood organ, which is alarming considering we've known of the pineal gland for at least 2,000 years. In Western cultures, Galen in the 2nd century A.D. quoted studies from even earlier Greek doctors, who were notably impressed by this small rice- sized gland due to it being the only unpaired structure in the brain, alongside it sitting atop the aqueduct of the cerebrum; it was from this observation that the pineal gland was thought to serve as a regulating device for the “flow of thought” out of its “storage bin” in the lateral ventricles of the brain; or, simply put, this gland was the source of all thought.

In the 17th century came the famous French philosopher Rene Descartes, who furthered the earlier work he found from Galen. With this, he believed that the pineal gland “housed the seat of the rational soul”. Our eyes would perceive the physical realm, transmitting these visions to the pineal gland.

It was in 1918 that Swedish anatomist, Nils Holmgren had been examining the pineal gland within reptiles and was incredibly surprised to find the pineal contained sensory cells – specifically the cone and rod cells only found within the eyes. These are the same type of sensory cells within our own eyes that let us perceive the physical realm. It begs the question as to why this completely internal organ contains sensory cells needed for vision. It also raises such questions as:



- Is this why we can 'see' images when we close our eyes and imagine things?
- Were the ancient cultures right naming it our literal 'third eye'?
- With nothing to view physically, does the pineal gland allow 'non-physical' sight?

The French writer Georges Bataille uses the concept of a 'pineal-eye' as a reference to a blind-spot in Western rationality, and an organ of excess and delirium in his texts 'The Jesuve' and 'The Pineal Eye', which, when mirrored against the views of the pineal gland in Eastern texts, is quite thought-provoking even to this day. Many philosophers and followers of esoteric schools of thought argue that modern western society has made a massive shift to materialism at the expense of spirituality and that this rush to consume is resulting negligence both physical, mental and spiritual health.



Many spiritual philosophies utilize the notion of the inner 'third eye', with the pineal gland known specifically as one of the 7 main chakras in the Indian Sanskrit texts. Chakras are energy points or nodes within the body that exist outside of the physical realm, and are the points at which non-physical energy channels meet with the physical.

In these ancient Sanskrit texts, the pineal gland is the 6th chakra named Ajna. This inner third eye, or Ajna chakra, holds much sway in mystical awakening or enlightenment, clairvoyant perception and higher states of consciousness. Incredibly the 7 main chakras align very well with the 7 endocrine glands in the human body, one of which is the pineal gland.



There is a growing number of individuals in today's society (east and west) who believe that the primary function of the pineal gland is to act as our third eye and bridge to a higher state of consciousness. They believe that the physiological performance of this organ is direct result of how one preserves and utilizes it as a bridge to the spiritual realm through regular spiritual practices and maintaining a healthy lifestyle by respecting the physical body with what is consumed and which activities are partaken. The "spiritual realm" as we are calling it here has been referred to by modern and ancient cultures in many different ways, the reason being is that this realm is not so much a location in space and time, but a state of consciousness which connects one to an intelligence or source energy much greater than ones' self. This state of consciousness is mostly unfathomable to the intellectual mind making it very difficult to apply a logical analysis or "left brain" thinking to the subject as a whole, an issue which has led mainstream science to shy away from this area as a general unspoken rule. There is the saying; "People fear that which they do not understand" this age old maxim is especially significant in science, as misunderstanding and fruitless research can result in alienation from the scientific community not to mention ridicule or even animosity from society as a whole. Many times in history have great thinkers been excluded and ostracized for radical, unorthodox research into the unknown. Galileo, who suffered the Roman Catholic Inquisition in the 1600's for his theory of Heliocentrism (the theory that the Earth and planets revolve around the Sun) is just one example of the unwillingness of people to accept and understand an undiscovered truth or a new way of thinking. Today it is a well-known scientific fact that the solar system orbits the sun, this is one of the first science lessons we receive at primary school. This discovery was made just 4,000 years ago, humans have been on this planet for 200,000 years so we can assume it is safe to say that we have a lot to learn, and as some of the great minds of today turn their attention towards the metaphysical realm we are slowly discovering that the more we look at ourselves and what we are made of, the more we see that we are not just meat and bones in a skin suit, we are vibrating masses of energy flowing and changing every millisecond of the day. We are also learning more and more that our emotions (which correlate directly with the functioning of our pineal gland) are a one of the main catalyst of any physiological condition. We now know that you can literally change your physiological state for better or for worse by intentionally or unintentionally focusing on an issue and creating the accompanying emotion. For example, stress creates health problems, it can literally manifest in to mouth ulcers, it can cause high blood pressure, in extreme cases it can even result heart failure. The emotion here is fear (one of the most primal emotions), stress is just interpretation of fear, of a threat. The opposite can be said for positive emotions, which is why top performing athletes, musicians or anyone who is an expert in their field pay close attention to their emotional state at all times and maintain them at the highest level, they know this secret, which is why they perform at such a high level.

What we are going to talk about in this book is taking a huge step towards improving your emotional state permanently by awakening your pineal gland, this dimension of yourself which is not your body or your brain, it is the part of you which guides your brain to do what "you" want it to do, this part of you is your consciousness or spirit, and where is this part of you located? The short answer is, no one knows, it cannot be found in your brain or in your body, we know that when die you will be exactly the same weight the minute before and after the point of death, but after death this part of you will be gone, and you will be lifeless. So we can't geographically locate it and it doesn't weigh anything, but we do know that it is there, and we do know that it is the invisible force which gives you life, beats your heart and breathes your lungs (I can't remember the last time I had to remember to beat my heart, something is doing . We also know that the pineal gland (third eye) is the communicative device between our minds and this higher self, the clearer we can make that connection the more in touch we are with our true self, the purest part of ourselves where the only emotion is love, the only time we experience fear is when we are not connected to this universal love and we feel at the mercy of external forces. Fear is not conquered by anger or stress or worry, it is not conquered at all, it is neutralized by love it cannot survive in the presence of pure love, just as darkness cannot survive when we shine light on it.



The purpose and functions of the pineal gland (third eye)

It is stated in the introduction to this book that there are two processes which need to be followed to fully optimize the pineal gland. The “biological process”, which involves the de-calcification of the physical organ itself, then there is “spiritual process”, which involves awakening the non-physical aspect of the pineal gland, which is also known as the third eye. To begin these processes you must first understand both aspects of the pineal gland, its physical and non-physical functions and how both aspects work in synchronicity to maintain physiological, mental and spiritual health.

PHYSIOLOGICAL PURPOSE

The Pineal Gland, located in the center of the brain is best known in the scientific community for the production of melatonin which regulates circadian. This small, yet powerful gland is part of the endocrine system, a collection of hormone producing glands in the human body made up of the pituitary gland, thyroid gland, thymus gland, adrenal gland, pancreas and the reproductive gland (testes or ovaries). Light exposure to the retina is first relayed to the suprachiasmatic nucleus (SCN) of the hypothalamus (the part of the brain which connects the nervous system to the endocrine system). Fibers from the hypothalamus descend to the spinal cord and ultimately project to the Superior Cervical Ganglia (SCG) from which neurons ascend back to the pineal gland. The SCG is part of the Sympathetic Nervous System which is most commonly associates with the “fight or Flight” syndrome, it is also the only ganglion in the body which connects the head and neck. Thus, the pineal is similar to the adrenal glands in the sense that it converts signals from the sympathetic nervous system into a hormonal signal, meaning how something is perceived by the pineal gland will set the tone for the chemical reactions in the body. It is effectively one of the main links between perception and ones’ physiological reaction.

Firstly we will discuss the function of melatonin production; Melatonin is present in animals, plants, fungi and bacteria and is a vital hormone to each of these organisms, from a consumption point of view, small amounts can also be found in meats, grains, fruits and vegetables. Since Melatonin was first isolated in 1958 by American physician Aaron B. Lernerin, it has been vigorously researched for its effects on sleep, other hormones and its antioxidant properties. Continuous research over a 40 year period led to the hormone being produced as a supplement in the mid 1990’s, prescribed for many different purposes. The most prominent quality of melatonin is its close relationship to our circadian rhythm, which to put simply is our “internal 24 hour body clock” responsible for many biological processes which occur in the human body over the course of 24 hours, one of these being the sleep/wake cycle. Melatonin is produced by the pineal gland in response to darkness, exposure to light inhibits melatonin production and throws the body clock off its natural rhythm resulting in disrupted sleeping patterns, it is known that sleeping in pitch dark conditions and avoiding “blue lights” (light emitted from electronic devices such as TV, smart phone, laptop etc.) before bed time is conducive to melatonin production at the appropriate time, resulting in a more restful, deeper sleeping experience. Melatonin has been used in treating the elderly for insomnia (REF 1A), during this treatment patients were given an oral dose of 2mg per day over a period of 3 months, this resulted in immediate improvement in sleep quality and latency after the first few days, the conclusion being that that prescribed over 3 months the patients’ overall quality of life would improve without long term dependency. It is known that melatonin production decreases with age, another factor to consider here is that, as the melatonin production naturally slows down, in many cases the pineal gland also becomes calcified (as you may be aware pineal gland calcification is not a natural process, but caused by an individuals’ lifestyle and consumption habits etc.) which in effect increases the issue twofold.



Over 6,000 studies have been carried out on melatonin, revealing it to have profound, extensive healing properties and health benefits. Referred to as the body's most efficient free-radical scavenger with an outstanding capacity to control oxidative damage, melatonin has powerful antioxidant, anti-inflammatory and immune properties. These properties operate as brain, heart, neurological, cognitive and cancer defense through the reduction of trauma from brain injury; preventing heart muscle damage; neuroprotection; increasing cognitive functioning; and offering cancer support and reducing the toxic effects of chemotherapy. Below is a small selection of medical studies and articles on this impressive hormone:-

<http://www.ncbi.nlm.nih.gov/pubmed/22429105> - April 2013 study by Lemoine P, Zisapel N (REF 1A)

A study in which elderly patients were prescribed melatonin over a month period to treat insomnia in turn improving overall quality of life.

<http://www.ncbi.nlm.nih.gov/pubmed/26808084> - March 2016 - E Esteban-Zubero of the Department of Pharmacology and Physiology, University of Zaragoza, Spain (REF 1B)

Melatonin is a powerful antioxidant produced by the pineal gland. Studies confirm its benefits against oxidative stress including lipid peroxidation, protein mutilation and molecular degeneration in various organs, including the liver. Recent studies confirm the benefits of melatonin in reducing the cellular damage generated as a result of the metabolism of toxic agents.

<http://www.ncbi.nlm.nih.gov/pubmed/17875243> - Oct 2007 study by Alan Wade of CPS Research, Glasgow (REF1C)

Results showed significant and clinically meaningful improvements in sleep quality, morning alertness, sleep onset latency and quality of life in primary insomnia patients aged 55 years and over.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3386506> - June 2012 study by Sri Sathya Sai (REF 1D)

How melatonin can be used to treat conditions such as fibromyalgia, irritable bowel syndrome and migraine and cluster headaches.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3386506> - May 2014 Study by Blanka Plesničar (REF 1E)

A study using melatonin to treat depression and anxiety which showed effective results in alleviating symptoms.

<https://www.ncbi.nlm.nih.gov/pubmed/18338264> - Oct 2008 review by the Department of Cellular and Structural Biology, University of Texas Health Science (REF 1F)

Review states that Melatonin's antioxidant properties inhibits gallstone formation and reduces biliary levels of cholesterol.

<https://www.ncbi.nlm.nih.gov/pubmed/24945170> - June 2014 review by Merrick L of the Sycamore Shoals Hospital (REF 1G)

States melatonin to be a potential treatment for Tinnitus due to its antioxidant properties, review also states that melatonin may have beneficial neurogenerative properties.

<http://www.ncbi.nlm.nih.gov/pubmed/15582288> - Dec 2004: Karasek M from the Department of Electron Microscopy, Chair of Pathomorphology, Medical University of Lodz, Czechoslowacka 8/10, Poland (REF 1H)

Relates melatonin to the ageing process and, highlights the correlation between the effects of ageing and the decline in melatonin production which occurs over ones' lifespan.

<http://www.ncbi.nlm.nih.gov/pubmed/16364834> - Dec 2005 study by A. Cagnacci of the Department of Obstetrics Gynecology and Pediatrics, Policlinico di Modena, Modena, Italy (REF 1I)

Data of the study indicates that prolonged administration of melatonin can improve the day-night rhythm of BP, particularly in women with a blunted nocturnal decline.



<http://www.ncbi.nlm.nih.gov/pubmed/27427852> - July 2016 E. Nooshinfar Cancer Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran (REF:J)

Study showed that introducing melatonin into treatment for breast cancer alongside Arsenic Trioxide (ATO, a traditional Chinese medicine) enhanced the results and assisted in suppressing the advance of cancerous cells.

<http://www.ncbi.nlm.nih.gov/pubmed/27329133> - July 2016 LM. Rudolph of the Department of Neurobiology, Laboratory of Neuroendocrinology, David Geffen School of Medicine at UCLA (REF K)

A review of studies revealing that melatonin is related to and contributes to the reproductive processes in the body

<http://www.ncbi.nlm.nih.gov/pubmed/26497887> - Oct 2016 - N Watson - Center of Excellence for Aging and Brain Repair, Department of Neurosurgery and Brain Repair, University of South Florida (REF L)

A review of studies carried out to discover potential of melatonin supplements as an antioxidant for neuroprotection against strokes.

We would like to draw your attention to this last item (REF L), this medical report highlights that increased melatonin levels will protect an individual from having a stroke. The sentence which is the most significant to this book is the following:-

As of now, the realm of potential therapy regimens is focused on three main treatments: exogenously delivered melatonin, pineal gland grafting, and melatonin-mediated stem cell therapy.

So it has been confirmed that Melatonin aids in stroke prevention due its antioxidant properties and being a free radical scavenger. The treatments being pursued involve exogenously delivered melatonin (supplements), pineal gland grafting or stem cell therapy, all three of which are ways to artificially increase melatonin production. If the pineal gland is fully functioning, these artificial avenues will not be necessary, the pineal gland in its fully functioning, natural state will provide a sufficient level of melatonin to an individual based on the body's needs, the reason melatonin levels are low is because of a sub-optimum pineal gland, due to calcification.

We can conclude that from a scientific point of view, the pineal gland has profound effects on our physical and mental health. The pineal glands location, functions and interaction with other major glands and our nervous system makes it a key element to our overall well-being.



SPIRITUAL PURPOSE

SHIFTS IN WESTERN CONSCIOUSNESS

When speaking of the pineal gland's spiritual side it is often referred to as the "third eye", it has been the topic of many a discussion over the years, even more so recently as there seems to have been a general subconscious shift in parts of western society towards spirituality. We have seen this happening all around us in recent years, it has been gaining momentum and penetrating different aspects of life more and more. We have seen many manifestations of spirituality attempting to break through to the modern world always with similar messages of peace, love and unity (principals which many of our ancient brothers and sisters lived by thousands of years ago). The most prominent example of this in the last century was the 60's and 70's when "Peace & Love" was what people promoted with genuine intention for the well-being of others. The music was a one major influence in this period, the other major influence was LSD, a psychedelic substance which induces an altered state of consciousness and awareness considered by many to bring about mystical and spiritual insights. LSD is considered an entheogen (a chemical substance used in a religious, shamanic, or spiritual context) as it can catalyze intense spiritual experiences, during which users may feel they have come into contact with a greater spiritual or cosmic order. However the prominent spirit of peace, love and unity was slowly dulled down with the criminalization of LSD followed by the medical community shunning it as an alternative therapy, then as the 80 & 90's came attention was turned back to materialism with new technologies, new opportunities to make "big money" in business and a general positive attitude towards major consumerism. However, over the last 10-15 years we have seen another shift back towards the spiritual aspect of ourselves, this has manifested itself in a number of ways. We have changed the way we measure our health as an individual, we now see the connection between our mental, emotional and physical well-being and look to maintain ourselves holistically, this is because we have a deeper understanding of how our spiritual health affects our state of mind, which in turn affects our physical body. The fact that both yoga and meditation have become mainstream practices across the globe speaks for itself. 25 years ago if a male executive were to invite his colleagues to a yoga class after work on a Thursday he would have raised some serious concerns, here in 2016 we have billionaire CEO's publicly advocating yoga and meditation practices as part of their everyday rituals. We have also changed the way we eat, we are more considerate about what we put into our bodies, there has been a huge rise in veganism and vegetarianism, we are opting for whole, organic foods over the processed mass produced stuff that has been pushed onto us by major food corporations because deep have a knowing that nature will provide us with the best possible nourishment, because we want to be more connected with the source, so we want our food directly from the source. This is why we have seen such a huge boom in the health food industry, in healthy cafes and restaurants, juice bars opening up everywhere, natural food supplements and organic options for all consumable items, even soaps and cosmetic products. The evidence is all around us that with this shift in consciousness has come a desire for a closer relationship with nature, with our source. The availability of information has also played an important role in this shift, with the rise of the internet and social media we have had an opportunity to educate ourselves independently of the mainstream (we might say government controlled) media. The internet has given us a voice and allowed us to communicate with one another, worldwide networks have been formed and achieved things which individually would not be possible. For example Monsanto (one of the corporations insisting on feeding us chemically enhanced, processed, GMO foods) is a multi-billion dollar company which 25 years ago would have been impossible for us to publicize as bad in any way shape or form, now with the power of the internet we have numerous groups containing millions of individuals on very public crusades against the practices and ethos of this company and they are gaining more and more momentum. This sort of movement is reminiscent of 1971 May Day Protests when the people came together in Washington DC to march against the Governments decisions on the Vietnam War.



When we look at these two periods of what we can only call greater awareness of inner consciousness we can attribute them to similar catalysts which led the people to basically say that “enough is enough” and strive for a better way of life, one which is not reliant or influenced by government propaganda or forced corporate ideologies (which as we know go hand in hand). In the 60’s you could say that the catalyst was the aftermath of two world wars and an underlying social oppression which led to the rise of the of a number of civil rights movements and the “Hippy Movement” which was a movement based on spirituality, peace and oneness. As stated above, this movement was eventually suppressed by the “Powers That Be” through new restrictive legislation, mainstream media propaganda and a surge in consumerism. So we can say here that using some force and simultaneously appealing to the materialistic western minds, they deterred and distracted the people from what they were so passionate about and the movements lost momentum, the old adage “carrot and stick” springs to mind here.

However, the will of the spirit is strong, this greater intelligence or source energy which flows through all of us and all living things will never actually go away or die, it may lie quietly for a while if we do not pay any attention to it, but it is always prepared to serve us when we are ready to receive. Over the last 15 years we have once again become disillusioned with how the world around us transpires, the continuous cycle of conflict, poverty and greed has once again bought our attention back to ourselves, and what we can do as individuals to actually impact society. The powers that be are once again struggling to distract us with new cars, designer clothes and gossip magazines. There has been an underlying movement happening across the world in which small parts of society have been ignoring the status quo and following their own path, listening to their own inner voice for guidance instead of adhering to the picture painted by advertisers, marketers or celebrity culture (which is in effect one giant, never ending advertising campaign designed to influence what society deems as “success” and what one needs to be in order to be “liked” or “accepted”). This movement is becoming more and more prevalent in western society and as stated above can be seen in the way we are now participating in ancient practices like yoga and meditation to get in touch with our inner selves and the way we are treating ourselves in what food we eat. It can be said that this new shift in consciousness is more powerful than anything previously as many individuals experiencing this shift have a much greater understanding of themselves, techniques and practices are available all around us, many books and teachings have been written recently to help guide us in our journey and the internet has provided us with such powerful tools by way of communication, sharing positive experiences and giving us the power to expose those large corporations and government bodies whom insist on taking advantage us and violating our rights for their own political or financial gain. It is an exciting time, and it is a time more than ever when we should be embracing the inherent ability of our pineal gland to connect us with our higher selves. We look inward for guidance not outward.

“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”

Buddha



DIMETHYLTRYPTAMINE “DMT” (THE SPIRIT MOLECULE)

A healthy, activated pineal gland fills you with a sense of euphoria and oneness with the world, something we have lost touch with over time and especially so in the consumeristic society we live in today. Mindfulness exercises such as meditation, yoga, chanting, prayer and many other methods have long been practices which have induced natural self-healing, an elevated sense of consciousness, spiritual well-being and in some cases enlightened, mystical visions. Unfortunately these practices are only embraced by a very small portion of the worlds' general population, this is particularly evident in western society.

Essentially considered the portal between the physical and spiritual world for thousands of years, an activated pineal gland allows you to experience spiritual journeys such as astral projection or remote viewing. How is this possible, and why aren't we actively taught how to do this or are even made remotely aware of this potential?

It's been long suspected that the pineal gland manufactures and releases a type of neurotransmitter into the body called DMT (Dimethyltryptamine). DMT is a consciousness altering compound, it's hypothesized that DMT is produced and released during the crucial self-determining points in our lives, including birth and death, and also during peak experiences of creativity, visualization, lucid dreaming and mystical experiences to name a few.

To this day it's also used as a mainstay in many cultures during their rituals and celebrations, often said to enhance the connection with their version of the spirit realms, aid personal development and build character. The Amazonian Shipibo tribe in Peru use the plant Ayahuasca for deep physical and spiritual healing during shamanic ceremonies held in their indigenous villages located deep in the Rainforest. The Santo Daimé Church in Brazil, a religion founded in the 1930s and established as a worldwide movement in the 1990s also use Ayahuasca as part of their religious ceremonies, "harmony, love, truth and justice" is the fundamental motto of this unique group. Incredibly, DMT can be found in and is produced by every plant, animal and human being all over the globe, this is a fact which the scientific world knows and understands, however what remains a mystery to most is if the modern science community is the actual purpose of DMT, strangely this incredible phenomena is of little or no interest to them.

So what actually happens when DMT is released into our body, and why? This was the burning question in Dr. Rick Strassman's mind when he delved into scientific studies on the potential effects and benefits of DMT. A medical doctor specializing in psychiatry, holding a fellowship in clinical psychopharmacology research and also author of the popular book 'DMT: The Spirit Molecule', Dr. Strassman began his research in 1990 in Albuquerque, New Mexico. During his research into psychedelic and hallucinogenic substances over 5 years, he administered 400 doses of DMT to 60 volunteers at the University of New Mexico's School of Medicine. It was here, as Associate Professor of Psychiatry that Dr. Strassman witnessed people become markedly other-worldly and experience consciousness altering states, these events prompted him to name DMT "The Spirit Molecule".

From the research carried out by Dr. Strassman, he theorized that DMT is the very substance that ushers the soul itself in and out of the body. Further saying that...

"...it is so important for us to understand consciousness. It is just as important to place psychedelics in general, and DMT in particular, into a personal and cultural matrix where we do the most good, and the least harm. In such a wide-open area of inquiry, it is best that we reject no ideas until we actually disprove them. It is in the interest of enlarging the discussion about psychedelics that I have written "DMT: The Spirit Molecule".

- **Dr. Rick Strassman, Author: "DMT: The Spirit Molecule"**



With his book, Dr. Strassman has begun the modern revitalization of inquiry into the pineal gland and its effect on both our physical, mental and spiritual health. By increasing awareness of the pineal gland and teaching others how to not only cleanse and decalcify it through natural means, but also to fully awaken and open our 'third eye', we can learn to be more intuitive, omniscient and access altered and expanded states of consciousness, fully embodying our enlightened selves.

THE PINEAL GLAND: AWAKENING

It's very clear to us now that an active, awakened pineal gland is paramount if you're seeking better health, sleeping patterns, general alertness and most importantly spiritual enlightenment. The problem now lies in education and information, or more specifically, the lack of it available to the general population.

It should be well noted however, that an awakened pineal gland is not for everyone, as in many cases, once you've experienced this level of spiritual attunement and enlightenment it can be hard if not impossible to come back. Many attribute this to the new level of awareness they receive after awakening the pineal gland, and has been observed time and time again with the subjects that Dr. Strassman observed during his research into DMT.

In the general population, our modern lifestyles have done incredible damage to our pineal glands over time, with poor diets, exposure to toxins, excess stress and bad lifestyle choices all helping to harden and calcify the pineal gland to the point of completely shutting down.

Even everyday things we consume and take for granted, such as our drinking water, are having negative effects on the pineal gland; on top of this, our very own governments are supporting this alongside many multinational corporations whether they realize it or not, yet don't provide adequate access to information that would allow you to stop or reverse this damage.

Awakening the pineal gland from its stupefied state requires a conscious choice for change. A conscious effort to realize that change in our society and our lifestyle is needed in order to bring balance to our bodies and back to society.

At its core, the pineal gland requires:

- A healthy body: where a healthy diet, exercise, outdoor activity and clean water are essential
- A healthy mind: where meditation, yoga and other mindful practices are key.

This guide has been written in order to help share information on how to decalcify your pineal gland and to educate those who need it most on the ways to rekindle and realign their spiritual awareness. Along with this guide, we also wanted to provide a list of consumables ingredients for decalcification. But for now, learn more for yourself and expand your knowledge on a subject that should be taught to everyone, in every culture, as healthy bodies and spiritual awareness should have no borders.



THE PINEAL GLAND: CALCIFICATION

The single largest issue the pineal gland suffers from is calcification. If fully calcified, the pineal gland effectively shuts down and the benefits this mysterious organ provides are lost to us. In this process our sleeping patterns are thrown into disarray, our quality of sleep is diminished, our attention spans are shortened and most importantly, we lose much of our spiritual awareness.

Calcification is also known as 'corpora arenacea' or 'brain sand' and in Alzheimer's patients, it's seen alarmingly often.

It's also believed that the following are side-effects of calcification of the pineal gland:

- Weight gain
- Slow thyroid
- Poor vision
- Digestive disorders
- Kidney problems
- Poor circulation
- Obesity
- Poor sense of direction
- Mood or mental disorders

Research has also found that calcification of the pineal gland directly accelerates sexual development in children, particularly in girls. This is what the medical community calls 'precocious puberty'. A study completed in the 1980's in the United States alarmingly reported that 40% of American children had pineal calcification; interestingly we've also seen an increase in the rapid early onset of puberty in recent years too.

Calcification happens mainly from several avoidable sources, with some of these being:

- Dietary hormones
- Mercury
- Processed foods
- Caffeine
- Tobacco
- Alcohol
- Refined sugars
- Radiation fields

Looking at this list above, it aptly typifies modern society, and not surprisingly cases of pineal gland calcification have steadily increased and brought with them sleeping problems, health risks and inhibition to spiritual enlightenment. The rise of mindfulness exercises such as yoga and meditation as past-times, and the growing body of questioning souls actively looking for answers to the decalcifying process, it's a wonder so many people still continue to carry on unaware. Although, it definitely doesn't help when one of the biggest threats to a decalcified and awakened pineal gland lies in an extremely common and increasingly found addition to many of our everyday items...



FLUORIDE AS A CALCIFIER

The pineal gland unfortunately acts as a magnet of sorts for one specific chemical, and this chemical pools and creates crystals which then harden the interior walls of the pineal gland itself. This hardening causes melatonin production to decrease, deteriorating your sleeping patterns drastically. This chemical is also toxic to your brain, heart, and several other bodily organs, and regretfully the severity of this effect of this only increases with age.

This chemical is commonly called fluoride, and is actively added to both regular tap water and commercial toothpastes used by almost everyone in the general population.

The full name of the fluoride you are ingesting is called sodium fluoride, which is a synthetic industrial waste material.

Sodium fluoride contains dozens of hazardous chemicals, including:

- Arsenic
- Aluminum
- Lead
- Fluorosilicic acids
- And many more...

It was near the end of World War II that industrial countries began adding fluoride to the water supply with the aim of improving overall dental health. Despite the best of intentions by the governments at the time, it's now increasingly obvious that this has been incredibly dangerous to both your physical and spiritual health.

Absorbing more sodium fluoride than any other area in your body, calcification interferes with the pineal gland's production of melatonin and the effectiveness of its ability to balance hormones within your body.

A 2012 study undertaken by Anna L. Choi found that fluoride exposure to the developing brain may lead to permanent and irreversible damage throughout one's adult life, which is particularly scary knowing that fluoride readily crosses the placenta, affecting the developing fetus. With this knowledge now known to us, it begs the question, why are mothers still largely unaware of this and allowed to drink fluoridated water or use toothpaste with fluoride, whilst smoking and drinking, both shown to affect a child's development, are rightly banned?

A healthy, awakened pineal gland requires a decalcification process, this is obvious to us now. Once your pineal gland has been decalcified:

- Your health will improve
- Your hormones will balance
- You will experience better sleep patterns and quality of sleep
- You will increase both your focus and clarity
- You will enjoy enhanced imagination and intuition
- Your nervous system will function more effectively
- You will raise your level of spiritual awareness



But how do we go about this process? Is it difficult, and will I be able to realistically expect results if I'm an adult who has drunk tap water their whole life?

The calcification process is unfortunate, but it is also possible to reverse these effects and slow down any future calcification that may occur. Through the removal of fluoride, the release of built-up bodily toxins, an increase in active mindfulness, and most importantly by following a proper diet full of the correct nutrients, vitamins and minerals, you can decalcify and cleanse your pineal gland and experience the incredible benefits to both your physical and spiritual health.

Decalcifying The Pineal Gland

In order to decalcify the pineal gland, we must first look at what causes calcification in the first place. By avoiding this process we are able to promote the long-term health and effectiveness of your third eye, and by identifying practices, methods and ingredients that actively fight against calcification or provide restorative effects, we will be able to restore our pineal glands back to full functionality.

Throughout this guide, we have identified 4 main pillars of both decalcification and calcification avoidance and have provided the steps you should take next. They are as follows:

- 1. REMOVING FLUORIDE**
- 2. RELEASING TOXINS**
- 3. PRACTICING MINDFULNESS**
- 4. IMPROVING YOUR DIET**

By incorporating these into your daily routine, you'll find yourself decalcifying the pineal gland, and bringing with this the many benefits to both your physical and spiritual health the more awakened it becomes.

Many of the practices in the third section, 'Practicing mindfulness', will ensure that your pineal gland will continue to be effective over the long-term and will even help you channel the spiritual-side of your third eye to greater effect.

You must read through each section and take notes on where you could incorporate these steps, as the decalcification process is ongoing, providing incredible benefits once you've made the necessary steps to reverse what is most likely already a heavily calcified pineal gland.



REMOVING FLUORIDE

As we've discussed earlier, it's imperative that fluoride be removed from your diet and environment as soon as possible if you're serious about decalcifying your pineal gland and gaining the benefits that an awakened pineal gland or 'third eye' can offer you.

FLUORIDE-FREE

- The most effective way to remove fluoride from drinking water is through a reverse osmosis water filter.
- Be sure to use fluoride-free toothpaste.

Many water filters that you purchase from super markets don't actually filter out the fluoride, this is important to remember, and it is important to always carefully read the label before consuming.

Reverse osmosis purification systems will remove not only fluoride, but filter out other harmful water contaminants as well such as chlorine and heavy metals. This is important as in addition to fluoride, halides like chlorine and bromine also accumulate and damage the pineal gland.

Drink:

- Alkaline water
- Distilled water

If possible, aim to install a central water filtration system into your home; this way your bath and shower water will be rid of the excess fluoride in the town water as well. If this isn't possible, you can install fluoride filters into your shower stall quite simply.

RELEASING TOXINS

In the aim to decalcify the pineal gland, built-up toxins can play a large role in inhibiting the effects of other methods recommended here. With this in mind, you should be aiming to incorporate many of the following methods in your day-to-day routine so it becomes second nature. It's not enough to just get the toxins out of your system alone, you should also be actively avoiding coming into contact with them in the first place wherever possible. Modern society is rife with chemicals, so make every effort to avoid toxic food, air, water, clothing, cleansers, personal care products, bedding and other such items. Always look for natural, chemical free cleaning products, personal hygiene products, cosmetics, clothing, furniture, bedding and textiles whenever possible.

EXERCISE

- Exercise daily, working yourself up into a sweat

Daily exercise releases inbuilt toxins from your body, and you'll also release 'feel good' chemicals which balance your neurochemistry such as:

Endorphins: released from your pituitary gland, they make you feel exhilarated and happy.

Estrogen: these determine whether you burn carbs or fat during exercise.

Dopamine: the 'pleasure chemical' as it's known, makes you feel good in general.

Serotonin: released from both your lower intestine and pineal gland, is changed into melatonin in the pineal and affects your sleep patterns and alertness.



GO TO THE SAUNA

- Go to a sauna for 15 – 30 minutes once a week

Infrared saunas are one of the best ways to detox and release heavy metals through the skin. By throwing essential oils such as eucalyptus, tea tree or pine onto the heat source, you'll increase the cleansing and detoxifying process.

EXFOLIATE

Before showers, use a vegetable fiber brush and scrub your skin with circular, long strokes towards your navel. Do this for 3 – 5 minutes and you will:-

- Slough off dead skin cells
- Stimulate acupressure points
- Activate lymphatic drainage to help release toxins
- Keep your skin soft and healthy

TAKE A BATH

- Take hot baths with Epsom or Dead Sea salts and baking soda

Taking a hot bath with Epsom or Dead Sea salts, then adding baking soda will help pull more toxins out of your body, especially heavy metals. This will also help balance any fluoride in the water if you don't have a central water filtration system in your home.

To boost your immune system at the same time, simply follow the bath with a quick cold shower.

CLEANSE

- Have a colon and liver cleanse

It's a good idea to do a full body detox including both your colon, as enemas and colonics are very helpful to your digestive system and your liver, to reduce your body's acidity and further cleanse the body of toxins and heavy metals, which will also reduce fluoride levels hence contributing to the decalcification of the pineal gland.

TAKE ZEOLITES

- An effective way to remove heavy metals is to use zeolite supplements

Zeolites are volcanically-produced crystals which have a unique honeycomb-like structure. Powerfully detoxifying your body by attracting heavy metals such as hardened calcium and magnesium in your tissue and trapping them inside their own honeycomb-like structure, these toxic metals are expelled safely from the body in as little as 6 – 8 hours through your urine.

REMOVE MERCURY

- Check your medications and any silver fillings for mercury and take steps to remove them

Mercury is an extremely toxic heavy metal, and is well-known as the fluid inside a thermometer. Unfortunately, it is also contained in many medications, fluorescent light bulbs and even silver tooth fillings in some of the older generations. If you have older silver fillings, it's wise to get the amalgams removed from a holistic dentist who specializes in this sort of procedure in order to make sure it's done properly.



PRACTICING MINDFULNESS

We've discussed toxins in the sense of the physical body so far, but they are also within your mind and should be actively eliminated whenever possible. By controlling negativity within your life, avoiding mindless activities and focusing on your inner self, you eliminate 'toxins' which cloud your judgment, thought patterns, and even your physical and mental health.

Unnecessary stress causes problems that can inhibit the effectiveness of the methods contained within this guide, meaning it will take you longer to decalcify your pineal gland if you don't address these issues head on.

Excessively watching TV, YouTube videos, Facebook etc. leaves us drained over time without realizing, we need to consciously make an effort to avoid activities which distract us from ourselves and draw us away from quieting our minds and looking inward. Wherever possible, make an effort to incorporate these routines into your lifestyle so they become habitual.

MEDITATE

- *Meditate daily for 15 – 20 minutes;*
- *Set aside a specific time each day to meditate*
- *Meditate in as dark a room as possible*
- *Choose a room with the least possible distractions*
- *Focus on your third eye*

We know the pineal gland responds to the bioelectric signals of light and dark, and surprisingly, it's been found that meditation also activates a similar bioelectric signal. So with this in mind, meditation will actively be stimulating your pineal gland and helping it awaken, allowing you to sleep better, feel more alert and be more responsive to the spiritual guidance that we're so oblivious to in our modern society.

The mistake many people make with mediation is to judge it and become frustrated, the most important point to remember is that there is no such thing as a good or a bad meditation, as long as you take the time to be still every day and listen to the silence, you will notice the benefits, it has been said by many ancient cultures and spiritual gurus that "Silence is the language of God". We do not mediate for the experience, we meditate for the benefits, and one of the many benefits of this meditation is that it will allow your mind to settle creating space for your consciousness to expand.

"All of humanity's problems stem from man's inability to sit quietly in a room alone".

Blaise Pascal - 16th Century French Philosopher

Meditation is so powerful, and has been practiced for thousands of years in cultures and civilizations all over the world, yet this ancient technique has slipped out of our daily routine as we're always in a hurry. Hurrying to make more money, to buy more stuff, in the pursuit of the next shiny object which is in our minds will bring us fulfillment we so desire. How did we stray so far down a path that is literally killing us slowly with the stress it causes? The pineal gland has become calcified and useless on this modern lifestyle through choice or ignorance, and we've lost touch with not only ourselves, but also with our spirituality. With the third eye blind, how can we properly see and achieve both balance and happiness? Meditation quiets the mental chatter which constantly runs through your mind day in day out. It does this by channeling focus from the left-side of the brain, where critical thinking, decision making, and language is processed, to the right-side of the brain, where creativity, spatial information and visual comprehension is processed.



During meditation your brain waves:

- Start in a tense delta brain wave state
- Change into a quiet, calm, relaxed alpha brain wave state

This leaves you with the quintessential feeling of refreshment, a sense of being settled, centered and recharged. Doing this daily will help you sleep better and wake up with an uncluttered mind in the morning as your internal dialogue becomes less dominant and you live life with more clarity.

There are many methods of meditation, each with specific movements, sounds or actions so it's good to do some research and see what works for you and feels natural. A simple method of meditating goes like this:

1. Set aside 15- 20 minutes for each daily meditation
2. Ensure you are in a still peaceful environment – close your eyes.
3. Close your eyes and envisage your third eye
4. Become aware of your breathing, focusing on the rise and fall of your chest – the sensation of breath coming in and out through your nose.
5. Become aware of the sensations in your body, inhabit your body fully, moving your attention throughout as you keep mindfully breathing.
6. Thoughts will come and go, do not try to suppress them, just observe them as a witness and let them pass like clouds in the sky.
7. When your mind starts to wander simply remind yourself that you are meditating and bring your attention back to the body and the breath. Your mind may wonder once or twice, or in some cases it may do this throughout the whole meditation, whatever the case may be, acknowledge the thoughts, let them pass by and bring your attention back to your breathing.

When meditating it's been said that a crystal on your brow chakra is energetically beneficial for pineal decalcification, and that amethysts, clear quartz, sodalite or lapis lazuli are the most beneficial

VISUALIZE

- Do visualization exercises for 5 minutes daily
- Focus on your third eye

Visualization is an effective way to increase the use of the right-side of your brain, and helps encourage creative thinking and visual comprehension. It can be done anywhere, at any time and aids in the effect of stimulating your pineal gland.

It can be as simple as this:

1. Close your eyes.
2. Look up and place a focus on your third eye, the pineal gland.
3. Picture yourself somewhere, and start focusing on the details around you.
4. What colors can you see, what are the textures like, how does light fall around you?
5. Open your eyes.

By closing your eyes, you're stimulating your pineal gland and activating your third eye and the right-side of the brain. With a highly active pineal gland, you will be encouraging higher energy frequencies into your body and will help activate dormant sections of your brain.



PRACTICE YOGA

- Practice yoga postures daily for 15 – 30 minutes, attempting new poses when comfortable

Yoga is incredibly relaxing and increases your fitness and flexibility at the same time – it's had a huge increase in popularity recently in the western world which is excellent, and at some level, shows a cry for a more

Mindful and spiritually aware society. To the yogis, the practitioners of yoga and meditation in a number of Indian religions, the pineal gland is of supreme importance.

With the pineal gland viewed as the master gland of the body and controlling all the other glands, it's no coincidence that many yoga poses increase circulation to your head with the understanding that this aids in the stimulation of the pineal gland.

By practicing yoga, you are practicing a form of ancient meditation the yogis performed. Yoga provides benefits through various poses or asanas such as:

- Relaxing and toning up your muscles
- Relaxing and strengthening your nervous system
- Stimulating circulation around the body, including the pineal gland
- Stretching stiff ligaments and tendons
- Limbering joints
- Massaging internal organs
- Calming of the mind
- Balancing glandular secretions

Yoga inversions such as the headstand and handstand are known to increase blood flow to the head from the sheer fact that the head is lower than your heart. There are many forward bend poses too that typically place your head lower than your heart to achieve the same effect.

It's important to consult with your doctor or physician before you perform any new exercises.

IMPROVING YOUR DIET

With fluoride such a problem in our drinking water, it's easy to overlook the fact that that we can help ourselves further with small diet changes and by avoiding the majority of processed foods we're so used to eating daily. Many foods occur naturally that help to flush out fluoride, protect our body against dangerous toxins and also remove heavy metals that slowly poison us over time. These are the ingredients that we should be actively adding into our diet daily in order to decalcify the pineal gland in the fastest and safest way possible. There are many ways to go about this, but the most cost-effective and efficient way is through natural, organic foods and correct, quality supplements.

EAT WHOLE, NATURAL FOOD

Calcification is an issue for every single person who drinks water containing fluoride, and this is compounded when you eat the standard processed, salty, sugary, fatty diet so common in our modern fast-food society. Overexposure to fluoride and phosphorus which is common in this kind of diet, destabilizes your body's internal mineral causing your pineal gland to calcify quickly. We know this further leads to a disruption in your natural circadian rhythms and hormones, amongst many other issues.





To help decalcify and support the pineal gland throughout this process, you need to replace all the refined, processed foods with a diet composed primarily of whole, organic food grown naturally from the earth.

Even what you cook with can affect your body, as non-stick pans can increase the fluoride content of food. The following foods have been studied in depth and have shown to be key ingredients in the process of decalcifying the pineal gland. It is imperative that you attempt to incorporate as much of these into your daily diet as possible.

- Chlorophyll rich 'superfoods'
- Neem oil
- Raw apple cider vinegar
- Iodine
- Boron or borax
- Tamarind
- Garlic
- Raw cacao

CHLOROPHYLL RICH 'SUPER FOODS'

- Incorporate superfoods such as chlorella, spirulina, wheatgrass into your daily diet
- Standard doses currently lie at around 2 – 3 grams per day
- Cost: £10 - £40 for a months' supply

Chlorophyll rich superfoods are packed with vitamins, minerals and antioxidants; they also have far more powerful effects than just eating more vegetables would.

Incorporate superfoods such as these into your daily diet:

- Chlorella
- Spirulina
- Wheatgrass

These and other chlorophyll dense superfoods:

- Boost oxygen levels
- Repair damaged tissues
- Strengthen your immune system
- Detoxify your body by removing heavy metals built up in organs and tissues, including fluoride

These are all incredibly important when trying to make sure your pineal gland becomes decalcified, and should not be ignored.

A standard dose currently lies at around 2 – 3 grams per day, but taken over 4 – 6 500mg tablets, more research is needed in order to find the best dosage for many of the different superfood types out there today.

For a month's supply of these tablets, it would cost you anywhere from £10 - £40 per month, not including delivery if you were to purchase these online.

NEEM OIL

- Incorporate Neem oil extract into your daily diet
- Standard doses currently lie at around 8 milligrams per day
- Cost: £10 - £25 for a months' supply
- Oregano oil has also been shown to be effective

The Neem tree grows in India and having been used medicinally for over 2,000 years now has been used extensively in Ayurvedic, Unani folklore and traditional medicine. Neem oil, or 'Arishta' as it's called in Sanskrit, meaning 'reliever of sickness' serves as a natural antibiotic that can break down calcium shells from Nano bacteria in the pineal gland, helping to actively decalcify it. Compounds in the neem leaf, namely nimbidol and edunin also have antifungal properties, these aid with the fight against skin disease and even act as a natural insect repellent.



A standard does currently lies at around 8 mg per day, but taken over 1 – 2 capsules.

For a month's supply of these tablets, it would cost anywhere from £10 - £25 per month, not including delivery. Also be aware that it's most likely that these are only available to purchase online from specialist health stores.

RAW APPLE CIDER VINEGAR

- *Incorporate raw apple cider vinegar in diet daily*
- *Standard doses currently lie at around 6 tablespoons per day*
- *Cost: £3 - £7 for a months' supply*
- *Try using it with salad dressings*
- *Try mixing 1 -2 tablespoons with a cup of filtered water and raw honey*
- *Ensure it is raw*

Raw apple cider vinegar contains malic acid, the chemical compound that gives vinegar its sour taste, which also helps to detoxify the body of harsh metals, especially aluminum which will aid in the pineal gland decalcifying process.

Thought to help dissolve the outer crust that forms over the pineal gland during calcification, it's an important step in the decalcifying process.

It's also believed to:

- Help dissolve kidney stones
- Relieve gout
- Lower blood pressure
- Balance glucose levels

It's commonly found on salad dressings and the like, and is known for its very sharp acidic taste. If buying apple cider vinegar by itself, make sure it is raw!

Standard doses currently lie at around 6 tablespoons per day, and it's easy to spread these out like so:

- 2 tablespoons when you first wake up
- 2 tablespoons mid-day
- 2 tablespoons mid-afternoon

For a bottle of raw apple cider vinegar, it would cost you anywhere from £3 - £7, which is very affordable and will last around 1 month.

IODINE

- *Incorporate iodine rich foods such as spinach, broccoli, seaweed, and fish into your daily diet*
- *Standard doses currently lie at around 200 micrograms per day*
- *Cost: £10 - £35 for a months' supply*

Iodine helps ensure that fluoride from unfiltered water doesn't accumulate in your pineal gland and set. Iodine rich foods include:-

- Spinach
- Broccoli
- Seaweed, especially kelp
- Fish



Increasingly around the world, people are now suffering from iodine deficiency, mostly in part from cutting back on both commercial salt and mercury-heavy farmed fish.

Signs of iodine deficiency can include:

- Chronic fatigue
- Thyroid disease
- Feeling cold
- Hormone imbalances
- Low body temperature

Naturally occurring in plants like seaweed, options such as colloidal iodine supplements have been clinically proven to effectively remove sodium fluoride via urine and reduce the effects of fluoride on all of your organs, including the pineal gland.

BORON OR BORAX

- *Incorporate boron rich food such as beets, raisins, lentils, and walnuts into your daily diet*
- *Standard doses currently lie at around 3 milligrams per day*
- *Cost: £6 - £25 for a months' supply*
- *Lentils and chick peas are very affordable and can be bought in bulk*

Boron, or borax as it's also called, removes heavy metals and other toxic compounds such as fluoride from the body, directly helping the pineal gland in the decalcification process. Found in food, boron helps to balance our calcium intake, helps build strong bones and muscles, aids in muscle coordination, helps enhance cognition and promotes healthy testosterone levels.

Boron is found naturally in:

- Beets
- Raisins
- Dates
- Chick peas
- Red kidney beans
- Hazel nuts
- Walnuts
- Lentils
- Peanut butter

Standard doses of boron lie at around 3 milligrams per day, which is about 1.2 kg worth of nuts, or a much more palatable 4 supplement tablets daily with a meal or glass of water.

TAMARIND

- *Incorporate tamarind into your diet daily, easily achieved through tamarind chutneys and pastes*
- *Standard doses currently lie at around 5 - 8 grams per day*
- *Cost: £13 - £40 for a months' supply*
- *There are many tamarind curry recipes available that are healthy and even use some of the ingredients listed in this guide*
- *Tamarind sweets can usually be found in many Southeast Asian markets*



Widely used in Ayurvedic medicine, tamarind helps to eliminate fluoride through the urine which directly avoids this toxic chemical settling in the pineal gland, and further calcifying it. In Southeast Asia, the tamarind is used to aid fever sufferers, in a 2012 human study, it was shown that tamarind improved disturbances to carbohydrate, lipid and antioxidant metabolism caused by chronic fluoride intake. Tamarind is great for lowering cholesterol levels too, so it's an excellent all-rounder for living a healthy, balanced life.

Standard doses currently lie at around 5 – 8 grams per day, with 30 – 50 grams per day used for laxative purposes.

GARLIC

- *Incorporate garlic into your diet daily, easily achieved when used for cooking*
- *Standard doses currently lie at around ½ – 2 bulbs per day*
- *Cost: £5 - £9 for a months' supply*
- *You can add it to raw apple cider vinegar if you don't like the taste or smell of garlic*

Garlic is great for dissolving calcium in the body which helps keep the pineal gland healthy. It also:

- Is an antibacterial compound
- Lowers blood pressure
- Is high in vitamins
- Reduces the severity of common illnesses like the flu and common cold
- Reduces cholesterol levels

Easily incorporated into many recipes garlic not difficult to include in your daily diet. It's commonly used in many Italian dishes and cheap to buy in bulk. Aim for half a bulb, to two bulbs of garlic within your daily diet – it doesn't matter if it's crushed, chopped, whole, cooked or raw.

It costs anywhere from £5-£9 for a month's supply of fresh garlic, or £8 - £20 for garlic supplements if you're not too keen on the taste or smell. You could also try adding chopped garlic to your raw apple cider vinegar to neutralize the aroma but still want to ingest fresh garlic, as the raw apple cider vinegar will overpower it.

RAW CACAO

- *Incorporate raw cacao into your daily diet, this shouldn't be hard at all*
- *There is no standard dose, but keep everything in moderation*
- *Cost: £6 - £30 for a months' supply*
- *Easy to add into drinks when in powder form*
- *Easy to use when you're baking*
- *Can be bought in a spread form too*

Raw cacao is rich in antioxidants that help fight free radicals and keep the brain healthy. It's also rich in:

- Protein
- Calcium
- Carotene
- Thiamin
- Riboflavin
- Magnesium
- Sulfur
- Flavonoids
- Antioxidants



There is no standard dose for raw cacao, so feel free to eat as much as you like within reason.

It costs anywhere from £6 - £30 for a decent amount of raw cacao, depending on whether you buy it raw, powdered, or even spreadable. As it's quite a palatable taste, most people won't have any trouble fitting this into their diets.

EAT CALCIUM RICH FOODS

Calcium has poor absorption and there is some concern as to how much calcium is actually being transferred into your bones. This is especially concerning if you're a woman approaching menopause or are menopausal, as your doctor will have recommended taking a calcium supplement to protect you from osteoporosis.

Unfortunately, calcium supplements are also a problem if you're vitamin D deficient, as many people worldwide are believed to be thanks to our indoor lifestyle. With a vitamin D deficiency, calcium isn't bio-available and instead tends to calcify human tissue, which includes the pineal gland.

There are many calcium-rich foods which you can incorporate into your daily diet, this is the best way to increase your calcium intake. Most people think that means drinking more cow's milk, but contrary to mainstream belief, cow's milk is not the only source of readily available calcium, and is easily found in many plant-based foods in high concentrations.

Here are a few examples of calcium-rich, plant-based foods:

- Sesame seeds
- Almonds
- Oranges
- Kale
- Quinoa
- Chia seeds

SESAME SEEDS

When you think of sesame seeds, you might think of Chinese dishes, breads and crackers, however this versatile seed has numerous health benefits. The Sesame seed is a great source of minerals including copper, manganese, iron, fiber and calcium. A mere tablespoon provides 88 milligrams of calcium.

ALMONDS

You may not think of a nut as a viable source of calcium. But in fact a half-cup serving of almonds contains 183 milligrams of calcium, or 18% of the recommended daily value. In addition to helping strengthen your bones, almonds promote weight loss, colon health and cardiovascular health.

ORANGES

Oranges are mostly known for high vitamin C content making them good for boosting your immune system. But oranges are also a great source of calcium, one orange will give the average person 6% of recommended daily value.

KALE

Whether you know it or not, kale is one of the healthiest foods you can eat. Just one cup of raw kale contains 90 milligrams of calcium for 9% of the daily recommended value. Toss it into your salad, add it to soups or sauté it with olive oil and garlic as a side dish.



QUINOA

Considered a grain but actually a seed, quinoa is a great food to add to your diet and especially for getting your daily dose of calcium from a non-dairy source. One cup provides your body with 80 milligrams of essential calcium which is about 8% of the recommended daily value. In addition to strengthening your bones and preventing osteoporosis, quinoa increases stamina, promotes healing and reduces the frequency of migraines. It's also high in protein and a favorite with vegetarians.

CHIA SEEDS

An ancient superfood, Chia seed provides numerous health benefits. These benefits include reduced blood pressure, reduced arthritis pain and weight loss. They are also a great source of calcium, a mere tablespoon provides 8% of the recommended daily. The word "Chia" actually originates from the ancient Mayan word for strength.

PINEAL DECALCIFYING SUPPLEMENTS & REMEDIES

As you can see from above, there are a variety of foods you should incorporate into your daily diet, which should suit a wide range of tastes and preferences. The only problem here lies in the ongoing costs and practicality of attempting to incorporate all of these foods each day. With this in mind, it's a good idea to use supplements that are focused on decalcifying the pineal gland and helping it to awaken, allowing you to reach your full physical and spiritual potential.

The ongoing costs of incorporating all of the recommended ingredients above would cost anywhere from £75 - £200 per month, not including delivery of items purchased online.

This is simply unaffordable for many, but there are options available to help you decalcify your third eye safely and naturally. Using natural whole foods where possible, and the supplements to enhance and strengthen your efforts, you ensure a holistic approach to decalcification that will make you feel better and provide spiritual opportunities thought lost to modern society.

Here are some of our recommended supplements:

"HAPPY TEA"

- Mixture of passion flower and St. John's wort
- Less than £10 for a months' supply
- Encourages more naturally occurring DMT
- Encourages creativity and clear thinking
- Take separately from animal products, dairy, fermented products, and soy products for the best results

This tea supplement was made by Holly Paige, the author of 'Food for Consciousness'. This tea is a mixture of passion flower and St. John's wort, containing pinoline – a monoamine oxidase inhibitor, or MAOI.

When MAOI's are freely circulating within the system, more naturally occurring DMT is available to the brain and this encourages creativity and clear thinking.

It's recommended that you don't drink more than 3 – 4 cups of this tea a day, as with most herbs, moderation is key. This should be taken separately from animal products to have the best effects, including dairy, fermented and soy products.



This works especially well before or after meditating, as it quietens the left-side of your brain and may help increase the effectiveness and the number of naturally occurring biochemicals in the brain which are conducive to higher level thought processes. There isn't any "Happy Tea" available for retail purchase at the moment unfortunately, but hopefully this changes soon. In the meantime, the ingredients are very simple to source, and costs less than £15 for a month's supply (which is a lot of tea!).

Successful Decalcification of the Pineal Gland

With the pineal gland being such a vital organ which facilitates and controls the quality and length of your sleep, levels of alertness, and acts as the barrier between spiritual enlightenment and a balanced, happy life, it's more obvious now than ever before that it's time to start taking care of it. We've identified several key areas in many of your modern lifestyle choices and hope that you embrace them wholeheartedly as regular practices and begin the path to decalcifying your pineal gland. We only have one life, and to waste it not knowing or at least exploring what is truly within our reach would be a true folly.

The major areas on which you should focus lie here if you are serious about decalcifying and awakening your pineal gland:

- Removing fluoride
- Releasing toxins within the body
- Practicing mindfulness
- Improving your diet

Many of the problems that cause the pineal gland to calcify and harden, rendering it useless, have been things you do daily. Things such as drinking tap water, brushing your teeth with fluoride-filled toothpaste, not taking time out of the day to be still and calm lack of exercise.

On the other hand, much of what can decalcify the pineal gland will take an active effort in order to work or avoid during your daily routine. Things such as actively practicing yoga, meditating at specific times each day, installing a water filtration system and the hardest of all, ensuring your diet, what is being absorbed and fueling your body each day, is sufficient in the vitamins, minerals and nutrients that can decalcify the pineal gland successfully.

The benefits of successfully decalcifying your pineal gland are huge, and the efforts to do so are well worth it. Some of the possible physical benefits themselves can be:

- Better sleep quality
- Regular sleeping patterns
- Less weight swings
- Helping to activate your thyroid
- Better vision
- Ailing digestive disorders
- Helping kidney problems
- Increasing circulation
- Providing a sense of clarity
- Increasing sense of direction
- Help stabilizing mood swings



There also come incredible spiritual benefits, such as:

- An increased sense of calm
- Feeling centered with yourself and the world
- A sense of enlightenment
- Spiritual journeys and visions
- Astral travelling and projection
- Remote viewing

All these are possibilities with a truly awakened and activated pineal gland. Our sense of inner peace and mindfulness has been lost through much of modern western society, but it doesn't have to be this way.

We cannot continue on the current path forever, as our world will be consumed entirely, long before our thirst for consumption is satisfied. We can however start change at an individual level, increase knowledge of the issue and have it spread, putting positive change into the world in its place and finding spiritual enlightenment and true contentment alongside it.

A decalcified pineal gland is the start of this process, and will allow you to increase awareness of your real environment and truly begin to see what lies around you properly for what is most likely the first time in your life. Yoga studios with true yogis are now more common, introductory meditation classes are often free at universities and colleges, and water filtration systems are becoming more and more common and readily available as governments insist on fluoridating our water supplies against our strongest protests.

Supplements are now getting to a level of sophistication that they too can help with the decalcification process, in easier and more effective ways. Removing heavy metals within the body to release toxins for example can be achieved by taking zeolite supplements, working in as little as 6 – 8 hours and providing a great way to begin a detox program.

With all these tools at your disposal, there is no excuse not to absorb this information and begin making a conscious decision to decalcify your pineal gland now before any further damage and calcification occurs. The public have been unaware and kept in the dark for far too long – it's time for a change. What decision will you make?



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