

# How to Decalcify Your Pineal Gland and have Spectacular Health

This what you want to do if you want to decalcify your gland at the fastest pace possible(hard mode). You can still achieve decalcification without doing everything discussed, but any deviation from this protocol will slow your progress. Some things like toothpaste and fluoride avoidance are mandatory. Following these protocols just so happen to be great for your overall health, and you will feel better than ever while getting down to your ideal weight. Most of us are holding pounds of old uneliminated waste which is rotting in our guts contributing to malfunctioning glands pineal included. The healthier your body is the better your meditations, manifestations, dreams, and other abilities will be. Your goal if you want a high functioning pineal gland is to achieve ultimate health.

**-Intermittent fast** for 16-20 hours per day drinking a gallon of **distilled water** starting early in the day before breaking your fast with seasonally available juicy fruit or apples/ bananas which are good year round. Get sweet crisp(non-mealy) organic apples ideally. Bananas aren't as important to get organic and are always available. Make sure to let them ripen until there are some spots before eating them ideally. After your fruit meal have a large savory salad consisting of half to a whole head of chopped romaine/green leaf/ or some similar soft leaf lettuce, thinly sliced or spiralized carrots, cubed avocado and lemon juice squeezed over a salt and pepper to taste. When tossing this salad mash gently the avocado into the lettuce mixing it well to create a "dressing". You can add or subtract ingredients to be as fancy as you want, but this is a good base for a salad and dressing. Ideas for additions are crushed walnuts, raisins, hemp seeds, spiralized beets, diced cucumbers and/or tomatoes to name a few.

During fasting our bodies are beautifully rejuvenated. Depending on how long and often you practice abstaining from food, you can seriously turn back the aging clock. Taking a break from eating for 24 to 72 hours will reset our immune system and activate the release of stem cells that begin a renewal and regeneration of all of our cells. During fasting damaged cells are restored to optimal health by a process called autophagy. It is one of the most impactful anti-aging tools I have found. Combining fasting with distilled water works to rid the body of inorganic positively charged minerals and waste which keep the pineal gland and other bodily functions from working properly. You can put lemon juice in some of your distilled water. Try to drink most of it early in the day so you aren't peeing through the night.

An adaption to what I did if you are unable to fast or want to try something a bit easier, is fruit feasting. So with this you can have a larger eating window of 12+ hours and eat fruit and juices during the day. It's important to start with juices first, then a fruit meal of whatever seasonally available sweet juicy fruit, and then finish the day with a savory salad explained above for best results. If you want to transition slower, I would have a

meal of starch from rice, potatoes(sweet or regular), or oats. It is important to keep your fat intake very low when eating a high carbohydrate diet as fats can block the ability of our cells to uptake sugar. The amount of fat we need is around 20 grams which is about handful or 2 of nuts(walnut, almond, Brazil, or others), seeds(hemp, pumpkin, chia), or a medium avocado. I would eat these fats at the end of the day, because they can slow you down and work better to wind you down. I make a sweet dessert sometimes with pumpkin seeds, cinnamon, nutmeg 1/4 to 1/2 cup of raw can sugar, ice, and a bit of water in a high speed blender. This is reminiscent of a traditional milk shake.

## **-SUGAR**

Do not be afraid of sugar. The evil designers of this current realm have demonized sugar, because it is rocket fuel for all of our cells and brain. It is our preferred fuel source, and a population that is running on inferior fuels like fats and proteins is easier to control. If nobody has energy or motivation due to lack of sugar, it is easier to maintain control. When you eat a low amount of fat suggested above, sugars are quickly utilized by every cell in our body. Sugar is actually only 65 on the glycemic index, where potatoes have 78 and white bread is in the 90s. Blood sugar spikes are not a problem. What is a problem is if you have too much fat in your diet your cells can uptake the sugar and it sticks around in your blood too long. This is diabetes or the onset of it.

Raw evaporated cane sugar is man made honey. Honey would be the most ideal added sugar because of its other constituents to use, but it is very expensive. However, sugar is not to be overlooked. We can make up for its lack of minerals and phytonutrients by having green drinks, salads, and plenty of fruits. The problem is most of today's fruits are not ideal and it's hard to find sweet juicy fruit quite often. So I have found supplementing my diet with added can sugar is a game changer. All you have to do is try and you will see.

So with my current diet, I start the day with a sugary herbal tea, then I have a liter and half of Slurpee sweet lemonade which I make by squeezing a full lemon of juice into a blender of .6 liters or so of filtered water with almost a half a cup of sugar. I then find some dandelion greens or other weeds and make a green drink. This keeps me satiated and energized until my fruit meal of bananas, apples, oranges, melons, or whatever sweet juicy fruit I can find which I add sugar to if its not sweet enough. For dinner I am currently having white jasmine rice with veggies if I have them and an asian sweet and sour flavor that I make by adding 1/4 cup of sugar, a dash of sea salt, cayenne to taste, a squeeze of half a lemon, and then soy sauce mixed up. This provides me plenty of carbohydrates to fuel my body and brain and completely satiates me. When you don't get enough carbohydrates you crave them and fat. So it is important to feed yourself enough sugars starting early in the day if you aren't doing a monk mode intermittent fast to accelerate your pineal gland activation.

For all of you thinking sugar feeds cancer. Yes it does, but cancer is very tricky and requires protein. It can also run on protein and fat. Your body however, works way better on sugar. So your immune system gets compromised with a lack of sugar. Accordingly,

the best way to beat cancer is to lower the protein and fat to almost none and your body will scavenge the cancerous tissue, destroy, and recycle the tissue through a process called autophagy. This lifestyle promotes a healthy cancer free body bar none.

### **-Distilled Water**

Distilled water is the best water, because it vacuums the inorganic minerals that calcify your pineal gland, joints, bones, and other glands. It also helps shuttle out other undigested compacted wastes in the colon.

### **-Iodine**

Use a Lugols 2% iodine starting with a few drops in water and work slowly up to a full dropper(25mg) as detox symptoms allow. I bough the organic Earth Harmony brand off Amazon. Organic is ideal, but not as necessary with iodine. You can take this daily, but if you miss a day here and there it's ok. Take a Brazil nut per day also to get the cofactor selenium for best results.

Iodine is great for gut health as it kills off harmful viruses, bacteria, yeasts and also deactivates chemical and biological toxins. In addition, it expels heavy metals like mercury, bromine, chloride, and fluoride. Estrogen levels are even balanced in men and women with this wonder mineral. Cerebrospinal fluid quality is improved as well with consistent use. Iodine such a vital mineral that most people are deficient in that it supports a well functioning intestines, stomach, gastric mucosa, salivary glands, immune system, and of course the thyroid. Last, but not least, Iodine decalcifies the oh so important pineal gland. I have been taking 25mg of Iodine for the past year, and I feel like it has given me so much energy and increased my mental faculties noticeably. When I first started taking it, my neck began to itch which was proof that it was detoxing my thyroid of heavy metals. This subsided after a week or two.

### **-Sun Gazing**

Stare directly at the sun during the first two hours of sunlight in the morning and the last two hours of sunlight at the end of day. During this time the sun isn't too strong and should be easy to look at. Start with 10 to 20 seconds and then slowly work up daily until you can look at it for as long as you can stand. If I could stand to do it, I would look at it for hours per day. After looking at it go in a dark place and notice what you see with your eyes open and then closed too. Focus on your central vision. You should see colors and other stripe looking "codes or light languages".

This is an important part of the protocol. I began doing this after 6 months or so of the intermittent fasting and it immediately opened my gland. I got a head ache the first night I did this which made me think I hurt myself. There is so much fear put out about looking directly at the sun, and I think this is because of how powerfully it detoxes the brain, activates new parts of the brain, and energizes our entire system. I believe it also sends us information(downloads).

### **-Toothpaste**

Get rid of any fluoride toothpaste. Use clay or charcoal based toothpastes.

**-Fluoride** goes straight to the pineal gland and calcifies it into a rock breaking its functionality. Also, avoid any tea using traditional tea leaves(black, green, and white tea) The tea plant has a huge affinity for fluoride in the environment and accumulates it in its leaves. Drinking tea is a huge source of fluoride. Use herbal teas instead like mint, chamomile, rosemary, ginkgo biloba, moringa, nettle root(great for hormones) to name a few.

Non-organic fruits like grapes have a fluoride pesticide quite often as well so avoid those too if you can.

Get a shower filter if you can as well, because anything you put on your skin goes into your blood stream. Also, a hot shower has toxic steam that you breathe in.

### **-Sexual energy retention (Celibacy/Sexual Fluid Retention)**

There is a reason most religions speak of only having sex to procreate, no sex before marriage, and celibacy. Preserving our sexual energy as a man or woman is very important in advancing spiritually, and I did practice this during the period of time when I was opening my third eye. This helps preserve important nutrients to regenerate the pineal gland and our bodies as a whole. I was not perfect (fully celibate), but the more time between releasing your energy the better. This and really everything else mentioned is also important once your third eye is open to enhance manifestation and other abilities.

Mantak Chia on YouTube shows a way to cycle your cerebral spinal fluid from the root chakra up to the crown chakra by squeezing the perineum like you are stopping peeing or pooping, breathing through the nose, and visualizing bringing it up from your root to your pineal gland. This relieves to some degree lust and makes it easier to retain your energy.

### **-Enemas**

Warm distilled water and lemon juice enemas can be very helpful in eliminating waste. I didn't practice this during my awakening, but I do now periodically and find them greatly beneficial. Get a large red enema bag, warm a solution of distilled water, a whole lemon squeezed into it and take the whole bag if you can. Work up to that if you can't. Use coconut oil on the applicator. Push out like you are pooping to get it to go in without pain. Hold it in for 20+ minutes and then release. You can do a few of these back to back depending on how much time and energy you want to put into it.

## **55-Supplements and other helpful things to use**

**Tamarind** has been shown to increase the excretion of fluoride.

**Haritaki** is also known to help you open your 3rd eye quickly and make you smarter. It increases blood oxygen by 300%

**Sound healing** is very powerful as well. During my awakening time before my 3rd eye was completely opened I used binaural beats with headphones. Two different frequencies are played in each ear and it combines to make a special frequency effect that helps open your 3rd eye and optimize your brain function. Singing bowls, tuning forks, bells, and other frequency devices can be very helpful to heal the body and open your 3rd eye.

**Below are things you can do for your general health and performance, but aren't necessarily pineal gland clearing specific information However. It probably helps the body detox overall which would help the pineal gland:**

## **Anti-Aging**

Diet induced thermogenesis is cooking us from the inside because of the way non-fruits are digested using a process called glycation. Glycation is the process of browning that is similar to making toast or barbecuing a steak. Once fully glycated, cooked, we die. Our cartilage starts off as white when we are babies and during the process of glycation our insides are getting slowly cooked over the years until it turns brown towards the end of our life. By eating fruit, all of the sugars are reduced through a process called glycolysis and this creates pyruvate acid which is the fuel source for the Krebs cycle. This avoids the glycation(cooking) effect. Through this cycle, we create NAD and NADH which have recently been shown to have extreme anti-aging effects on our entire system. In mice studies vision was restored to what it was in the teen years through the use of NAD. It's all the rage now in the longevity circles. People who are following a keto diet on one extreme end of the diet world, are aging faster because of this effect. Assimilation of fruits with glycolysis avoids the cooking of our insides through diet induced thermogenesis stemming from the glycation process. NAD is also created during fasting and exercise.

## **Raw living foods**

Living foods especially fruits and sprouts provide the body with invaluable biophotonic energy. The more light in our bodies we can accumulate through the consumption of raw living foods, sunlight, and exercise, the more vitality and youth we can enjoy. The foods with the highest amount of biophotons are found in raw sprouts, fruits, and greens. Hence, this is the food that should form the bulk of our consumption.



## Light and living organic nutrients

Most vitamins and foods that people think are giving them nutrition are actually not in the usable organic form because cooking destroys and converts them to an inorganic unusable form. These inorganic minerals actually accumulate in the body as deposited all over the body. These contribute to painful arthritic joints and backs and clog all of our organs. fruit, tender greens, sprouts, along with soaked nuts and seeds. The greens can be eaten in a juice, together with fruit in a salad or smoothie. Nuts and seeds are great for making milks with a high speed blender and a natural fabric nut milk bag. They can also be soaked and ate with fruit. One combo I really like lately is apples and Brazil nuts, which 2 contain more than your daily selenium requirements. Selenium is an important cofactor of Iodine and together they annihilate parasites and are an integral part of a well functioning thyroid and many other glands in the body. Iodine is also supposed to increase IQ and I believe this to be true from personal experience. After taking Iodine for a short while I noticed my mental abilities were increasing and memory much improved as well. In addition, my energy levels were much improved along with my hormonal profile which seems to be doing well at my current age of 42. I attribute in part iodine to my ability to stay lean effortlessly.

## B12

Get a good b12 sublingual spray and use it regularly. I use Mykind from Amazon.

## Brain Performance

**BDNF**, or **Brain-Derived Neurotrophic Factor**, is a protein that plays a crucial role in the growth, maintenance, and survival of neurons (nerve cells) in the brain. It is part of the neurotrophic family of growth factors, which are involved in neuroplasticity—the brain's ability to adapt and reorganize itself. This is very helpful in repairing your brain from the many addictions of society today. In addition, BDNF is like miracle grow for

your brain and I can attest to this being true. To maximize production of this beautiful substance, we need to exercise, fast, enjoy an adequate amount of sleep, expose as much of our skin to sunshine daily, and engage in learning new things.

**Ginko Biloba** is also a key brain enhancer. By acting as a vasodilator, it increases blood flow all over the body but especially in the brain. I saw an interview of a neurosurgeon that said he could instantly tell the difference of brains from elderly people that use ginko versus those that have not by the amount of brain activation. The non-ginko users have significantly less brain activity. Along with its brain boosting properties, because ginko opens up the blood vessels all over the body, it helps all of our organs, muscles, and glands function better. Increasing blood flow to every part of the body is an essential part of healing and increasing the performance overall.

## **Grounding**

Grounding provides free electrons for your body to use as antioxidants the same as living foods do. This can charge your body up completely within seconds, but getting grounded as often as you can is very beneficial. It also allows the body to discharge harmful energies into the Earth. Lightning is constantly hitting the surface somewhere in this realm providing an endless charge that we used to be connected to all the time. Now we wear rubber soled shoes and some of us rarely if ever touch the soil with our bare feet. Unfortunately, our health has greatly suffered. The free electrons we receive from grounding, also called Earthing, help to alkalize our body and work like an antioxidant vitamin would.

I first got really into grounding when I was living in the forest at 6500' elevation off grid where I had to shovel lots of snow and split lots of oak firewood by hand with an axe. It was a relentless winter, and I had no time to properly rest my body for a lengthy period of time. My bicep muscles literally were not recovering and were almost too painful and weak to use. At this juncture, I decided to install a grounding rod and I quickly noticed the benefits for eradicating pain and it felt like it was helping me heal faster. I was grounding through my hands and I could feel my arm pulsing in a sense which my intuition told me it was helping heal the muscle. I also noticed my face looking younger from grounding.

You can get grounding mats, sheets, wrist bands, and other devices through the site [earthing.com](http://earthing.com) or amazon or you can go put your bare skin on the ground outside in the grass or the beach.

## **Plastic and Chemical exposure**

Plastics are making us fat regardless of diet. Stop wearing plastic clothing it's absorbed through the skin and you breathe it in when microplastics shed off into the air. If you are using plastic trash bags, when you scoop air into them to open them up, they shed

microplastics all in the air. It is estimated we inhale a credit card worth of plastic per week.

Plastics contain chemicals, known as endocrine-disrupting chemicals (EDCs), that have been linked to obesity. These chemicals, called obesogens, interfere with the body's hormonal functions, promoting fat storage and altering metabolism. Specific chemicals such as bisphenol A (BPA), phthalates, and organotin compounds found in plastics can increase fat cell production and change how the body manages energy, leading to increased fat accumulation.

If you are trying to achieve longevity and a healthy physique, it would be prudent to remove plastics wherever you can. Especially our clothing, which in today's society, has become mostly plastic. All nylon, polyester, and anything not made from cotton, wool, or linen is a petroleum based plastic. There are many other chemicals you expose yourself to when you wear these substances. Our body's pores have the amazing ability to absorb things put onto our skin, which can be great if you use it for natural things like essential oils and other nourishing oils, but if you aren't careful you will ingest through your skin anything toxic as well. We should look at our skin as another means of assimilating things from our environment both good and bad. This is why we should also not use anything that you couldn't eat as a shampoo, soap, or deoderant as well. For a natural way to keep your pits from stinking, an easy natural combination of baking soda and an oil like coconut or can be mixed to a paste consistency.

Another avenue of chemical exposure many are unaware of is the use of toxic cleaning sprays and laundry detergent. A study published in the American Journal of Respiratory and Critical Care Medicine found that regularly using cleaning sprays (e.g., daily or weekly for 20 years) could result in lung function decline similar to smoking about 20 cigarettes per day over the same period.