The Pineal Gland

The concept of “pineal activation” is really a way of saying that you want to maximize the capacity of the pineal gland to work properly. This endocrine gland, sometimes referred to as the “third eye” is located deep in the brain. It plays a critical role in the maintenance of your circadian rhythm. This rhythm supports the wake/sleep cycle as well as the various states of consciousness that exist throughout the day/night. Some of these states of consciousness allow us to benefit from our intuition, to heal more quickly, to feel good, and to re-charge energetically and physically.

Holistic Perspective

Scientists like Dr. Bruce Lipton and Gregg Braden have made it easy for us to understand that all cells, including those in your various endocrine glands, are affected by the food you eat, the company you keep, and the thoughts and emotions that are most dominant in your experience. If you want to improve your pineal gland function you will need to pay attention to all the various physical, emotional, electrical, magnetic, cognitive and energetic aspects of your health. The more physical components like diet and cleansing tend to have a greater impact on the general health of your pineal gland. The non-physical elements such as your thoughts, emotions, electrical flow, etc., can also be used to stimulate the gland “on-demand”. Frequency and light therapy devices tend to do both well.

Eliminate Intestinal Tract Inflammation

According to Dr. David Perlmutter, MD, best-selling author of the book “Grain Brain,” if your intestinal tract is inflamed, this will result in decreased immune capacity, increased levels of toxins, pathogens and parasites. This can have a dramatic impact on mental, cognitive as well as physical health. Eliminating inflammatory foods helps support gut health. These foods include:

- all grains (except oats for most people)
- legumes
- sugar/alcohol
- processed meats
- all GMOs and non-organic produce
- milk products, etc.

You can support gut healing by adding the following to your diet:

- aloe vera
- sangre de drago (dragon's blood)
- L-Glutamine
- enzymes
- probiotics
- prebiotics
- apple cider vinegar
- fermented foods (i.e.: sauerkraut, kombucha, etc.)

Sleep in Complete Darkness

This signals the pineal gland to produce melatonin and helps to keep the pineal gland and its various functions working properly. It also helps to reduce artificial light (especially electronics) before sleeping.
Consume Nutrient Dense Foods and High Quality Water

The Pineal gland produces various hormones, enzymes and chemicals such as melatonin, methyltransferases, and di-methyl-tryptamine or DMT. These compounds are very labor intensive to produce and require sufficient amounts of nutrient dense foods in your diet. The best way to ensure your diet is helping and not hindering your pineal function is to ensure that whatever you put in your mouth is nutritious and safe. The primary function of food is energy and nutrition. Here are some examples of nutrient dense foods that can support health and wellness:

- vegetable juices
- superfoods such as spirulina, moringa, etc.
- spring water, reverse osmosis water, carbon filtered water, etc.

Cleanse and Detox

Your diet has a dramatic impact on the health of all your cells. If you are consuming foods that are inflammatory and/or toxic, you will increase the amount of toxins, pathogens and parasites that your immune system will need to deal with. These antigens (as they are called) not only decrease cell function, they also put additional load on your system. If you are not cleansing and detoxing on a regular basis you will have issues such as chronic inflammation and sooner or later you will develop autoimmunity. Cleanses and detoxes are best done under the supervision of a health practitioner, and can include:

- chelation therapy (to reduce toxic calcium and heavy metals)
- the liver and gallbladder flush (optimize liver and digestive function)
- intestinal tract cleanses (oxygen powder, Dr. Schultz #1 and #2 cleanses)
- liver cleanses (milk thistle, boldo, artichoke)
- kidney cleanses (chancapiedra, Bell Labs kidney tea, etc.)
- anti-parasite cleanses (various kits and herbs)
- distilled water cleanse (can help eliminate toxic calcium from organs and glands)

There are various toxins that you should try to avoid as these cause tissue damage. These include:

- sodium fluoride (toxic and calcifies tissues, glands and organs)
- added artificial calcium
- processed salt
- inflammatory food in general (in order to support your gut-brain axis)
- sugar in your diet: Excess glucose is extremely damaging for the brain
- drugs – all pharmaceutical and any processed/artificial recreational drug
- toxins sprayed on food or found in our environment (herbicides, pesticides, fungicides)
- GMOs
- excess heavy metals
- plastics/PCBs, etc.
- polluted water

Structure Peace and Quiet into your Life

You must allow for "down time" where you STOP inputting information and give yourself enough time to process the various thoughts and things that are going on in your life. This increases your natural capacity to cleanse and detox, including the removal of calcium from glands and organs like the pineal gland. It also reduces stress and this has a dramatic impact on immune function. It can also support access to a broader range of states of consciousness.
Supplement

Supplementation is by far the easiest way to support pineal gland function and is therefore a popular practice. It is not the most important intervention, however, these supplements can help:

- melatonin
- oregano oil and neem extract
- raw cacao
- apple cider vinegar, for digestion and for de-calcification
- chancapiedra and/or cat’s claw
- iodine
- ice skatefish liver oil, code liver oil, Krill oil
- enzymes, especially serrapeptase
- Reishi mushrooms
- turmeric
- colloidal gold

Eliminate Fear and Expand Joy

All sources of information, whether real or imagined, that results in being fearful, anxious, angry, sad, or depressed, will cause cells to contract. This impairs nutrients, oxygen and fluids into the cell and waste out. The information/images from TV, or the Internet, are real experiences for your subconscious mind. Thus they cause an over production of fight or flight hormones such as cortisol and adrenaline. This over production of stress hormones comes at the expense of those feel-good, reproductive and sleep hormones. This is because, immediate survival takes priority over feeling good, sex and/or rest. At the same time that you eliminate sources of information that cause cells to under-function, it is important to actively input things that make you joyful, happy, and/or relaxed. This increases the function of various endocrine glands, including the pineal gland.

Normalize Biomagnetism and Electrical Flow

According to Dr. Goiz, MD our natural biomagnetism can polarize, change our pH balance and attract pathogens. This supports the retention of heavy metals and toxins. His biomagnetic pair therapy (BMPT) helps normalize our natural magnetism and reverse these imbalances. The Chinese have known about DC electrical flow in the human body for thousands of years. If we are experiencing elevated toxins, pathogens, chronic stress and/or autoimmunity, our electrical flow can be impaired. Fortunately, it can be corrected with acupuncture or auricular therapy.

Introduce Light Therapy

We are made of light. This means that appropriate amounts of sunlight (at safe times of the day) can be very supportive of pineal function. Recent research at Harvard, MIT, and Boston University proves that sufficient amounts of laser and/or pulsed infrared light, when introduced into the brain, can increase neuron density and blood oxygen levels. This helps in the elimination of toxins and amyloid protein in the brain. It also helps to increase ATP production, and normalize cell membrane function. There are various suppliers of light technology. We have experience with VieLight products and can vouch for the dramatic impact they can have on neurological, cognitive and physical health. VieLight has intranasal units that can influence the brain directly through the sinus, as well as transcranial/intranasal units that can stimulate the entire brain. We have not found any other supplier of light therapy products for brain health to have anywhere close to the results that VieLight is having in clinical trials… and in the real world! Protocols for specific issues can vary. However, for pineal gland stimulation most people can safely use VieLight intranasal devices twice per day and the Neuro models once per day.