

PINEAL GLAND ACTIVATION

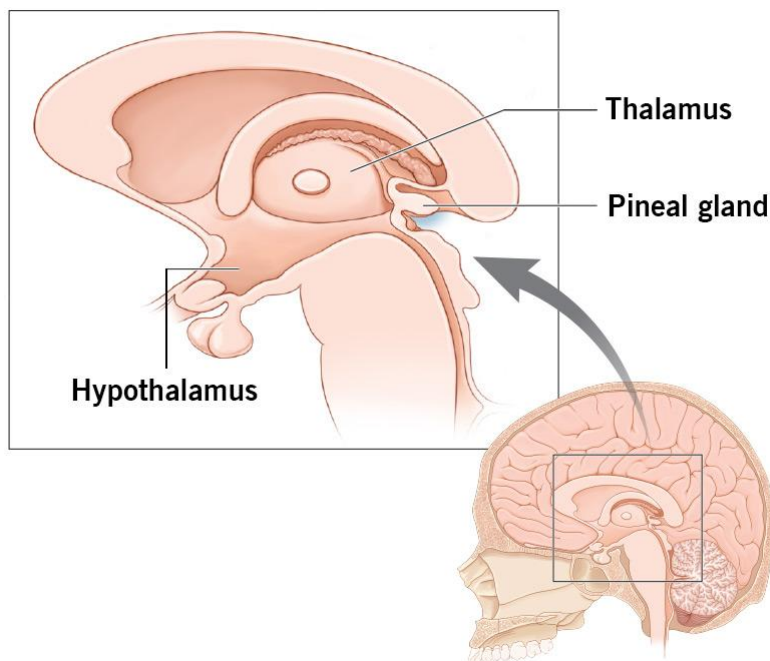


10 Facts About the Pineal Gland

René Descartes once described the pineal gland as “the principal seat of the soul.” Medical knowledge has vastly progressed since his time, though. Here’s what we know about this critical organ.

In 1637, Descartes [published](#) his groundbreaking *Discourse on the Method*, where he took the revolutionary step of describing lines through mathematical equations. [According to](#) Hatfield, “[Descartes] considered his algebraic techniques to provide a powerful alternative to actual compass-and-ruler constructions when the latter became too intricate.” You might have encountered his system in high school algebra: They’re called [Cartesian coordinates](#). The French polymath René Descartes (1596-1650) lived after the Renaissance, but he personified that age's interest in mathematics, philosophy, art, and the nature of humanity. He made numerous discoveries and argued for ideas that people continue to grapple with. (His [dualist](#) distinction between mind and the brain, for example, continues to be debated by psychologists.)

Pineal Gland





As humans age, the pineal gland begins to calcify, which increases with advanced age. Calcification of the pineal gland may correlate with the age-

related decline in melatonin production and fragmented sleep-wake patterns in the elderly. Also, some studies have found that the degree of calcification is higher in individuals with [Alzheimer's disease](#).

The [pineal gland](#) is a small gland located in the middle of the brain and attached to the roof of the [third ventricle](#). The pineal gland is sometimes referred to as the third eye due to its ability to sense light and dark via the [retina](#). The primary function of the pineal gland is to secrete melatonin, a sleep-promoting hormone. When the environment is dark, the retina sends impulses to the pineal gland to release melatonin and initiate the [sleep cycle](#).

The pineal gland is an endocrine gland present at the geometric center of the brain that is essential in the circadian cycle of sleep and wakefulness of the body.

- Since the gland is present at the posterior area of the cranial fossa in the brain, it is also known as the epiphysis cerebri.
- The pineal gland occurs in all vertebrates, and it has been studied that pineal-like organs can also be found in non-vertebrate animals like insects.
- It is a photo-neuro-endocrine gland that secretes hormones and other compounds like serotonin, melatonin, and N, N-dimethyltryptamine.
- The most important and notable function of the pineal gland is the production of melatonin which is produced in a rhythmic pattern.
- The rhythmic pattern of melatonin production by the pineal gland is often used as a marker of the phase of the internal circadian clock.
- The activity of the gland is influenced by the light received by the retina, which is then converted from the neural input into endocrine output by the pineal gland.
- The pineal gland has also been called 'The Third Eye' due to the histological similarities between the pineal gland and the lateral eyes of amniotic vertebrates.

The pineal gland is an endocrine gland located in the posterior aspect of the cranial fossa in the brain. Its importance is in the circadian cycle of sleep and wakefulness. The pineal gland is also known as the epiphysis cerebri. The gland is PINE CONE-

shaped and about 0.8 cm long. In an adult, it weighs about 0.1 g. It is an unpaired gland that resides between the thalamic bodies behind the habenular commissure. It is located near the corpora quadrigemina, which is behind the third ventricle. Cerebrospinal fluid bathes the gland through the pineal recess.

The following are the relations of the pineal gland in the brain on the coronal section:

- **Superiorly:** Corpus callosum (splenium aspect)
- **Inferiorly:** Inferior and superior colliculi
- **Superolateral:** Third ventricle choroid plexus

In a sagittal section, the following is seen:

- **Anterosuperior:** Thalamus and the habenular commissure
- **Anteroinferior:** Cerebral aqueduct of Sylvius, posterior commissure, and the cerebral peduncle.
- **Posterosuperior:** Cerebral vein of Galen
- **Inferiorly:** Quadrigeminal plate

The epiphysis cerebri is supplied by the adrenergic nerves. The neurons are sensitive to epinephrine. The sympathetic innervation is from the superior cervical ganglion, while the parasympathetic innervation is from the optic and pterygopalatine ganglia. The pineal stalk of the gland also has nerve fibers along with innervation from neurons from the trigeminal ganglion. The neurons from the trigeminal ganglion have nerve fibers that contain the PACAP, which is a neuropeptide.

The blood supply of the pineal gland is derived from the posterior cerebral artery from its choroidal branches. The internal cerebral vein drains the blood from the epiphysis cerebri.

Histologically the gland consists of cells called pinealocytes and supporting cells.

Cellular Level

The epiphysis cerebri is surrounded by the pia mater. The following are the cells in the pineal gland.

The pineal gland has a structure called the corpora arenacea (brain sand) located in the gland. These bodies are prone to an increase in calcification with an increase in age. They are visible on x-ray and can be used as landmarks. Chemical analysis of

the calcium deposits shows the different compositions, including calcium phosphate, magnesium phosphate, calcium carbonate, and ammonium phosphate.

Development

The development of the pineal gland occurs from the third ventricle roof, the caudal-most portion. At the seventh week of intrauterine development, the ependymal area of the roof of the third ventricle thickens. The gland structure at this point is a cavity that is connected to the third ventricle. The developing parenchyma of the gland starts to form tubules, transforming into cells that are innervated by developing nerves and separated by connective tissue. The development of the mature gland is seen in the first decade of life. Basically, the pineal gland will increase in size from birth to about 2 years in age. The pineal gland at this stage is seen to have lobules of pinealocytes that are divided from each other by connective tissue septa and blood vessels. The gland remains stable in size from age 2 to age 20.

Function

The epiphysis cerebri is the main producer of 5-methoxyindole. Two that are of importance are melatonin and 5-methoxytryptophol. Both of these hormones are shown to be antigonadotrophic; yet, it is unknown whether these hormones directly suppress other hormones that are gonadotrophic or the gonadotropin hormones of the adenohypophysis. One of the most important functions of melatonin is to help modulate the circadian rhythm of sleep. Melatonin production is upregulated by darkness and has a decrease in production when exposed to light. Light would be perceived in the retina by the nerve cells (rods and cones) that are sensitive to light. Specialized ganglia take the impulses generated by the light to the suprachiasmatic nucleus of the hypothalamus. The fibers from the hypothalamus then give fibers off to the superior cervical ganglia in the spinal cord. From the spinal cord, relays are sent back to the pineal gland via the post-ganglionic neurons.

Melatonin produced by the pineal gland impacts other areas of health. However, researchers still do not understand its full impact.

Melatonin is a very effective antioxidant. It may protect neurons within the central nervous system from free radicals, such as nitric oxide or hydrogen peroxide. These chemicals are generated in active neural tissues. Free radicals may increase the risk of tissue

damage and dysfunction, including the risk of medical problems like cancer and neurodegenerative disease.

Etymology

The word *pineal*, from Latin *pinea* ([pine-cone](#)) in reference to the gland's similar shape, was first used in the late 17th century.

Structure

The pineal gland is a pine cone-shaped (hence the name), unpaired midline brain structure. It is reddish-gray in colour and about the size of a grain of rice (5–8 mm) in humans. It forms part of the [epithalamus](#). It is attached to the rest of the brain by a pineal stalk. The ventral lamina of the pineal stalk is continuous with the [posterior commissure](#), and its dorsal lamina with the [habenular commissure](#).

Location

It normally lies in a depression between the two [superior colliculi](#). It is situated between the laterally positioned [thalamic bodies](#), and posterior to the [habenular commissure](#). It is located in the [quadrigeminal cistern](#). It is located posterior to the [third ventricle](#) and encloses the small, [cerebrospinal fluid](#)-filled pineal recess of the third ventricle which projects into the stalk of the gland.

Blood supply

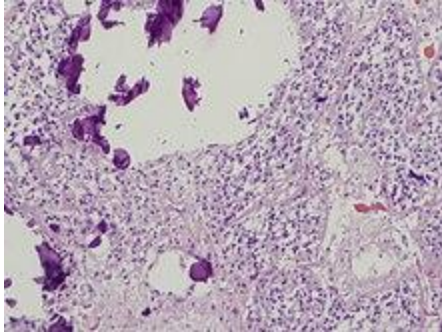
Unlike most of the mammalian brain, the pineal gland is isolated from the body by the [blood–brain barrier](#) system; it has profuse blood flow, second only to the [kidney](#), supplied from the choroidal branches of the [posterior cerebral artery](#).

Afferents

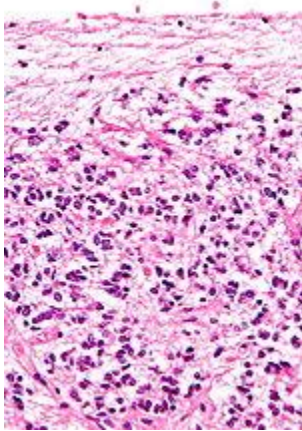
The afferent nerve supply of pineal gland is by the nervus conarii which receives postganglionic [sympathetic](#) afferents from the [superior cervical ganglion](#), and [parasympathetic](#) afferents from the [pterygopalatine ganglia](#) and [otic ganglia](#). According to research on animals, neurons of the [trigeminal ganglion](#) that are involved in [pituitary adenylate cyclase-activating peptide neuropeptide](#) signaling project the gland.

Neural pathway for melatonin production

The canonical neural pathway regulating pineal melatonin production begins in the eye with the intrinsically photosensitive ganglion cells of the retina which project inhibitory GABAergic efferents to the [paraventricular nucleus of hypothalamus](#) via the [retinohypothalamic tract](#). The paraventricular nucleus in turn projects to the superior cervical ganglia, which finally projects to the pineal gland. Darkness thus leads to disinhibition of the paraventricular nucleus, leading it to activate pineal gland melatonin production by way of the superior cervical ganglia.

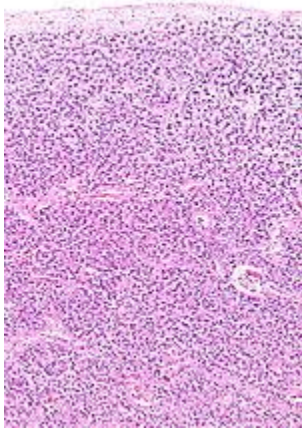


Pineal gland parenchyma with calcifications



Micrograph of a normal pineal gland – very high magnification

Microanatomy



Micrograph of a normal pineal gland – intermediate magnification

The pineal body in humans consists of a lobular **parenchyma** of **pinealocytes** surrounded by **connective tissue** spaces. The gland's surface is covered by a **pial** capsule.

The pineal gland consists mainly of **pinealocytes**, but four other **cell** types have been identified. As it is quite cellular (in relation to the cortex and white matter), it may be mistaken for a **neoplasm**.

Cell type	Description
Pinealocytes	The pinealocytes consist of a cell body with 4–6 processes emerging. They produce and secrete melatonin . The pinealocytes can be stained by special silver impregnation methods. Their cytoplasm is lightly basophilic . With special stains, pinealocytes exhibit lengthy, branched cytoplasmic processes that extend to the connective septa and its blood vessels.
Interstitial cells	Interstitial cells are located between the pinealocytes. They have elongated nuclei and a cytoplasm that is stained darker than that of the pinealocytes.
Perivascular phagocyte	Many capillaries are present in the gland, and perivascular phagocytes are located close to these blood vessels. The perivascular phagocytes are antigen presenting cells.
Pineal neurons	In higher vertebrates neurons are usually located in the pineal gland. However, this is not the case in rodents.
Peptidergic neuron-like cells	In some species, neuronal-like peptidergic cells are present. These cells might have a paracrine regulatory function.

Development

The human pineal gland grows in size until about 1–2 years of age, remaining stable thereafter, although its weight increases gradually from puberty onwards. The abundant melatonin levels in children are believed to inhibit sexual development, and pineal tumors have been linked with [precocious puberty](#). When puberty arrives, melatonin production is reduced.

Symmetry

In the [zebrafish](#), the pineal gland does not straddle the midline, but shows a left-sided bias. In [humans](#), functional cerebral dominance is accompanied by subtle anatomical asymmetry.

Function

One function of the pineal gland is to produce [melatonin](#). Melatonin has various functions in the [central nervous system](#), the most important of which is to help modulate sleep patterns. Melatonin production is stimulated by darkness and inhibited by light. [Light sensitive nerve cells](#) in the retina detect light and send this signal to the [suprachiasmatic nucleus](#) (SCN), synchronizing the SCN to the day-night cycle. Nerve fibers then relay the daylight information from the SCN to the [paraventricular](#)

nuclei (PVN), then to the [spinal cord](#) and via the sympathetic system to [superior cervical ganglia](#) (SCG), and from there into the pineal gland.

The compound [pinoline](#) is also claimed to be produced in the pineal gland; it is one of the [beta-carbolines](#). This claim is subject to some controversy.

Regulation of the pituitary gland

Studies on rodents suggest that the pineal gland influences the [pituitary gland](#)'s secretion of the sex hormones, [follicle-stimulating hormone](#) (FSH), and [luteinizing hormone](#) (LH). [Pinealectomy](#) performed on rodents produced no change in pituitary weight, but caused an increase in the concentration of FSH and LH within the gland. Administration of [melatonin](#) did not return the concentrations of FSH to normal levels, suggesting that the pineal gland influences pituitary gland secretion of FSH and LH through an undescribed transmitting molecule.

The pineal gland contains [receptors](#) for the regulatory [neuropeptide](#), [endothelin-1](#), which, when injected in [picomolar](#) quantities into the [lateral cerebral ventricle](#), causes a [calcium](#)-mediated increase in pineal [glucose metabolism](#).

Regulation of bone metabolism

Studies in mice suggest that the pineal-derived melatonin regulates new bone deposition. Pineal-derived melatonin mediates its action on the bone cells through MT2 receptors. This pathway could be a potential new target for osteoporosis treatment as the study shows the curative effect of oral melatonin treatment in a postmenopausal osteoporosis mouse model.

What are the ways to keep the pineal gland healthy?

Answered by verified global health professionals

While there is no definitive way to keep the pineal gland healthy, there are some things you can do to promote its overall health and function. These include: 1. **Get enough sleep:** The pineal gland produces melatonin, a hormone that helps to regulate sleep-wake cycles. Getting enough sleep is essential for optimal pineal gland function. Aim for 7-8 hours of sleep per night. 2. **Expose yourself to sunlight:** Sunlight helps to regulate the production of melatonin. Aim for 10-15 minutes of sunlight exposure per day, without sunscreen. 3. **Eat a healthy diet:** Eating a healthy diet can help to support the overall health of your pineal gland. Avoid processed foods, sugary drinks, and unhealthy fats. Eat plenty of fruits, vegetables, and whole grains. 4. **Exercise regularly:** Exercise can help to improve circulation and promote the overall health of your pineal gland. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. 5. **Reduce**

stress: Stress can disrupt the production of melatonin. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

The pineal gland. “Third eye.” “Seat of the soul.” “God organ.” It’s *located* on forehead, between your eyebrows, and often associated with spirituality, religion, happiness, meditation and yoga. Many early religions and cultures considered it the path to conscious awakening. Christianity, which came later, also embraced and included symbols of its reverence. Seventeenth century French philosopher and scientist Rene Descartes dubbed it “the seat of the soul”. Nineteenth century Russian philosopher and occultist/ spiritualist Helena Blavatsky, known simply as Madame Blavatsky, coined the term “third eye”. But what is the pineal gland really? What is its true function? Can pineal gland supplements help?

Boosting Pineal Gland Function

How can we stimulate the pineal gland? Whether you want to boost pineal gland function for spiritual or physical reasons, researchers suggest detoxification and proper nutrition. Poor, pesticide- herbicide-laden foods, environmental toxins and life’s daily stresses cause organs, joints, arteries and the pineal gland to harden or calcify. Calcium phosphate crystals deposits from toxins like chlorine and fluoride (from water we drink and toothpaste with which we brush our teeth) for instance, build up and eventually become a hardened shell, which cannot be penetrated by our immune system. Those body tissues become vulnerable, begin to function improperly, or stop working altogether. So how do we boost our “third eye,” “seat of the soul,” “God organ?”

The recommendation is we detoxify the pineal gland then begin to consume a healthier diet and reduce daily stress. Luckily, many of the same foods and supplements do both. Below is a list of seven top supplements that may help boost your pineal gland function. No medical evidence supports any of these as having the ability to treat or cure diseases. Always consult your healthcare provider for diagnoses, accurate medical information and permission before taking any supplements.

1. Apple Cider Vinegar

How does [apple cider vinegar](#) detoxify and strengthen the pineal gland? Researchers believe that raw, unfiltered apple cider vinegar have excellent potential as a heavy metal detoxifier. Malic acid, one of its constituents, binds with metals, including mercury and fluoride, for easy removal from the body. Additionally, raw apple cider contains vitamins, minerals and [antioxidants](#) that may help lower blood pressure, balance glucose

levels, support good digestion, and support the body's overall health and wellness.

2. Boron/ Borax

Boron is an important trace mineral. It strengthens bones and muscles, promotes cellular growth, protects against yeast infections, removes metals and other undesirable compounds from the body. Since fluoride is one of the major causes of pineal gland malfunction, boron may help protect it by ridding the body of this harmful metal. Food and supplements containing boron or boric acid include beets/ [beet root extract](#), bananas/ banana powder, dates and avocados.

3. Iodine

Can iodine boost the pineal gland to improve sleep? Researchers believe it can. Iodine has powerful detoxifying or chelating potential. Lead, mercury, aluminum, fluoride all calcify the pineal gland and prevent it from performing its functions, which include regulating our sleep via melatonin production. Normal iodine levels may reverse and repair damage from these heavy metals. Iodine also seems able to strengthen the immune system and increase the blood's nitric oxide levels through vasodilation. Green foods (foods rich in chlorophyll) and supplements containing iodine include sea and algae-type vegetables: kelp/ kelp extract, [chlorella](#), [spirulina](#), and [wheatgrass](#). Be aware that iodine could also lower the body's calcium levels. To prevent this, health professionals suggest consuming plenty of calcium-rich foods such as broccoli, leafy greens, almonds and flax when taking iodine supplements.

4. Turmeric

This root spice has an active ingredient called curcumin, which has the potential to reverse or prevent fluoride and other metals from damaging the pineal gland and causing it to function improperly. Combined with its powerful anti-inflammatory and antioxidant properties (preventing free radical cell damage), turmeric may also inhibit oxidative stress.

5. Raw Cacao

The chocolate food is so packed with antioxidant flavonoids, that scientists believe it has strong potential for detoxification and stimulation. Additionally, it may reduce blood pressure and widen blood vessels to increase the flow of blood and oxygen by increasing the levels of nitric oxide. These properties act in concert to strengthen the pineal gland and stimulate function. [Cacao](#) also has a compound called [beta-](#)

phenylethylamine (PEA), which triggers the pineal gland to increase levels of the neurotransmitter “happiness serum”.

6. Chaga Mushrooms

Called the “Diamond of the Forest” and “the Gift of God,” [chaga mushrooms](#) have rich pools of antioxidants that are beneficial to our body, including our endocrine (hormonal) and immune systems. The Northern Hemisphere-native fungi, which also have antimicrobial and anti-inflammatory properties, may boost the function of the pineal gland.

7. Oregano Oil

Researchers claim that [oregano oil](#) has the potential to protect the pineal gland from bacterial or microbial calcification. It’s a superb chelator and healer, which also enhances our immune and endocrine systems.

Warnings & Safety Precautions

Consuming these seven supplements or foods to boost your pineal gland function may be generally safe, but there could also be side effects. Individuals may be allergic to one or more of their nutrients. Symptoms could include [nausea](#), stomach pain and discomfort, skin rashes, swollen or inflamed tongue and lips and even life-threatening anaphylaxis. The supplements could also be unsafe when used in conjunction with medications. Always consult your healthcare provider for diagnoses, accurate medical information and permission before taking any supplements.

Pineal gland and mood stabilization

The size of your pineal gland may indicate your risk for certain mood disorders.

Researchers found that a lower pineal gland volume may increase your risk of developing [schizophrenia](#) and other mood disorders. Additional research is needed to better understand the connection.

Another study found that people with major depressive disorder (MDD) had a higher chance of having a pineal gland cyst than the average population. They also noted a smaller gland volume but mentioned that this did not affect symptom severity. Still, they suggested that the pineal gland may play a role in depression.

What is the endocrine system?

Your endocrine system is a network of several glands that create and secrete (release) hormones.

A gland is an organ that makes one or more substances, like hormones, digestive juices, sweat or tears. Endocrine glands release hormones directly into your bloodstream.

Hormones are chemicals that coordinate different functions in your body by carrying messages through your blood to your organs, skin, muscles and other tissues. These signals tell your body what to do and when to do it.

The following organs and glands make up your endocrine system:

- Hypothalamus.
- [Pituitary gland](#).
- [Thyroid](#).
- Parathyroid glands.
- Adrenal glands.
- Pineal gland.
- [Pancreas](#).
- Ovaries.
- Testes.

What is Pineal Gland Calcification?

Unlike most of our brains, the blood-brain barrier doesn't isolate the pineal gland from the rest of the body. Instead, the pineal receives a tremendous amount of blood flow, second only to the kidneys.

This gland is surrounded by and immersed in cerebrospinal fluid. It is located in a tiny cave-like area behind and above the pituitary gland.

In the 1990s, British scientist Jennifer Luke discovered high concentrations of fluoride in the pineal gland of her subjects.³

Fluoride, commonly found in most municipal water as well as pesticides, accumulates in the pineal more than any other part of the body.

This accumulation of fluoride forms phosphate crystals, creating a hard shell around the pineal called ***calcification***.

What is Pineal Gland Decalcification?

Simply put, pineal gland decalcification removes phosphate crystals surrounding the pineal gland.

There are numerous methods, protocols, and stages for pineal gland decalcification.

First, you need to stop introducing chemical agents like synthetic fluoride into your body.

Next, you undergo rounds of detoxification protocols to reduce existing calcification and chelate (remove) various foreign agents, such as heavy metals, from your bloodstream.

Finally, you establish proper pineal gland functioning by restoring the body's natural clock.

Documented Effects of Pineal Gland Calcification

Studies show that pineal gland calcification:

- Lowers productions of melatonin⁴
- Impairs the sleep-wake cycle⁵
- Disrupts the regulation of the circadian rhythm
- Impairs neurological development in children⁶

Fluoridated water is believed to be one of the chief causes of calcification in the pineal gland.

Evidence suggests that children reach puberty earlier now because of fluoridated water.⁷

Fluoride exposure in animal studies has been found to decrease melatonin and lead to accelerated sexual development in females.⁸

A November 2019 study published in *Biological Trace Element Research* found that when they fed male rats a diet free of fluoride, it stimulated pineal growth.⁹

Simply put, when our pineal gland is calcified, we're out of balance with nature, impeding proper biological and brain functioning.

Why Pineal Gland Decalcification is Important

Obviously, we don't want to:

- Lower the production of melatonin,
- Throw off the circadian rhythm, or
- Mess with our reproductive functioning.

And these are only some of the consequences of a calcified pineal gland.

Sleep is a vital biological function designed to restore the body each night. Calcification of the pineal gland is believed to affect the quality of sleep.

Poor sleep, which we'll discuss in Part 3, reduces cognitive functioning and makes people more prone to illness.

In many ways, the pineal is our body's connection with the natural world. Sever that connection (via calcification) and what happens?

You have a population mostly disconnected from their instincts—from the Earth and each other.

Without a properly functioning pineal gland, we are more susceptible to trickery, manipulation, propaganda, and ideologies. With an impaired

pineal gland, false belief systems shape our worldview and poor decisions plague us.

Simply put, a calcified pineal gland limits our marvelous potential.

I've yet to meet a [self-actualizing individual](#) who doesn't want to be more awake. Pineal gland decalcification, restoration, and activation are vital to our [spiritual awakening](#). Doing so helps us restore our innate functioning and clears our perception of reality.

3 Steps to Pineal Gland Decalcification

To decalcify the pineal gland, we need to do three primary things:

Step 1: Eliminate certain foods and environmental factors causing further calcification.

Step 2: Remove existing pineal calcification and repair the blood.

Step 3: Restore the circadian rhythm and create an environment that supports healthy pineal gland functioning.

We'll focus on step 1 in the remainder of this guide and address step 2 in the vital [Pineal Gland Detox](#) and step 3 in [Part 3: Block Blue Light and Restore the Circadian Rhythm](#).

Finally, this pineal gland series will conclude with ways to [activate the pineal's higher functioning capabilities](#) (Part 4).

How to Reduce Further Calcification

Numerous substances cause pineal gland calcification, but the two primary culprits are synthetic fluoride and calcium.

Eliminating your consumption and exposure to fluoride and synthetic calcium will help stop further pineal gland calcification.

Note: I'm aware that the topic of fluoride, especially its use in the public water supply, is a controversial issue for some. I don't claim to be an expert here. However, I have invested countless hours reading available literature and studies related to this topic. Given the evidence I've seen (much of which I'm presenting in this series), I've reached my conclusion. You, of course, will need to reach your own.

Is Fluoride Really A Bad Thing?

Fifty percent of the world's municipal drinking water is fluoridated. Most developed nations, however, do *not* fluoridate their water.

For example, in Western Europe, only 3% of the population consumes fluoridated water.¹⁰

However, if you live in the United States and your source of water comes from a public water supply (as opposed to a private well), there's a 73% chance your water has fluoride.¹¹

More people drink and shower in fluoridated water in the United States than the rest of the world *combined*.

But is that a bad thing? (Doesn't fluoride prevent tooth decay? We'll cover that topic in the toothpaste section below.)

Many studies show the dangers of fluoride consumption:

- Calcification of the pineal gland

There's much more research available, but you get the idea.

Fluoride-contaminated water causes a host of diseases, reduces IQ, and reduces the body's natural functioning. Pineal gland decalcification starts with reducing and/or eliminating fluoride consumption.

Natural Fluoride versus Synthetic Fluoride

The fluoride debate is misleading because many people fail to differentiate between natural fluoride and synthetic fluoride.

Natural fluorite is a trace mineral. It's an aqua-colored stone, found in the earth like any other mineral.

Fluorite is the mineral form of calcium fluoride. But *calcium fluoride* isn't what's put in our water supply, pesticides, or herbicides.

The fluoride in public water is made of non-pharmaceutical-grade synthetic materials like hydrofluoric acid or sodium fluoride.

These compounds are toxic chemical byproducts of aluminum, steel, cement, and other manufacturing.

Synthetic fluorides are also hazardous waste products of the phosphate fertilizer industry.

Hydrofluoric acid is used to refine gasoline and to make many products, including air conditioners, freezers, computer screens, fluorescent light bulbs, plastics, and pesticides.

And these fluoride chemicals are added to the majority of our water supply!

The Case Against Fluoride

In *The Case Against Fluoride*, Paul Connett and two other scientists explain how fluoride harms our brains, bones, and kidneys.

There are, for example, over **75 studies** showing that fluoride reduces human intelligence.

As Paul Connett, executive director of the Fluoride Action Network put it:

“When historians come to write about this period, they will single out fluoridation as the single biggest mistake in public policy that we’ve ever had.”

For another well-researched book on this topic, see Christopher Bryson’s *The Fluoride Deception*.

How to Reduce Fluoride and Chlorine Consumption

If you live in the United States and have public water, there’s a better-than-average chance your water supply contains both fluoride and chlorine. (However, thankfully, that’s in the process of changing!)

Chlorine is in the same class of chemicals (called halides) as fluoride.

Chlorine also has calcifying effects on the pineal gland. Unfortunately, chlorine is also in virtually all of our public water supply.

To find out for certain, you can contact your local municipality and request a water report.

If you aren’t on public water, scroll down past this section (to toothpaste).

Assuming your water is fluoridated and chlorinated, the best solution is to filter your water as best as you can.

How to Choose a Water Filter for Pineal Gland Decalcification

The challenge is that fluoride is very difficult to filter out of our water. Most commercial filters don’t filter fluoride. (Chlorine is easier to filter.)

There are two main types of filters: reverse osmosis and carbon blocks.

Generally speaking, reverse osmosis filters are better at removing fluoride.

Quality carbon mesh filters effectively filter almost everything except fluoride. (A few exceptions are listed below.)

Does Your Filter Need to be NSF Certified?

NSF is a third-party, not-for-profit testing agency that rates water filters. NSF stands for National Sanitation Foundation (not “Science”).

In the original version of this article, I said it was essential to obtain an NSF-certified product. However, I no longer believe that’s necessary.

Similar to organizations like the WHO and the CDC, the National Sanitation Foundation receives private funding. It is not a “government organization, ” which means that its financial backing can influence its current and future decisions.

Also, NSF charges a hefty annual fee for being “NSF-certified.” It’s understandable why many innovative upstarts don’t want to pay that fee.

Even if a water filtration brand isn’t NSF-certified, it should be tested using NSF/ANSI standard testing protocols. Also, they should publish their latest lab results on their website for public review. (All of the products listed below qualify.)

I’ve researched and vetted the brands below for this guide. The filters (called media) for each brand meet or exceed the NSF testing protocols.

(Disclaimer: The products recommended below have affiliate links. This does not affect what you pay at all. In fact, in most cases, you can use the discount codes provided below for additional discounts.)

Drinking Water Filters – Above Sink Filters

ClearlyFiltered Water Pitcher

ClearlyFiltered Water Pitcher

A BPA-free, medical-grade Tritan water pitcher filters out fluoride, lead, mercury, and chlorine.

It filters 98.2% of fluoride and 99.9% chlorine. If you use Brita, switch to ClearlyFiltered, which filters over 1,000% more contaminants.

(Note: ClearlyFiltered *exceeds* NSF standards, but they aren't technically NSF-certified.)

Use code **CEOSAGE15** and save 15% on your first order from ClearlyFiltered.

Epic Pure Water Filter Pitcher

Epic Pure Water Filter Pitcher

Removes 99.99% of contaminants, including 97.88% of fluoride and 98.4% of chlorine.

Epic's Pitcher is probably the most affordable option for filtering the majority of fluoride from drinking water.

(Note: Epic's Pitcher *exceeds* NSF standards but they aren't technically NSF-certified.)

Use code **CEOSAGE20** to save 20% on your order. (Use the same code for a 30% discount if you sign up for their filter subscription plan.)

Epic Pure Water Filter Dispenser

Epic Pure Water Filter Dispenser

Same Epic filter as above in a countertop dispenser design.

Use code **CEOSAGE20** to save 20% on your order. (Use the same code for a 30% discount if you sign up for their filter subscription plan.)

Drinking Water Filters – Below Sink Filters

Aquasana OptimH2O Reverse Osmosis Water Filter

Aquasana OptimH2O Reverse Osmosis Water Filter

This below-sink reverse osmosis filtering system is certified to remove 95% of fluoride and 97% of chlorine.

Use code **CEOSAGE** for a 50% discount and free shipping at Aquasana.

3-Stage Under-the-Sink Filter System by ClearlyFiltered

3-Stage Under-the-Sink Filter System by ClearlyFiltered

So most under-sink, water-filtration options use reverse osmosis and generally require a professional to install (including the option below).

But ClearlyFiltered managed to develop an under-sink filtration system that is not only do-it-yourself but also removes up to 99.9% of contaminants.

According to their [lab report](#), their 3-stage system filters out 99.5% of fluoride and 98.6% of chlorine. Impressive!

Use code **CEOSAGE15** and save 15% on your first order from ClearlyFiltered.

Shower Filter

Fluoride and chlorine are absorbed by the skin when you shower or bathe.

Although plenty of shower filters remove chlorine, I don't know of any that filter fluoride.

Aquasana Deluxe Shower Water Filter System

Aquasana Deluxe Shower Water Filter System

Removes over 90% of chlorine.

Use code **CEOSAGE** for up to a 50% discount and free shipping at Aquasana.

Whole House Water Filters

Unfortunately, I am unaware of any whole-house water filtration system that removes fluoride.

Before you message me with an existing whole-house water filter: I am aware that numerous whole-house filters claim to filter fluoride.

However, you'll notice that none of them show lab results. Personally, I suspect this is just "marketing," and I don't believe any true whole-house water filter exists that actually removes a significant amount of fluoride.

Commercial Brands of Toothpaste Lead to Pineal Gland Calcification

Doesn't fluoride prevent tooth decay? Isn't that why cities put fluoride in our water supply in the first place?

That's what I thought too. However, the evidence doesn't support this claim. In fact, the data clearly shows there's no difference in tooth decay between nations that fluoridate their water and those that don't.

Even though 97% of Europe bans fluoride, tooth decay has decreased considerably.

The Cochrane Collaboration, a group of doctors and researchers, set out to determine the effects of fluoride on dental care.

They found only ten studies with sufficient scientific rigor. These papers determined that "fluoridation does not reduce cavities to a statistically significant degree in permanent teeth."

Ninety-five percent of commercial toothpaste brands have fluoride. I recommend you *avoid using all* commercial brands of toothpaste. Not only do they include fluoride, but they also contain many other toxic chemicals including sodium lauryl sulfate (SLS). SLS is a cheap thickening agent found in most soaps including your laundry detergent.

Use an Alternative Toothpaste

You can find many alternative toothpaste makers available like OraWellness and Tooth Soap.

I use Tooth Soap. It's made with olive oil, coconut oil, distilled water, and essential oils. You just need a few drops of the liquid. One bottle lasts months. It's a different experience, but I didn't find it difficult to adjust to it.

Or you can [make your own](#) with coconut oil and baking soda.

Be Wary of Calcium Supplements

Calcium is essential for strong bones, right?

Yes, but when that calcium is in a synthetic form, it too has a calcifying effect on the pineal gland and other places in the body.

Did someone tell you it's important to take calcium supplements?

One Harvard study links calcium supplements with dementia.

Calcium supplements are also linked to a higher rate of heart attack in older women.

Most calcium supplements contain calcium carbonate, a known calcifying agent.

If you need more calcium in your diet, eat more organic whole foods, such as spinach, kale, and broccoli.

Brands like Megafood use food-derived supplementation instead of synthetics.

Also, pairing magnesium with calcium helps direct the calcium into the bones instead of the brain.

Avoid Bottled and Instant Teas

I used to drink a fair amount of hot tea, mainly organic green tea. So when I began seeing articles linking tea consumption and fluoride levels, I was concerned.

Green and black tea are loaded with antioxidants. So how do you get the benefits from tea without the fluoride?

Research shows that young tea leaves have far more antioxidants than older leaves.

With fluoride, the situation is reversed: the older the leaves, the higher the fluoride levels.

“White teas” have the least fluoride and most antioxidants.

For example, try Uncle Les’s Tea- Organic White Tea or Prince of Peace Organic White Tea.

Commercial brands like Lipton, Nestea, and Arizona, have ***twice as much fluoride as public water***.

Obviously, these brands use older, lower-quality sources of tea.

If you want to decalcify your pineal gland, avoid bottled tea, instant teas, and low-priced commercial brands of tea.

A Green and Black Tea Alternative

But white tea is low in caffeine. So if you’re drinking tea for an energy boost, white tea may not cut it.

Another viable option if you’re a tea drinker is Yerba Mate.

This popular South American tea contains five times more antioxidants than green tea and is a clean source of caffeine.

Yerba Mate also has a fifth of the amount of fluoride found in green tea.²³

Yerba Mate provides several hours of enhanced mental clarity and increased energy without a sharp drop-off afterward.

If you’re going to drink it, consider getting the unsmoked variety as anything smoked is likely more carcinogenic.

Ditch Your Nonstick Cookware and Other PFCs

Again, to decalcify your pineal gland, we must stop doing all the common “modern things” people do that lead to further calcification.

Most non-stick coatings on cookware contain PFOA (perfluorooctanoic acid) and perfluorinated compounds (PFCs).

As you can see in these names, they are fluoride-based substances that are both toxic and calcifying.

So swap your nonstick cookware with stainless steel, ceramic, glass, or cast iron cookware.

Other products that contain PFCs include stain-proof clothing, flame-retardant products, stain-resistant carpeting, and packaging for greasy foods.

Avoid Eating Processed Foods

Conventionally-grown produce sprayed with pesticides, as well as processed foods, are a double-whammy for pineal gland calcification.

Pesticides, Herbicides, and Fluoride

Fluoride’s high toxicity makes it an effective ingredient in commercial pesticides.

Two types of pesticides sprayed on foods use fluoride: cryolite and sulfuryl fluoride.

Cryolite is used heavily in grape products.

According to a 2005 USDA study, the average fluoride level in white grapes juice, white wine, and raisins is over 2 ppm (that’s twice as much as fluoride in public water).

Many farmers also spray cryolite on produce including broccoli, kale, and cabbage.

Processed Foods, Fluoride, and Synthetic Calcium

Virtually *all* processed foods contain some form of synthetic calcium, such as calcium phosphate, calcium carbonate, or dicalcium phosphate. All of these forms of calcium lead to calcification.

Additionally, food-processing facilities use sulfuryl fluoride to fumigate their facilities and food, both of which contaminate food with fluoride.

So if you're interested in decalcifying the pineal gland, you now have one more reason to eat organic, whole (unprocessed) foods.

Bottom line: Do your best to avoid processed foods and “conventionally grown produce” (produce grown with pesticides). Consume as much organic, non-genetically modified (non-GMO) produce and foods as you can. If you eat animal products, ensure they are organic, grain-free, free-range, antibiotic-free, and hormone-free.

Recap: How to Decalcify the Pineal Gland

The pineal gland is a tiny gland at the center of the brain. It is responsible for managing the biological clock, sleep-wake cycle, reproductive system, growth, and more.

This gland tends to get calcified because of many harmful environmental factors that affect modern humans.

Synthetic fluoride, chlorine, and calcium are the chief causes of calcification.

Pineal gland decalcification is imperative for anyone interested in self-development and self-leadership.

In many respects, pineal gland decalcification is an important state in the process of becoming more human.

How to decalcify your pineal gland:

1. Use fluoride filters to minimize fluoride intake from public water.
2. Use alternative, fluoride-free toothpaste.
3. Stop taking calcium supplements with synthetic calcium.
4. Avoid using nonstick cookware with PFOA and PFC.
5. Eat organic whole foods.
6. Avoid processed foods and foods sprayed with pesticides.

So that summarizes **Part 1: Pineal Gland Decalcification**. Start by eliminating or substantially reducing the conditions causing calcification.

Now, it's time to detoxify the pineal gland and chelate heavy metals from your blood. That's the topic of **Part 2**.

About the Author

Scott Jeffrey is the founder of CEO sage, a self-leadership resource that publishes [in-depth guides](#) read by millions of self-actualizing individuals. He writes about self-development, practical psychology, Eastern philosophy, and integrated practices. For 25 years, Scott was a business coach to high-performing entrepreneurs, CEOs, and best-selling authors. He's the author of four books, including *Creativity Revealed*.

Why does calcification occur?

Researchers have identified that the pineal gland develops calcifications or calcium spots. The pineal gland isn't the only part of the body that can become calcified. [Calcifications](#) can form on heart valves, in the joints, and even in breast tissue.

Sometimes, in the case of the heart, calcifications can impair the way the organ works. Pineal calcifications can impair the gland's ability to produce melatonin.

Doctors don't exactly know why the pineal gland develops calcifications — but there are a few theories.

Aging

Aging may contribute to pineal gland calcifications. However, doctors have found pineal gland calcifications in infants, which means aging isn't likely the only contributing factor.

Metabolic activity

Another theory is that the more metabolically active the pineal gland is, the more likely it is to form calcium deposits. Researchers have conducted animal studies where gerbils who were exposed to less light than others had higher amounts of pineal gland calcifications.

Darkness strongly influences melatonin production as a cue for you to feel sleepy. If the pineal gland has to produce less melatonin, it's possible fewer calcium deposits form.

Chronic conditions

A final theory is that having certain chronic medical conditions increases the likelihood of pineal gland calcifications, Examples of these medical conditions include:

- [Alzheimer's disease](#)
- [migraine](#) attacks
- [kidney disease](#)
- [schizophrenia](#)

Melatonin can have an antioxidant, protective effect on the brain. Medical conditions that may damage the brain or organs could potentially have an effect on the pineal gland.

What are the symptoms?

Research is inconclusive on whether pineal gland calcification causes symptoms at all. Potential symptoms of a calcified pineal gland may include insomnia and migraine attacks. Some suggest the reduction in the pineal gland's output of melatonin is the reason why older adults may have more difficulty sleeping or may find their sleep rhythms are "off," such as feeling sleepy during the day or awake at night. However, one study found that there wasn't a connection between the size of a person's pineal gland, which usually shrinks with age, and problems sleeping.

Can you decalcify your pineal gland?

Researchers have studied a potential connection between increased fluoride exposure and pineal gland calcifications.

The role of fluoride

Fluoride is a naturally occurring mineral that some areas add to their water supply to reduce tooth decay. The mineral is present in most toothpaste because it helps to strengthen tooth enamel.

Fluoride is naturally attracted to calcium, and some researchers believe increased fluoridation leads to increased pineal gland calcifications.

A study in rats found those who were placed on a fluoride-free diet for 4 to 8 weeks experienced a greater increase in the number of pineal gland cells compared with those who consumed fluoridated food and drinking water.

Lifestyle changes

People who try to decalcify the pineal gland will often stop consuming fluoridated water. If you're on a public water system, you can request support from your water supplier, which will contain information about fluoride and chlorine, which is

another mineral that may contribute to calcifications. As an alternative, some people will either filter their water or drink bottled water.

Some try to avoid using toothpaste that contains fluoride. Fluoride is also used in pesticides and some chemicals used to create non-stick compounds for pots and pans. Some people may eat organic foods and avoid processed foods in an attempt to reduce fluoride consumption.

While calcium consumed through natural foods shouldn't affect a person's pineal gland, excess calcium supplementation could be problematic. Following the recommended daily allowance for calcium, using supplements only when needed.

Does it hurt to try?

Fluoride is commonly added to water and toothpaste as a means to reduce tooth decay. Several large health organizations support adding fluoride to water, including the:

- American Academy of Pediatrics
- American Dental Association (ADA)
- American Medical Association
- World Health Organization

The [ADA](#) reports that exposure to fluoride is a “key component” in a tooth decay prevention strategy. Ideally, the fluoride added to water should be less than a certain amount as regulated by the Department of Health and Human Services.

The ADA reports that according to the best available scientific evidence, fluoride is protective for the teeth as well as safe for a person.

While several health organizations have reported that fluoride added to the water supply is safe and effective, avoiding fluoride in your water may not hurt to try as long as you practice other careful dental measures.

This includes flossing daily and brushing your teeth at least twice a day. The ADA does recommend brushing with a toothpaste that contains fluoride.

Eating fresh, organic, and unprocessed foods while you're trying to decalcify your pineal gland is also a good move for your overall health.

Other treatments

Because most doctors don't recognize a calcified pineal gland as a medical issue, there aren't medical treatments to reduce calcium deposits on the pineal gland. Most changes are related to a person's food intake and chemical or sun exposure.

When to see a doctor

Currently, there aren't any treatments for a person with a calcified pineal gland. Researchers are still studying what, if any, effects a calcified pineal gland may have. However, you can ask your doctor if the pineal gland or your melatonin levels may be affecting your sleep.

The bottom line

The pineal gland has the highest calcification rate of any tissue in the body. Doctors haven't proven that a calcified pineal gland can cause medical problems.

However, some people may wish to reduce fluoride intake and commercial calcium supplements as a means to potentially reduce calcifications on the pineal gland. Researchers haven't proven this approach works in humans.

Calcification of the Pineal Gland

Sometimes, the pineal gland develops calcium spots, also known as calcification. Unlike most of your brain, the blood-brain barriers don't fully protect the gland from the rest of the body. Instead, it receives a significant amount of blood flow, second only to the [kidneys](#).

The gland is also surrounded by and immersed in [cerebrospinal fluid](#). This causes it to camp out in a tiny area behind the pituitary gland.

The pineal gland is not the only part of the body that can become calcified. The crystals can also form in the joints, [heart valves](#), and [breast tissue](#). Sometimes, calcification impairs the functioning of the affected organ. In the case of pineal calcifications, the gland can become unable to produce melatonin.

Causes of Pineal Calcification

Scientists don't know for sure why calcification of the pineal gland happens, but there are a few theories:

- **Aging:** As you age, the pineal gland may calcify. However, some studies have found pineal gland calcifications in infants. This dispels the theory that aging is a contributing factor to pineal calcification.
- **Metabolic activity:** Another theory proposes that the more active the pineal gland is metabolically, the higher the likelihood that it will calcify.
- **Chronic conditions:** Another theory suggests that if you have certain chronic medical conditions, you have a higher likelihood of developing pineal gland calcification. Calcification of the gland also increases your likelihood of developing chronic conditions like migraines, Alzheimer's disease, and schizophrenia. There is mixed research on the symptoms of pineal calcification and whether it, in fact, causes any symptoms at all. Some potential signs may include insomnia and migraine attacks.

Some research shows that a reduction in the production of melatonin causes older adults to have disruptions in their sleep patterns. For example, they may feel sleepy during the day and stay awake at night.

Another study found no relationship between the size of your pineal gland and sleeping problems. The size of the pineal gland usually reduces with age.

How To Promote a Healthy Pineal Gland

You may be able to preserve the health of the pineal gland by preventing its premature calcification. Alternatively, you may be able to rejuvenate the calcified gland through some of the methods listed below.

To help promote a healthy pineal gland:

- **Create an environment that promotes the proper functioning of the pineal gland:** Getting high-quality sleep every night is crucial for optimal functioning. One factor that affects your sleep quality is blue light. It suppresses the production of melatonin for up to four hours. When you go to sleep, your bedroom should be as dark as possible.
- **Indirect sun exposure is essential:** Your eyes need indirect [sunlight exposure](#) to function correctly. Both the sun and darkness activate the functions of the pineal gland. It has a photoreceptor that receives light signals, causing it to produce melatonin. But remember, don't look at the sun directly.

Scientific Research on Pineal Gland Activation

Researchers are deeply interested in the pineal gland's role in our brain. They study how light affects melatonin, a key hormone from the pineal gland. These studies show how light can change our brain's activity.

Studies have found important details about the pineal gland. Scientists want to know how it affects our brain health. Through careful trials, they look for ways to improve our brain's function. This research could lead to new discoveries about our brain and health.

Methods for Activating the Pineal Gland

Activating the pineal gland can change your life. Using *meditation techniques, diet adjustments, and lifestyle changes* helps a lot.

Start with meditation. Try Kundalini or transcendental meditation to boost your awareness and clear your mind. This can help the pineal gland. Meditate every day to create a calm space for it to work well.

Then, think about changing your diet. Use a toothpaste without fluoride and drink clean water to protect the pineal gland. Eat foods full of antioxidants like blueberries and goji berries. Also, eat leafy greens to help detox and keep the gland healthy.

Lastly, make lifestyle changes for better health. Exercise regularly, get some sun, and sleep well to help the pineal gland. Reduce stress with mindfulness and yoga to keep it active.

Using *meditation techniques*, eating right, and changing your lifestyle can boost your pineal gland's function. This can also improve your overall health.

The Link Between Pineal Gland Activation and Spirituality

The link between the pineal gland and spirituality has always intrigued both scientists and spiritual seekers. Exploring spiritual practices feels like a journey to expand our consciousness. Ancient traditions like Hinduism and Buddhism see the pineal gland, or the "third eye," as a doorway to higher awareness.

Recently, neurotheology has looked into how our brain parts, including the pineal gland, affect spiritual experiences. Activating the pineal gland is seen as more than a biological event. It's a trigger for deep, spiritual experiences. Studies show that stimulating the pineal gland can lead to higher states of consciousness, which people see as spiritual awakenings.

Religious studies journals share stories of people feeling deeply clear, united, and enlightened after activating their pineal gland. These experiences connect the physical and spiritual worlds. They show that the path to expanding our consciousness is a complete journey.

Even though science is still learning about the pineal gland, it's clear this small organ is key for spiritual growth. By meditating, practicing yoga, or other spiritual activities, you can awaken your pineal gland. This can lead to deeper understanding and profound spiritual insights.

Health Benefits of Pineal Gland Activation

Activating your pineal gland can boost your health and well-being. It helps you sleep better. The pineal gland makes melatonin, which controls your sleep cycle. When it's active, you'll sleep more soundly and wake up feeling refreshed.

It also makes you think clearer. When the pineal gland works right, it helps your brain work better. This means you can make smarter choices and handle daily tasks more easily.

Your mood can also get better with an active pineal gland. It makes more melatonin and serotonin, which keep your mood stable. This can make you feel less stressed and happier overall.

But, we need to look at this topic carefully. More research is needed to know how much these benefits help. Still, studies show that an active pineal gland can improve your thinking, sleep, and mood.

Potential Risks and Controversies

It's important to talk about the risks of activating the pineal gland. One big worry is gland calcification, where calcium builds up and can block the gland's work. This might happen because of certain chemicals or a bad diet, leading to less melatonin.

The internet also spreads a lot of false info about the pineal gland. Many untrusted sources push fake ways to activate it, which can be dangerous. It's key to be skeptical and trust only proven facts from medical journals and experts.

Being excited about the pineal gland but also being critical is a good approach. It doesn't mean you don't believe in it. It means you want to follow proven methods and understand the complex details.

Practical Tips for Achieving Pineal Gland Activation

Making your pineal gland work better is easier than you think with simple changes in your life. Reducing stress is a great way to start. Try doing mindfulness activities like meditation and yoga to lower stress and keep your endocrine system balanced.

Managing your light exposure is also important. Spend time in natural sunlight during the day and avoid screens before bed. This helps keep your body's internal clock in check and supports your pineal gland.

Adding holistic wellness practices to your life is key. Activities like walking outside, being with nature, and eating well create a supportive environment for your body and mind. Holistic wellness covers your physical, mental, and emotional health.

Adding these tips to your daily life can help activate your pineal gland naturally. You'll see improvements in your overall wellness, mental focus, sleep, and calmness. Remember, being consistent is the most important thing for seeing results.

Common Myths About Pineal Gland Activation

Many myths surround the pineal gland. You might hear claims that seem true but aren't backed by science. It's important to clear up these myths with facts.

One common belief is that the pineal gland is a “third eye” with magical powers. While it’s linked to spirituality, there’s no proof it gives psychic abilities or mystical experiences. Instead, it mainly makes melatonin, which helps us sleep.

Another myth is that fluoride in water harms the pineal gland. While fluoride can build up in the gland, there’s no strong evidence it hurts its function. It’s smarter to focus on good dental health and trust proven facts.

Some say certain foods, supplements, or exercises can boost the pineal gland. A healthy lifestyle is good for you, but there’s no solid evidence these things help the gland. Science gives us better ways to understand the gland than stories.

Knowing what’s true helps you make better choices. By debunking myths, we stick to facts and real science, not just stories.

Conclusion

The pineal gland is a small but important part of the brain. It helps control sleep cycles and might be linked to spirituality. By learning about it, you can make better choices for your health.

This article covered how to activate the pineal gland, its health benefits, and the debates around it. It’s important to keep learning to fully understand its benefits for your health.

Your exploration of the pineal gland doesn’t stop here. Keep researching and stay open-minded. This will help you make informed decisions about your health and spirituality.

SPECULATIVE and UNPROVEN SECTION

5 Transformative Methods to ACTIVATE Your Pineal Gland and Tap Into Your Superhuman Potential

January 22, 2025

[Part 1: Pineal Gland Decalcification](#)

[Part 2: Pineal Gland Detox](#)

[Part 3: Block Blue Light](#)

[Part 4: Pineal Gland Activation \[You are here\]](#)

If you haven't read these guides yet, I recommend you do so as each guide builds on the next.

Now, we'll examine how ancient traditions viewed the pineal gland.

Then, we'll explore traditional methods for pineal gland activation, or what's often called "opening your third eye."

CONTENTS

- [Cognitive Impairment as an Unspoken Way of Life](#)
- [Is Pineal Gland Activation an Important Topic?](#)
- [The Pineal Gland in Ancient Traditions](#)
- [Why Is the Pineal Gland Called the Third Eye?](#)
- [How to Activate the Pineal Gland: 5 Methods](#)
- [Achieving Total Brain Coherence](#)
- [Recap: How to Approach Third Eye Awakening](#)
- [Books Related to Activating the Pineal Gland](#)

Cognitive Impairment as an Unspoken Way of Life

Most people sense that they aren't living to their highest potential.

For most, this “knowing” is *subconscious*. That is, a part of us knows, but consciously, we don't necessarily connect with this reality.

For some of us, however, this realization becomes more conscious as we age. (If you're reading this, that likely includes you.)

We know the difference between when we're operating from our higher potential and when we're not.

But why do we often fail to operate from our innate power in the first place? Why don't we see what's right in front of us?

One reason is that our brains rarely function the way they're designed to run.

The pineal gland—and many other vital glands and organs—aren't functioning within their intended design.

Thankfully, we have the power to change that.

Is Pineal Gland Activation an Important Topic?

Why are we investing so much time discussing a tiny gland the size of a grain of rice?

This website focuses on ways to *actualize our higher potential*.

When the pineal isn't functioning properly, we can't access our potential. It's that simple.

Even more disconcerting, when the pineal isn't functioning correctly, we often don't even know there's a problem.

In the Hindu tradition, the third eye is called the *ajna chakra*. Hindus believe that a blocked ajna chakra leads to:

- Uncertainty,
- Confusion,
- Jealousy,
- Cynicism, and
- Pessimism.

But when the third eye is open, we perceive reality differently. We experience more:

- Clarity,
- Intuition,
- Empathy,
- Focus, and
- Decisiveness.

Admittedly, these are qualities anyone can associate with our higher potential.

The Psychological and Spiritual Dimension of the Pineal Gland

In the prior segments of this series, we covered the important biological functions of the pineal, including its role in the regulation of hormones, light, mood, sleep, and physical growth.

However, in discussing how to activate the pineal gland, we're now shifting into the psychological and spiritual arena.

It's easy to see how the above-listed attributes are also essential for our spiritual and psychological development.

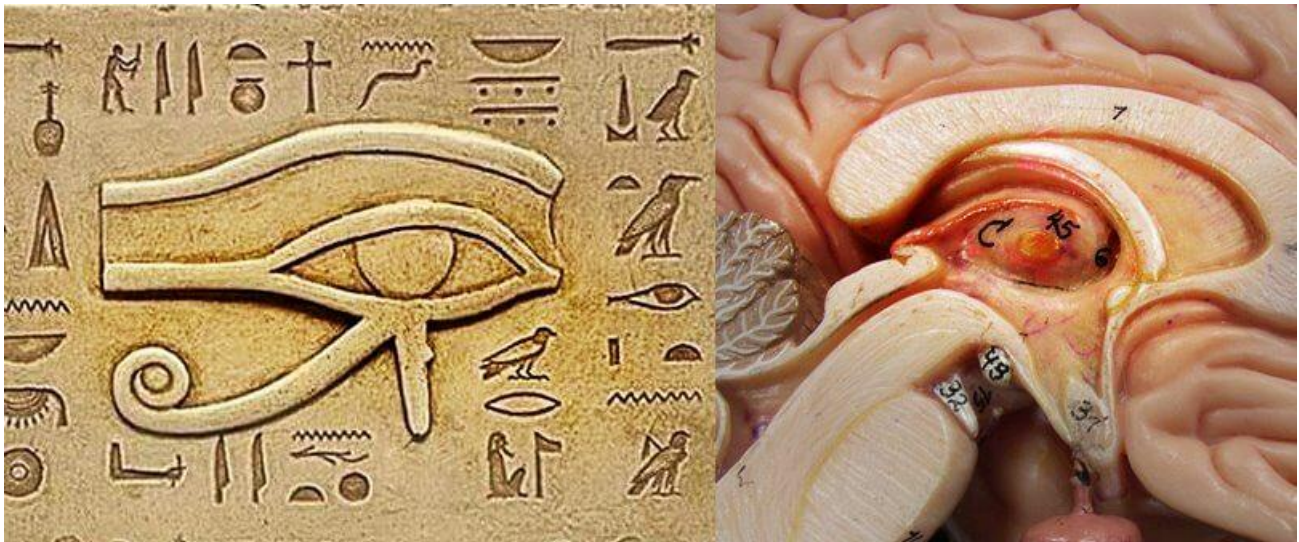
For example, how can one hope to [get to know their shadow](#) without clarity, intuition, and focus?

Pineal gland activation brings us a more significant connection to the natural world. It can also lead to a willingness to let go of many ego pursuits that are incongruent with our soul.

Lucid dreaming, astral projection, and a [more vivid imagination](#) are also topics related to pineal gland activation.

In fact, the pineal may be a gateway to higher creativity.

The Pineal Gland in Ancient Traditions



The Eye of Ra (ancient Egypt) on the left and a cross-section of the pineal, pituitary, and corpus callosum region on the right. [[Source](#)]

Although modern science and medicine have just begun to understand the critical role of the pineal gland, ancient cultures and traditions already have this knowledge.

For Buddhists, the pineal is a symbol of [spiritual awakening](#).

In Hinduism, the pineal is the seat of intuition and clairvoyance.

For Taoists, the pineal is the *mind's eye* or *heavenly eye*.

In ancient Egypt, we find numerous references to the third eye and the pineal region. Third-eye symbolism is found throughout Egyptian and Hindu mythology.¹

The Pineal Gland as the Seat of the Soul

In Matthew 6:22, the Bible reads:

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.”

Notice how “eye” is singular and “thine eye be single.”

Ancient Greeks believed the pineal was our connection to thought itself. Herophilus described it as the “sphincter of thought.”

French mathematician and philosopher, Rene Descartes, shared this view. Speaking about the pineal, he wrote in *Treatise of Man*:

“My view is that this gland is the principal seat of the soul, and the place in which all thoughts are formed.”

For at least several thousand years in both the East and West, the pineal gland has been viewed as a connecting link between the physical (3D) world and a psychic dimension beyond it.

The top portion of “Seat of the rational soul.” A sketch by Rene Descartes.

Why Is the Pineal Gland Called the Third Eye?

Cultures as far back as ancient Egypt referred to the pineal as the inner eye or the *third eye*. Why?

When you cut the pineal open, pinealocytes line the interior. These pinealocytes resemble the rods and cones in the retina of our eyes.

The pineal even has retinal tissue and the same physical wiring as the brain's visual cortex.

Indeed, the pineal gland does appear to be the *third eye*. How ancient cultures understood this is unclear.

In *Light: Medicine of the Future*, Jacob Liberman explains that light stimulates the pineal in creatures like birds, lizards, and fish *directly* through the skull.

“In many reptiles, the pineal has all the photoreceptive elements characteristic of an eye. It is therefore referred to as a “third eye” because, in many creatures, it resembles an eye in both structure and activity.”

In mammals, however, light stimulates the pineal exclusively via the eyes.

Dr. Liberman believes humans initially received light stimulation through the top of the head (crown), as is described in many mystical and ancient traditions.

The pineal, then, represents the *inward seeing eye*. This means that activating this third eye helps us see life beyond the typical limitations of our perception, bringing clarity of vision.

How to Activate the Pineal Gland: 5 Methods

So now, if you're interested, together we'll explore some fascinating territory.

Each tradition has different methods for activating the third eye. It may be that different methods are appropriate for different individuals based on type, temperament, or some other factors.

We'll review five pineal gland activation methods below. They are:

1. Meditation
2. Sun Gazing
3. Qigong
4. Psychedelics
5. Brainwave Entrainment

Through a review of each of these methods, a curious pattern emerges. We'll discuss the importance of this pattern in a concluding section.

A Quick Word of Caution About Pineal Gland Activation

First, a word of caution is appropriate here.

While everyone should [decalcify](#) and [detox their pineal](#), pineal gland *activation* shouldn't be taken lightly (as it is in many New Age circles).

Numerous researchers have observed that if the pineal gland gets “stuck on” it can cause schizophrenia, delusions, and waking hallucinations. I suspect this is more common than many people realize.

Some traditions, like the Northern Reality School of Taoism, also caution against esoteric methods of altering your consciousness. So it's advisable to exercise care and attention in this arena.

The third eye is likely designed to open *naturally* when the conditions are appropriate for an individual. (I personally believe this to be the case.)

In modern times, however, these conditions rarely arise spontaneously.

Ancient cultures had shamans and [wise, ritual elders](#) who guided such processes for the younger generations.

Today, however, we are each responsible for our inner journeys to awakening and higher development.

So please don't view what follows as "advice." I'm merely highlighting *how* you can activate the pineal gland; I'm not suggesting you *should*.

Pineal Gland Activation Method #1: Meditation

Perhaps the most traditional method of opening your third eye is through formal [meditation training](#).

Meditation is an essential topic for anyone interested in accessing their higher potential.

But for our purposes here, through various meditative techniques, you can stimulate and activate your pineal gland directly.

How? The pineal gland is sensitive to the bioelectrical signals of light and dark in its environment.

Meditation can activate this bioelectric energy. And, with practice, you can direct this energy via your attention to the pineal gland, stimulating it and helping it open.

For your meditation to be effective, your mind must become still so the scattered energy in your body can consolidate.

We can't, however, quiet our minds through force. Instead, we observe or watch our mind and allow it to become still without effort.

Third Eye Meditation

A "third eye meditation" might look something like this:

1. Sit in a comfortable, relaxed, [upright posture](#).
2. Close your eyes or lower your eyelids.
3. Allow your [breath to become deep and slow](#). (Meaning don't force your breath; just watch it. Detached observation will naturally cause your breathing to slow down.)
4. Rest your attention on the third eye region just above and between your two eyes. (Again, without strain or force.)

That's it. You can also imagine that you're breathing a golden white light through the center of your third eye.

The key is to remain relaxed and avoid trying to force the exercise. Let go of wanting or expecting any result as this will create tension that will block the flow of energy in this process.

Why This Meditation Works

By placing your attention on the pineal gland, you're focusing your internal energy on this region. The Chinese called *Yi*, or attention.

This relaxed focus releases neuropeptides and nitric oxide, which trigger the relaxation response. These chemicals will allow you to move into deeper meditation while stimulating the third eye region.

If you recall from prior segments, melatonin is an essential hormone produced and circulated by the pineal gland.

Not surprisingly, in the brains of meditators, they find an increase in melatonin secretion.³

Using functional MRI scans of individuals in a particular form of sitting meditation, researchers at Taiwan University found that meditation does trigger pineal gland activation.⁴

You'll know your third eye meditation is working when you begin to feel either a slight pressure in this region or a pulsating sensation. It can feel as though there's a mini heart beating in your forehead—an unusual sensation initially.

Pineal Gland Activation Method #2: Sun Gazing

This next method, if you're unfamiliar with it, might seem odd and perhaps dangerous.

We've all been told not that staring directly at the sun will damage our eyes.

One thing I will say with fair certainty: for those of us committed to actualizing our higher potential, we must be willing to challenge *everything* we think we know.

Over decades, I've repeatedly observed that most of what I've been "taught" in childhood is either completely wrong or just severely limited. Sungazing is a perfect example.

Sun gazing is a powerful, ancient technique with *tremendous* benefits. The basic theory behind sun gazing is that you're absorbing the energy of the sun directly through your eyes and skin.

The Man Who Eats the Sun?

Hira Ratan Manek (known as HRM) is the person who brought this method to the mainstream. Through sun gazing, HRM and many others have been able to go long periods (years!) without eating and remain physically healthy.

A team of physicians from the University of Pennsylvania examined HRM 24/7 for 130 days. They confirmed his claims that he survives mostly on sunlight with minimal water.

Neuroscientist Andrew Newberg and pineal gland authority George Bernard studied HRM's brain during these 130 days. They found that the gray cells in HRM's brain are *regenerating*.

Further, the pineal gland shrinks in individuals after their mid-fifties. In HRM's case, this 64-year-old man's pineal gland was expanding! (His pineal measured at 8 x 11 mm compared to the maximum average size of 6 x 6 mm.)

The Sun, the Pineal, and HRM

Is this so surprising? Recall what light does to the pineal from the previous guide on the [circadian rhythm](#).

The research cited in that guide supports the idea that sunlight reduces the harmful effects of artificial blue light.

Here, we're learning that the sun's support goes further: *the sun can help us restore the original size and function of this all-important gland.*

Note: More recently, HRM started eating. Apparently, the documentary "Eat the Sun" exposes him as a fraud, but this is more likely a consequence of a shadow archetype possessing him. Like many so-called "gurus," it appears he became inflated, and now he can't regulate his behavior. Sungazing, like all such techniques, should be used responsibly and with great care.

The Benefits of Fasting

While stopping eating isn't the goal of pineal gland activation, many who sun gaze report that it reduces hunger.

In my personal experience with sun gazing, I can confirm these reports as well. Eating becomes more of a choice, but there's no longer hunger or a physical need to eat.

This 2011 study by the Intermountain Medical Center found that periodic fasting:

- Lowers your risk of heart disease and diabetes
- Causes changes to your blood cholesterol levels
- Increases human growth hormone (HGH)

HGH is a metabolic protein that protects lean muscle and metabolic balance. HGH increased an average of 1,300 percent in women and 2,000 percent in men during a 24-hour fasting period.

Finally, moderate fasting also supports detoxification, which might be the most significant benefit to your pineal gland.

How to Use Sun Gazing to Activate the Pineal Gland

Why are we told that it's dangerous to look at the sun? Ultraviolet (UV) radiation can damage the retina.

But did you know that the UV index is usually *zero* during sunrise and sunset? When sun gazing, it's important to only look at the sun within the first hour of sunrise in the morning and the last hour in the evening when the sun still has an orange glow.

You don't sun gaze during the day when the UV index is high. Sun gazing is reportedly safe whenever the UV index is less than 2. Your local weather source quotes the current UV index.

Using HRM's method, you start within the first 15 minutes of sunlight in the morning and the last 15 minutes at the end of the day.

You only gaze into the sun for a *couple of seconds* at first, building up to 45 minutes per day after nine months. You can read the specifics of HRM's method [here](#).

Sun gazing is also often done barefoot, so you get the added [benefits of grounding](#) too.

But even if you're not interested in following this particular protocol, occasional sungazing in the early morning or late evening will support your efforts to activate your pineal gland.

Pineal Gland Activation Method #3: Qigong

Qigong translates to "life energy cultivation" or "energy skill."

I briefly discussed qigong in my guide on the internal martial art practice called [Zhan Zhang](#).

Qigong exercises are designed to increase the practitioner's sensitivity to the flow of energy within the body, called *chi* (or *qi*).

Then, one learns how to move this energy with gentle physical motions and breathing. Finally, the practitioner learns how to move this chi with one's mind via *intent* (Yi).

Most of us have many blocked energy meridians and centers that keep the body's chi from reaching vital glands in the endocrine system.

Circulating the body's energy using qigong helps open these pathways, allowing this energy to reach these areas and activate the pineal gland.

In truth, the meditation practice described above is a form of qigong as you're focusing your *intention* on the pineal gland to increase the energy flow in this region.

If you first develop sensitivity to your body's energy through qigong, however, before doing a meditative practice like this, *it will be far more effective.*

If you practice [Zhan Zhang](#) daily and your body opens up *naturally*, you'll experience an increased flow of energy throughout your body and brain. (At times, the experience can be on par with an LSD trip in terms of vividness and wakefulness.)

Pineal Gland Qigong Using the Sun

Many forms of qigong training can influence pineal gland activation.

One particular exercise in Master Shou-Yu Liang and Wen-Ching Wu's book, *Qigong Empowerment*, combines qigong with another method we just discussed above—sun gazing:⁶

“When the sun starts to rise over the horizon, extend one of your arms toward the sun, and point your index finger at the sun.

Look at the sun from your index finger to the sun. While the sun is still red in color, focus on the sun as it rises completely above the horizon. It is said that with this training, one will open the Heavenly Eye.”

In Taoism, the Heavenly Eye is another term for the third eye.

Pineal Gland Activation Method 4: DMT

In prior segments, we learned that the pineal gland synthesizes and secretes a hormone called melatonin.

But the pineal is also responsible for another chemical we didn't discuss.

In his revolutionary book, *DMT: The Spirit Molecule*, psychiatrist and researcher Rick Strassman theorized that the pineal gland produces another important chemical called N,N-dimethyltryptamine or DMT.

In 2013, Strassman along with other researchers did indeed find DMT in the pineal gland of rats. (It seems medical science is still unclear whether the pineal produces DMT or just regulates it.)

Dubbed the "Spirit Molecule," DMT is a natural hallucinogen capable of producing extraordinary visions and mystical states of consciousness.

DMT is similar to the properties of lysergic acid diethylamide (known as LSD or acid) but is naturally occurring in our bodies whereas LSD is a synthetic drug.

In *DMT*, Strassman explains:

"DMT exists in all of our bodies and occurs throughout the plant and animal kingdoms. It is a part of the normal makeup of humans and other mammals; marine animals; grasses and peas; toads and frogs; mushrooms and molds; and barks, flowers, and roots."

In the 1970s, Japanese scientists discovered that the brain transports DMT across the blood-brain barrier into its tissues.

Many researchers like Graham Hancock theorize that DMT is the lens of the pineal gland that allows us to see wider areas of our reality that are usually inaccessible to us.

Pineal Gland Activation Method 5: Brainwave Entrainment

Our brains operate on a range of brainwave patterns. Each pattern establishes a particular state of consciousness. From high to low, here are

the most commonly cited brainwave frequencies and their associated state of consciousness:

Brainwave Frequency	State of Consciousness
Gamma (40 – 100 Hertz)	Ecstatic peak experiences / Oneness
High Beta (22 – 40 Hertz)	Anxiety / Nervousness
Low Beta (14 – 22 Hertz)	Alertness / Focus
Alpha (8 – 14 Hertz)	Physically relaxed / Meditative
Theta waves (4 to 8 Hertz)	Deeply relaxed / REM sleep
Delta (0.5 – 4 Hertz)	Dreamless sleep / deepest meditation

If you do a Google search on “third eye activation” you’ll get lots of results for “brainwave entrainment” audio programs and sound clips on Youtube. These programs are usually a combination of binaural beats and isochronic tones.

When you simultaneously hear one pure-tone sine wave in the left ear and another sine wave in the right ear, it creates an auditory illusion called a *binaural beat*.

An *isochronic tone* is merely a pure tone that’s turned on and off rapidly.

Sound engineers calibrate these tones to specific frequencies.

The goal of these programs is to induce a particular state of consciousness by *entraining* the brain to the frequencies of the sounds.

Although there's a lack of controlled research studies, preliminary research suggests brainwave entrainment does facilitate a change in brainwave patterns and has a therapeutic effect.⁷

The effects of these changes, however, are likely only temporary.

In my personal experience, not all brainwave entrainment programs are equal. Also, I've found that the best benefits from brainwave entrainment come when used in conjunction with meditation.

Brainwave Frequencies for the Pineal Gland Activation

The question for us here is: *Which brain wave patterns support pineal gland activation?*

While there's no clear answer, research does point us in several directions.

One study of two individuals during an ayahuasca (DMT) experience found that they produced an increase in “global EEG coherence in the 36-44 Hz and 50-64 Hz frequency bands for both subjects.”⁸ These frequency bands are known as *gamma waves*.

Then, we need to consider what brainwave frequencies are consistent with the production of the pineal gland's main chemical: melatonin.

The answer is *delta waves*—the brain waves we experience during deep, dreamless sleep.

Finally, what frequency is active during the REM stage of sleep? *Theta waves*. Both theta and gamma waves work together during REM sleep.⁹

So, to use brainwave entrainment for pineal gland activation, use binaural beats and isochronic tones that specifically activate delta, theta, and gamma frequencies.

Recap: How to Approach Third Eye Awakening

Just remember that pineal gland activation is meant to be something that happens *naturally*.

While you can (and arguably should) take steps to decalcify (part 1), detoxify your pineal and blood (part 2), and improve your sleep (part 3), when it comes to “activation,” focus on setting up the conditions.

Forcing the outcome, in this case, can lead to all kinds of problems.

So again, when we speak of pineal gland activation, we’re talking about bringing the *whole brain* online, integrating all the various brain regions.

While psychedelics appear to accomplish this goal *temporarily*, methods like meditation, sun gazing, and various forms of qigong give us the ability to change the physical structure of our consciousness *over time*.

As the pineal gland activates and the brain becomes more integrated, you begin to perceive your reality differently.

You’ll begin to notice more of your unconscious behavior, which helps you get to [know your shadow](#).

Everything becomes more vivid, including the realities of your [inner world](#).

You may wake up to many new realities about your life, the universe, and existence itself that were unavailable to you before.

Perhaps this process has already begun for you. If not, the door to this new adventure is now before you.

Powerful Ancient Practices For Pineal Gland Activation

Practices For Pineal Gland Activation:

The pineal gland is an endocrine gland that is responsible for the production of serotonin, melatonin, and neuron transmitters that influences sleep-wake cycles and sexual development.

The pineal gland has been called “the seat of the soul” and is thought to be a very profound spiritual center of the brain.

Activation of the pineal gland may be what ancient mystics have called “opening your third eye.”

The third eye governs your intuition, perception, and insight, and helps us perceive both the physical and the subtle.

Other benefits of pineal gland activation are:

- enhances your happiness and health;
- increases your concentration to achieve your goals;
- improves your capacity of non-verbal communication;
- subdues your ego;
- brings more clarity to your thoughts;
- improves your psychic capacity;
- builds your awareness.

Frederick Lenz explained:

“When your mind is clear and your third eye is open, you can see and know things that are taking place thousands of miles away from you.”

List Of Powerful Ancient Practices For Pineal Gland Activation:

#1 Dark Retreat

From to the Kogi Mamos in Colombia, the monks and lamas in Tibet, the mystics of 15th century France, and the ancient Egyptians, dark retreats have provided illumination and revelation to many practitioners who have sought the light within.

Why is it so effective?

Basically, after an extended time in darkness, the brain releases DMT (dimethyltryptamine).

This is a chemical that is also released after ingesting powerful substances such as ayahuasca (a shamanic power plant), or at birth and death. Mantak Chia, a Taoist Master who is best known for teaching Taoist practices under the names of Tao Yoga, Healing Tao, Qi Gong, and Universal Healing Tao System, said about dark retreats:

"A totally dark environment is a distraction-free reset of the mind from its preoccupation of the senses, making it an ideal environment for self-inquiry and meditation. On top of that, the body is stimulated in darkness to produce dimethyltryptamine (DMT) from the amino acid tryptophan."

Important note – nobody who has a history of mental disorders should ever participate in a dark retreat since there is a high risk of developing all kinds of symptoms that can require therapy.

#2 Meditation / Introspection

This technique is used in both meditation, introspection, and can immensely help you find inner peace, due to the fact that it helps ground and center you, allowing you to find calm and balance your body and mind.

How To Do Meditation or Introspection:

1. Prepare a dark room for meditation.
2. Sit down in a cross-legged position.
3. Try to clear your mind from every thought. Take deep and slow breaths.
4. Your only focal point is the pineal area of your brain.
5. Try to maintain your intention as long as you can. Empty your thoughts...

Tips

- if thoughts are coming, acknowledge them; and then let them go;
- if you feel that you have to close your eyes, then close them.

#3 Alternate Nostril Breathing

Alternate nostril breathing is a yogic breath control practice. In Sanskrit, alternate nostril breathing is known as [nadi shodhana](#) pranayama. This translates as “subtle energy clearing breathing technique.”

Alternate nostril breathing may help to:

- clear blockages in the [third eye chakra](#);
- promote overall well-being;
- reduce anxiety;
- relax your mind and body.

You can perform alternate nostril breathing as follows:

1. Rest the base of the palm of your right hand on your chin, and your three middle fingers on the forehead.
2. Gently press your left nostril closed with your little finger, and breathe in through the right nostril.

3. Close the right nostril with your thumb, and slowly breathe out through the left nostril.
4. Breathe in through the left nostril, while your thumb holds the right nostril closed.
5. Breathe out through your right nostril, while holding your left nostril closed with the little finger.

Note – when you first start using alternate nostril breathing, begin with just 1 or 2 rounds, and gradually build up to around 10 rounds.

#4 Sunrise and Sunset Gazing

Sun Gazing is a practice that is used to aid with the activation of the pineal gland by stimulating this gland as the sun's energy moves through the eyes and charges the hypothalamus tract. This method is best practiced within an hour of sunrise and or sunset.

Other benefits include:

- opens the energy channels in your body;
- improves eyesight;
- reduces hunger pangs;
- increases the size of the pineal gland;
- increases your energy levels;
- relieves stress and tension;
- powers the brain and boosts the production of melatonin and serotonin.

#5 Mudras

An effective mudra that works to activate the pineal gland is Gyan mudra – the mudra of knowledge and wisdom which cultivates a sense of clarity.

#6 Visualization

Visualization is the mental action of the mind to materialize goals. When you align your physical and mental actions, you are working from all fronts in order to make it happen.

Method:

1. Settle in a comfortable position.
2. Relax your body.
3. Once your whole body feels relaxed, visualize feeling lighter and lighter with each inhalation.
4. Let any worry or tension go with each exhale.
5. Shift your attention to your third eye.
6. Imagine your head surrounded by a violet or indigo light.
7. Visualize your third eye as a glowing area in the center of the head.
8. Envision a bright light streaming out of your third eye. visualize the bright light becoming brighter until you can feel it heating and tingling your forehead.

#7 Aum Mantra

An effective method of activating your third eye is with the use of the AUM/OM mantra.

The sound Om, when chanted, vibrates at the frequency of 432 Hz, which is the same vibrational frequency found throughout everything in nature. In addition, the mantra can be used to connect with the higher self and the divine.

#8 Solitude

Solitude is a sensitive's best friend. Connect with silence and enter a state of receptivity.

Allow yourself to be a channel, and see what solitude can offer you in terms of the answers and the clarity you are craving. Furthermore, alone time can restore your energy and give you the strength to pull them out.

Note – The Role of Diet in Pineal Gland Health

Our dietary choices play a critical role in maintaining the health of our pineal gland. Certain foods and supplements are believed to decalcify and activate the pineal gland. These include green vegetables, raw cacao, and foods rich in boron, like avocados and almonds.

OM Mantra or AUM Mantra – Meaning, Benefits, Meditation

Om mantra (or [Pranava mantra](#), which literally means “that which is sounded out loudly”) is a Sanskrit sound representing the divine energy, the vibration of the Supreme, and the reflection of the absolute reality. More importantly, it symbolizes the manifestation of God in form and connects us to the High Consciousness of the Divine Source.

The mystical Sanskrit sound OM is sacred and important in various Dharmic religions such as Hinduism, Buddhism, and Jainism. The syllable is also referred to as Omkara, which literally means “om syllable.”

This sound for Buddhists and Tibetans starts or ends most mantras, representing the root of all mantras. It is considered that the “OM” sound contains all other sounds in it. Furthermore, it is thought that later it turned into “AUM” – for Hindu, “Omni” – for Muslims, and “Amen” – for Christians.

Meaning of Mantra

Often this mantra is not regarded as a word but as an essential manifestation of the reality of macrocosmic spiritual strength. It is, in fact, the embodiment of the Supreme Absolute in Maya (illusion in disguise).

Areas of manifestation regarding the physical, the psyche, and the unconscious are the three characteristic curves of the Sanskrit syllable Aum rendering; here, the Supreme Consciousness (the Divine) is symbolized by a point located outside and above, to light and shed its infinite splendor, thus revealing the other three fundamental areas or worlds.

Aum's Sanskrit form of representation is the actual manifestation of the visible truth. Nothing in this universe, no concept, no phenomenon, no being is independent.

All this and more, still unknown, are only versions of the same unique consciousness, as they participate in its essence in different ways and to different degrees.

This fundamental reality (often unexpected) connects them all with each other in an inseparable way.

"Aum" Symbol Meaning

The Sanskrit graphic symbol of the Aum mantra comprises three distinct curves, one semicircle, and an isolated dot. The three curves are connected to each other and are mutually generated. Only the dot and the semicircle are independent. The dot, however, dominates everything,

To the initiated, this graphic symbol of the Pranava mantra clearly signifies the three main states of consciousness: the waking state (awakening), dream state, and deep sleep state; it also represents the supreme consciousness or the Eternal Self (Atman), who embraces, supervises and penetrates all phenomena, living beings, and things.

The semicircle placed near the dot signifies both the fundamental feminine principle (Shakti) and the infinite, indicating that finite thinking is rarely able to fully comprehend the mysteries, the depth or elevation of the Absolute Supreme (represented by the dot).

The material world of the waking consciousness, the level of the outer activity, is shown by the largest curve, which is below. The level of the consciousness' dream state, which is stimulated not only by external objects but almost exclusively by thinking concepts and inner aspirations, is symbolized by the second curve, the smallest, which is situated halfway between waking state and deep sleep.

The upper curve symbolizes the unconscious, which we often call deep sleep; therefore, it serves as a mediator because it is closest to Absolute Consciousness.

The Absolute Waking State

The dot represents the Absolute Consciousness, which illuminates, transcends, and dominates the other three elements of the symbol.

This is actually Turya (a state of super-consciousness, a feature of the human being who has reached enlightenment). It is also called the "fourth state" of consciousness because it goes beyond the usual three states of consciousness.

Without the state of Turya, there couldn't be any thinking, intelligence, symbol, meaning, or universe. Therefore, the dot illuminates the three states of consciousness permanently.

TrendingIt shines through its own lights and endless powers, but it cannot be discovered except by those rare human beings, which have already exceeded the three curves and, by reaching this point, they have managed to merge intimately with it.

The focus point in this representation can be interpreted as the Absolute Consciousness or Witness Consciousness, which is located beyond body and mind, a sign of absolution from the world of phenomena.

The sacred word OM is not written alphabetically in any language of the East because it is not part of the language.

It is written as a symbol; hence the same symbol is used in Sanskrit, in Pali, in Prakrit, in Tibetan – everywhere the same symbol, because all the mystics of all the ages have reached the same experience, that it is not part of our mundane world; hence it should not be written in letters. It is beyond language. It means as much and as far as your spiritual growth imports.

It is said to be the primordial sound that was present at the creation of the Universe and contains all other sounds, all words, all languages, and all mantras. OM represents the divine energy united in its three elementary aspects: A-creation, U-preservation, and M-creation and/or destruction.

Benefits of Chanting AUM Mantra

Practicing this seed mantra purifies the mind, energy bodies, and chakras (energy centers), raising our vibrational state to the frequency of our Higher Self. AUM mantra produces a transformation in the practitioner's mind and is meant to bring spiritual fulfillment.

In addition, by chanting this mantra, the practitioner is actually entering the vibration that the Creator uses in the act of creation.

It is important to know that the AUM Mantra is very often used in conjunction with other mantras, usually with the OM being the first or last sound in the whole mantra. For example, it is an essential part of the most important mantra in Tibetan Buddhism – [Om Mani Padme Hum](#). Often these other mantras refer to a specific deity or name of God.

Some practitioners consider the OM to literally refer to only one such name of God or deity. Still, other practitioners believe the OM refers to some different God or deity. For those born into such religious cultures, this diversity of use of OM is well known and does not cause confusion while also being aware that there may be discourses or debates supporting one view or another.

“The goal, which all Vedas declare, which all austerities aim at, and which humans desire when they live a life of conscience, I will tell you briefly it is OM. The one syllable is indeed Brahman. This one syllable is the highest. Whosoever knows this one syllable obtains all that he desires. This is the best support; this is the highest support. Whosoever knows this support is adored in the world of Brahma.”, from Katha Upanishad, explaining the meaning of the Aum mantra.

Practice

While this mantra has various meanings, one of its most significant uses is for meditation and contemplation in Yoga and Vedanta. The Aum Mantra is recommended in the Yoga Sutras and the Mandukya Upanishad, as well as in many other teachings.

AUM Mantra meditation refers to the traditional way of chanting the word OM, which can be pronounced as “OM” or “AUM.” OM mantra breathing technique: there are two main breathing techniques. First: when you exhale: “OMmmmmm...” - inhale: “OMmmmmm...”. Second method: when you exhale: “OMmmmmm...” – inhale: “silence.” The sound of the OM mantra should be repeated 108 times for optimal benefits.

Mantra Meditation Benefits

Mantra vibrations that it creates give a sense of positivity to your life. It helps in calming the brain and revitalizes the mind, body, and soul.

Also, OM mantra chants as therapy during pregnancy have plentiful positive benefits for the mother and the developing fetus.

Everything in the universe is pulsating and vibrating – nothing is really standing still! The sound OM mantra, when chanted, vibrates at the frequency of 432 Hz, which is the same vibrational frequency found throughout everything in nature.

What does the Bible say about ?

22 Bible Verses about the Pineal Gland

Genesis 32:30 ESV / 45 helpful votes

So Jacob called the name of the place Peniel, saying, "For I have seen God face to face, and yet my life has been delivered."

Matthew 6:22 ESV / 38 helpful votes

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light,

Luke 11:34 ESV / 26 helpful votes

Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness.

Matthew 6:22-23 ESV / 23 helpful votes

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

Genesis 3:5 ESV / 21 helpful votes

For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

Matthew 4:16 ESV / 14 helpful votes

The people dwelling in darkness have seen a great light, and for those dwelling in the region and shadow of death, on them a light has dawned."

Ecclesiastes 5:1-20 ESV / 14 helpful votes

Guard your steps when you go to the house of God. To draw near to listen is better than to offer the sacrifice of fools, for they do not know that they are

doing evil. Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few. For a dream comes with much business, and a fool's voice with many words. When you vow a vow to God, do not delay paying it, for he has no pleasure in fools. Pay what you vow. It is better that you should not vow than that you should vow and not pay. ...

John 1:1-51 ESV / 10 helpful votes

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it. ...

Genesis 32:31 ESV / 8 helpful votes

The sun rose upon him as he passed Penuel, limping because of his hip.

1 John 1:5 ESV / 7 helpful votes

This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all.

Daniel 4:1-37 ESV / 7 helpful votes

King Nebuchadnezzar to all peoples, nations, and languages, that dwell in all the earth: Peace be multiplied to you! It has seemed good to me to show the signs and wonders that the Most High God has done for me. How great are his signs, how mighty his wonders! His kingdom is an everlasting kingdom, and his dominion endures from generation to generation. I, Nebuchadnezzar, was at ease in my house and prospering in my palace. I saw a dream that made me afraid. As I lay in bed the fancies and the visions of my head alarmed me. ...

Isaiah 4:1-6 ESV / 7 helpful votes

And seven women shall take hold of one man in that day, saying, "We will eat our own bread and wear our own clothes, only let us be called by your name; take away our reproach." In that day the branch of the LORD shall be beautiful and glorious, and the fruit of the land shall be the pride and honor of the survivors of Israel. And he who is left in Zion and remains in Jerusalem will be called holy, everyone who has been recorded for life in Jerusalem, when the Lord shall have washed away the filth of the daughters of Zion and cleansed the bloodstains of Jerusalem from its midst by a spirit of judgment and by a spirit of burning. Then the LORD will create over the whole site of Mount Zion and over her assemblies a cloud by day, and smoke and the shining of a flaming fire by night; for over all the glory there will be a canopy. ...

Zephaniah 2:1-15 ESV / 6 helpful votes

Gather together, yes, gather, O shameless nation, before the decree takes effect —before the day passes away like chaff— before there comes upon you the burning anger of the LORD, before there comes upon you the day of the anger of the LORD. Seek the LORD, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the LORD. For Gaza shall be deserted, and Ashkelon shall become a desolation; Ashdod's people shall be driven out at noon, and Ekron shall be uprooted. Woe to you inhabitants of the seacoast, you nation of the Cherethites! The word of the LORD is against you, O Canaan, land of the Philistines; and I will destroy you until no inhabitant is left. ...

Psalms 11:4 ESV / 6 helpful votes

The LORD is in his holy temple; the LORD's throne is in heaven; his eyes see, his eyelids test the children of man.

Revelation 5:1 ESV / 5 helpful votes

Then I saw in the right hand of him who was seated on the throne a scroll written within and on the back, sealed with seven seals.

Genesis 1:1-31 ESV / 5 helpful votes

In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters. And God said, "Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. ...

Revelation 22:2 ESV / 4 helpful votes

Through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations.

Daniel 7:1-28 ESV / 4 helpful votes

In the first year of Belshazzar king of Babylon, Daniel saw a dream and visions of his head as he lay in his bed. Then he wrote down the dream and told the sum of the matter. Daniel declared, "I saw in my vision by night, and behold, the four winds of heaven were stirring up the great sea. And four great beasts came up out of the sea, different from one another. The first was like a lion and had eagles' wings. Then as I looked its wings were plucked off, and it was lifted up from the ground and made to stand on two feet like a man, and the mind of a man was given to it. And behold, another beast, a second one, like a bear. It was raised up on one side. It had three ribs in its mouth between its teeth; and it was told, 'Arise, devour much flesh.' ...

Hebrews 7:1-28 ESV / 3 helpful votes

For this Melchizedek, king of Salem, priest of the Most High God, met Abraham returning from the slaughter of the kings and blessed him, and to him Abraham apportioned a tenth part of everything. He is first, by translation of his name, king of righteousness, and then he is also king of Salem, that is, king of peace. He is without father or mother or genealogy, having neither beginning of days nor end of life, but resembling the Son of God he continues a priest forever. See how great this man was to whom Abraham the patriarch gave a tenth of the spoils! And those descendants of Levi who receive the

priestly office have a commandment in the law to take tithes from the people, that is, from their brothers, though these also are descended from Abraham. ...

Philemon 1:8 ESV / 3 helpful votes

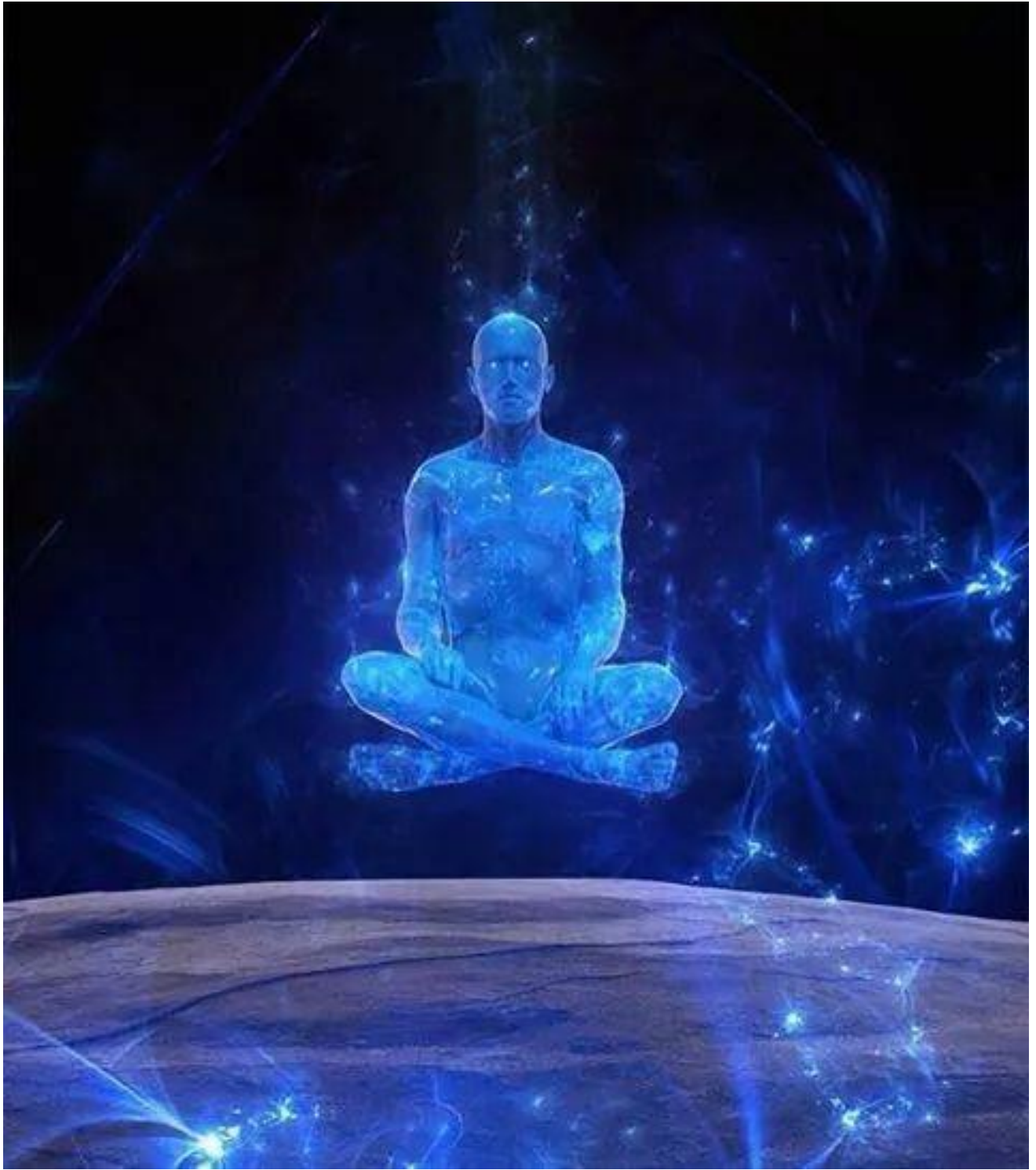
Accordingly, though I am bold enough in Christ to command you to do what is required,

Psalms 104:14 ESV / 3 helpful votes

You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth

Numbers 7:1-89 ESV / 3 helpful votes

On the day when Moses had finished setting up the tabernacle and had anointed and consecrated it with all its furnishings and had anointed and consecrated the altar with all its utensils, the chiefs of Israel, heads of their fathers' houses, who were the chiefs of the tribes, who were over those who were listed, approached and brought their offerings before the LORD, six wagons and twelve oxen, a wagon for every two of the chiefs, and for each one an ox. They brought them before the tabernacle. Then the LORD said to Moses, "Accept these from them, that they may be used in the service of the tent of meeting, and give them to the Levites, to each man according to his service." ...



How to Decalcify Your Pineal Gland (And Why It's Important)

by [Scott Jeffrey](#) January 22, 2025 | ⌚ 18 min read

OVERVIEW: What is the pineal gland? What does it do? Why does the pineal get calcified? And most importantly, how do you begin to decalcify your pineal gland?

Travel deep into the center of your brain, and you'll find a pinecone-shaped gland.

The size of only a grain of rice, this tiny gland plays an essential role in how we sleep, function, and perceive reality.

A healthy-functioning pineal is essential for restorative sleep, higher cognitive functioning, and [spiritual awakening](#).

In this guide—part one of a 4-part series—we'll explore what this gland does, why it generally doesn't work properly, and how to restore it.

Part 1: Pineal Gland Decalcification **[You Are Here]**

Part 2: [Pineal Gland Detox](#)

Part 3: [Block Blue Light](#) (Restore Circadian Rhythm)

Part 4: [Activate Your Pineal Gland](#)

Let's dive in ...

CONTENTS

- [What is the Pineal Gland?](#)
- [What is the Pineal Gland's Function?](#)
- [What is Pineal Gland Calcification?](#)
- [What is Pineal Gland Decalcification?](#)
- [Documented Effects of Pineal Gland Calcification](#)
- [Why Pineal Gland Decalcification is Important](#)
- [3 Steps to Pineal Gland Decalcification](#)

- [How to Reduce Further Calcification](#)
- [How to Reduce Fluoride and Chlorine Consumption](#)
- [Recap: How to Decalcify the Pineal Gland](#)

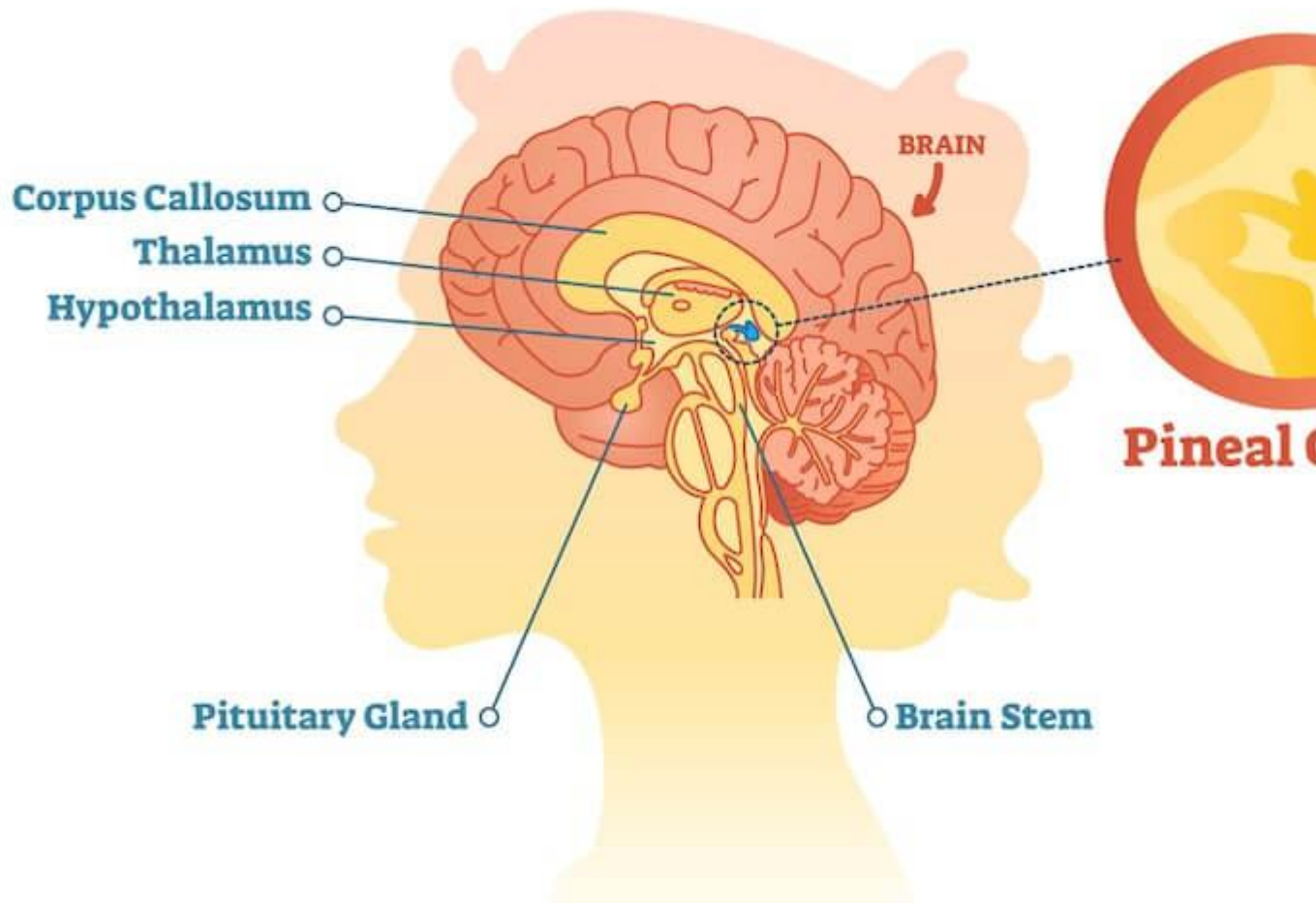
What is the Pineal Gland?

The pineal gland is a pinecone-shaped gland located in the brain's center. It receives information in the form of light from the eyes and sends out hormonal signals to the rest of the body.

The pineal gland plays a vital role in growth, reproduction, mood, sleeping, dreaming, immune functioning, and regulating body temperature.

This vital gland has been called the “regulator of regulators.”

What is the Pineal Gland's Function?



The pineal gland acts as the body's light meter. It receives light information from the eyes and then sends out hormonal messages to the body.

This tiny gland transmits information about the length of daylight, commonly called *circadian rhythm* to the body.

The pineal gland tells every other part of your body whether it's light or dark out, what season you're in, and whether days are getting longer or shorter.

Momentarily remove yourself from our modern environment with clocks and calendars, and you'll immediately appreciate the vital role this gland plays in maintaining our connection with nature.

According to a paper in the *Journal of Pineal Research*, the pineal gland also plays a major role in regulating body temperature.¹

In *Light: Medicine of the Future*, Jacob Liberman explains,²

“Today, the pineal is recognized as playing a major role in every aspect of human function. It acts as the “regulator of regulators.” Aside from its documented effects on reproductive function, growth, body temperature, blood pressure, motor activity, sleep, tumor growth, mood, and the immune system, it also seems to be a factor in longevity.”

DOWNLOAD: [Decalcify Your Pineal Gland \(PDF\)](#)

Melatonin and the Pineal Gland

How does the pineal transmit information about the time of day and season to the rest of the body?

As part of the endocrine system, the pineal synthesizes and secretes a hormone called melatonin directly into the bloodstream.

Melatonin is a serotonin-derived hormone that modulates sleep patterns.

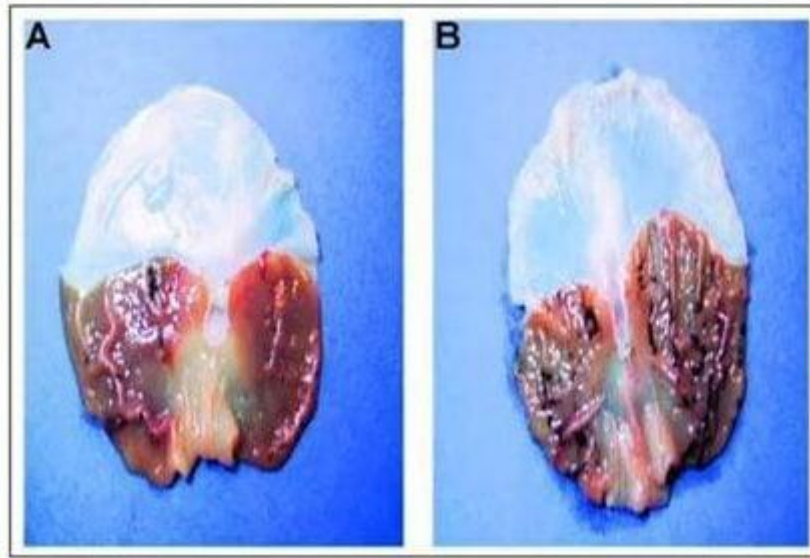
By inhibiting the release of certain reproductive hormones from the pituitary gland, melatonin affects our reproductive organs in both males and females.

The pineal also secretes more melatonin in children than adults, which is believed to inhibit premature [sexual development](#). After puberty, the pineal shrinks and releases less melatonin.

Light exposure to our eyes mainly determines how much melatonin the pineal synthesizes and secretes.

We produce less melatonin in daylight hours and increase secretion during the night.

What is Pineal Gland Calcification?



Pineal Gland

Images of Calcified

Unlike most of our brains, the blood-brain barrier doesn't isolate the pineal gland from the rest of the body. Instead, the pineal receives a tremendous amount of blood flow, second only to the kidneys.

This gland is surrounded by and immersed in cerebrospinal fluid. It is located in a tiny cave-like area behind and above the pituitary gland.

In the 1990s, British scientist Jennifer Luke discovered high concentrations of fluoride in the pineal gland of her subjects.³

Fluoride, commonly found in most municipal water as well as pesticides, accumulates in the pineal more than any other part of the body.

This accumulation of fluoride forms phosphate crystals, creating a hard shell around the pineal called **calcification**.

What is Pineal Gland Decalcification?

Simply put, pineal gland decalcification removes phosphate crystals surrounding the pineal gland.

There are numerous methods, protocols, and stages for pineal gland decalcification.

First, you need to stop introducing chemical agents like synthetic fluoride into your body.

Next, you undergo rounds of detoxification protocols to reduce existing calcification and chelate (remove) various foreign agents, such as heavy metals, from your bloodstream.

Finally, you establish proper pineal gland functioning by restoring the body's natural clock.

(This four-part guide covers the entire process.)

Documented Effects of Pineal Gland Calcification

Studies show that pineal gland calcification:

- Lowers productions of melatonin⁴
- Impairs the sleep-wake cycle⁵
- Disrupts the regulation of the circadian rhythm
- Impairs neurological development in children⁶

Fluoridated water is believed to be one of the chief causes of calcification in the pineal gland.

Evidence suggests that children reach puberty earlier now because of fluoridated water.⁷

Fluoride exposure in animal studies has been found to decrease melatonin and lead to accelerated sexual development in females.⁸

A November 2019 study published in *Biological Trace Element Research* found that when they fed male rats a diet free of fluoride, it stimulated pineal growth.⁹

Simply put, when our pineal gland is calcified, we're out of balance with nature, impeding proper biological and brain functioning.

Why Pineal Gland Decalcification is Important

Obviously, we don't want to:

- Lower the production of melatonin,
- Throw off the circadian rhythm, or
- Mess with our reproductive functioning.

And these are only some of the consequences of a calcified pineal gland.

Sleep is a vital biological function designed to restore the body each night. Calcification of the pineal gland is believed to affect the quality of sleep.

Poor sleep, which we'll discuss in Part 3, reduces cognitive functioning and makes people more prone to illness.

In many ways, the pineal is our body's connection with the natural world. Sever that connection (via calcification) and what happens?

You have a population mostly disconnected from their instincts—from the Earth and each other.

Without a properly functioning pineal gland, we are more susceptible to trickery, manipulation, propaganda, and ideologies. With an impaired pineal gland, false belief systems shape our worldview and poor decisions plague us.

Simply put, a calcified pineal gland limits our marvelous potential.

I've yet to meet a [self-actualizing individual](#) who doesn't want to be more awake. Pineal gland decalcification, restoration, and activation are vital to our [spiritual awakening](#). Doing so helps us restore our innate functioning and clears our perception of reality.

3 Steps to Pineal Gland Decalcification

To decalcify the pineal gland, we need to do three primary things:

Step 1: Eliminate certain foods and environmental factors causing further calcification.

Step 2: Remove existing pineal calcification and repair the blood.

Step 3: Restore the circadian rhythm and create an environment that supports healthy pineal gland functioning.

We'll focus on step 1 in the remainder of this guide and address step 2 in the vital [Pineal Gland Detox](#) and step 3 in [Part 3: Block Blue Light and Restore the Circadian Rhythm](#).

Finally, this pineal gland series will conclude with ways to [activate the pineal's higher functioning capabilities](#) (Part 4).

How to Reduce Further Calcification

Numerous substances cause pineal gland calcification, but the two primary culprits are synthetic fluoride and calcium.

Eliminating your consumption and exposure to fluoride and synthetic calcium will help stop further pineal gland calcification.

Note: I'm aware that the topic of fluoride, especially its use in the public water supply, is a controversial issue for some. I don't claim to be an expert here. However, I have invested countless hours reading available literature and studies related to this topic. Given the evidence I've seen (much of which I'm presenting in this series), I've reached my conclusion. You, of course, will need to reach your own.

Is Fluoride Really A Bad Thing?

Fifty percent of the world's municipal drinking water is fluoridated. Most developed nations, however, do *not* fluoridate their water.

For example, in Western Europe, only 3% of the population consumes fluoridated water.¹⁰

However, if you live in the United States and your source of water comes from a public water supply (as opposed to a private well), there's a 73% chance your water has fluoride.¹¹

More people drink and shower in fluoridated water in the United States than the rest of the world *combined*.

But is that a bad thing? (Doesn't fluoride prevent tooth decay? We'll cover that topic in the toothpaste section below.)

Many studies show the dangers of fluoride consumption:

- Calcification of the pineal gland (our interest here)¹²
- [Causes arthritis](#) (via calcification of cartilage)
- [Causes kidney disease](#)
- [Lowers IQ and causes brain damage](#)

- Harms male and female fertility
- Weakens skeletal health (skeletal fluorosis)
- Causes cardiovascular inflammation and atherosclerosis
- Increases lead absorption

There's much more research available, but you get the idea.

Fluoride-contaminated water causes a host of diseases, reduces IQ, and reduces the body's natural functioning. Pineal gland decalcification starts with reducing and/or eliminating fluoride consumption.

Natural Fluoride versus Synthetic Fluoride



Fluorite crystals

The fluoride debate is misleading because many people fail to differentiate between natural fluoride and synthetic fluoride.

Natural fluorite is a trace mineral. It's an aqua-colored stone, found in the earth like any other mineral.

Fluorite is the mineral form of calcium fluoride. But *calcium fluoride* isn't what's put in our water supply, pesticides, or herbicides.

The fluoride in public water is made of non-pharmaceutical-grade synthetic materials like hydrofluoric acid or sodium fluoride.

These compounds are toxic chemical byproducts of aluminum, steel, cement, and other manufacturing.¹³

Synthetic fluorides are also hazardous waste products of the phosphate fertilizer industry.

Hydrofluoric acid is used to refine gasoline and to make many products, including air conditioners, freezers, computer screens, fluorescent light bulbs, plastics, and pesticides.

And these fluoride chemicals are added to the majority of our water supply!

The Case Against Fluoride

In *The Case Against Fluoride*, Paul Connett and two other scientists explain how fluoride harms our brains, bones, and kidneys.¹⁴

There are, for example, over **75 studies** showing that fluoride reduces human intelligence.¹⁵

As Paul Connett, executive director of the Fluoride Action Network put it:

“When historians come to write about this period, they will single out fluoridation as the single biggest mistake in public policy that we’ve ever had.”

For another well-researched book on this topic, see Christopher Bryson’s *The Fluoride Deception*.

How to Reduce Fluoride and Chlorine Consumption

If you live in the United States and have public water, there's a better-than-average chance your water supply contains both fluoride and chlorine. (However, thankfully, that's in the process of changing!)

Chlorine is in the same class of chemicals (called halides) as fluoride.

Chlorine also has calcifying effects on the pineal gland. Unfortunately, chlorine is also in virtually all of our public water supply.

To find out for certain, you can contact your local municipality and request a water report.

If you aren't on public water, scroll down past this section (to toothpaste).

Assuming your water is fluoridated and chlorinated, the best solution is to filter your water as best as you can.

How to Choose a Water Filter for Pineal Gland Decalcification

The challenge is that fluoride is very difficult to filter out of our water. Most commercial filters don't filter fluoride. (Chlorine is easier to filter.)

There are two main types of filters: reverse osmosis and carbon blocks.

Generally speaking, reverse osmosis filters are better at removing fluoride.

Quality carbon mesh filters effectively filter almost everything except fluoride. (A few exceptions are listed below.)

Does Your Filter Need to be NSF Certified?

NSF is a third-party, not-for-profit testing agency that rates water filters. NSF stands for National Sanitation Foundation (not “Science”).

In the original version of this article, I said it was essential to obtain an NSF-certified product. However, I no longer believe that’s necessary.

Similar to organizations like the WHO and the CDC, the National Sanitation Foundation receives private funding. It is not a “government organization,” which means that its financial backing can influence its current and future decisions.

Also, NSF charges a hefty annual fee for being “NSF-certified.” It’s understandable why many innovative upstarts don’t want to pay that fee.

Even if a water filtration brand isn’t NSF-certified, it should be tested using NSF/ANSI standard testing protocols. Also, they should publish their latest lab results on their website for public review. (All of the products listed below qualify.)

I’ve researched and vetted the brands below for this guide. The filters (called media) for each brand meet or exceed the NSF testing protocols.

(Disclaimer: The products recommended below have affiliate links. This does not affect what you pay at all. In fact, in most cases, you can use the discount codes provided below for additional discounts.)

Drinking Water Filters – Above Sink Filters

ClearlyFiltered Water Pitcher



ClearlyFiltered Water Pitcher

A BPA-free, medical-grade Tritan water pitcher filters out fluoride, lead, mercury, and chlorine.

It filters 98.2% of fluoride and 99.9% chlorine. If you use Brita, switch to ClearlyFiltered, which filters over 1,000% more contaminants.

(Note: ClearlyFiltered *exceeds* NSF standards, but they aren't technically NSF-certified.)

Use code **CEOSAGE15** and save 15% on your first order from ClearlyFiltered.

Epic Pure Water Filter Pitcher



Epic Pure Water Filter Pitcher

Removes 99.99% of contaminants, including 97.88% of fluoride and 98.4% of chlorine.

Epic's most recent lab results can be found [here](#).

Epic's Pitcher is probably the most affordable option for filtering the majority of fluoride from drinking water.

(Note: Epic's Pitcher *exceeds* NSF standards but they aren't technically NSF-certified.)

Use code **CEOSAGE20** to save 20% on your order. (Use the same code for a 30% discount if you sign up for their filter subscription plan.)

Epic Pure Water Filter Dispenser



Epic Pure Water Filter Dispenser

Same Epic filter as above in a countertop dispenser design.

Use code **CEOSAGE20** to save 20% on your order. (Use the same code for a 30% discount if you sign up for their filter subscription plan.)

Drinking Water Filters – Below Sink Filters

Aquasana OptimH2O Reverse Osmosis Water Filter



Aquasana OptimH2O Reverse Osmosis Water Filter

This below-sink reverse osmosis filtering system is certified to remove 95% of fluoride and 97% of chlorine.

Use code **CEOSAGE** for a 50% discount and free shipping at Aquasana.

3-Stage Under-the-Sink Filter System by ClearlyFiltered



3-Stage Under-the-Sink Filter System by ClearlyFiltered

So most under-sink, water-filtration options use reverse osmosis and generally require a professional to install (including the option below).

But ClearlyFiltered managed to development an under-sink filtration system that is not only do-it-yourself but also removes up to 99.9% of contaminants.

According to their [lab report](#), their 3-stage system filters out 99.5% of fluoride and 98.6% of chlorine. Impressive!

Use code **CEOSAGE15** and save 15% on your first order from ClearlyFiltered.

Shower Filter

Fluoride and chlorine are absorbed by the skin when you shower or bathe.

Although plenty of shower filters remove chlorine, I don't know of any that filter fluoride.

Aquasana Deluxe Shower Water Filter System



Aquasana Deluxe Shower Water Filter System

Removes over 90% of chlorine.

Use code **CEOSAGE** for up to a 50% discount and free shipping at Aquasana.

Whole House Water Filters

Unfortunately, I am unaware of any whole-house water filtration system that removes fluoride.

Before you message me with an existing whole-house water filter: I am aware that numerous whole-house filters claim to filter fluoride.

However, you'll notice that none of them show lab results. Personally, I suspect this is just "marketing," and I don't believe any true whole-house water filter exists that actually removes a significant amount of fluoride.

Commercial Brands of Toothpaste Lead to Pineal Gland Calcification

Doesn't fluoride prevent tooth decay? Isn't that why cities put fluoride in our water supply in the first place?

That's what I thought too. However, the evidence doesn't support this claim. In fact, the data clearly shows there's no difference in tooth decay between nations that fluoridate their water and those that don't.¹⁶

Even though 97% of Europe bans fluoride, tooth decay has decreased considerably.¹⁷

The Cochrane Collaboration, a group of doctors and researchers, set out to determine the effects of fluoride on dental care.¹⁸

They found only ten studies with sufficient scientific rigor. These papers determined that "fluoridation does not reduce cavities to a statistically significant degree in permanent teeth."

Ninety-five percent of commercial toothpaste brands have fluoride. I recommend you *avoid using all* commercial brands of toothpaste. Not only do they include fluoride, but they also contain many other toxic chemicals including sodium lauryl sulfate (SLS). SLS is a cheap thickening agent found in most soaps including your laundry detergent.

Use an Alternative Toothpaste

You can find many alternative toothpaste makers available like OraWellness and Tooth Soap.

I use Tooth Soap. It's made with olive oil, coconut oil, distilled water, and essential oils. You just need a few drops of the liquid. One bottle lasts months. It's a different experience, but I didn't find it difficult to adjust to it.

Or you can [make your own](#) with coconut oil and baking soda.

Be Wary of Calcium Supplements

Calcium is essential for strong bones, right?

Yes, but when that calcium is in a synthetic form, it too has a calcifying effect on the pineal gland and other places in the body.

Did someone tell you it's important to take calcium supplements?

One Harvard study links calcium supplements with dementia.¹⁹

Calcium supplements are also linked to a higher rate of heart attack in older women.²⁰

Most calcium supplements contain calcium carbonate, a known calcifying agent.

If you need more calcium in your diet, eat more organic whole foods, such as spinach, kale, and broccoli.

Brands like Megafood use food-derived supplementation instead of synthetics.

Also, pairing magnesium with calcium helps direct the calcium into the bones instead of the brain.

Avoid Bottled and Instant Teas

I used to drink a fair amount of hot tea, mainly organic green tea. So when I began seeing articles linking tea consumption and fluoride levels, I was concerned.

Green and black tea are loaded with antioxidants. So how do you get the benefits from tea without the fluoride?

Research shows that young tea leaves have far more antioxidants than older leaves.²¹

With fluoride, the situation is reversed: the older the leaves, the higher the fluoride levels.

“White teas” have the least fluoride and most antioxidants.

For example, try Uncle Les’s Tea- Organic White Tea or Prince of Peace Organic White Tea.

Commercial brands like Lipton, Nestea, and AriZona, have ***twice as much fluoride as public water.***²²

Obviously, these brands use older, lower-quality sources of tea.

If you want to decalcify your pineal gland, avoid bottled tea, instant teas, and low-priced commercial brands of tea.

A Green and Black Tea Alternative

But white tea is low in caffeine. So if you're drinking tea for an energy boost, white tea may not cut it.

Another viable option if you're a tea drinker is Yerba Mate.

This popular South American tea contains five times more antioxidants than green tea and is a clean source of caffeine.

Yerba Mate also has a fifth of the amount of fluoride found in green tea.²³

Yerba Mate provides several hours of enhanced mental clarity and increased energy without a sharp drop-off afterward.

If you're going to drink it, consider getting the unsmoked variety as anything smoked is likely more carcinogenic.

Ditch Your Nonstick Cookware and Other PFCs

Again, to decalcify your pineal gland, we must stop doing all the common “modern things” people do that lead to further calcification.

Most non-stick coatings on cookware contain PFOA (perfluorooctanoic acid) and perfluorinated compounds (PFCs).

As you can see in these names, they are fluoride-based substances that are both toxic and calcifying.

So swap your nonstick cookware with stainless steel, ceramic, glass, or cast iron cookware.

Other products that contain PFCs include stain-proof clothing, flame-retardant products, stain-resistant carpeting, and packaging for greasy foods.

Avoid Eating Processed Foods

Conventionally-grown produce sprayed with pesticides, as well as processed foods, are a double-whammy for pineal gland calcification.

Pesticides, Herbicides, and Fluoride

Fluoride's high toxicity makes it an effective ingredient in commercial pesticides.

Two types of pesticides sprayed on foods use fluoride: cryolite and sulfuryl fluoride.²⁴

Cryolite is used heavily in grape products.

According to a 2005 USDA study, the average fluoride level in white grapes juice, white wine, and raisins is over 2 ppm (that's twice as much as fluoride in public water).

Many farmers also spray cryolite on produce including broccoli, kale, and cabbage.

Processed Foods, Fluoride, and Synthetic Calcium

Virtually *all* processed foods contain some form of synthetic calcium, such as calcium phosphate, calcium carbonate, or dicalcium phosphate. All of these forms of calcium lead to calcification.

Additionally, food-processing facilities use sulfuryl fluoride to fumigate their facilities and food, both of which contaminate food with fluoride.

So if you're interested in decalcifying the pineal gland, you now have one more reason to eat organic, whole (unprocessed) foods.

Bottom line: Do your best to avoid processed foods and "conventionally grown produce" (produce grown with pesticides). Consume as much organic, non-genetically modified (non-GMO) produce and foods as you can. If you eat animal products, ensure they are organic, grain-free, free-range, antibiotic-free, and hormone-free.

DOWNLOAD: [Decalcify Your Pineal Gland \(PDF\)](#)

Recap: How to Decalcify the Pineal Gland

The pineal gland is a tiny gland at the center of the brain. It is responsible for managing the biological clock, sleep-wake cycle, reproductive system, growth, and more.

This gland tends to get calcified because of many harmful environmental factors that affect modern humans.

Synthetic fluoride, chlorine, and calcium are the chief causes of calcification.

Pineal gland decalcification is imperative for anyone interested in self-development and self-leadership.

In many respects, pineal gland decalcification is an important state in the process of becoming more human.

How to decalcify your pineal gland:

1. Use fluoride filters to minimize fluoride intake from public water.
2. Use alternative, fluoride-free toothpaste.
3. Stop taking calcium supplements with synthetic calcium.
4. Avoid using nonstick cookware with PFOA and PFC.
5. Eat organic whole foods.
6. Avoid processed foods and foods sprayed with pesticides.

So that summarizes **Part 1: Pineal Gland Decalcification**. Start by eliminating or substantially reducing the conditions causing calcification.

Now, it's time to detoxify the pineal gland and chelate heavy metals from your blood. That's the topic of **Part 2**.

12 Powerful Supplements to Detoxify Your Pineal Gland

by [Scott Jeffrey](#) April 29, 2025 | ⌚ 20 min read

OVERVIEW: This guide explains how to do a pineal gland detox to remove some of the harmful effects caused by calcification. This guide is part 2 of a four-part series.

In the last guide, we explored what the pineal gland does and how it can become calcified due to various chemicals in our modern environment.

Due to these synthetic substances, the pineal gland often functions improperly.

A calcified pineal gland can impair our sleep, cognitive abilities, reaction time, judgment, perception, and overall performance.

If you're interested in psychological development and actualizing more of your potential—the primary topics we cover on this site—a well-functioning pineal gland is essential.

Why? Because when the pineal isn't functioning properly, our perception is impaired.

Part 1 of this series reviewed extensive research on the causes of a calcified pineal gland, offering several steps to prevent further calcification.

Now, in part 2, we're going to explore ways you can begin dissolving the existing calcification surrounding this vital gland.

Part 1: [Pineal Gland Decalcification](#)

Part 2: Pineal Gland Detox (You Are Here)

Part 3: [Block Blue Light](#)

Part 4: [Activate Your Pineal Gland](#)

CONTENTS

- [What is the Pineal Gland?](#)
- [Why Do a Pineal Gland Detox?](#)
- [How to Do a Pineal Gland Detox](#)
- [How to Select the Right Pineal Gland Supplements for You](#)
- [12 Research-Supported Pineal Gland Detox Supplements](#)
- [1: Iodine](#)
- [2: Shilajit](#)
- [3: Fulvic Acid](#)
- [4: Chaga Mushrooms](#)
- [5: Turmeric](#)
- [6: Activator X](#)
- [7: Raw Cacao](#)
- [8: Tamarind](#)
- [9: Raw Apple Cider Vinegar](#)
- [10: Boron](#)
- [11: Green Superfoods](#)
- [12: Selenium](#)
- [The Importance of Continuous Chelation](#)
- [A List of Chelating Agents \(to Remove Heavy Metals\)](#)
- [How to Start with Your Pineal Gland Detox](#)
- [Up Next in this Pineal Gland Series](#)

What is the Pineal Gland?

A quick recap:

The pineal gland is a pinecone-shaped gland located in the center of the brain.

It receives information in the form of light from the eyes and sends out hormonal signals to the rest of the body.

The pineal gland plays a vital role in growth, reproduction, mood regulation, sleep, dreaming, immune function, and body temperature regulation.

This vital gland has been called the “regulator of regulators.”

Why Do a Pineal Gland Detox?

In general, calcification in the body is a known precursor to cancer, heart disease, and other common diseases as we age.

For example, to determine if someone has or is getting a brain tumor, technicians use MRI and PET scans to evaluate the level of calcification. The same goes for other parts of the body.

Eating decalcifying foods and taking pineal gland supplements don't just support proper pineal functioning; they promote:

- Healthy blood cells,
- Enhanced cognition, and
- Increased vitality.

So by doing a pineal gland detox with specific foods and supplements reviewed below, you're not only supporting your pineal function, you're nourishing your blood as well as other glands and organs (including your heart).

DOWNLOAD: [Pineal Gland Detox Guide \(PDF\)](#)

How to Do a Pineal Gland Detox

To be clear, this pineal gland detox assumes that you've already taken steps to remove the sources of calcification.

Part 1 of this series, [How to Decalcify the Pineal Gland](#), covers all the major ways we unknowingly consume fluoride, chlorine, and their derivatives that lead to calcification.

If you don't address these issues *first*, you're unlikely to have any positive results with this pineal gland detox.

So, assuming that you've already removed synthetic fluoride from your life, you're ready for the next step.

In my view, a pineal gland detox should:

- Support decalcification
- Chelate heavy metals
- Flush out fluoride
- Clean and improve the blood
- Remineralize the body

So we need a “stack” of supplements to target the different dimensions of this detoxification process.

How to Select the Right Pineal Gland Supplements for You

First, I'm supposed to say something you already know: ***Nothing in this article should be misconstrued as medical advice.***

I've researched and taken all the supplements reviewed below myself.

You don't need to consume *all* of the following pineal gland detox supplements. It's probably inadvisable to take them all at once.

Instead, select the ones that resonate with you and then experiment with them for several months.

Ultimately, we are each a random sample of one. Meaning our unique biological framework is different than any “industry average.”

What's best for one person isn't necessarily best for you. So the responsibility falls on each of us—not our physicians or “industry experts”—to determine what we need.

(That said, if you're on any medications, it's a good idea to check with your physician before taking certain supplements.)

Our biological system can be our guide. But first, we need to tune in and listen to what our bodies are telling us.

12 Research-Supported Pineal Gland Detox Supplements

What follows is a list of supplements with scientifically studied benefits that support [decalcification](#), heavy metal removal, and tissue renewal.

When applicable, I've included the pineal gland supplements I take.

As I research and experiment with others, I'll add them to this guide.

(Disclaimer: Many of the products recommended below have affiliate links.)

1: Iodine

Iodine is a mineral found in sea vegetables, such as seaweed or kelp. This vital mineral helps the thyroid gland regulate hormones and is one of the most effective chelators (removers) of heavy metals from the body.

Iodine chelates heavy metals such as mercury, lead, cadmium, and aluminum, as well as fluoride. It's antifungal, antibacterial, and antiparasitic.

According to Dr. Mark Siccus:^{[1](#)}

“Iodine intake immediately increases the excretion of bromide, fluoride, and some heavy metals including mercury and lead. Bromide and fluoride are not removed by any other chelator or detoxifying technique.”

When you begin researching the [harmful effects of fluoride exposure](#), it's difficult not to learn about iodine.

By most accounts, iodine is an essential supplement for any pineal gland detox.

While seaweed is a staple of an Asian diet, in the West, we are mostly iodine-deficient.²

Iodine Supplements for Pineal Gland Detox



The easiest way to increase your iodine intake is through iodine supplementation.

The best option for iodine that I'm aware of is [Lugol's Solution of Iodine \(5% solution\)](#) by J.CROW'S.

Lugol's Solution of Iodine is the most widely recognized form of iodine. It's made from distilled water, potassium iodide, and iodine crystals. The challenge is that most of the available options of Lugol's are weak solutions.

You're unlikely to find a solution higher than 2% on Amazon, for example. But if you [buy directly through J.Crow's](#), you can get a 5% solution. (They offer free shipping too.)

Lugol's Iodine is also useful if you need to take large doses transdermally (topically on your skin).

Another option is [Detoxadine](#) by Global Healing Center.

Detoxadine is a nascent iodine formula sourced from 300 million-year-old salt deposits 7,000 feet below the Earth's surface.

Save 10% on Detoxadine and other Global Healing Center products with code **CEOSAGE**.

Of the two, I would go with Lugol's mainly because more experts in this field say that Lugol's is more bioavailable than nascent iodine.

I've used both iodine supplements listed above. And I still take Lugol's almost every day—not for a pineal gland detox, but simply to help chelate heavy metals.

How to Take Iodine Supplements

Increasing your iodine intake can reduce your calcium levels, so be sure to eat calcium-rich foods like broccoli, kale, and almonds when you're taking iodine supplements.

Regarding dosage, see [this article](#) by Dr. Siccus.

Be mindful of the dosing of iodine, especially if you have a pre-existing thyroid condition. (Again, everyone is a random sample of 1.)

I personally have taken 10X the recommended dose without any problems, but I've been told by several readers (female) that this was not the case for them.

Another alternative is to make your own Lugol's solution at a higher concentration. The process is simple enough, but it can be difficult to find iodine crystals if you live in the States.

What About Kelp And Seaweed?

You can also consume kelp and algae-related foods, but the challenge is that you're probably not going to consume a sufficient amount, and you have to be mindful of ocean contaminants like mercury.

For seaweed and kelp, try to purchase them from Icelandic sources. This region is the furthest from Fukushima and, therefore, is said to have the least radiation from the nuclear reactor explosion.

I've used [Organic Raw Icelandic Kelp Powder Blend](#) from Maine Coast Sea Vegetables when cooking. I also used to take [Oregon's Wild Harvest Organic Kelp](#) capsules for additional supplementation.

However, there's reason to believe that kelp and seaweed are ineffective in the context of [decalcification](#) and pineal gland detoxes.

In my opinion, kelp and seaweed do not contain sufficient levels of iodine to help chelate heavy metals and fluoride.

2: Shilajit



Shilajit is a plant material produced over millions of years from plants preserved in dark crevices of the Himalayan Mountains.

Shilajit forms a thick resin that's packed with 85 different trace minerals, including fulvic acid (see below).

Numerous studies demonstrate shilajit's anti-aging properties and its protective effects against cellular damage. Shilajit also reduces chronic fatigue syndrome in rats.³

The highest quality Shilajit I've found is **Authentic Shilajit™ by Lotus Blooming Herbs**.

The quality of this shilajit is superior to most of the me-too brands you'll find on Amazon. It's personally sourced by Lotus Blooming Herbs founder Johann Helf.

Authentic Shilajit comes in the form of thick, sticky goo. You dissolve it in a small amount of warm water before drinking it.

I experienced the potency of this product initially, before my body adjusted to daily use.

(I used to also suggest another brand called Purbblack, but it now uses nano particulates of gold and silver in its formation, which is ill-advised. Now, I highly recommend *avoiding* this brand and sticking with Authentic Shilajit.

3: Fulvic Acid



Fulvic acid helps eliminate toxins and heavy metals, supporting the decalcification process.

It also appears to deliver antioxidants and minerals directly to the cells that need them.

I've tried numerous fulvic acid products on the market before settling on **Optimally Organic's Fulvic Ionic Minerals X350**.

Plant-based and water-extracted, Fulvic Ionic Minerals X350 is like an American version of Shilajit. (It's sourced from freshwater and saltwater deposits of 40 million-year-old humic shale from the southern United States.)

This supplement contains fulvic acid, humic acid, essential amino acids, and 77 trace minerals. Due to its high concentration, you only need about 6 drops in a glass of water.

While they offer less expensive options like the [X100](#) version, [the X350](#) is a five- or six-month supply in a single bottle. (X100 is a one-month supply.)

In my opinion, Shilajit and fulvic acid are powerful pineal gland supplements for detox and daily maintenance. You don't need to take both at the same time; choose one or the other.

I take X350 at least once a day as part of my maintenance protocol.

4: Chaga Mushrooms



The Chinese call it the “King of Plants.” In Siberia, it’s the “Gift from God.” And for the Japanese, it’s the “Diamond of the Forest.”

Not bad for wood-rotting fungus!

Hundreds of scientific studies have demonstrated the potent effects of the Chaga mushroom on the immune, hormonal, and central nervous systems. Studies in Finland and Russia found that Chaga is an efficient **anti-tumor agent** as well as an antiviral.⁴

Chaga provides us with phytochemicals, nutrients, and **melanin**.⁵ Melanin provides the pigment for our skin, hair, and eyes.

The pineal gland uses melanin to help shield us from UV light.

The most effective and traditional way of taking Chaga is in tea. It comes packaged in chunks (that look and feel like tree bark), as granular powder, and fine powder.

You can steep it in chunks, but I was instructed to grind it into a powder first. (I use a coffee grinder when I use the chunks.)

Here are two great options:

1. **Loose Tea Bag Cut Raw, Organic & Wild Chaga Mushroom** by Optimally Organic (Canadian)
2. **Chaga extract** by Surthrival (New England)

Preparation: Steep in hot water in a covered mug for 45 minutes.

5: Turmeric



Turmeric is another excellent supplement for your pineal gland detox. A study in Pharmacognosy Magazine shows that curcumin, the active ingredient in turmeric, can prevent and potentially reverse damage caused by fluoride exposure.⁶

The study concludes:

“Supplementation with curcumin significantly reduce the toxic effect of fluoride to near normal level by augmenting the antioxidant defense through its scavenging property and provides evidence of having therapeutic role against oxidative stress mediated neurodegeneration.”

For cooking, you can use fresh turmeric, which looks like ginger, or try an organic turmeric root powder.

To get the most benefit from turmeric, it is often paired with Bioperine, which is found in freshly ground black pepper.

Or, if you prefer a liquid tincture option, go with **Global Healing Center's Organic Turmeric with Black Pepper Extract**. (Save 10% with code **CEOSAGE** for orders over \$50)

6: Activator X

The name “Activator X” seems like something out of a sci-fi film, but after doing a little research, I was intrigued.

In 1945, the “Isaac Newton of Nutrition,” a former dentist named Weston Price, described a vitamin-like compound that plays a major role in:

- Growth,
- Reproduction,
- Brain function,
- Tooth decay prevention, and
- Protection against calcification of the arteries.

Price called this compound Activator X. He determined that it occurred in the butterfats, organs, and fat of animals that consume rapidly growing green grass.

(If you’ve heard the buzz about grass-fed butter in the biohacking community or from David Asprey’s “Bulletproof Coffee,” the original research is based on Price’s Activator X.)

Vitamins K1 and K2

Activator X combines vitamins K1 and K2. Vitamin K1 is found in rapidly growing, green, leafy plants.

Intestinal microflora in animal tissues produce vitamin K2. You can find it in organ meats, fermented dairy products like cheese or butter (grass-fed butter), sauerkraut, and marine oils.

Medical scientists now know that a vitamin K2 deficiency can cause calcification in the cardiovascular system.⁷

Vitamin K2, in its Activator X form, helps remove calcium from the arteries, and we can assume it does so in the pineal gland too.

Activator X doesn't actually eliminate calcium. Instead, it directs the calcium to our bones and teeth where it's needed. (That's how it helps reverse tooth decay.)

Price found that vitamin K2's magic came alive when paired with vitamins A and D, two other fat-soluble activators.

These vitamins signal to the cells to produce certain proteins, and then vitamin K2 activates these proteins.

How to Take Activator X



To use Activator X for your pineal gland detox, you want to combine vitamin K2 with additional vitamins A and D.

One way of doing this is to take **Green Pastures Concentrated Butter Oil**.

This concentrated butter oil gives you the vitamin K2 you need. You'll get additional vitamins A and D from the Supergreens recommendation below.

Another great way to get K2 is to consume Ghee, the result of a slow clarification process of butter that removes all moisture, lactose, and caseins from butter.

Ghee is butter made from grass-fed cows. Ghee doesn't need to be refrigerated and has a long shelf life.

But any high-quality, grass-fed butter should work fine too.

For more on the benefits of K2, see [Vitamin K2 and the Calcium Paradox](#) by Kate Rheaume-Bleue.

7: Raw Cacao

Multiple scientific studies show that raw cacao, rich in flavonoids, helps decrease blood pressure and improve blood vessel health.⁸

By triggering high levels of nitric oxide, raw cacao increases the size of blood vessels.⁹

Larger blood vessels mean more blood flow, and oxygen reaches the pineal gland, supporting healthier functioning and detoxification.

Raw cacao is also loaded with antioxidants as well as anandamide.

Called the “bliss molecule,” anandamide is a neurotransmitter produced in the brain. (Anandamide is why people feel high when they eat good chocolate.)

But not all chocolate is created equal. Cocoa powder is made from raw cacao that has been roasted at high temperatures. This roasting process changes the chemical structure of the bean, eliminating many of the enzymes and nutrients.

Cold-pressing *unroasted* cocoa beans makes raw cacao powder. To achieve the desired effects on your pineal gland detox, opt *for raw cacao*, preferably organic.

Cacao powder is excellent for shakes and smoothies. It can also be blended into coffee to create a caffè mocha.

8: Tamarind

One study from the early 2000s showed that tamarind increased fluoride excretion in urine compared to the control group.¹⁰ A follow-up study confirmed the initial findings.¹¹

The researchers believe tamarind may even be able to reverse the effects of skeletal fluorosis caused by ingesting fluoride.

Another study shows that a compound from the tamarind fruit shell can be used to de-fluoridate groundwater.¹²

Organic tamarind products are hard to come by in the States, but here's [Rani's Non-GMO Tamarind paste](#).

9: Raw Apple Cider Vinegar



Raw apple cider vinegar is a natural detoxifier for metals.

The malic acid in raw apple cider vinegar chelates heavy metals while its natural vitamins, minerals, and enzymes replenish your body with the necessary nutrients.

Malic acid binds with toxins and helps the body eliminate them more efficiently.¹³

Apple cider vinegar also helps cleanse the lymph nodes, allowing for better lymph circulation. This is necessary for removing toxins and improving your immune response—excellent for detoxifying your pineal gland.

Make sure to get “raw” apple cider vinegar and that it comes in a glass bottle, not plastic.

The most well-known and trusted brand is Bragg’s Organic Raw Apple Cider Vinegar.

I always keep a few extra bottles of Bragg’s in the house. It’s an excellent product, useful for tons of healing remedies (and salad dressing).

10: Boron

In a 1942 study, Marcovitch and Stanley discovered that boric acid is an antidote to fluorine.¹⁴

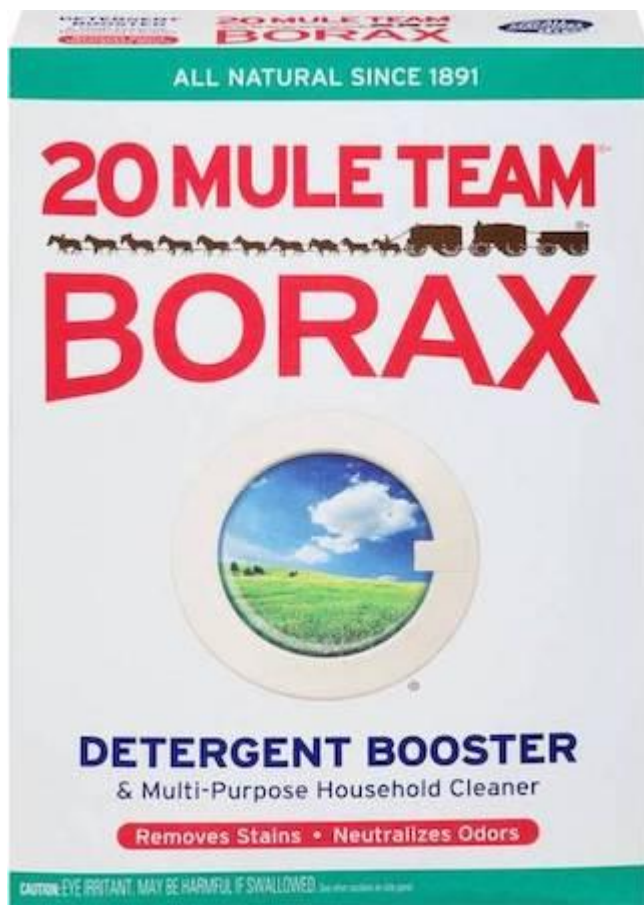
Boric acid is the most common form of boron, a trace mineral.

Foods high in boron include:

- Avocados
- Almonds
- Bananas
- Beans
- Beets
- Chickpeas
- Dates
- Hazelnuts
- Prunes
- Raisins
- Walnuts

You also get boron in [fulvic acid](#) and [Shilajit](#) discussed above.

Boron versus Borax



Borax is a sodium salt of boric acid. Boron is abundantly present in borax.

Borax is commercially used as a cleaning product.

For example, the brand 20 Mule Team sells borax as a household cleaner and laundry detergent.

But can Borax also be used to detox from fluoride?

The Borax Protocol

According to chemist Walter Last, “Borax reacts with fluoride ions to form boron fluorides which are then excreted in the urine.”⁴⁵

That is, borax can be a powerful tool to help detoxify the pineal gland.

A study was done in China in 1987 with 31 patients suffering from skeletal fluorosis.¹⁶

The dosage of Borax was increased from 300 to 1,100 mg per day over three months, with a one-week break each month.

The treatment was effective with 50 to 80% improvement.

Borax has also been used to treat arthritis and osteoporosis effectively.¹⁷

In case you want to try it, here are the instructions for what's called the Borax Protocol:¹⁸

The general dose of Borax in this protocol is 1/4 teaspoon for men or 1/8 teaspoon for women dissolved in one liter of water, consumed over a day.

You follow this protocol for five days and then rest for two before starting the cycle again.

Note: I've taken this and far more aggressive borax protocols without any negative side effects.

11: Green Superfoods



Finally, eating raw, green foods rich in chlorophyll will also help chelate heavy metals from your blood while nourishing it.

Chlorophyll-dense foods like chlorella, spirulina, and wheatgrass also increase oxygen levels, repair damaged tissue, and boost the immune system.

Theoretically, anything that boosts oxygen and immune function should support your body in reversing pineal gland calcification.

And, any foods charged with sunlight should also support healthy pineal gland functioning.

Check out **Supergreens Powder** from Optimally Organic.

This Supergreen mix contains wheatgrass, cracked cell chlorella, barley grass, and alfalfa grass. It's 100% raw, organic, and freeze-dried.

12: Selenium

Finally, there is reason to believe that selenium also offers protection against fluoride.

One study on mice found that selenium helped protect their brains from the adverse effects of sodium fluoride in their drinking water.¹⁹

Another study on rats found that selenium combined with zinc counteracted kidney damage from fluoridated drinking water.²⁰

A wide range of research is also found in *Preventing Fluoride Toxicity with Selenium*.

The researchers conclude:²¹

Administration of antioxidants during fluoride exposure can significantly overcome fluoride toxicity and therefore may be a promising therapeutic strategy for cases of chronic fluorosis. Selenium plays a critical role in the maintenance and proper functioning of cellular defense mechanism and acts as a potent protective agent via expression of selenoproteins.

You'll often hear people say that Brazilian nuts are a great source of selenium. However, I've been told by several experts that you can't get a sufficient amount of selenium from these nuts or any other foods. If you want to add selenium to your pineal gland detox, consider finding a high-quality supplement form.

The Importance of Continuous Chelation

The unfortunate truth is that we're being bombarded with heavy metals and nanoparticles from every angle, 24/7. It's not just the water supply that's polluted with synthetic chemicals; it's the air (geoengineering) and our food supply too.

Toxic metals like lead, aluminum, cadmium, arsenic, and mercury accumulate in our bodies, particularly in the endocrine system and muscle tissues. This leads to a host of chronic diseases, including hormone imbalance and even impaired organ function.

For example, most fish from the ocean are loaded with mercury. Most rice, especially brown rice, is contaminated with arsenic.

Chelators are binding agents. They bind to the heavy metals, allowing the body to excrete them. (Chelate from the Greek, *chele*, which means claw.)

Chelators are essential for detoxifying the pineal gland. But they are also essential for ongoing maintenance and optimal health.

A List of Chelating Agents (to Remove Heavy Metals)

Numerous chelators were listed above including:

- Iodine
- Apple cider vinegar
- Chlorella
- Boron/borax
- Amino acids (fulvic acid)

Other known chelating agents include:

- Cilantro²²
- Onions and garlic
- Food-grade activated charcoal
- Oregano oil
- EDTA
- Sodium Thiosulfate (removes heavy metals, arsenic, cyanide, and chlorine; often combined with EDTA)²³

You might also look into MSM (Methyl-Sulphonyl-Methane). It's an organic sulfur compound that dissolves calcium phosphate crystals that lead to calcification. You can also eat sulfur-rich foods, such as nuts and legumes, as well as garlic and onions.

Finally, a substance like EDTA is quite powerful. EDTA won't just chelate heavy metals; it can also strip essential minerals from your body. Be careful with the dosage and frequency. Be sure to remineralize afterward.

DOWNLOAD: [Pineal Gland Detox Guide \(PDF\)](#)

How to Start with Your Pineal Gland Detox

I know. It can feel overwhelming. Where do you begin?

The best place to start is your overall diet. In the [previous guide](#), I emphasized the importance of eating non-GMO, organic fruits, vegetables, and other whole foods (unprocessed).

There are two essential reasons why:

1. First, processed foods and commercial produce with pesticides are filled with fluoride and other calcifying agents.
2. Second, while there's a lot of hype around specific "superfoods," ultimately, every vegetable is a superfood.

Concerning the pineal gland, vegetables like kale, broccoli, avocados, and beets are rich in nutrients, antioxidants, and minerals (like boron).

Next, I recommend selecting two or three of the above supplements to start your pineal gland detox.

Make sure you have at least one or two:

1. Heavy metal chelator that also removes fluoride
2. A potent form of minerals

Augment your immune system and support pineal health with Chlorophyll-dense foods that chelate heavy metals like Supergreens Powder.

Because most of us are mineral deficient, I recommend starting with fulvic acid or shilajit.

And because most of us are iodine-deficient, I recommend taking an iodine supplement.

Regarding available research, Chaga mushrooms and Activator X are impressive.

I'll try to keep this guide up to date with new discoveries and updated products.

Up Next in this Pineal Gland Series

So if you're following along, you're [reducing the causes of calcification](#) (Part 1) and you're also decalcifying and detoxifying your pineal gland (Part 2).

Now, it's time to turn our attention to our sleep.

In Part 3, we focus on ways to [block blue light](#) and **restore the circadian rhythm**.

We explore the role of light and how it affects our sleep and the functioning of the pineal gland. The tips in this guide can improve your sleep quality and overall mental performance.

- [GUIDES](#)
- [COURSES](#)
- [ABOUT](#)
- [UPDATES](#)
-

How to Block Blue Light: Restore Your Circadian Rhythm and Improve Your Sleep (10+ Ways)

by [Scott Jeffrey](#) February 17, 2025 | ⌚ 23 min read

OVERVIEW: This in-depth guide explores the harmful effects of artificial blue light and how it affects the pineal gland and the circadian rhythm. It offers many strategies to block blue light to improve sleep.

Welcome to Part 3 of this in-depth series on the pineal gland: how to block blue light to restore your circadian rhythm.

We covered [how to decalcify your pineal gland](#) and why it's vitally important in Part 1.

In Part 2, we explored specific foods, minerals, and supplements for [detoxifying the pineal gland](#).

Now, in Part 3: How to Block Blue Light, we'll explore:

- The important role light plays in the pineal gland,

- The destructive influences of artificial blue light,
- How our modern lives are hijacking the pineal and impairing healthy cognitive functioning, and
- Actions you can take to block blue light *right now*.

Let's dive in...

CONTENTS

- [What is Circadian Rhythm?](#)
- [The Benefits of Blue Light](#)
- [Why Block Blue Light?](#)
- [How to Block Blue Light: 3 Important Steps](#)
- [The Destructive Nature of Artificial Blue Light](#)
- [The Dangers of the Blue-Lit Screen](#)
- [Block Blue Light with Amber Glasses](#)
- [9 More Ways to Mitigate Blue Light and Restore Your Sleep Cycle](#)
- [Recap: How to Block Blue Light](#)

What is Circadian Rhythm?

In 1981, Harvard sleep researcher Charles Czeisler showed that a person's internal clock aligns with the environment via daylight.

Circadian rhythm is the approximately 24-hour cycle of biological activities linked with natural periods of light and darkness.

“Biological clock” is another term for the circadian rhythm.

Circadian Rhythm, the Pineal Gland, and Melatonin

The pineal gland is the body's light meter.

The pineal synthesizes and secretes melatonin. Melatonin is a hormone that plays a central role in regulating circadian rhythm.

How does the pineal gland know how much melatonin to secrete?

Light exposure to our eyes is the primary factor.

Normally, the pineal produces less melatonin in daylight hours and increases secretion during the night.

DOWNLOAD: [How to Block Blue Light \(PDF\)](#)

The Importance of Melatonin

Besides regulating circadian rhythm, melatonin is an important hormone that:

- Helps us sleep,
- Reduces pain in chronic conditions,
- Acts as an anti-inflammatory agent,
- Supports cellular immune responses, and
- Promotes healing in damaged tissues.

Studies by Walter Pierpaoli and Georges Maestroni show that melatonin also increases performance and longevity in rats.¹

But here's the problem: nowadays, the pineal gland tends to produce an **insufficient amount of melatonin** in most people.

Circadian Rhythm Gone Wrong

What did we do before the advent of artificial light?

The sun used to be our primary source of lighting. Our evenings were spent in relative darkness.

Living under nature's time clock, the pineal gland secretes melatonin correctly, and our bodies align with the circadian rhythm.

Now, however, artificial blue lighting pours through our homes, offices, and virtually everywhere else.

We stare at blue-lit screens—phones, tablets, monitors, and televisions—all day and evening.

And, it turns out, this abundance of lumens comes at a high cost to our biology. It throws the circadian rhythm out of alignment.

Our sleep suffers, and research shows, that it may contribute to causing cancer, heart disease, obesity, diabetes, and more.

Thankfully, we have ways to “reset” our natural body clock and restore the circadian rhythm.

The Benefits of Blue Light

Each wavelength of light in the electromagnetic spectrum affects our biology differently.

The Light Spectrum

Blue wavelengths, for example, are beneficial during daylight hours.

Natural blue light from the sun:

- Improves attention
- Increases reaction time²
- Boosts energy
- Enhances mood
- Helps fight fatigue³

All of these things support proper functioning and daily performance.

But come sundown, blue light is unnatural and becomes disruptive.

Why Block Blue Light?

Blue light causes the pineal gland to suppress melatonin production for up to four hours.

One Harvard study compared the effects of 6 1/2 hours of blue light and green light exposure.⁴

They found that blue light suppresses melatonin *twice as long as* green light, shifting circadian rhythms by twice as much (3 hours versus 1 1/2 hours).

A University of Oxford study found that blue light delays sleep.⁵

Health Risks Linked to Blue Light Exposure

A growing body of research links blue light exposure to numerous health risks:

- Cancer risks (melatonin reduces the risk of death from cancer)⁶
- Diabetes risks (messes with blood pressure)⁷
- Increased hunger and obesity (disrupts our metabolism)⁸
- Higher risks of breast cancer⁹
- Bipolar disorder in kids¹⁰

Ultimately, because blue light suppresses melatonin and disrupts the circadian rhythm, it necessarily reduces our sleep quality.

Poor Sleep is Correlated With ...

Poor sleep, in general, is linked to:

- Heart disease¹¹
- Depression¹²
- Type-2 diabetes¹³
- Obesity¹⁴

Now, let's look at how blue light affects our brains.

Blue Light Exposure Promotes Neurodegeneration

As we saw above, blue light reduces melatonin production. This vital hormone helps protect our brains and keep mitochondria functioning properly.

As unique structures in every cell in your body, mitochondria are considered the “powerhouses of the cell.” They generate the body's energy by converting nutrition into adenosine triphosphate (ATP).

ATP is the body's primary source of cellular fuel. When your body—especially your brain—doesn't produce sufficient ATP, you're prone to depression, anxiety, and fatigue.

Additionally, mitochondria regulate free radicals and neurotransmitters in your brain. Numerous studies link impaired mitochondrial function in the brain with neurodegenerative diseases like Alzheimer's, Parkinson's, panic disorder, Schizophrenia, major depressive disorder, and bipolar disorder.

Mitochondrial dysfunction is potentially linked to *virtually every chronic disease*.^{15, 16}

As such, artificial blue light is like a nasty pest that eats at our biological systems over time.

Okay, enough about the problem. Let's see what we can do to reduce and block blue light exposure to help restore the circadian rhythm.

How to Block Blue Light: 3 Important Steps

Below, we'll cover a series of steps you can take to block blue light, reduce your exposure to its harmful effects, and begin restoring the circadian rhythm.

These steps include:

1. Removing artificial blue light from your home
2. Changing your screen settings
3. Wearing glasses that block blue light

Then, we'll cover additional steps you can take to:

- Mitigate the harmful effects of blue light
- Protect your pineal gland
- Improve sleep

Let's start with artificial lighting

The De-Evolution of the Light Bulb

The Destructive Nature of Artificial Blue Light

Light researcher, Dr. John Ott, coined the term *malillumination* to reflect the malnourishment we're getting from artificial light.

It's called *junk light* (think "junk food").¹⁷

Fluorescents, compact fluorescents (CFLs), and LEDs became popular because of their superior energy efficiency to traditional incandescent bulbs.

But, it turns out, these new artificial "white light" bulbs aren't only more toxic for the environment, they're toxic to our eyes and pineal glands too.

Most of these artificial light bulbs lack many frequencies of natural light. That is, they are not **full-spectrum lighting**.

Instead, these bulbs ***amplify blue light*** while reducing or eliminating infrared, red, and violet light found in sunlight.

In fact, CFLs and LEDs emit ***five times more blue light*** than our eyes are accustomed to seeing.¹⁸

Worse still, these bulbs have the same pulse flicker as blue-lit screens (see below). This pulse flicker is horrible for your eyes.



Pay Attention to the Artificial Blue Light in Your Home

One study from the University of Haifa shows that the bright white light from ***LEDs suppresses melatonin production five times more*** than bulbs that emit a yellow-orange light.¹⁹

Junk light in the evenings also increases eye strain, causing fatigue.

This junk white light *slows down ATP production and increases free radical production*, reducing cognitive functioning.

Different Types of Light Sources

Blue Light, Flicker, and Various Light Sources

Although halogens and incandescents aren't as energy-efficient, they have significantly fewer harmful chemicals (like mercury) and emit less artificial blue light.

Consider ditching your CFLs and LEDs. Replace them with halogen or traditional incandescent bulbs—if you can still find them! Alternatively, look for LEDs that are designed to block blue light.

It is known that LEDs also have a pulse flicker that damages the eyes and causes brain fatigue over time. While it's believed that halogens and incandescent bulbs don't have this pulse flicker, this is inaccurate.

In fact, most lights plugged into an AC outlet flicker. Flickering in LEDs can be more intense because the brightness change per cycle is higher in LEDs than in incandescent bulbs.²⁰

If you can't find halogen or incandescent bulbs, look for “full spectrum bulbs.” Alternatively, blue-light-blocking LED bulbs exist as well. (These bulbs are generally amber-colored.)

Avoid “dimmable” LED bulbs because, generally speaking, dimmer switches and dimmable bulbs emit more [dirty electricity](#).

The Dangers of the Blue-Lit Screen

Neurosurgeon Jack Kruse tells the very troubling story of how and why all of our devices use blue light instead of red or green.^{21, 22}

The blue-light screen was first used in slot machines in Las Vegas casinos. They found that these screens helped hypnotize the users, leading them to empty their wallets (especially after drinking free booze).

This technology then became part of the CIA MK-Ultra program, later becoming the standard in all modern devices.

Similar to artificial lighting, the blue light in monitors, smartphones, and other devices is leading to all of the biological and mental health problems listed above.

Worst still, the blue light emitted from these devices combined backlight flicker-frequency is acting like an addictive drug. Yes, the world population's addiction to technology can be traced primarily to these sources.

How to Block Blue Light on Your Devices

So how can we mitigate the effects of this technology and block blue light?

Use a Blue Light Filtering App

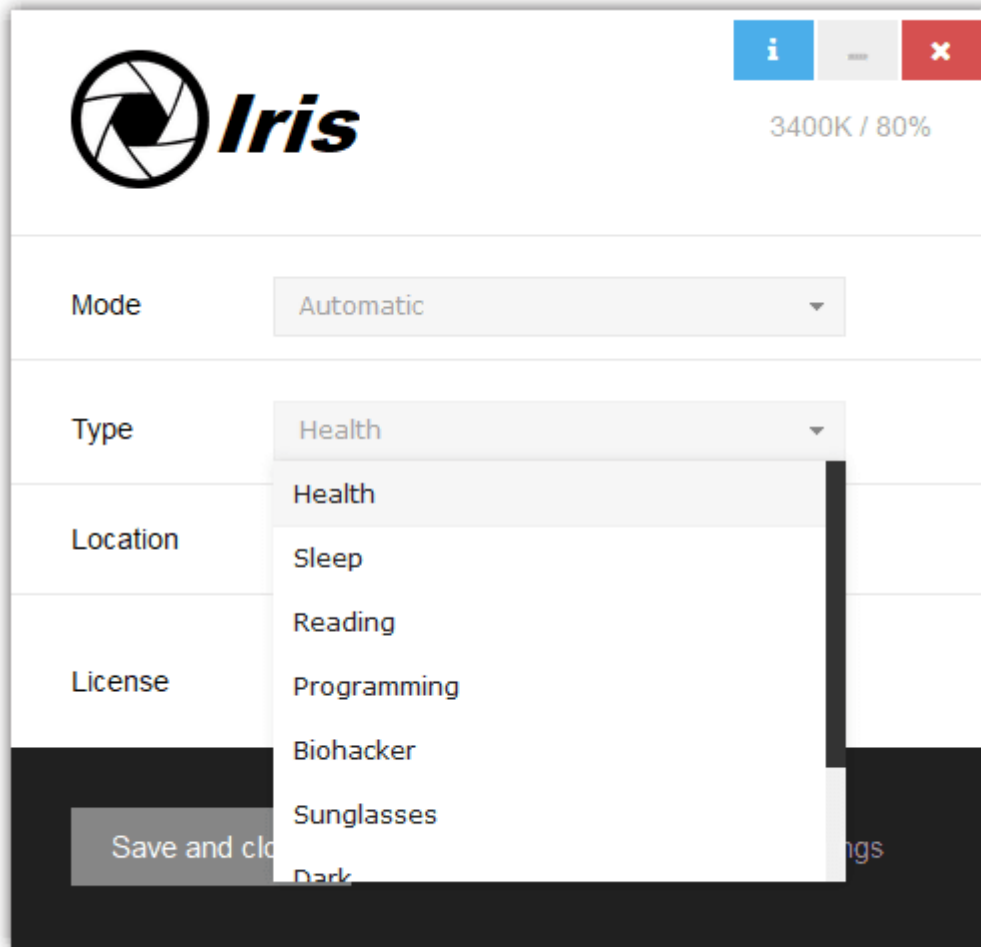
Thankfully, several companies make apps you can install on your devices to reduce blue light exposure.

F.lux App

F.lux is a free app available for Mac OS, Windows, and Linux. It's easy to set up and runs in the background. You can set it to filter more or less blue light based on the time of day.

I used the F.lux app for many years. I kept it at the optimal setting (1200k) so it blocked the most blue light—day and night.

F.lux is terrific for a free app. And it will certainly help you block blue light, especially in the evenings.



Iris App

However, if you're serious about blocking blue light from your monitor, [install Iris](#).

The Iris program has significantly more features and customization. It's also available for Mac OS, Windows, and Linux.

Not only can you block blue light completely with Iris, but you can also control the brightness on your monitor without PWM flicker (the major cause of eye strain, headaches, and brain fatigue from blue-lit monitors).

Iris is a paid app; there's a one-time \$15 fee for lifetime use, but in my opinion, it's well worth it.

They have a 7-day free trial period so you can give a test drive.

Change Your Smartphone Settings

Both F.lux and Iris used to be available for the iPhone, but unfortunately, Apple changed their policies and now they're not. I believe the same is the case for Android.

However, the iPhone does have "Nightshift mode" that blocks some blue light. Try to keep this feature turned on whenever possible.

To access **Nightshift**:

1. Open Settings
2. Go to "Display and Brightness"
3. Click "Night Shift"

From here, you can access the settings.

For Android users, use the **Night Light** setting.

1. Open the Settings
2. Select Display
3. Tap the toggle switch for Night Light to turn it on
4. Tap Schedule. Select "Turns on at custom time" or "Turns on from sunset to sunrise."
5. Tap Start time then End time to set new times.

Dim Your Screens

Another way to block blue light is simply to reduce the brightness on your screens.

The average person is accustomed to blasting their eyes with intense blue light.

If you slowly reduce the brightness settings on your devices and monitors, eventually your eyes will acclimate to the lowest available setting.

As a general rule, the back-lit screen should never be reflecting light on your face.

Block Blue Light with Amber Glasses

We can't always control our environments. And ***artificial blue light is everywhere.***

As the awareness of the blue light problem increased, a new industry was born: blue light-blocking eyewear.

Sometimes referred to as *blue blockers* or *amber glasses*, these glasses claim to block out most of the blue light wavelengths.

Do these blue light-blocking glasses work?

A study published in *The Journal of Biological and Medical Rhythm Research* shows that these amber-tinted glasses do indeed improve sleep.²³

Studies also show these blue light-blocking glasses can:

- Enables melatonin production
- Improves sleep and workday productivity
- Reduces ADHD and manic symptoms
- Provide insomnia relief
- Reduces eye fatigue
- Restores circadian rhythm

For a detailed review of available literature see: [Blue Light Glasses Benefits: Do They Really Work?](#)

My Experience Wearing Glasses that Block Blue Light

I became aware of the damaging effects of blue light over 15 years ago and have been wearing blue light-blocking glasses consistently for over a decade.

The effects on my quality of sleep were undeniable. If you ever feel wired with a racing mind when you go to bed as I used to, these glasses will likely help.

After I started wearing amber glasses, I found that my eyes stayed more relaxed in the evenings.

When it was time to sleep—even if I was on the computer for hours that evening—I still felt calmer and more easily slipped into a restful night's sleep.

How to Block Blue Light With Glasses

According to Charles Czeisler, M.D., chief of the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital in Boston, these glasses should block almost *all* blue light to be effective.

Our eyes are sensitive to a small region of the electromagnetic spectrum.

- Visible light corresponds to a wavelength of 400 to 700 nanometers (nm).
- Visible blue light has a wavelength from about 400 to 510 nm.
- The most disruptive range of blue light is considered to be between 450 to 510 nm.

The later in the evening it is—the further you are past sunset—the more blue light you want your glasses to filter.

As such, two categories of glasses that block blue light are:

1. Daytime glasses (generally tinted yellow)
2. Evening or sunset glasses that are reddish-amber

Both serve their purpose.

Block Blue Light During the Day

To block blue light during the day, wear daytime glasses that block from 50% to 95% blue light.

If you aren't working in an office environment with artificial lighting, and you're using the Iris app on your monitor to block blue light, you probably don't need daytime blue-blocking glasses.

Instead, scroll to the sunset glasses below.

Otherwise, two excellent options are:

(Disclaimer: the glasses recommended below have affiliate links. This does not affect what you pay at all. In fact, in most cases, you can use the discount codes provided below for additional savings.)



Maxwell Daylight Glasses by Ra Optics

Ra Optics designs a line of high-quality blue light blockers that are stylish, attractive, and comfortable.

Ra Optics lenses are super high quality and ultra-lightweight. Their daytime lenses block 95% of blue light.

Ra Optics uses the highest quality CR-39 polymer lenses. They are scratch-proof and shatter-resistant.

They have options for prescription reading glasses as well.

Use this link to save 10% on all Ra Optics glasses.



Daylights

Elite by TrueDark

TrueDark is a product created by Dave Asprey (the Bulletproof guy).

Daylights Elite by TrueDark filters out 75% of blue light within 380nm-500nm light wavelengths. These photochromic lenses have an anti-reflective coating.

The aircraft-grade aluminum frame is ultra-light.

Daylights Elite are great glasses for those who spend many hours in front of a computer during the day. They are also suitable for those who work in buildings with fluorescent lights.

Use code CEOSAGE for a 10% discount on all TrueDark glasses (and get free shipping).

Block Blue Light After Sunset

Blocking blue light after sunset is incredibly important as this is when artificial lighting does the most hormonal and cognitive damage.

Here are a few [blue light-blocking glasses](#) to experiment with:



Night Shades Blue Blocking Amber Glasses by Spectra479

These were my personal favorites for years. These amber-tinted glasses are tested to block 100% of light from the 280-490 nm range and 99.82% in the critical 450-510 nm range.

Spectra479 is an excellent choice if you're just starting with blue light-blocking glasses.

These amber glasses are lightweight and comfortable. Plus, they wrap around your head, which means they block more blue light from the sides.

They cost significantly less than the other options listed (but the quality isn't as stellar either).

Use code **CEOSAGE** for a 15% discount on **Spectra479 glasses**.



Evening Glasses by Ra Optics

Ra Optics's night-time lenses reportedly block 100% of harmful artificial blue and green light.

Excellent quality lenses and build. Super lightweight and comfortable. Available for prescription reading glasses too.

[Use this link to save 10% on all Ra Optics glasses.](#)



TrueDark Twilight Classic by TrueDark

You only wear [TrueDark Classics](#) the last few hours before going to sleep.

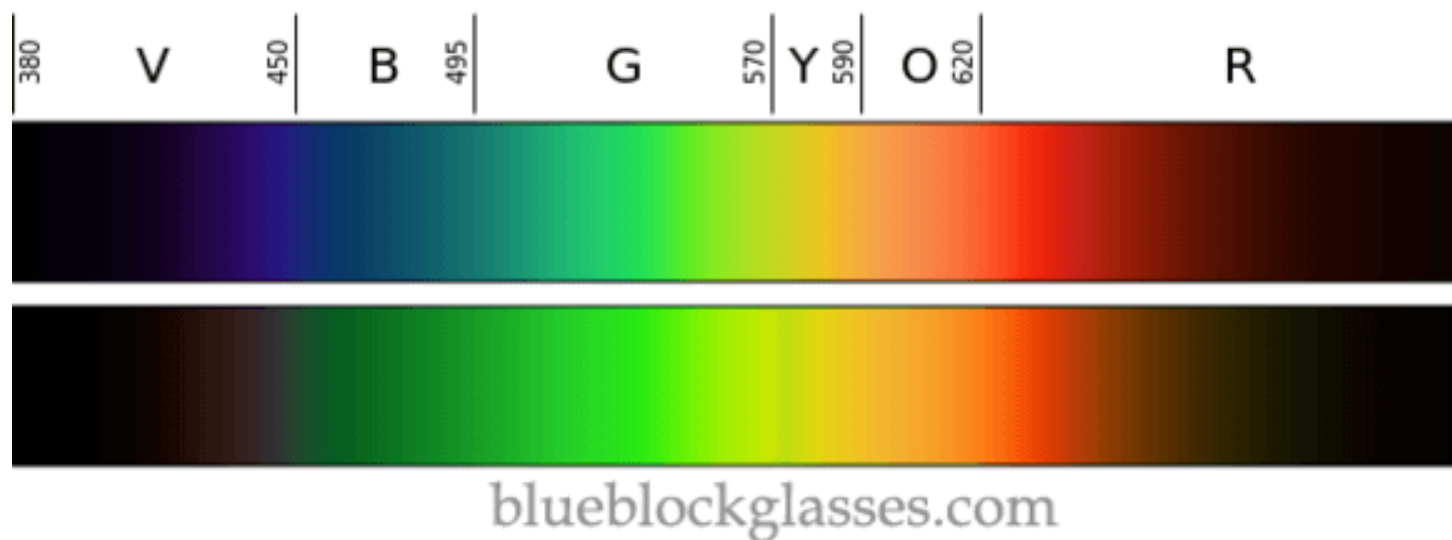
These glasses reportedly block 99% of the wavelengths associated with blue, green, and violet light.

Wearing these glasses is an intense experience. *They definitely block blue light!*

Use code CEOSAGE for a 10% discount on all TrueDark glasses (and free shipping).

How to Test If Your Glasses Block Blue Light

I found this blue light glasses test in [this post](#) by Siriya Mitsattha.



When you look at these two strips of the colored spectrum with the naked eye, you'll notice they are different.

The top light wavelength spectrum is the common one.

From about 520 nanometers and down, the bottom light spectrum is different: there is no visible blue light.

What should happen when you look at these two spectrums with your blue light-blocking glasses?

They should appear *identical*.

9 More Ways to Mitigate Blue Light and Restore Your Sleep Cycle

Many “achievers” tend to think that the less we sleep, the more productive we can be.

But, as the director of the sleep and neuroimaging lab at UC Berkeley, Matthew Walker, explains:

We all think we have to stay awake to get more done. I think that’s simply not true. In fact, if you have a good night of sleep, what you’ll find is that you can get more done than if you simply stay awake.

Do you ever sleep only five hours a night, day after day, when you’re working on a project?

A study published in *Occupational and Environmental Medicine* found that after 17 hours without sleep, one’s alertness is similar to the cognitive effects of being “impaired” (legally drunk).²⁴

According to the CDC, over 50 million adults in the United States have chronic sleep disorders, and less than a third of adults sleep the optimal amount.²⁵

So it’s no wonder that people’s circadian rhythms are off. Virtually *everything* in our modern environments is taking us out of rhythm with nature—including the [EMF from devices and powerlines](#).

Here are nine more things you can do to support “sleep hygiene” and restore your body clock:

Reduce Screen Time

Even if you do every strategy and hack to block blue light, blue-lit screens do not support healthy biological functioning. They are *unnatural*, and we should *not* use them.

As such, do everything possible to reduce your overall screen time.

Particularly in the evening, [get in the habit](#) of powering down your screens earlier.

Dr. Charles Czeisler and other experts advise avoiding staring at computer screens, smartphones, or televisions *for **at least two hours before going to sleep.***

I realize this is a tall order for many individuals, however, if you can make it happen, you will notice the difference in your sleep quality.

And if you have insomnia or ADHD, experiment with this and see if it yields results for you.

Photo by Dawid Zawila

Increase Your Exposure to Sunlight

In a preliminary study at Uppsala University, students exposed to bright daytime light were able to use tablets for two hours in the evening without affecting their sleep.²⁶

A little sunlight in your eyes increases melanin, which supports proper pineal functioning.

There are *tremendous benefits* to sunlight, which we'll cover in [part 4 of this series](#).²⁷ Sunlight boosts your mood and improves your sleep at night.

Neurosurgeon Jack Kruse recommends at least a 1:1 ratio of sunlight exposure to screen time.

Go outside in the morning and throughout the day and gaze up at the sky. You don't need to look directly at the sun. (However, early morning sun gazing is a powerful and beneficial practice—as discussed in part 4.)

Increasing melanin in this way will improve cognitive function, reaction times, and light sensitivity.

Direct sunlight exposure will also make you more resilient to the harmful effects of blue light in the evenings.

Also, if you stare at a computer screen for long periods, periodically shift your gaze out the window and into the distance.

Better yet, take more breaks, walk outside, and look around!

Protect Yourself from EMF

Electromagnetic frequencies from electric, magnetic, and microwave fields disrupt our biology just as much as blue light.

EMF is a serious problem that too few people are aware of (although that's beginning to change).

The EMF from basic wiring in our homes (AC – electric and magnetic currents) was bad enough. But now, the average home is littered with Wi-Fi-enabled devices that emit harmful radio and microwave radiation.

The damaging effects of EMF radiation on our overall health and sleep patterns are well-documented. Reducing and mitigating the influences of EMF is essential for restoring the circadian rhythm.

This topic is too massive to adequately address here. But for starters:

- Keep your smartphone out of your bedroom.
- Unplug your wireless router before going to sleep.
- Unplug everything in your bedroom before sleeping.
- Make sure your head is at least two feet from an outlet.

For a complete step-by-step EMF guide see: [**The Best EMF Protection for your Home.**](#)

Also, here's a [user-friendly review of EMF meters](#).

Ditch Your Sunglasses

In line with the suggestion above, ditch your sunglasses. Sunglasses and sunblock are two things that if you do a little research on, you'll likely never use again.

Direct and indirect sunlight stimulates the pineal, prompting it to produce serotonin. This neurotransmitter will elevate your mood and your level of energy.

Our eyes are designed to take in direct sunlight.

If you frequently wear sunglasses because your “eyes are sensitive,” it's likely related to excessive blue light exposure. If you follow the steps listed above and block blue light, within a brief period, you'll be ready to ditch those shades.

Photo by Noah Silliman

Sleep in Total Darkness

Sleeping in total darkness is surprisingly important.

Harvard sleep researcher Steven Lockley notes that a mere eight lux—about twice as much light as the average night light—affects the circadian rhythm and melatonin secretion.

Any light while we sleep (including candlelight) confuses the pineal gland as to what time of day it is.

Night-time light is a major factor in why many people don't experience quality sleep.

Creating total darkness can be an investment depending on your situation, but of all the methods available to support your sleep, this may be the most essential.

Here are some steps you can take to block out nighttime light:

- Consider investing in blackout shades (if you have street lights or neighbors nearby).
- Remove your alarm clock or put it in the next room. (Or replace it with a battery-operated one.)
- If you have any other electronic devices in your bedroom, unplug them before going to sleep.
- Put electrical tape over any other lights.

You can wear an eye mask, but I don't recommend it as a solution. Besides being potentially uncomfortable, your skin is photosensitive too, so total darkness is preferred.

The darker the room, the better you'll sleep.

Avoid Caffeine in the Evening

Drinking caffeine in the evening will also disrupt your sleep cycle.

A study at the University of Colorado found that having a double espresso before sleep caused a 40-minute delay in the circadian rhythm.²⁸ Duh.

Ground Yourself

There are numerous ways to ground yourself to reduce inflammation and mitigate some of the harmful effects of EMF.

1. [Ground yourself outside](#) by walking barefoot on the earth for at least 20 minutes daily. This is, by far, the best and most effective method. Earthing works!
2. Sleep on [earthing sheets](#) to ground your bed. Earthing sheets use conductive materials like carbon or silver that plug into the grounding port in your outlet so you can stay grounded while you sleep.
3. [Use grounding mats](#) during the day if you work in front of a computer.
4. [Wear earthing shoes](#) when you're walking outside (and you can't be barefoot).

All of these strategies can help your body restore its natural rhythm. But again, earthing barefoot on the ground outside is the most important.

Allow Yourself to Sleep Longer

According to research from The National Sleep Foundation, approximately 95 percent of test subjects, under ideal conditions, sleep seven to nine hours within 24 hours.²⁹

Obviously, the amount of sleep needed will vary from person to person. Other factors that influence sleep include:

- Seasonal changes
- Weather
- Stress
- Physical pain
- Light exposure
- Medications
- Environment
- Foods and [other habits](#)

However, there are studies in the performance literature that suggest that we're not sleeping enough.

Interestingly, numerous research studies of high performers, including Anders Ericsson's study of top violinists, suggest they sleep *more* than the rest of us, not less.³⁰

Use Red Light Therapy

While getting more natural sunlight exposure is ideal, the reality is that most of us don't.

Over 6,500 studies have been published on the benefits of [red and near-infrared \(NIR\) light therapy](#) (which mimics the natural healing power of sunlight).

Red and NIR light therapy devices are affordable and effective.

[This in-depth guide](#) provides everything you need to know to get started.

DOWNLOAD: [How to Block Blue Light \(PDF\)](#)

Recap: How to Block Blue Light

I was a business coach to CEOs and high-performing entrepreneurs for over 25 years. Many high achievers believe that sleeping less is the key to success. The opposite, however, is true.

High performers in any field tend to sleep more than the average person. Learning how to improve the quality of your sleep is foundational for optimal performance in most areas of life.

Improving your quality of sleep will help restore the circadian rhythm. And doing so will promote healthier pineal gland functioning.

A fundamental key to restoring the circadian rhythm is to reduce artificial blue light exposure during the day and block blue light after sunset.

Here's a quick summary of how to block blue light to restore the circadian rhythm:

1. Remove artificial white light sources (LEDs and CFLs) in your home.
2. Use blue-light modulating apps on your monitors.
3. Adjust native smartphone settings to reduce blue light.
4. Dim your screens to the lowest level of brightness possible.
5. Wear daylight blue light glasses during the day.
6. Wear stronger blue light-blocking glasses after sunset.
7. Avoid using screens at least 2 hours before going to sleep.
8. Get more direct sunlight exposure during the day.
9. [Reduce EMF exposure in your home.](#)
10. Take frequent breaks from the screen and stare into the distance.
11. Ditch your sunglasses.
12. Sleep in total darkness.
13. [Practice grounding outside.](#)
14. Avoid caffeine in the late afternoon and evening.
15. Allow yourself to sleep longer.
16. [Use red and NIR light therapy.](#)

Making these lifestyle changes takes a little time and effort, however, the positive effects you'll experience on your sleep quality, overall physical health, level of energy, and mental performance are worth it.

Pineal Gland Series Index

Part 1: [Decalcify Your Pineal Gland](#)

Part 2: [Pineal Gland Detox](#)

Part 3: Block Blue Light (You Are Here)

Part 4: [Activate Your Pineal Gland](#)

