

How to Detoxify Your Pineal Gland

Pineal Gland Series - Part 2

[Scott Jeffrey](#)

In the last guide, we explored what the pineal gland does and how it gets calcified through various chemicals in our modern environment. Due to these synthetic substances, the pineal gland tends to function improperly. A calcified pineal gland impairs our sleep, cognitive abilities, reaction time, judgment, perception, and 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 important. Why? Because when the pineal isn't functioning properly, our perception is impaired.

Part 1 of this series reviewed a lot of research on the causes of a calcified pineal gland, offering numerous steps to avoid 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: [Decalcify Your Pineal Gland](#)

Part 2: Pineal Gland Detox (You Are Here)

Part 3: [Restore Your Circadian Rhythm](#)

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

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, sleeping, dreaming, immune functioning, and regulating body temperature. 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).

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 of the major ways we unknowingly consume fluoride, chlorine, and all of their derivatives agents 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 all of the supplements reviewed below and I've taken all of them myself.

You don't need to consume *all* of the following pineal gland detox supplements. And it's probably inadvisable to take them all at one time. 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 own 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 like seaweed or kelp. This vital mineral assists the thyroid gland in regulating hormones and is one of the most efficient removers (chelators) of heavy metals from the body.

Iodine chelates heavy metals such as mercury, lead, cadmium, and aluminum as well as fluoride. It's anti-fungal, anti-bacterial, and antiparasitic.

According to [Dr. Mark Siccus](#):

“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 of any pineal gland detox. While seaweed is a mainstay of an Asian diet, in the West, we're [mostly iodine deficient](#).

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 aren't likely 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 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 effects and how it protects against cellular damage. Shilajit also [reduces chronic fatigue syndrome](#) in rats.¹

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](#)

¹ Surapaneni DK, Adapa SR, Preeti K, Teja GR, Veeraragavan M, Krishnamurthy S. Shilajit attenuates behavioral symptoms of chronic fatigue syndrome by modulating the hypothalamic-pituitary-adrenal axis and mitochondrial bioenergetics in rats. J Ethnopharmacol. 2012 Aug 30;143(1):91-9. doi: 10.1016/j.jep.2012.06.002. Epub 2012 Jul 6. PMID: 22771318.

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 in the beginning before my body adjusted to daily use.

(I used to also suggest another brand called Purblack, but it now uses nano particulates of gold and silver in its formation, which is ill-advised. So now, I highly recommend *avoiding* this brand and going only 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 needed cells.

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 some water. While they carry less expensive options like the [X100](#) version, [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 antiviral.²

² Lemieszek MK, Langner E, Kaczor J, Kandefer-Szerszeń M, Sanecka B, Mazurkiewicz W, Rzeski W. Anticancer effects of fraction isolated from fruiting bodies of Chaga medicinal mushroom, *Inonotus obliquus* (Pers.:Fr.)

Chaga provides us with phytochemicals, nutrients, and [melanin](#).³ 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 (looks and feels like tree bark), granular, 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 Pharmacogn Magazine shows that curcumin, the active ingredient in turmeric, can prevent and potentially reverse the damage from fluoride exposure.⁴

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 (it looks like ginger) or try an organic turmeric root powder. To get the most benefit from turmeric, it's often paired with Bioperine, found in

Pilát (Aphyllphoromycetidae): in vitro studies. Int J Med Mushrooms. 2011;13(2):131-43. doi: 10.1615/intjmedmushr.v13.i2.50. PMID: 22135889.

³ Melanin Complex from Medicinal Mushroom Inonotus obliquus (Pers.: Fr.) Pilat (Chaga) (Aphyllphoromycetidae),

<https://www.dl.begellhouse.com/journals/708ae68d64b17c52,3ff76b291e5f4359,4000bb317b94495e.html>

⁴ Sharma C, Suhalka P, Sukhwal P, Jaiswal N, Bhatnagar M. Curcumin attenuates neurotoxicity induced by fluoride: An in vivo evidence. Pharmacogn Mag. 2014 Jan;10(37):61-5. doi: 10.4103/0973-1296.126663. PMID: 24696547; PMCID: PMC3969660.

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 occurs 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 vitamin K2 deficiency causes calcification of the cardiovascular system.⁵ 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.

⁵ Geleijnse JM, Vermeer C, Grobbee DE, Schurgers LJ, Knapen MH, van der Meer IM, Hofman A, Witteman JC. Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease: the Rotterdam Study. *J Nutr*. 2004 Nov;134(11):3100-5. doi: 10.1093/jn/134.11.3100. PMID: 15514282.

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.⁶ By triggering high levels of nitric oxide, raw cacao increases the size of blood vessels.⁷ Larger blood vessels mean more blood flow and oxygen makes its way to the pineal gland, supporting healthier functioning and detox.

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.)

⁶ Shrive MG, Bauer SR, McDonald AC, Chowdhury NH, Coltart CE, Ding EL. Flavonoid-rich cocoa consumption affects multiple cardiovascular risk factors in a meta-analysis of short-term studies. *J Nutr*. 2011 Nov;141(11):1982-8. doi: 10.3945/jn.111.145482. Epub 2011 Sep 28. PMID: 21956956.

⁷ Fraga CG, Litterio MC, Prince PD, Calabró V, Piotrkowski B, Galleano M. Cocoa flavanols: effects on vascular nitric oxide and blood pressure. *J Clin Biochem Nutr*. 2011 Jan;48(1):63-7. doi: 10.3164/jcbr.11-010FR. Epub 2010 Dec 28. PMID: 21297914; PMCID: PMC3022066.

But not all chocolate is created equal. Cocoa powder is raw cacao 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 make raw cacao powder. So to get the desired effects on your pineal gland detox, you want *raw cacao*, ideally 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 demonstrated that tamarind increased the excretion of fluoride in urine compared to the control group.⁸ 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.⁹

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 metal detoxifier. 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.¹⁰

Apple cider vinegar also helps cleanse the lymph nodes to allow better lymph circulation necessary for removing toxins and improving your immune response—excellent for your pineal gland detox.

⁸ Effect of tamarind ingestion on fluoride excretion in humans[/mfn] A follow-up study confirmed the initial findings.[mfn]Khandare AL, Kumar P U, Shanker RG, Venkaiah K, Lakshmaiah N. Additional beneficial effect of tamarind ingestion over defluoridated water supply to adolescent boys in a fluorotic area. Nutrition. 2004 May;20(5):433-6. doi: 10.1016/j.nut.2004.01.007. PMID: 15105030.

⁹ Sivasankar V, Rajkumar S, Murugesh S, Darchen A. Tamarind (Tamarindus indica) fruit shell carbon: A calcium-rich promising adsorbent for fluoride removal from groundwater. J Hazard Mater. 2012 Jul 30;225-226:164-72. doi: 10.1016/j.jhazmat.2012.05.015. Epub 2012 May 11. PMID: 22626627.

¹⁰ Domingo JL, Gómez M, Llobet JM, Corbella J. Comparative effects of several chelating agents on the toxicity, distribution and excretion of aluminium. Hum Toxicol. 1988 May;7(3):259-62. doi: 10.1177/096032718800700305. PMID: 3391623.

Make sure you get “raw” apple cider vinegar and that it comes in a glass, not a plastic bottle. 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.¹¹ 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?

¹¹ S. MARCOVITCH and W. W. STANLEY. A STUDY OF ANTIDOTES FOR FLUORINE. Journal of Pharmacology and Experimental Therapeutics. February 1, 1942, 74 (2) 235-238.

The Borax Protocol

According to chemist [Walter Last](#), "Borax reacts with fluoride ions to form boron fluorides which are then excreted in the urine." That is, borax can be a powerful weapon to help you detox the pineal gland.

A study was done in China in 1987 with 31 patients suffering from skeletal fluorosis.¹² The dosage of Borax was increased from 300 to 1,100 mg per day over three months (with one week off each month). The treatment was effective with 50 to 80% improvement.

Borax has also been used to treat arthritis and osteoporosis effectively.¹³

In case you want to try it, here are the instructions for what's called the [Borax Protocol](#): 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 take this protocol for five days and then and then rest for two before beginning 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 juice powder, cracked cell chlorella powder, barley grass juice powder, and alfa grass juice powder. It's 100% raw, organic, and freeze-dried.

¹² L.Y. Zhou, Et al. "Effectives of borax in treatment of skeletal fluorsis," 1987.
<https://eurekamag.com/research/005/223/005223571.php>

¹³ <http://www.rexresearch.com/newnham/newnham.htm>

12: Selenium

Finally, there's reason to believe that selenium also offers protection from fluoride.

One study on mice found that selenium helped protect their brains from the adverse effects of sodium fluoride in their drinking water.¹⁴ Another study on rats found that selenium combined with zinc counteracted kidney damage from fluoridated drinking water.¹⁵ A wide range of research is also found in *Preventing Fluoride Toxicity with Selenium*. The researchers conclude:¹⁶

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. So 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 just the water supply that's polluted with synthetic chemicals; it's in the air (geoengineering) and our food supply.

Toxic metals like lead, aluminum, cadmium, arsenic, and mercury build up in our bodies, especially 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 filled with arsenic.

¹⁴ Reddy KP, Sailaja G, Krishnaiah C. Protective effects of selenium on fluoride induced alterations in certain enzymes in brain of mice. *J Environ Biol.* 2009 Sep;30(5 Suppl):859-64. PMID: 20143719.

¹⁵ Xue C, Chen X, Yang K. [Study on antagonistic effects of selenium and zinc on the renal impairments induced by fluoride in rats]. *Wei Sheng Yan Jiu.* 2000 Jan 30;29(1):21-3. Chinese. PMID: 12725034.

¹⁶ https://www.researchgate.net/publication/289520631_Preventing_Fluoride_Toxicity_with_Selenium

Chelators are binding agents. They bind or claw 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:

- Cilantro¹⁷
- Onions and garlic
- Food-grade activated charcoal
- Oregano oil
- EDTA
- Sodium Thiosulfate (removes heavy metals, arsenic, cyanide, and chlorine; often combined with EDTA)¹⁸

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 like 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 strip good minerals from your body as well. So be careful of the dosage and frequency. Be sure to remineralize afterward.

¹⁷ Omura Y, Beckman SL. Role of mercury (Hg) in resistant infections & effective treatment of Chlamydia trachomatis and Herpes family viral infections (and potential treatment for cancer) by removing localized Hg deposits with Chinese parsley and delivering effective antibiotics using various drug uptake enhancement methods. *Acupunct Electrother Res.* 1995 Aug-Dec;20(3-4):195-229. doi: 10.3727/036012995816357014. PMID: 8686573.

¹⁸ <https://doi.org/10.1016/j.chemosphere.2012.04.033>

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 important 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, avocado, 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 an [iodine supplement](#).

Regarding available research, [Chaga mushrooms](#) and [Activator X](#) are impressive.

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 [restore the circadian rhythm](#).

We explore the role of light and how it affects our sleep and pineal gland functioning. The tips in this guide can transform your quality of sleep and your overall mental performance.

Then, in Part 4, we review five powerful methods for [pineal gland activation](#) after detox and decalcification.