

~ TRUE "VISION" ~

(Part 2)

First things first..... ELIMINATE future and further damage!

In the first installment, we discussed the pineal gland, among other things and this installment will be directed toward the largest problem facing us regarding it which is calcification. This undertaking is typically going to be a process of eliminating further calcification and removing current calcification.

Obviously, when you are bleeding, the first thing to do is stop the bleeding, THEN tend to the wound underlying it, so we will take that same approach here.

To eliminate further damage to this gland, there are really 5 steps that need to be followed:

- 1.) Avoid "halides" in your diet. (Flourine, Chlorine, Bromine) - IODINE is the EXCEPTION! We NEED that one!
- 2.) Remove calcium "supplements" from your diet. (Natural sources are abundant)
- 3.) AVOID TAP WATER! (Drink natural SPRING water, which is naturally alkalized via mineral content)
- 4.) Remove exposure to pesticides. (Stick to organic foods, GMO's are also considered pesticides btw)
- 5.) Avoid Sugar (refined forms), Caffeine, Alcohol and Tobacco. S.C.A.T. (more on this later)

Step-by-step:

(1) Of all of the above, FLOURIDE is the absolute WORST! Flourine compounds are magnetically attracted to the pineal gland more so than any other part of the body. When metabolized, these compounds form Calcium Phosphate crystals, which accumulate in the pineal gland and effectively by ITSELF, can shut down the pineal gland entirely! Getting healthy IODINE is critical though, even though it is also one of the halides. Iodine can effectively CHELATE out some of the toxic halides from our system. Suggest researching that one on your own, it is worthy of an entire article by itself!

(2) More and more research is now indicating that calcium supplements actually are far more detrimental to our health than any benefits they may be. Pretty much all processed foods contain some form of calcium to begin with: dicalcium phosphate, calcium carbonate, as well as other forms. Calcium is also used as "fillers" and "binding agents" of many OTHER supplements we take anyway. Natural food sources such as spinach, kale, sesame seeds, chia seeds, oranges, broccoli, brussel sprouts, almonds, okra, watercress, cheese, figs, sardines, black-eyed peas, white beans, butternut squash, kelp, rockfish and sweet potatoes are EXCELLENT sources of natural calcium.

(3) Water is a HUGE concern. Generally speaking, ALL tap water contains flouride! If you cannot obtain natural, mineral containing spring water (NATURALLY alkaline) then I suggest getting a water filtration system. Reverse Osmosis is NOT one of them! RO water is "DEAD" water and can severely impact your health adversely. Suggest a multi-stage filter, such as a Berkey or similar product. ALSO of concern, is the water we BATHE in! The skin has incredible absorption capabilities, so also strongly suggest using shower filter attachments for those out there who are not on a well!

(4) Avoid foods that are not organic! Keep in mind also that meat items can carry substantial pesticide loads if the meat source has been fed a standard, commercial grain! Also, the labeling of "grass-fed" is entirely misleading! That label only means the animal (cattle, in particular) have been fed "some" grass daily, but well may be consuming enormous amounts of pesticide laden GMO grain products as well. Stick to organic meats, or find a local Amish farm nearby and get your meat products from them, those people KNOW what they are doing and are totally natural and you can be assured your meat products are only PASTURE fed and NO insecticides!

(5) While SCAT is the LEAST of the problem, removing, or significantly reducing these substances lower overall toxic levels in us. As such, this also promotes healthy activity and function of the pineal gland.

I will close this installment here and the next installment will follow the structure of the first and will detail how to decalcify the existing damage to the pineal.

Highest Regards and Much Love,

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