

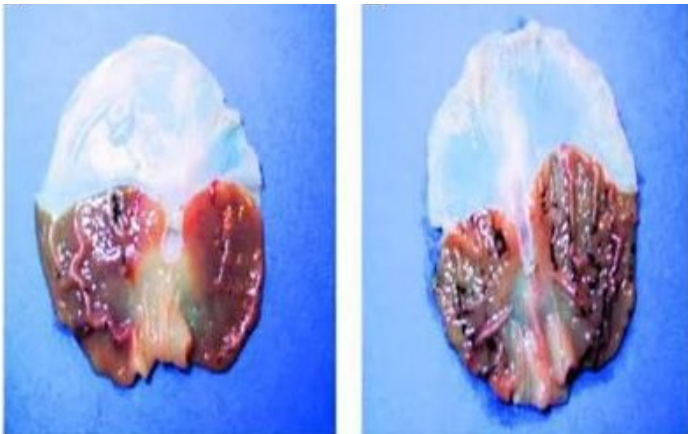
Pineal Gland Decode

Matthew 6:22 . KJ21 "The light of the body is the eye. If therefore thine eye be single, thy whole body shall be full of light. ASV.

Water, sodas, juices, tea made from the tea plant (*Camellia Sinensis*), toothpaste, dental products, vaccines, Deep State chemtrails and all processed foods are full of fluoride, which calcify the pineal gland making it as hard as a tooth. 98% of cities in The United States add fluoride to the water. In Pagosa Springs, Colorado, a court case that involved the death of a rancher's horses has caused that city to stop the fluoridation. In this case, the rancher proved that several of the horses being raised died due to fluoridation of the city's water supply.

<http://www.fluorideresearch.org/391/files/3913-10.pdf>

The tissue of the Pineal gland is identical to those in the eye retina which sees the imagination's images inside our mind; that is why it was referred to as the third eye. Additionally, the pineal has rods and cones just like the regular eyes and these are also attached by nerves directly to the visual cortex. Can you imagine if one of your eyes became calcified? You would not be able to see with it.



This layer of calcification interferes with the pineal gland's health and suppresses its function and purpose as well as its ability to see sunlight and set the diurnal cycle for the body.

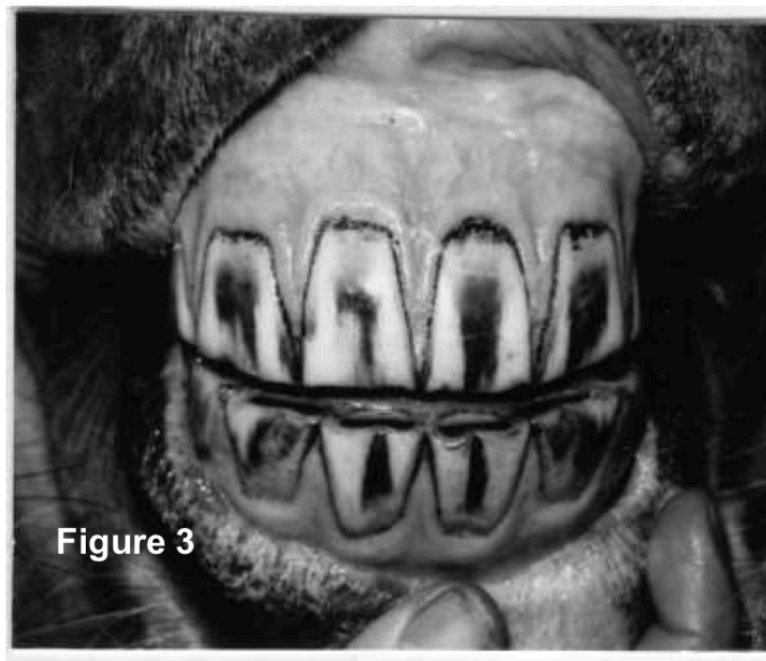
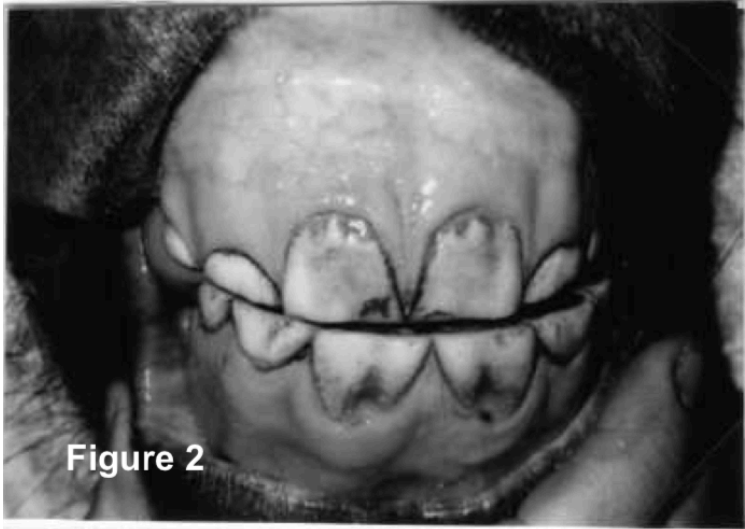
What Does the Pineal Gland Do?

How you think and feel every day depends on the pineal gland. The pineal gland produces the hormone melatonin which regulates the quality and duration of your sleep but to do this it must receive sunlight. For some info on this consult:

<https://www.globalhealingcenter.com/natural-health/everything-you-wanted-to-know-about-the-pineal-gland/>



Figure 1



[Everything You Wanted to Know about the Pineal Gland](#)

The tiny pineal gland not only regulates the sleep cycle, known as the diurnal cycle, but also sets the seasonal circadian rhythms. All of which strongly set your sleep-wake patterns that determine hormone levels, stress levels and physical performance.

A calcified pineal gland not only impairs your sleep but also reduces cognitive abilities, reaction time, judgement, perception and all areas of physical performance.

So what can a person do to solve this very important issue?

[How to Decalcify Your Pineal Gland \(And Why It's Really ...](#)

The way to decalcify the pineal is to first stop adding to calcification to it. This done by eliminating all fluoride sources coming into the body. Unfortunately this means no tea made from the tea plant (*Camellia Sinensis*); white tea, yellow tea, green tea, black tea are all just different aging times of the tea leaf; so none of that. This is because the tea plant is the most absorbent plant of fluorides from the soil. You can still drink herbal teas like Maté, Chamomile, reishi, nettle (the best thing a woman can drink for her harmonic balance and kills parasites), etc.

How Does Fluoride Affect The Body?:

Tea leaves accumulate more fluoride (from pollution of soil and air) than any other edible plant. Coincidentally, fluoride content in tea has risen concurrently and dramatically with global tea consumption over the last 20 years.

Drinking high levels of fluoride can cause bone-forming cells to lay down extra skeletal tissue, which increases bone density. At the same time, it also increases bone brittleness that can result in a disease known as skeletal fluorosis. So while bones are more-dense, they are also more brittle. *Skeletal fluorosis can produce:*

Bone, muscle and joint pain

Calcification of ligaments

Bone spurs

Fused vertebrae

Difficulty moving joints

Says Dr. Whyte, "When fluoride gets into your bones, it stays there for years, and there is no established treatment for skeletal fluorosis, No one knows if you can fully recover from it." In other words, fluoride accumulates in your body.

<https://truedemocracyparty.net/2013/12/tea-fluoride-dangers-truth-about-tea-the-sodium-fluoride-tea-connection-it-contains-toxic-sodium-fluoride-green-tea-is-one-of-the-worst/>

Next do **not** allow your dentist to use a fluoride to clean your teeth, it can be done the old-fashioned way with pumice. Finally, change to a natural tooth paste that does not have aluminum or fluorides like Dr. Bonner's. Tom's is not as good of a choice as it is not truly healthy.

Fluoride Videos:

the fluoride deception



Fluoride Deception Part I

<https://www.youtube.com/watch?v=aeDzsKfisOw&feature=youtu.be>



Diseased spine of
Fluoride-exposed Aluminum worker

Chemist Says Fluorine Gas Caused 19 Smog Deaths

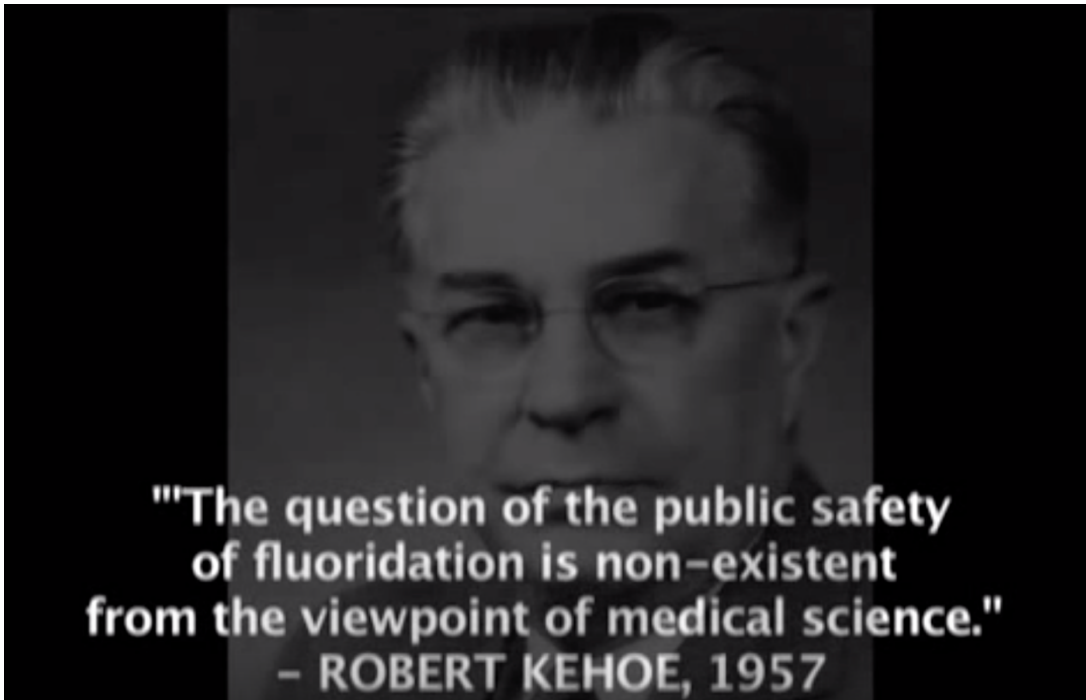
'Several Plants' Blamed for Pollution


In Report to Donora Council on Tragedy

Fluorine gas—not sulphur fumes—was the poison in

Fluoride Deception Part II

https://youtu.be/TKwNxC_J1K8



A photograph of two tall industrial smokestacks against a dark, overcast sky. The stacks are emitting a faint plume of smoke. In the foreground, there are dark silhouettes of trees and foliage. The text "Fluoridating our Water with Industrial Waste?" is overlaid in white, sans-serif font.

Fluoridating our Water
with Industrial Waste?

Fluoride Deception Part III

<https://youtu.be/rzvOSE6Db04>



Then you will need to drink your body weight in ounces of distilled water. This means, for example, if you weigh 120 pounds you will drink 120 ounces of distilled water every day. Note that 128 ounces is 1 gallon.

At first this may be difficult as the cause of much disease as well as parasitical infection base build is due to severe dehydration which they do not want stopped. This means the parasites will make you feel nauseous when you drink a lot. You will just have to work through that. It can help by adding a bit of fresh lemon juice from a lemon which helps the body to absorb the water and kill the parasites.

Concerns with the Pineal Gland

Calcification is the biggest concern for the pineal gland. Fluoride accumulates in the pineal gland more than any other organ and leads to the formation of phosphate crystals. As your pineal gland hardens due to the crystal production, less melatonin is produced and regulation of your wake-sleep cycle gets disturbed. Research also reports fluoride hardening accelerates sexual development in children, particularly in girls. And this is a serious concern as a study from 30 years ago reported; 40% of American children under 17 were found to have pineal calcification in process. Since then, we've see children, especially girls, experience the early onset of puberty in an increasingly greater number as time goes on as well as increasing sterility has been found in populations where water fluoridation is practices. It is currently estimated that in some locations sterility in some U.S. cities may be approaching over 30%. In addition to fluoride, halides like chlorine and bromine also accumulate and damage the pineal gland. Calcium supplements can also cause concerns. Inadequate vitamin D, which is something that affects many people, can affect calcium bioavailability in such a way that tissue, including the pineal gland, may calcify. It is also pivotal for the use of a vitamin D supplement to be used that one gets into the Sun for at least 15 minutes in a day. Eliminating fluoride may be the best first step for reducing health concerns. Use fluoride-free toothpaste, avoid tap water, and drink distilled

water and if not available drink filtered water. For the best filtered water, use a reverse osmosis water filter.

In light of this think about what happened in the link below;

<https://fluorideinformationaustralia.files.wordpress.com/2013/01/cathy-justus-from-pagosa-springs-colorado-quarter-horses-chronic-fluoride-poisoning.pdf>

The United States Environmental Protection Agency (USEPA) has set standards for the amount of fluoride that can be present in drinking water because it is known to cause harm at high doses. The maximum contaminant level (MCL) was set at 4 parts per million (ppm). At that level, a person would consume 4 mg per liter of water each day (this assumes they consume only four cups of water each day, which is far below what is needed for good health). Studies show that people are actually consuming nearly 8 mg per day, which is twice the MCL set by the USEPA. Read carefully: this amount is higher than the amount provided when fluoride is used to treat hyperthyroidism (i.e., an over-functioning thyroid). Therefore, **consuming fluoridated water at this level depresses thyroid function, which can create many issues, including memory problems, weight gain, depression, apathy, fatigue, constipation, skin problems, sexual dysfunction, loss of ability to concentrate, and more.**

Here are some additional results of studies regarding fluoride's health effects:

- > fluoride accumulates in the bones, leading to brittleness, and studies show higher incidence of hip fractures in areas with fluoridated water;
- > fluoride likely contributes to cancer - males living in fluoridated areas have a 6.9-fold increase in bone cancer rates;
- > fluoride contributes to learning disabilities and leads to lower IQ scores in children exposed to fluoride;
- > fluoride positively affects the rate at which aluminum (another

neurotoxin) is absorbed by the body, meaning that the central nervous system effects are actually greater than the measured effects of fluoride alone.

For these reasons (and many more), I do not use any product that contains fluoride and will not drink fluoridated water nor consume ANY product that has even the smallest amount of fluoride. Fluoride is a cumulative neurotoxin that should not be added to our water supply or dental products and since it is we ALL need to avoid it with great attention to ALL products we use.

Tea plants are known to accumulate both fluoride and aluminum in their leaves more so than ANY OTHER PLANT KNOWN ON EARTH!!! It has recently been learned that the amounts of these minerals are much higher than previously thought because they combine to create aluminum fluoride, a compound that was not detected by former test methods. In one study, seven brands of tea were tested using new methodology, and all brands contained significant amounts of fluoride and aluminum (1.4 - 3.3 times more than formerly reported).

Decaffeinated tea IS even worse because fluoridated water is used in the process of removing the alkaloid caffeine. If you are wondering about differences between conventionally grown and organically grown tea – there are absolutely no differences. **The tea plant is a natural bio accumulator of fluoride**, so that while organically grown plants have less fluoride, they still contain elevated levels in their leaves that are still extremely detrimental and in the long term, lethal (conventionally grown plants obtain additional fluoride in the fertilizer that is used). Therefore, turn to the local landscape to provide with healthful tea plant replacements for tea making such as; rosehips, nettles, chamomile, etc. Here are four of my favorite species to collect and some of their known benefits.

Stinging Nettle (*Urtica dioica*)

Many people are intimidated by stinging nettle, but this is my most frequently consumed wild tea. This is because of its strong

anti-bacterial and anti-fungal properties in the body. Gather this in quantity so it can be enjoyed throughout the year. Stinging nettle is a tall, unbranched or sparingly branched perennial herb that is often found associated with open areas near moderate-sized to large rivers. It also sometimes occurs as a weed in areas of cultivation. It has stinging hairs that create a painful, itchy sensation when the plant is contacted by bare skin. Therefore when gathering use protective gloves and clothing. Once gathered rub of the stinging spines as best as possible and dry in the sun on a dry cloth. Despite this difficulty, it is well worth gathering and becomes completely innocuous once dried (i.e., the stinging hairs are no longer potent). Stinging nettle is a nutrient-dense plant and tea made from the dried leaves provides several benefits, including lowering elevated blood pressure, reducing the severity of allergic symptoms (i.e., it is anti-allergenic), reducing pain associated with arthritis, promoting healthy skin, and serving as a general tonic for good health. This plant also has a role in cleansing due to its mild diuretic effect and the fact that it help prevent and remove kidney stones. The flavor of stinging nettle tea is mild and it has a wonderful dark green color. This species is treated in detail in the first volume of the book, *Ancestral Plants*. Additionally, Nettle tea can be purchased at a local health food store or online.

With all these harmful affects caused by fluoridation, now any possible positive affects are far outweighed by the negative ones.

So, if scientists and the government has long know of this, then why does it continue? For answers in that research UN agenda 2030.

It is NO accident that is added to the water on purpose, in the air through chemtrails (radioactive barium fluoride) and even in our food.

Q – These people are evil!

[Ephesians 6:12](#)

For we do not wrestle against flesh and blood, but against principalities, against powers,

against the rulers of the darkness of this age, against spiritual hosts of wickedness in high places.

[Luke 8:17](#)

For nothing is secret that will not be revealed, nor anything hidden that will not be known and come to light.

[2 Thessalonians 2:13](#)

But we are bound to give thanks to God always for you, brethren beloved by the Lord, because God from the beginning chose you for salvation through sanctification by the Spirit and belief in the truth,

[1 Peter 1:22](#)

Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart,

[John 14:6](#)

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

Narrow-leaved Fireweed (*Chamaenerion angustifolium*)

Narrow-leaved fireweed is a species of open areas, often found in fields, along roadsides, and on recently cleared lands. Its magenta flowers make it conspicuous and easy to find when in bloom. This plant has had a number of taxonomic changes, so you may find it in your references under the scientific name *Epilobium angustifolium* and *Chamaenerion angustifolium*. Narrow-leaved fireweed has been used as an adulterant in black tea. It has many documented health benefits, including a broad-spectrum antimicrobial (with action against viruses), an anti-inflammatory, and an astringent (the latter two actions helping to reduce swelling and assist with many ailments, including arthritis). It is generally gather best to this species when in flower and use both the leaves and flowers for making infusions. This species is also treated in detail in the first volume of *Ancestral Plants*.

Selfheal (*Prunella vulgaris*)

This common member of the mint family is regularly found on lawns, in fields, along roadsides, and in many types of open areas. It flowers much of early and middle summer, forming relatively dense arrays of blue flowers. Selfheal has long been considered a general tonic for good health. Selfheal is documented to promote oral health through several pathways, including preventing bacterial plaque formation. It is also beneficial for the lymphatic system and has been shown to be anti-allergenic. Again, make the tea from this species using the dried leaves and flowers.

American Linden (*Tilia americana*)

This tree is a species of deciduous forests, most common along moderate-sized to major rivers and rich, rocky slopes. It is easily recognized by its large, somewhat heart-shaped leaves that are asymmetrical. It flowers in the early summer and the entire array of flowers, along with the narrow bract that subtends the flower array, are gathered for tea. American linden is rich in mucilage, so the mild-flavored tea has a particular texture that is different from other teas. The flowers contain a sweet of polyphenols that are anti-inflammatory, antioxidant, cleansing, and able to lower elevated blood pressure. In addition, the mild sedative quality (i.e., relaxing) makes this plant a valuable protector of the heart, especially for people living with stress, and helps promote restful sleep. Further, emerging research suggests this plant is hepatoprotective, meaning it protects the liver from damage from medical drugs, toxins, and diseases.

Preparation (in brief)

Collecting your own plants for tea is relatively easy. For some, the most difficult step will be learning where to find the plants in a clean area that occur in numbers sufficient to support collection. Best to gather them in the summer, when the plants have accumulated their full component of medicine but not so late as to become damaged, blighted, and otherwise ratty from herbivores, fungal pathogens, etc. The process is: gather, dry, reduce, store. Tall plants are cut or carefully broken, bundled together, and hung to dry. Shorter plants and flowers place on an elevated screen to dry. Best to dry them outside, bringing them in at night so that the dew doesn't re-wet them. If you dry the plant material inside, find a warm, low-humidity spot. When the leaves/flowers are dry and brittle, the plants are ready for the next step (this usually takes only a few days in good weather). The very dry leaves insure that the material won't mold and facilitates reducing it in size so you can maximize surface area for extraction. Wait for a dry, sunny day so you can strip leaves and flowers from the harder stems and then crumble the leaves/flowers up with your hands (if it is very humid or has been raining, the leaves/flowers will be flexible and won't crumble well). Take all of the reduced (i.e., chopped or crumbled) material and place it in an airtight container out of the light. Now you have tea whenever you need it that brings with it many health benefits. Further, on those cold winter nights, you can reminisce about the summer days when you collected these plants. Of course, each plant has its own intricacies regarding collection and preparation. But the overall process is relatively simple and adds to your family's self-reliance.

Lastly a practice known as sungazing can greatly enhance the decalcification process and the technique for this is viable and will be covered at a later time.

God Bless and Thank you all.
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