**Calcification of the pineal gland.**

It can cause multiple medical conditions, such as migraines or trouble sleeping.While there isn't much research to support that decalcifying the pineal gland can improve your sleep or other medical problems, keep reading to learn more about what researchers do know about the pineal gland and calcium deposits.

**What does the pineal gland do?**

Your pineal gland is a small gland the size of a soybean in the brain. This gland is responsible for producing melatonin, a hormone that helps regulate sleep and wakefulness.Light signals from the eye signal the pineal gland to produce melatonin or stop releasing melatonin. Your melatonin levels usually peak at night when it's dark, making you feel sleepy.

**Why does calcification occur?**

Researchers have determined that the pineal gland develops calcifications, or calcium spots. The pineal gland is not 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 affect the functioning of the organ. According to an article in the journal Molecules, calcifications of the pineal gland can impair the gland's ability to produce melatonin.

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

* Aging

Aging can contribute to calcifications of the pineal gland. However, doctors have found calcifications of the pineal gland in infants, meaning that aging probably isn't the only contributing factor.

* Metabolic activity

Another theory is that the more metabolically active the pineal gland is, the more likely it is that calcium deposits will form. Researchers have conducted animal studies in which gerbils exposed to less light than others developed gerbils and higher amounts of pineal gland calcifications.

Darkness has a strong influence on melatonin production as a signal to feel sleepy. If the pineal gland has to produce less melatonin, less calcium deposits can form.

* Chronic conditions

A final theory is that having certain chronic medical conditions increases the likelihood of pineal calcifications and vice versa. Examples of these medical conditions include.

* Alzheimer's disease
* Migraine attacks
* kidney disease
* schizophrenia

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

**What are the symptoms?**

Research is mixed on whether pineal calcification causes symptoms at all. Possible symptoms of a calcified pineal gland can include insomnia and migraine attacks.

Some researchers suggest that the reduction in the production of melatonin by the pineal gland is why older adults may have more trouble sleeping or their sleep rhythm is "off", such as feeling sleepy during the day or awake at night.

However, a study published in the Journal of the Belgian Society of Radiology found that there was no association between the size of a person's pineal gland, which usually shrinks with age, and trouble sleeping.

**Can you decalcify your pineal gland?**

Researchers have studied a possible link between increased exposure to fluoride and calcifications of the pineal gland.

**The role of fluoride**

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

Fluoride is naturally attracted to calcium and some researchers believe that increased fluoridation leads to increased calcification of the pineal gland.

A 2019 animal study in rats found that those placed on a fluoride-free diet for 4 to 8 weeks experienced greater increases in pineal cell count compared to 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 have a public water system, you can get support from your water supplier, who has information about fluoride and chlorine, another mineral that can contribute to calcification. Alternatively, some people will 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 make non-stick compounds for pots and pans. Some people eat organic foods and avoid processed foods in an effort to reduce fluoride consumption.

While calcium consumed through natural diets should not affect a person's pineal gland, excessive calcium supplementation can be problematic. Follow the recommended daily allowance of calcium and only take supplements when necessary.

**Does it hurt to try?**

Fluoride is often added to water and toothpaste as a means of reducing tooth decay. Several major health organizations support adding fluoride to water, including the:

* **American Academy of Pediatrics**
* **American Dental Association (ADA)**
* **American Medical Association**
* **World Health Organisation**

The ADA reports that exposure to fluoride is a "key component" in a strategy for preventing tooth decay. 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 both protective for the teeth and 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 can't hurt to try as long as you follow other careful dental measures.

This includes flossing daily and brushing your teeth at least twice a day.Eating fresh, organic, and whole foods while trying to decalcify your pineal gland is also a good move for your overall health.

**Other treatments**

Because most doctors do not recognize a calcified pineal gland as a medical problem, there are no medical treatments to reduce calcium deposits on the pineal gland. Most changes are related to a person's food intake and exposure to chemicals or the sun.

* **8 supplements that help with descaling**
* **Melatonin**

The pineal gland already produces the hormone melatonin, which influences the body's circadian rhythms of wakefulness and sleep. Melatonin is also associated with relaxation and visualization, and people often take melatonin supplements as a sleep aid or to help overcome jet lag caused by travel. When buying melatonin supplements, make sure that the products are plant-based and have not been tested on animals. It is recommended to always start with the smallest possible dose and not to take a melatonin supplement for longer than three months.

Recommended products:

* **NOW Foods Melatonin 5mg Vcaps**
* **Natrol Liquid Melatonin**
* **Oregano oil and neem extract**

Both oregano oil and neem extract aid in the purification process, helping to remove existing calcification in the pineal gland, in addition to purifying the body systems, especially the endocrine system. Neem has been used this way in India for thousands of years. In the western world, oregano oil is also becoming a holistic way of strengthening the immune system. In the longer term, both supplements will act as a natural antibiotic against new calcium shells created by nanobacteria.

Recommended products:

* **Joy of the Mountains Oregano Oil (100% Certified Organic)**
* **Wild oregano oil, super power, 100% organic**
* **Neem Aura Neem Leaf Extract**
* **Theraneem Organix Supercritical Extract of Neem Leaf Softgel Capsules**

**Resources:**

* The Cure Is In The Closet: How To Use Wild Oregano For Better Health (book)
* Raw Cocoa
* Raw, organic chocolate in its purest form can help detoxify the pineal gland due to cocoa's high antioxidant content. Cocoa also helps to stimulate the third eye.

**Recommended products:**

* Alive and Aware certified organic raw cocoa beans
* Navitas Naturals Cocoa Powder, Organic
* Earth Circle Organics Verified Raw Balinese Cocoa Powder
* Chlorophyll Rich Superfoods

Supplements such as spirulina, chlorella, wheatgrass and blue-green algae are examples of chlorophyll-rich superfoods that provide similar benefits to eating leafy greens, but with much more nutrition packed into a small serving

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Supplements such as spirulina, chlorella, wheatgrass and blue-green algae are examples of chlorophyll-rich superfoods that provide similar benefits to eating leafy greens, but with much more nutrition packed into a small serving. These supplements aid in the decalcification of the pineal gland due to their strong detoxifying properties.

Recommended products:

* Ultimate Superfoods Raw Chlorella/Spirulina Tablets
* NuSci Organic Spirulina Powder
* Mercola Organic Broken Cell Wall Chlorella
* 100% Certified Organic Chlorella Powder 90 grams (3.17 oz) Pwdr
* Klamath blue-green algae capsules
* Rejuvenate Forever Organic Wheatgrass Grow Kit

Resources:

* The Green Foods Bible: Everything you need to know about barley grass, wheat grass, kamut, chlorella, spirulina and more
* The Wheatgrass Book: How to Grow and Use Wheatgrass to Maximize Your Health and Vitality
* Raw apple cider vinegar

A natural detoxifier, raw apple cider vinegar helps decalcify the pineal gland due to its malic acid properties. Malic acid is an organic compound that gives fruit its sour taste. When taken as a supplement, it aids digestion and helps to detoxify the body. Apple cider vinegar has many health benefits, many of which are listed here. Make sure the brand you buy is raw and packaged in a glass jar.

Recommended products:

* Bragg Apple Cidar Vinegar, Organic Raw Not Flavored
* Resources:
* The Healing Powers of Vinegar: A Complete Guide to Nature's Most Remarkable Remedy
* Iodine

Many of us have been exposed to sodium fluoride as a result of fluoridation of our water systems, and this has also led to the calcification of the pineal gland. Iodine, which occurs naturally in plants such as seaweed, effectively improves the elimination of sodium fluoride in the urine. Unfortunately, the Western diet has left us deficient in this essential mineral, when our bodies need it the most. To avoid calcium deficiency when taking iodine supplements, a diet high in organic foods such as kale, broccoli, almonds, oranges, flax seeds, sesame seeds, dill, thyme, and other dried herbs is recommended. It is suggested that a non-GMO lecithin supplement is also taken to supplement iodine intake.

* Foods Sunflower Lecithin
* Organic blue ray fish oil and activator X (vitamin K1/K2)

If you're looking to take a natural supplement to decalcify your pineal gland, organic blue ray fish oil may be one of the most potent options out there. This oil contains Activator X—a detoxifier discovered by Weston Price that combines vitamins K1 and K2—allowing the body to remove calcium from various sites in the body, such as the pineal gland and arteries. Instead of eliminating the excess calcium, as iodine does, Activator X places it where calcium is needed most, such as bones and teeth. It has been reported to reverse damage caused by calcification, resulting in diseases such as atherosclerosis and osteoporosis. It also helps to

**When to go to a doctor**

Currently, there are no regular treatments for a person with a calcified pineal gland. Researchers are still studying what effects a calcified pineal gland can have. However, you can ask your doctor if the pineal gland or your melatonin levels could be affecting your sleep.

**Conclusion**

The pineal gland has the highest calcification of all tissues in the body.

However, some people may wish to reduce intake of fluoride and commercial calcium supplements as a means of potentially reducing calcifications on the pineal gland. Researchers have not proven that this approach works in humans, but that is related to the fact that very little research has been done here.