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

By Scott Jeffrey | Revised January 22, 2025

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 ...

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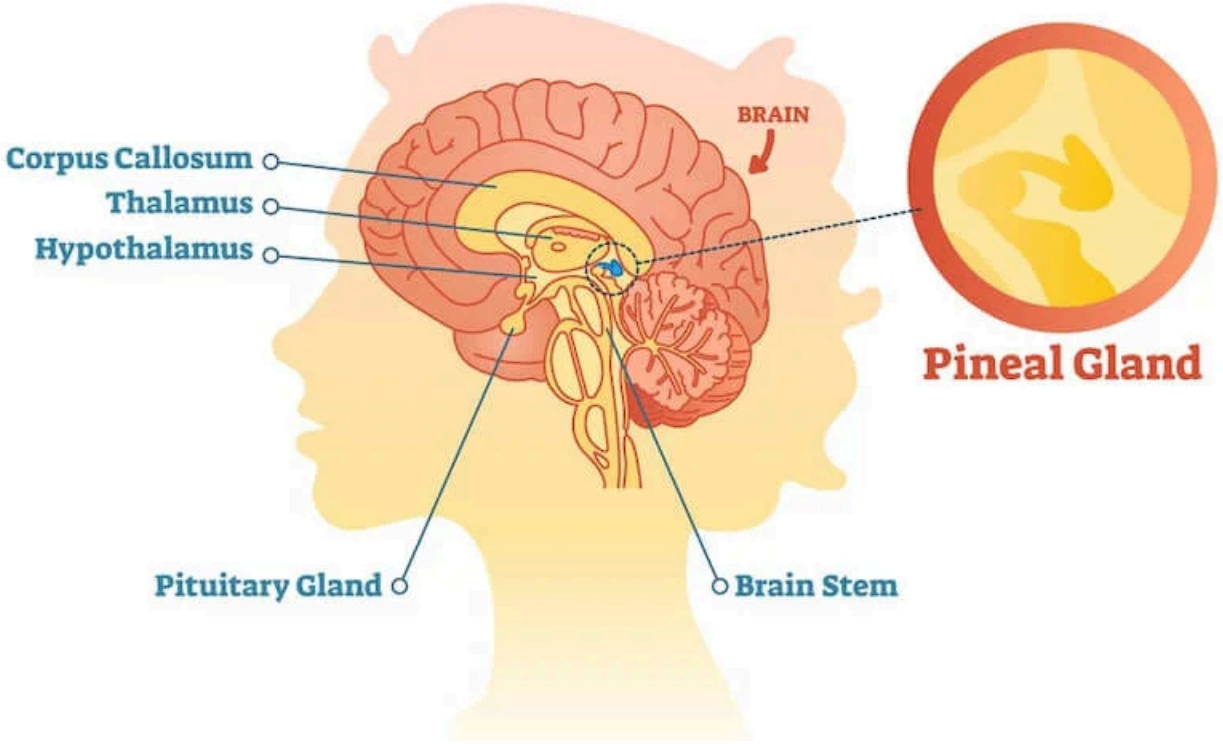
What is the Pineal Gland?

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.

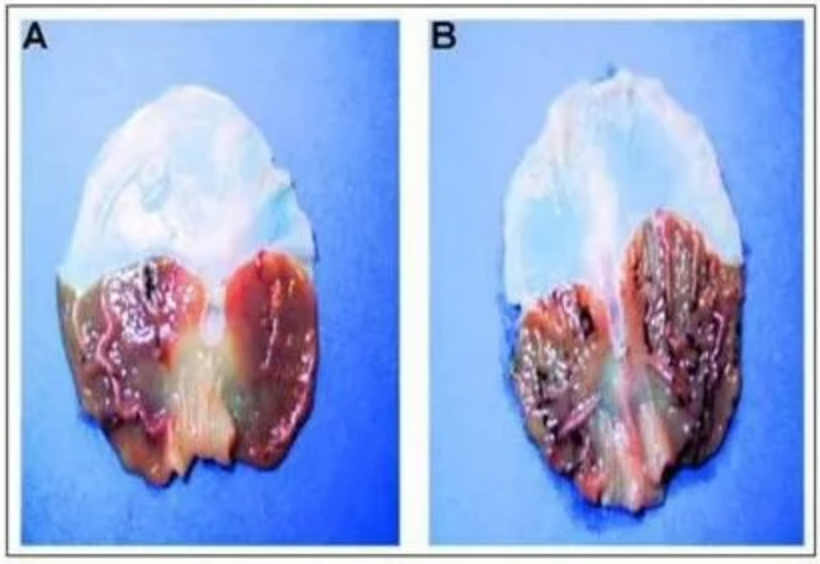
By inhibiting the release of certain reproductive hormones from the pituitary gland, melatonin affects our reproductive organs in both males and females.

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?



Images of Calcified Pineal Gland

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.

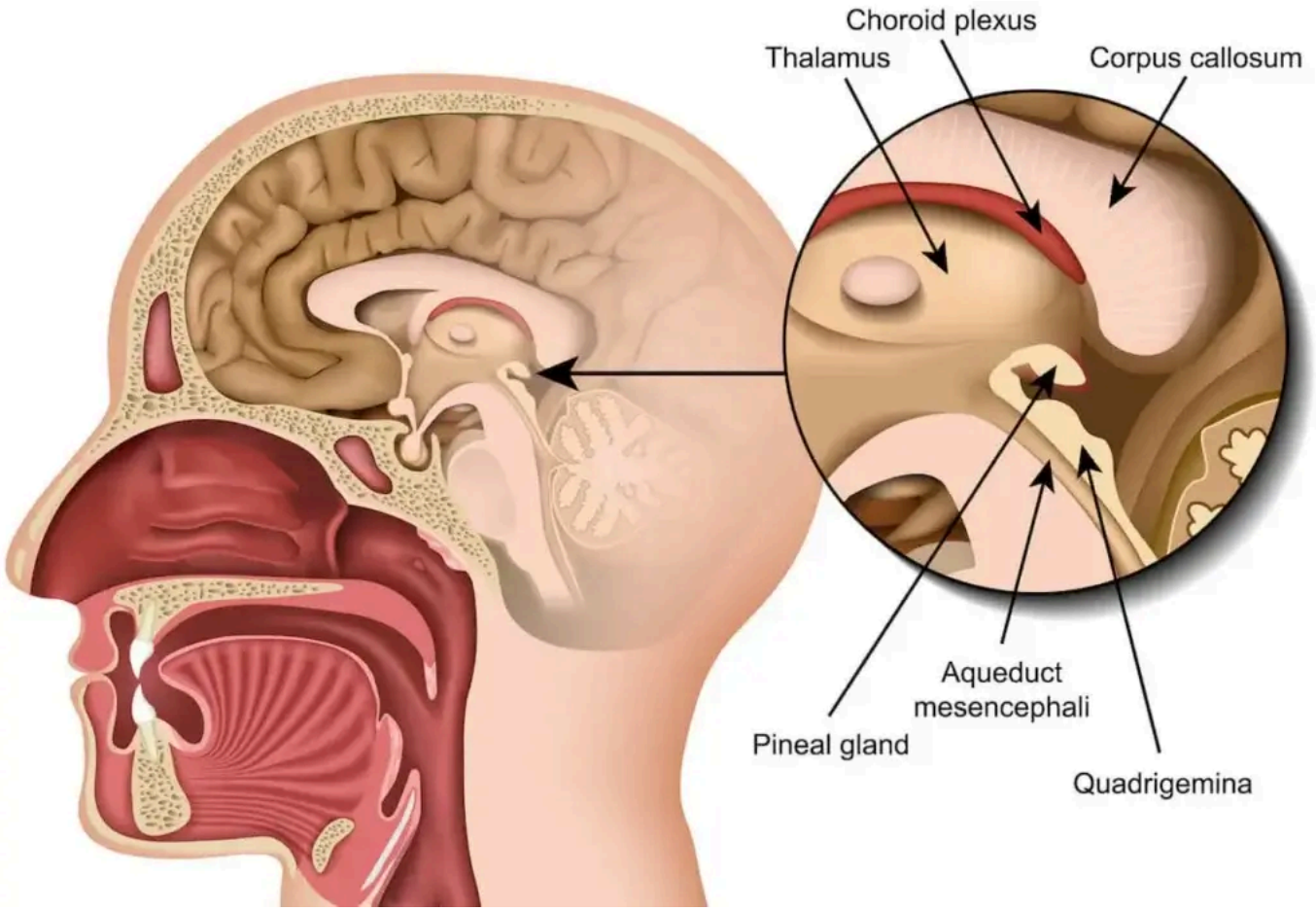
There are numerous methods, protocols, and stages for pineal gland decalcification.

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 melatonin [4]
- Impairs the sleep-wake cycle [5]
- Disrupts the regulation of the circadian rhythm
- Impairs neurological development in children [6]

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**.

Read Next: Pineal Gland Decalcification Series

Part 1: How to Decalcify Your Pineal Gland (You Are Here)
Part 2: Pineal Gland Detox with Supplements
Part 3: Block Blue Light (Restore the Circadian Rhythm)
Part 4: Activate Your Pineal Gland

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About the Author

Scott Jeffrey is the founder of CEOsage, 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*.

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