

Foods that Feed The Pineal Gland:

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Our pineal gland otherwise known as our master gland or the gland that governs over our third eye is the center of psychic awareness in the human mind. It is about the size of a pea and sits inside a cave located behind the pituitary gland. It naturally produces a hormone called melatonin which regulates human daily body rhythms that deal directly with the day and night cycles. Developing and expanding the function and the energy of your pineal gland is extremely important as it affects every system in your body physically and it has the potential to determine the expansion or the contraction of your psychic awareness, consciousness, and experience.

Sunlight is extremely important for the pineal gland and yes sunlight is a form of food as food is any substance that nourishes the body. Sunlight can be taken in and digested through the eyes, skin, hair, nose hairs, and ears and should be consumed for at least 30 minutes a day. To fully engage the pineal gland, sunlight should be taken in through the pupils.

Seaweed vegetables that are sun-dried by the sun contain high amounts of vitamin D, many vitamins in the B-vitamin family and iodine. Those vegetables include and are not limited to kombu, arame, wakame, dulse, nori, etc.

Dark leafy greens like our kale, turnip greens, mustard greens, bok choy, collard greens etc are extremely nourishing for the pineal gland as this gland absorbs the properties of the green color of the vegetables and properly distributes them to the appropriate systems of the body so that the body is thoroughly nourished.

Consuming meats including fish that has high amounts of mercury, carbonated beverages, fluoride in our water and our toothpaste and access to smog negatively affect the pineal gland and can block its ability to function properly. When you consume meat from an animal, you are ingesting the DNA of that animal and therefore taking on the negative and positive experiences of an animal which could interrupt the ability of the pineal gland to take on its own psychic awareness blueprint of the individual.

The proper foods can positively affect your pineal gland but you can also activate your pineal gland by eating more of a raw foods, vegan, or vegetarian diet, running an ozone machine in your home to clean up the air in your home, and drinking filtered water. As much as the pineal gland needs sunlight, it also needs to produce enough serotonin to be activated so that it can increase its psychic awareness therefore serotonin is produced when the brain is asleep and therefore sleeping in a very dark room is extremely nourishing for the pineal gland as well. Foods that produce serotonin are almonds, bananas, hot peppers, rice, potatoes, and black-eyed peas and when consumed can also nourish and feed the pineal gland.

