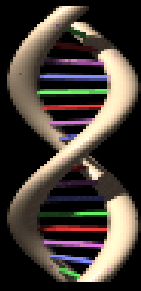


DIVINE NATURE ATTUNEMENT

PINEAL HEALTH

GLAND POWER



PINEAL

PITUITARY

THYROID

THYMUS

**PANCREAS/
ADRENALS**

GONADS

PROSTATE



HIGHLIGHTS:

- Parsley Energizes the pineal
- Alfalfa sprouts Energizes the pineal
- Gotu Kola Nourishes the whole brain and glands
- Wood Betony Nourishes the Pineal, helps reverse Vitiligo (skin pigmentation loss)

AMINO ACIDS:

- L-Taurine
- L-Ornithin
- L-Arginine (take with L-Lysine)
- L-Tryptophan

MAIN MINERALS:

- Manganese
- Potassium
- Sodium

MAIN VITAMINS:

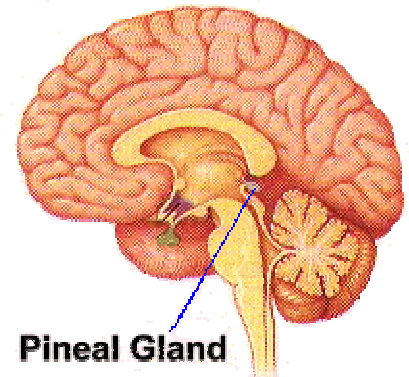
- Vitamin E
- Vitamin F (fatty acids)
- Vitamin B-6
- Lecithin—found in higher quantity in the pineal than any other part of the body.

HERBS:

- Chamomile
- Pine Bark
- Lavender bud
- Wild Indigo Bark
- Violet
- Licorice
- Ginseng

CRYSTALS:

- Activate the pineal gland
- Rhodonite
 - Amethyst wands
 - Pietersite
 - Moonstone
 - Purple tourmaline
 - Ruby
- (just to name a few.)



STONES: corresponds to the Pineal Gland). These stones include:

- Amethyst
- Charoite
- Dumitorite
- Pietersite
- Lodestone
- Quartz
- Purple Fluorite
- Purple Sapphire
- Dragonite
- Moonstone
- Purple Lepidolite
- Rhyolite
- Ruby.

These stones should be left on the Third Eye for a minimum of 15 minutes and a maximum of 60-90 minutes. However, 30-45 minutes will get the job done. This can be done daily. It can be done during meditation or charka balancing.

ESSENTIAL OILS:

- Mugwort
- Sandalwood
- Lavender
- Frankincense
- Myrrh
- Pine
- Oakmoss
- Himalayan Cedar