

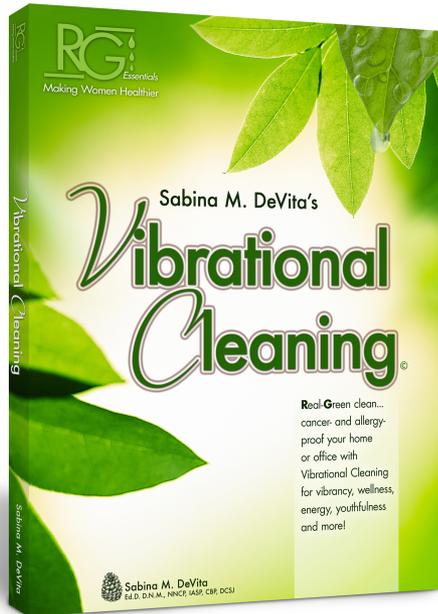
Secrets to Unlocking Your Intuition: The Pineal Gland Exposed by **Real Greening Your Home** Cleaning Activate Your Intuitive Center Pineal Gland

by Sabina M. DeVita, EdD, DNM, NNCP, IASP,
YL Diamond



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Green Your Home: Activate Your Pineal! New Release in Cleaning



Author Sabina M. DeVita, EdD, DNM



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With Essential Oils



AGENDA

- How toxins are affecting us: physically, mentally, and emotionally, and most importantly, our pineal glands!
- The chemical conspiracy in our homes
- My Kirlian observations of the pineal gland
- Secrets revealed about the pineal gland
- How to make simple, exciting, powerful changes while cleaning your home and activating your intuition
- My new book release

Toxic Pollutants are Everywhere



Chemical Impact on the Brain.....Center.....Pineal????



Toxic Exposures

We are exposed to more toxicity in one day than our grandparents were exposed to in an entire lifetime



Of the **80,000 chemicals** being used commercially in this country, the EPA considers 65,000 of them to be potentially, if not definitely, **hazardous to your health**



- Studies have shown that the average adult has over **200 toxic and cancer-causing chemicals stored in the liver and fat cells in the body.**
- The vast majority of these chemicals have **never been tested individually** for long-term effects on humans.
- None **have been tested in combination** with the other toxic chemical combinations that occur in the body.
- Environmental defense.



toxic nation

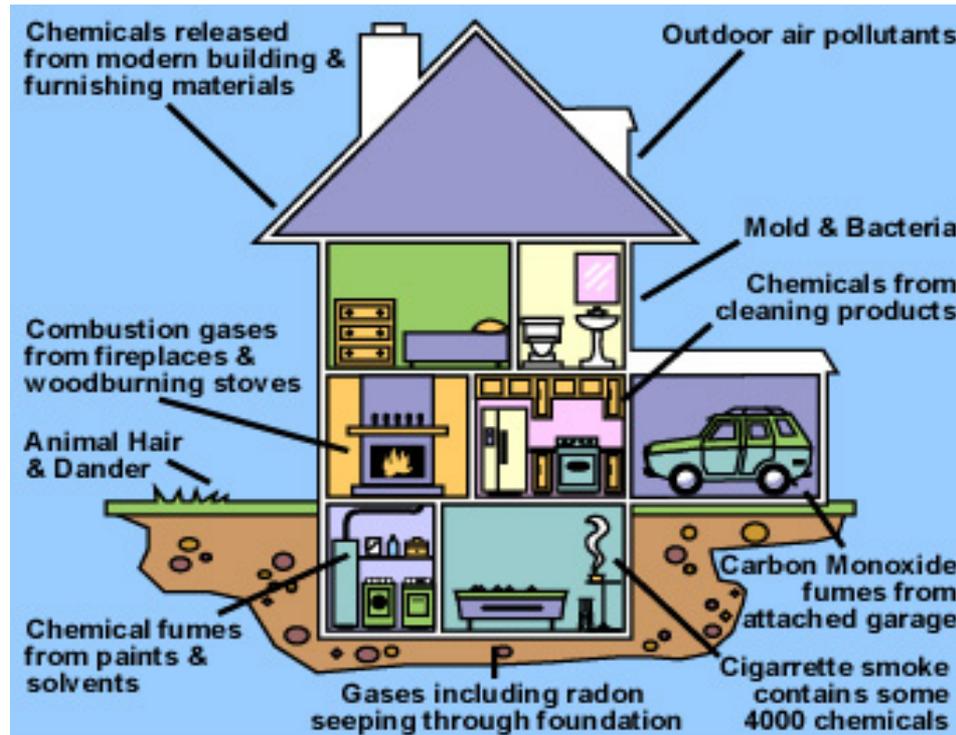
U.N. Study Links Man-Made Chemicals to Common Diseases

- Man-made chemicals in everyday products are likely to be at least the partial cause of a global surge in birth deformities, hormonal cancers, and psychiatric diseases, a U.N.-sponsored research team reported on May 15, 2013.
- **"We live in a world in which man-made chemicals have become part of everyday life,"** said their 28-page report, "State of the Science of Endocrine Disrupting Chemicals, 2012," issued as a policy guide for governments.

Indoor Air Pollution

More toxic than outdoor air!

1 out of the 4 most urgent environmental health risks according to Environmental Protection Agency (EPA)



The Chemical Onslaught is Staggering

Since 1965, more than **4 million** distinct chemical compounds have been formulated.

The typical home contains over **63 hazardous products** that together contain hundreds of different chemicals. No testing was done to determine the safety of the combination.

- At least **250,000 new formulations** are created annually
- Approximately **3,000 chemicals** are added to our foods
- **700 chemicals** have been found in our drinking water
- **400 chemicals** have been identified in human tissues
- More than **500 chemicals** on average can be found in American homes
- Over **800 neurotoxic chemical compounds** have been used in the cosmetic and perfume industries

Did You Know?



- Researchers found a whopping **287 different toxins** in the blood of *newborn babies*
- Dozens of baby's bottles contain a **toxic substance** that's been linked to **breathing problems, lung damage, asthma, and infections** .

Phthalates

- These industrial chemicals make **plastics, and make them flexible** and resilient.
- Everyday products, including **detergent**, perfumes, fragrances, vinyl tiles, **deodorant**, garden hoses, plastic raincoats, and **hairspray**.
- They end up in the body when we swallow and **inhale them**, and less frequently, when our skin comes into contact with certain products. The health impacts of phthalates haven't yet been measured in humans, but they cause reproductive and liver problems in lab rats.
- *Source: [CDC Exposure Report](#), 2009*

- Every year, we breathe in as many as **120,000 different toxins** that can affect our health.
- People with even modest levels of **phthalates** (used in fake tan, face creams, perfumes, detergents, etc.) in their bloodstream, are **twice as likely to develop diabetes.**
(Environmental Working Group)
- Popular air fresheners in your home emit the dangerous carcinogenic toxin, **formaldehyde.**

PHTHALATES

Phthalates are **hormone-disrupting or a xenoestrogen, an estrogen mimicker**, linked to reproductive birth defects and other illnesses.

The European commission proposed a ban on the use of phthalates back in 2002, but it is still found in some of the world's best-known **perfumes, fragrances, and cosmetics** for causing infertility in men and genital abnormalities.

Cases of **testicular cancer in young men** have risen tenfold in the past century. (Sunday Times, Lois Rogers, November 25, 2002)

Phthalates has been shown to **damage developing testes in males and places unborn baby boys at highest risk**.

Gender Benders

Men are increasingly showing the blood of women and developing male breasts, referred to as **“moobs”** or **“man breasts,”** medically termed **“gynecomastia.”**

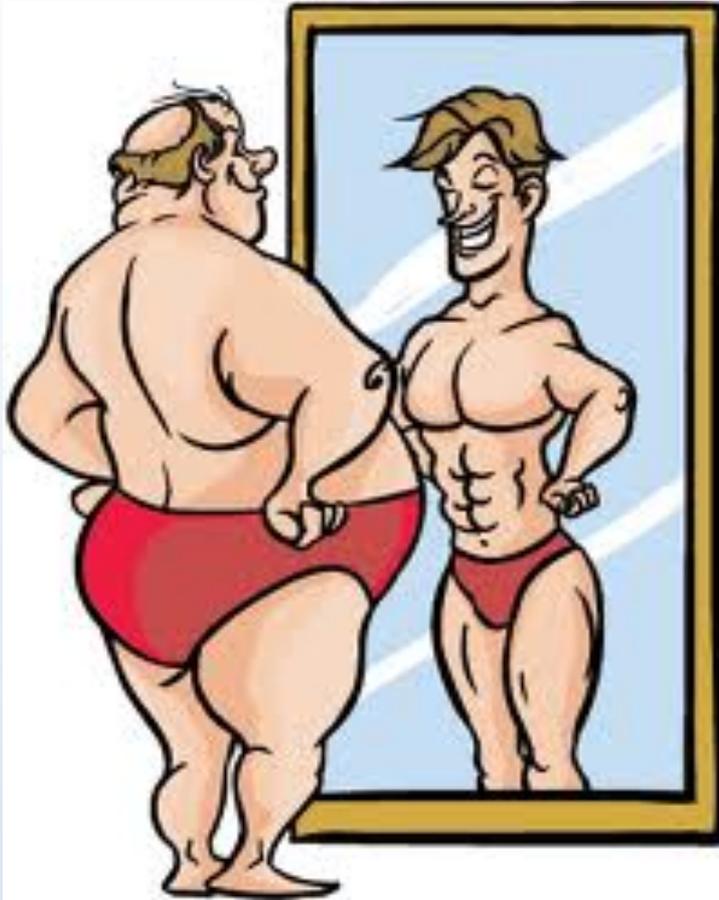


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Men Showing the Blood Of Women

The Estrogen Imposters



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There are so many chemicals we are exposed to. So what happens to your brain and **pineal gland**?



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Cleaning with chemical household cleansers that are neuro-toxic and endocrine disruptors are pineal toxins!
And so are synthetic fragrances!



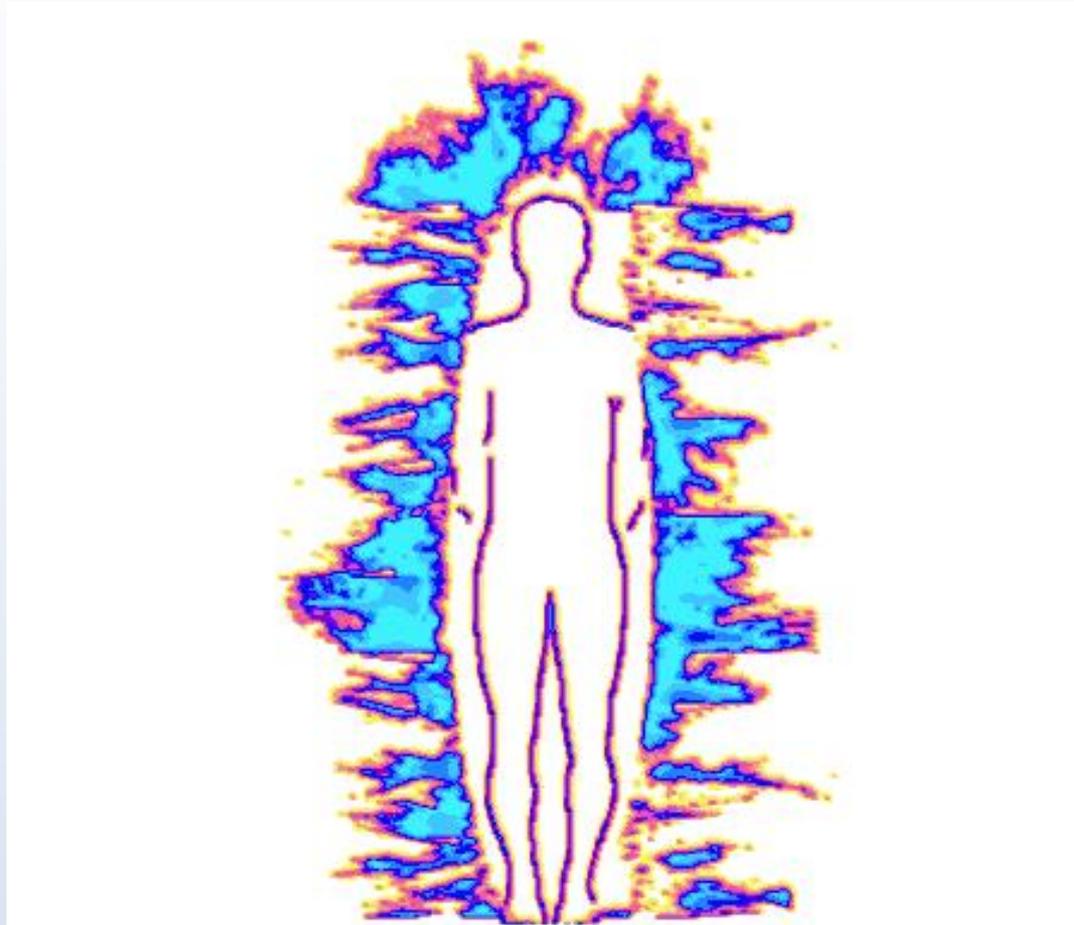
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Observations using GDV Kirlian Camera

A quantum leap--seeing patterns



GDV- Kirlian Picture Example



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What chemicals impact our pineal, the third eye!



Formaldehyde

- Described as "probably the most dangerous substance on the market," by Dr. Samuel Epstein, emeritus professor at the University of Illinois — AND given a red flag by health agencies — this toxicant is still being used in toiletries, cosmetics, and **dishwashing products**.
- **1 in every 13 women** is exposed to a known or a probable human carcinogen every day (EWG figures)
- **Air freshener's fill your home with the cancer-causing chemical formaldehyde!**

*Environmental Working Group found 87 chemicals in **Febreze** while Proctor and Gamble only disclosed 3. Febreze contains many known endocrine disruptors, neurotoxins, and carcinogens.*

Inhaling Chemicals is bad for your health!



Febreze
"We're out to make the world breathe happy"

Febreze contains over 80 KNOWN TOXIC chemicals including:

- Genotoxins
- Bronchoconstrictors
- Neurotoxins
- Reproductive Toxins
- Hepatotoxins
- Mutagenic chemicals

Febreze
All effects
Fragrance & odor neutralizer & freshener

© 2011 P&G

"It's Your Life... OWN IT"

TRICLOSAN IS SO UBIQUITOUS

One study found that nearly **75 percent of people tested positive** for triclosan in their urine, according to the Centers for Disease Control and Prevention.

The worst offender is ...hand sanitizers!



Why is it such a concern?

- Triclosan, the active ingredient in most antibacterial products, is a known endocrine disruptor, causes **thyroid problems and cancer**.
- The Canadian Medical Association has called for it to be banned from consumer products.
- It contributes to **antibiotic-resistant bacteria**, also known as **"superbugs,"** street name, **"flesh-eating disease."**
- Triclosan also **contaminates the environment**, washing down our drains to pollute rivers and lakes.
- It can cause **allergies and asthma**.

Triclosan chemically **mimics thyroid hormone** and binds to the hormone receptor sites, blocking them, so that normal hormones cannot be used.

A study between 2003 and 2006 concluded that triclosan (as an endocrine disruptor) **affects the immune system and showed a positive association with allergy or hay fever** diagnosis.

Another study in 2000 offered the result that *low amount of triclosan* can be absorbed through skin and can enter the bloodstream.

DANGERS OF TRICLOSAN

More Toxins

According to a 1990 survey taken by the Environmental Protection Agency (EPA) **every single person tested showed some evidence of petrochemical pollution** in their body tissues and fat.

Some of these chemicals held in the fat cells: **styrene** (plastics) **xylene** (solvent in paint and gasoline), **benzene** (a chemical found in gasoline, cleaning solvents, mosquito repellents, photocopiers, tobacco smoke and building materials is a geno-toxic carcinogen) and **toluene** (another carcinogenic solvent)



<http://www.midwayfilm.com> — The island in the middle of the ocean.

A 2006 Study

concluded that low doses of **triclosan** act as an endocrine disruptor in the North American bullfrog.



Fluoride Poisoning: another prevalent toxin – It's All Over

- Causes **thyroid damage** and **calcifies the pineal gland**

Fluoride poisoning includes:

- Weight gain,
- Edema,
- Kidney disease, kidney failure
- Hair loss, depression
- Aggression, aches, pains, skin problems, bone deformities (likely including "arthritis" and spontaneous fractures), sexual/erectile dysfunction, memory loss, weakness, fatigue, heart disease, irritability cancer, digestive disorders.....

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Where Do We Get Fluoride

- Dumping of fluoride in our water system
- **Dental products**, toothpaste, and mouth washes, as well as our fluoride-contaminated food.
- There is a growing number of **prescription drugs** that are now fluorinated as well.
- **Lipitor is fluorinated** and has been known to cause aches and pains.
- According to the Lipitor website it can cause serious **muscle problems** resulting in kidney failure, as well as **liver problems**, edema, tendon problems, **jaundice**, nausea, and GI problems.

Fluoride Study- 2012

- In July 2012, a team of Harvard and Chinese scientists published a study that was very clear as to the severe impact of fluoride.
- Simply, **fluoride lowers IQ.**
- “Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain,” senior author of the study says.

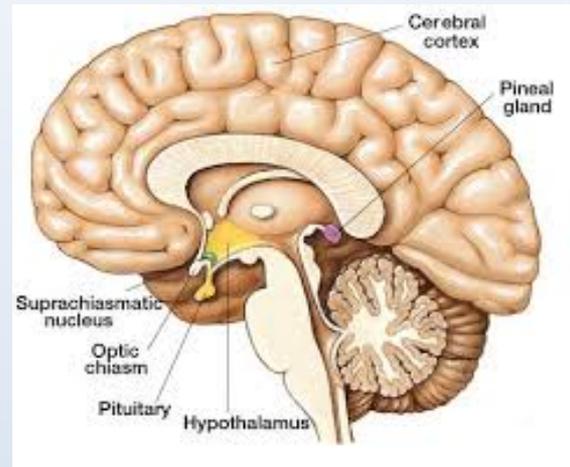
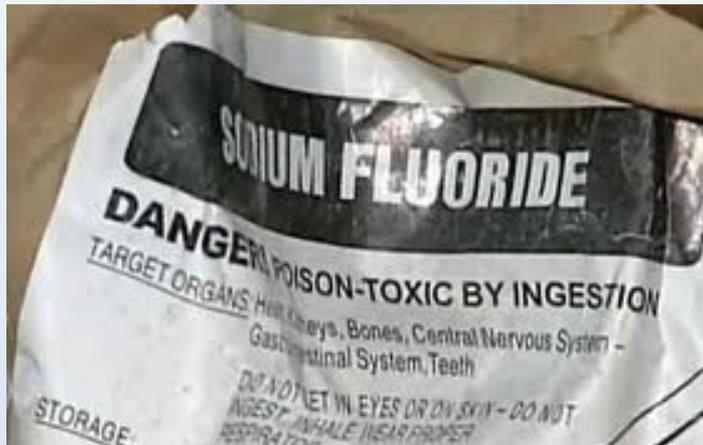
Recent Study- 2012

- As of December 2012, a total of **42 studies** have **investigated** the relationship between **fluoride and human intelligence**.
- 17 studies have investigated the relationship of fluoride with learning/memory in animals.
- **36 of the 42 human** studies have found that **elevated fluoride** exposure is associated **with reduced IQ**.
- 16 of the 17 animal studies have found that fluoride exposure impairs the **learning and memory capacity** of animals.



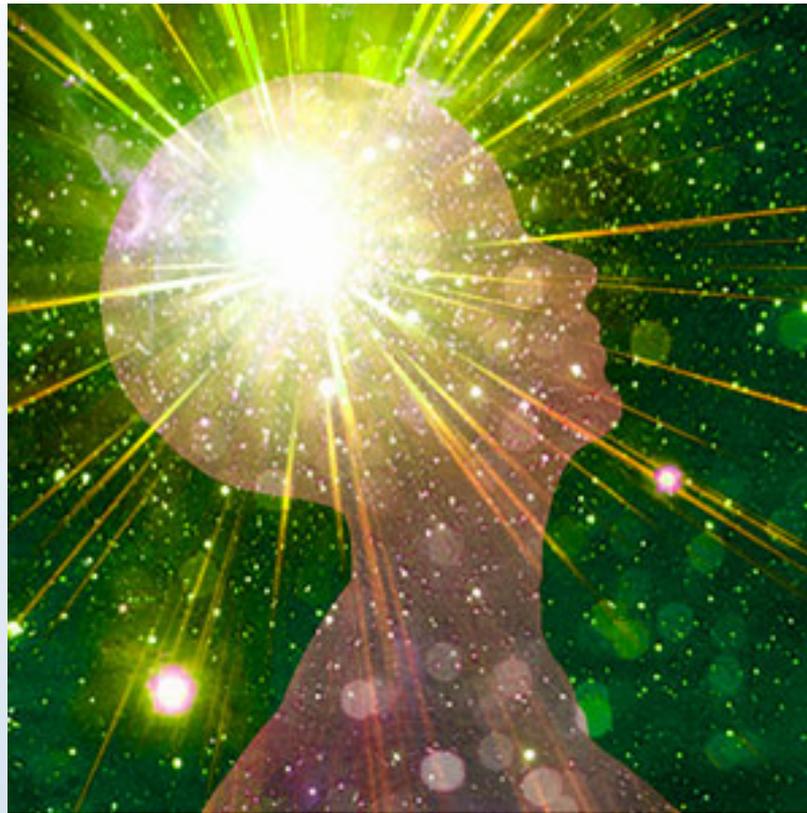
- Fluoride has been discovered to accumulate even more in the *pineal gland*, located in the middle of the brain.
- Through poor diet, exposure to toxins, stress, and modern lifestyle choices, the **pineal gland becomes hardened, calcified...**
- What does this mean for us?

- During the late 1990's in England, a scientist by the name of **Jennifer Luke** undertook the first study of the effects of **sodium fluoride on the pineal gland**.
- She determined that the pineal gland, located in the middle of the brain, was a target for fluoride.
- What she discovered was that the **pineal gland simply absorbed more fluoride than** any other physical matter in the body, even bones.



Why is the Pineal (Third Eye) So Important?

Pineal Gland Activation is Important for the Golden Age of
Enlightenment



The Doorway

- Descartes proposed that the pineal was the “**seat of the soul**” and was the meeting place of the physical and spiritual.
- The body and spirit not only meet there, but each affects the other and the repercussion extends in both directions.

Pineal Gland's Role

- The pineal gland is **bio-luminescent and sensitive to light**, **having the second highest blood flow** after the kidneys and equal in volume to the pituitary.

Awakening this gland can:

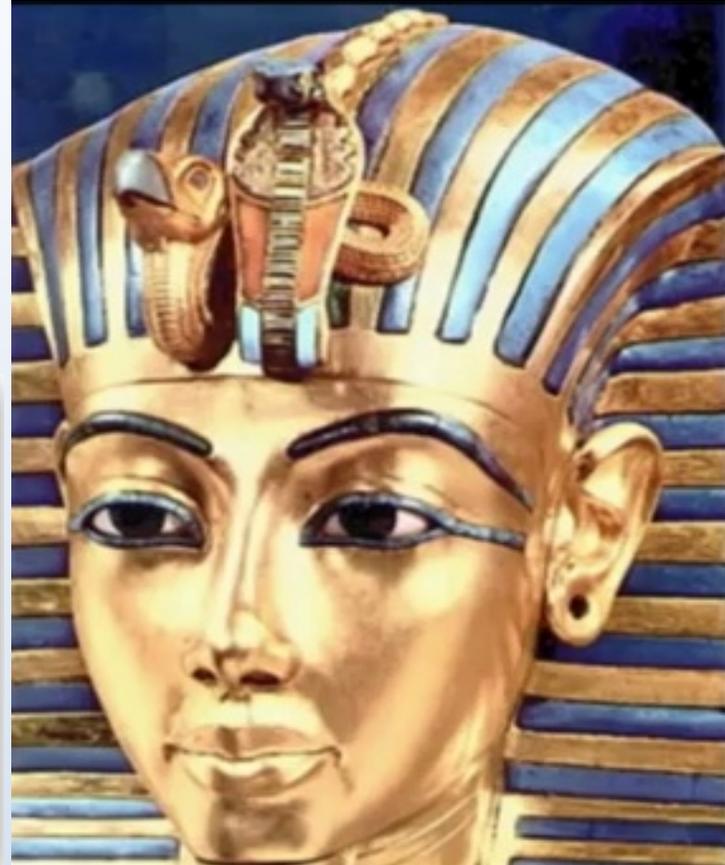
- Speed up our learning
- Improve our memory ability
- Enhance our intuition, wisdom, and creativity
- Trigger our psychic healing abilities and experience bliss
- Keep us young, vibrant, and youthful

Pineal Gland – Our Third Eye: The Biggest Cover-Up in Human History



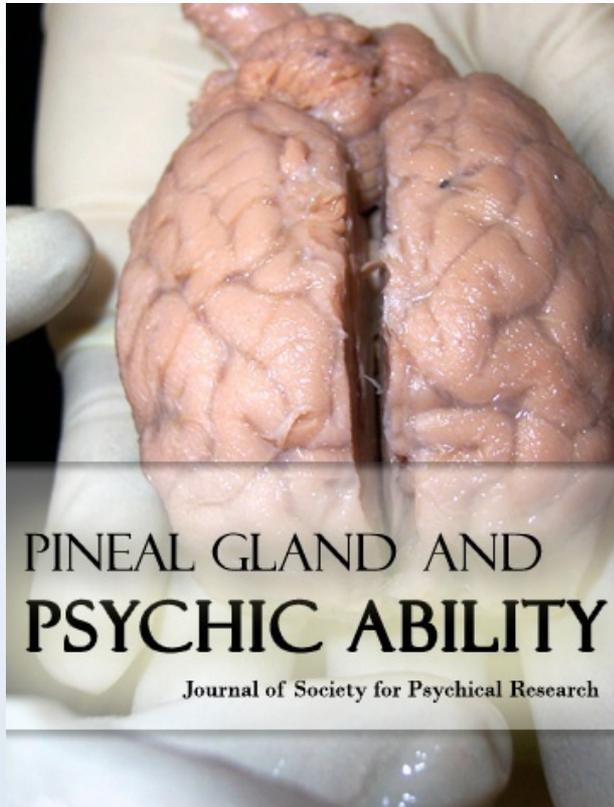
Vast ancient cultures with a symbol of an eye

- King Tutankhamen Pineal Activated, 2 serpents representing Kundalini



The Hidden Secrets of the Pineal

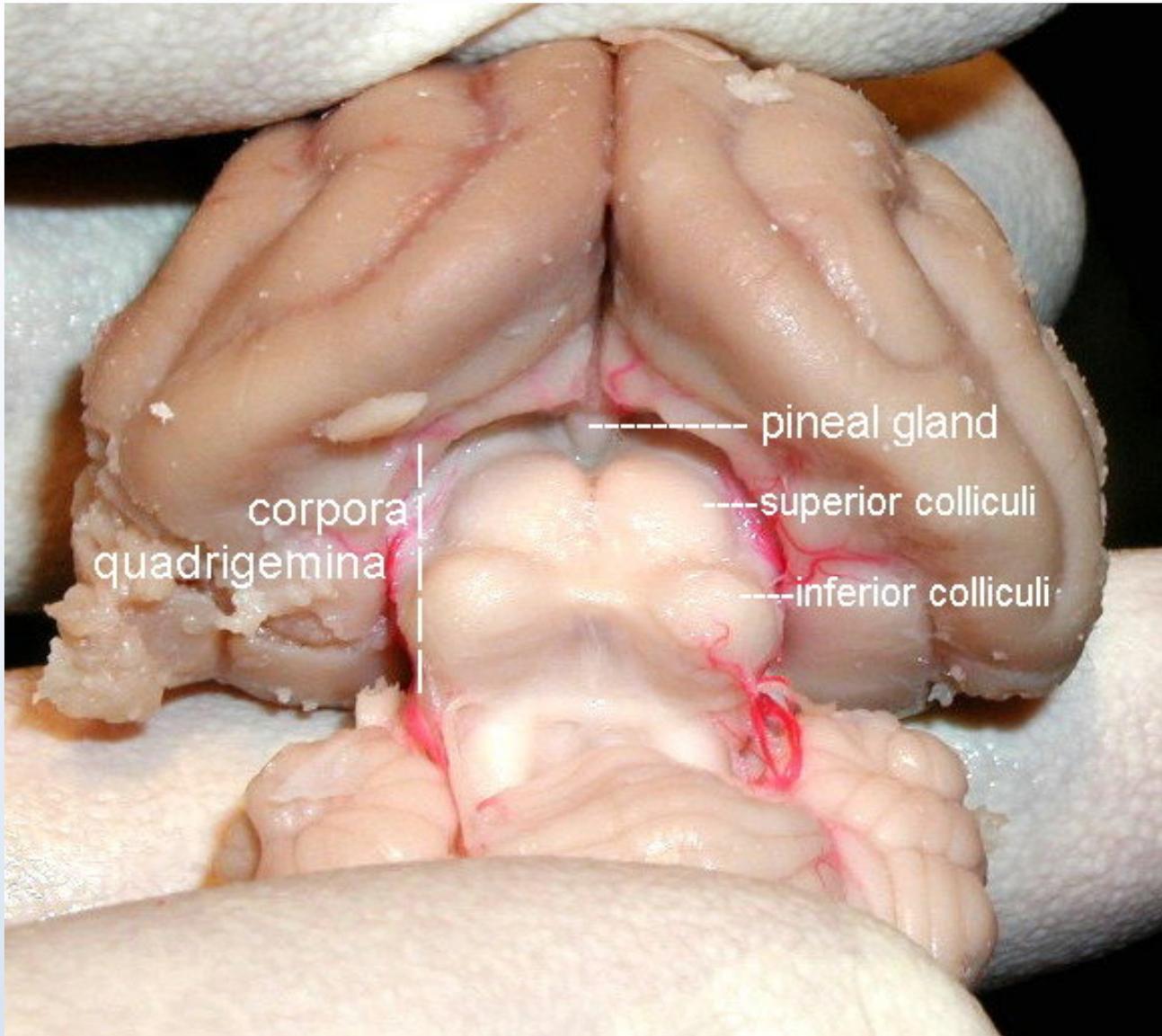
- The Mayans speak about this time period of transformation – that it will be both **spiritual and physical**.
- The **pineal** is considered a portal to the inner or higher self by yogi masters.
- Psychics consider it to be the **link for inter dimensional experiences**.
- It is associated with what many call the **third eye** or sixth chakra, a **doorway to higher consciousness and bliss**.



- Pineal can be activated to spiritual world frequencies and **enables you to have the sense of all knowing euphoria: bliss and oneness all around you**

The Spirit Molecule

- Dr. Rick Strassman's discovery of the **“Spirit Molecule”** – DMT- produced by the pineal gland during **birth and at death** and during **near death or mystical experiences**.
- Dr. Strassman's chemical approach corroborates the idea of the **pineal gland as a portal**, where the **spirit passes through to other dimensions**, either entering this physical realm or leaving it.



corpora
quadrigemina

pineal gland

superior colliculi

inferior colliculi

What to do?
How Young Living
therapeutic-grade, pure,
chemical-free essential oils
help us in so many,
extraordinary ways?

Dr. Alan Hirsch - Neurologist & Psychiatrist

- Neurological director of the Smell & Taste Treatment and Research Foundation in Chicago, IL, points out:
- **Odors are processed directly to the limbic system, our emotional switchboard consists of the pineal, pituitary, hypothalamus and amygdala,** where we react first to the smells and think later.
- Our sense of smell is estimated to be **10,000 times more acute than any of our other senses** with sensitivity to some 10,000 chemical compounds.

Dr. Alan Hirsh, Director of the Smell and Taste Independent and Research Foundation, Chicago, IL, wrote:

“The limbic lobe is the part of the brain where we store our emotional memories; anxiety, depression, joy, pleasure, anger, and so forth. This is why our sense of smell is such a powerful trigger for nostalgic reverie, based on nothing more than a whiff of an odor on the air.”

What Essential Oils Offer

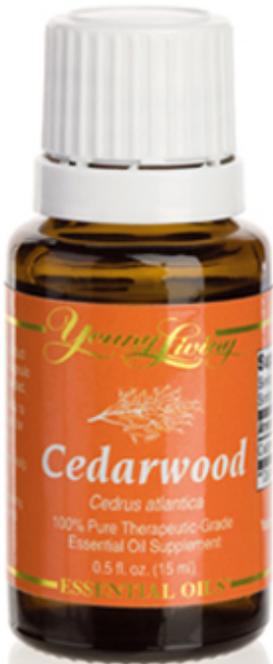
- Inhaled aromas can assist to support the proper function of the pituitary and pineal glands. WHY?
- It's the **most direct route to the brain.**
- Essential oils help to maintain youthfulness.
- The pineal gland is an anti-aging gland.

More Benefits:

1. Essential oils were measured to have the **highest frequencies** than any other herb or food.
2. Quickest way to emotional balancing and relaxation is through the **olfactory system, due to its direct access.**
3. **Atmospheric oxygen** is increased with essential oils.
4. Supports the body's natural healing response.
5. Supports the immune system.



Cedarwood



- **Tonic:** Cedarwood oil can be used as a health tonic, as it tones the systems and assists a healthy metabolism. It supports muscles, skin, nervous system, stomach, digestive system, and normal brain function.
- Supports proper function of the limbic region of the brain especially the pineal gland and the proper release of melatonin.
- Strengthens gums, tightens muscles, and gives a feeling of firmness



Cedarwood

Home uses

- **Insecticide:** Cedarwood oil has been in use as a mosquito and insect repellent for a long time. If used in vaporizers, it drives away **mosquitoes, flies, and other insects** from home.
- **Great for hardwood cleaning:** Just add 4-5 drops in a bucket along with Thieves Household Cleaner. You'll love doing your floors!

Brain Power Blend

- **Helps to eliminate “brain fog”**
- Increases oxygen around the pineal, pituitary, and hypothalamus
- Supports proper metabolization of serotonin in the pineal gland
- Brain Power will help to improve **mental focus, clarity and concentration**, and supports healthy sleep patterns
- **Helps to improve memory**
- Helps with jet lag and nervous and mental fatigue

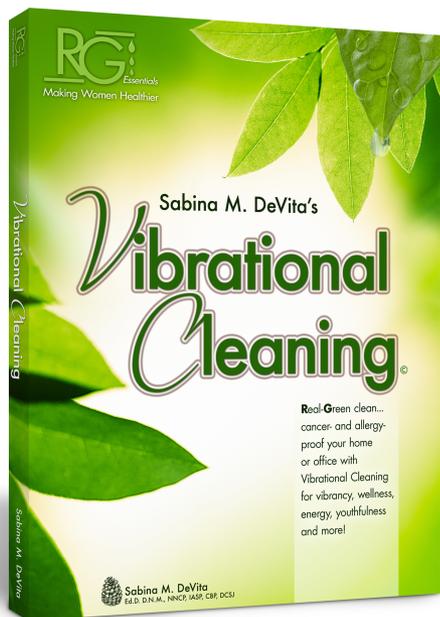


BRAIN POWER

Home Uses:

- Use as an air freshener, add to spritzer bottles to spray sheets and your clothing
- Add a few drops to a cotton ball and place in your drawers
- Add to a damp cloth for your laundry
- Add to sea salt or Epsom salts for bathing
- It is exceptionally great to use in conjunction with a detox program. Just spritz your face with a mixture of 2-3 drops with water in a spray bottle throughout the day

Get more details from my new book: “Sabina M. DeVita’s: Vibrational Cleaning” New Release in Cleaning



Author Dr. Sabina M. DeVita, EdD, DNM



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The End

Thank you for listening

Dr. Sabina DeVita



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