

member-exclusive content



*Sleep + Brain  
Detox*

SLEEP IS ALWAYS THE  
PLACE TO BEGIN.

WITH  
Jodie Meschuk

**PLEASE REMEMBER:**

This resource is for Warrior Center members only. It is not to be shared with third parties. If you decide to download and print the document, please know that this is information provided to members only and distribution of these materials (in person, on social media, or other sources) might be subject to penalties and fines.

Thank you for being a valued member of The Warrior Center!

*Let's get started.*



## Sleep is always the place to begin.

Good, restful sleep is the key to much of our overall health and how we feel on a day to day basis. Restful sleep means essentially falling asleep and staying asleep so you wake up refreshed and clear headed. The ability to fall asleep with ease is your circadian rhythm . This crucial part of the brain is located in the pineal gland. This gland, located in the center of your brain, responds to sleep cycles and releases melatonin. Melatonin is responsible for detoxing the brain and preparing for sleep.

The inability to produce proper melatonin is often related to disease and melatonin is responsible for detox, regeneration and overall healing. In Alzheimers and dementia, these patients have very low levels of melatonin or none at all.

Melatonin is the body's natural "sleep hormone" and shifts you from a wake state to a sleep state by regulating the circadian rhythm. As the sun goes down the pineal gland releases melatonin telling your body it is time to sleep. These levels also fluctuate based on the time of year. With longer days, less release; shorter days, longer release.

Melatonin is responsible for:

- Sleep latency
- Boosting sleep efficiency
- Increase total sleep duration

Melatonin produced sleep hypnotic (sleep inducing) and sedative (anxiety relieving) signals to support the natural circadian rhythms.

Is it true that if you take melatonin as a supplement your body will create a dependency or will shut off its natural production over time?

Well, yes and no. Here is why:

Because melatonin is a hormone that your body produces naturally, \*general\* supplementation should be used wisely or not at all unless it is a unique melatonin supplement like one crafted with therapeutic essential oils.



Why? If the melatonin cannot cross the blood brain barrier it is useless. This is exactly why a melatonin supplement like Immupro is so unique. It contains pure essential oils that pull the melatonin "hormone" into the blood brain barrier and the cell receptor site. The effectiveness of essential oils in stimulating melatonin production could be due, in part, to the fact that melatonin is produced in plants and defends cells as an antioxidant. Melatonin serves a similar antioxidant function in humans and has been used to treat a number of health conditions and diseases, including insomnia, Alzheimer's disease and depression.

Essential oils are also tiny in size (under 500 amu) and lipid soluble and this is the only way to access the blood brain barrier for healing. Herbs and drugs cannot, they are too big of a molecule and water soluble).

### **Melatonin Supports Sleep**

There is plenty of proven research to be an effective treatment for several of the following modern day diseases:

- Insomnia
- Jet lag
- Shift work disorder
- Sleep wake cycle disturbances
- Delayed sleep disorder

### **Other benefits:**

- Increases antioxidant production
- Enhances Immune function
- Supports detoxification
- Supports the gallbladder
- Activates brain regeneration
- Impacts cardiovascular health
- Strengthens the blood brain barrier
- Offers neuroprotection
- Reduces inflammation

- Supports mitochondrial function
- Alleviates migraine
- Reduces symptoms of tinnitus
- Reduces depression
- Supports eye health and vision
- Stabilizes blood pressure
- Balances blood sugar
- Supports gut health
- Protects the stomach reducing ulcers and GERD
- Regulates hormones
- Benefits with Autism healing
- Slows hair loss

## How does Melatonin clean the brain?

Your cell's disposal system relies on cell components called lysosomes, which are filled with enzymes that break down unwanted waste materials. Lysosomes cannot perform their important clearing work without sulfate, a SULFUR compound (sulfurzyme) that helps clear cellular debris.

Your pineal gland produces melatonin in the evening, and melatonin delivers sulfate to various parts of the brain during sleep to clear cellular debris. Sulfate also helps to make fat loving molecules of melatonin water soluble, so they can move through your cerebral spinal fluid for delivery to the brain. An INSUFFICIENT supply of sulfur IS the root cause of many neurological diseases. A lack of this important compound (sulfurzyme) may impair your brain's ability to eliminate heavy metals and other toxins, resulting in an accumulation of cellular debris. Toxic metals and glyphosate (an herbicide) interfere with sulfate synthetic, and these damaging effects accumulate over time.

### **Circadian Rhythm**

Circadian rhythms are cycles that tell your body when to sleep, wake and eat. Every process in your body, from sleep to digestion and detoxification, follows a rhythmic or repetitive pattern based on 24 hr cycles. Your own circadian rhythm regulates signals that make you feel tired, sleep, wake up and feel alert around the same time each day. This internal clock also regulates key organs and



systems, including your heart, lungs, immune system, and metabolism, as well as patterns of brainwave activity, hormone production, cell regeneration, and DNA repair.

## **Disruptions**

- Inability to sleep
- Inability to stay asleep
- Not feeling awake or refreshed
- Delayed recovery after physical activity
- Drop of energy between 4-7pm
- Headache only during certain parts of the day

Shift work, red eyes, different time zones and staying up all night as well as exposure to blue light can also disrupt your body's circadian rhythm. This will eventually throw off sleeping, waking and digestive systems. This can turn into:

- Allergies
- Asthma
- Cardiovascular disease
- Insomnia
- Digestive or metabolic disorders
- Anxiety and depression
- Stroke

Getting this precious system back in order can take some time to unravel the root cause, but it is worth it. This will happen through utilizing essential oils for emotional balancing and release. Essential oils to enter the blood brain barrier and the pineal gland. Immupro to begin to heal the root cause and supplement the proper kind and delivery of melatonin to the cell. Dietary and lifestyle modifications as well as lowering blue light exposure.

\*It might not hurt to also work through the adrenal glands to restore a proper level of cortisol.

# The Pineal Gland

The pineal gland is a pea sized, pine cone shaped endocrine gland. It is located around eye level in the very center of the brain. One way to access this is via the delivery of essential oils to the roof of the mouth. This is the "regulator and regulators". This gland has a hand in many important processes of the body, hormones, reproductive, executive functioning, body temperature, blood pressure, motor activity, mood, immune function and longevity.

The pineal gland influences chemical messengers like dopamine, serotonin, neurotransmitters, dimethyltryptamine (DMT) - higher states of consciousness. When the eyes detect darkness the pituitary gland begins to prepare for melatonin and sleep and the pineal gland is the most susceptible part of the brain. Extremely sensitive to toxins, mood changes and electromagnetic exposure. It is SO sensitive in fact that dissected pineal glands over time have shown that the majority of people have a pineal gland nearly half the size now of what it really should be - showing that the increase of toxin exposure have greatly impacted our pineal glands.

Symptoms of a compromised pineal gland:

- Mental health issues
- Depression
- Anxiety
- Neurological disorders including parkinsons, dementia and epilepsy
- Not remembering dreams
- Tendency to over analyze
- headache , nausea, vomiting
- Difficulty with sense of direction and spaciness
- Difficulty losing weight
- Hormonal issues including changes in ovulation and lack of fertility

*let's talk about toxins next...*

# Toxins that can severely affect the Pineal Gland

## Aluminum

All heavy metals and especially aluminum, that is contained in high quantities in vaccines, impairs the pineal gland's ability to remove heavy metals and decalcify. When melatonin levels are good, it naturally removes metals that store up in the body.

## Fluoride

The human body is a series of interconnected organs, tissues, vessels, glands and fluids. Since the oral cavity is used to ingest nutrients and requires consistent cleaning, the mouth acts as a vehicle for toxins to enter the body. Fluoride, found in drinking water and many big brand toothpastes, is one such substance that has numerous negative side effects on the body – including the pineal gland.

The pineal gland is a tiny, pea-sized tissue mass that behaves as part of the body's endocrine system. Although located behind the third ventricle of the brain, some refer to the pineal gland as "the third eye" because it looks similar to the human retina. The pineal gland also connects with the eye through light reception, which is transmitted through the brain and finally processed by the pineal gland itself.

The pineal gland is responsible for secreting the hormone melatonin – the same hormone that contributes to the pigment in your skin and protects you from sun damage. Melatonin has three primary responsibilities, including protecting the body from free radical cell damage, regulating circadian rhythm and controls the start of puberty in females.

Problems with the pineal gland surface when calcification occurs, typically stemming from poor nutrition, weak immunity and sodium fluoride.

## **Fluoride and Pineal Gland Calcification**

Compared to other soft tissues in the body, the pineal gland tends to accumulate fluoride easily. Studies show that high fluoride concentration in the pineal gland can reduce melatonin production and lead to disruptions in circadian rhythm – or healthy sleep and wake cycles.



Negative symptoms of calcification in the pineal gland are weight gain, obesity, digestive issues, vision loss, mood disorder, poor circulation and kidney problems. Melatonin deficiencies, possibly linked with high levels of fluoride and consequent calcification of the pineal gland, can lead to premature sexual development, bipolar disorder, Alzheimer's disease, insomnia and cancer.

Fortunately, however, patients can work to clean out their pineal gland to return its function before serious complications occur. Healthy pineal glands boost nervous system function, hormonal balances, healthy sleep, sharp cognition and creativity. Here are a few tips to flush out your pineal gland for better overall health:

Drink fluoride-filtered, spring or well water over fluoride-treated tap water. Use fluoride-free toothpaste or mix your own with baking soda, cinnamon extract and coconut oil.

Eat unprocessed, raw foods – or opt for organic produce, if possible. Go outside (with sunscreen) for 20 minutes each day to stimulate the pineal gland. Take iodine supplements to flush and eliminate excess fluoride from the body. Eat foods high in boron – a mineral found to effectively remove fluoride – including chickpeas, red kidney beans, peanut butter, dates, raisins and lentils.

## **Glyphosate**

The active herbicide in melatonin is associated with low melatonin levels. Glyphosate can suppress melatonin production by depleting melatonin precursors like tryptophan and serotonin. Glyphosate also increases aluminum toxicity by “caging” aluminum, allowing aluminum to bypass the gut/brain barrier and enter the body's cells. Glyphosate also increases calcium uptake, therefore allowing aluminum to gain entry to your cells by mimicking calcium.

## **EMFs**

The pineal gland senses “light” and EMFs which can affect how the pineal gland produces melatonin. The more exposure to EMFs and blue light to lower melatonin production. Proper melatonin supplementation also protects the pineal gland from EMF.

## Stress & the Pineal Gland

There is no doubt that stress and the state of fight and flight that come with it.

Stress can contribute to many issues including headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. It is a silent killer and leads to health problems, so it's important to evaluate what stressors you have and start to address ways to reduce the stress in your life.

## Heal with Essential Oils

One of the best and most effective ways to boost or "repair" the pineal gland is to press sacred frankincense or frankincense to the roof of the mouth. Another one is balsam fir. Do this often as you cannot over do it.

Omegas - omegagize or mindwise (a plant based form) is great to feed the brain and the pineal gland.

High oxygenating essential oils like cedarwood, vetiver and frankincense applied to the back of the brainstem often

Diffusing lemon. Lime, bergamot are all incredible to shift emotions, also clear out the brain via the nasal cavities and it supplies extra oxygen to the home.

## Brain Detox

Did you know the brain detoxes while you are sleeping via that glymphatic system? The glymphatic system is a waste clearance system for your brain to remove toxins. When you sleep your brain literally shrinks down to make room for cerebral fluid to flow thru and wash your brain, these toxins then exit through the back of the neck and lymphatic system, through the blood, to the liver, gallbladder and then intestines for excretion.

The lymphatic system in collaboration with the circulatory system carries nutrients to the brain to repair any damage from toxins. It is such a cool process! This is probably one of the most underappreciated systems in the body to prevent neurological disease and illness.

This is also why it is so important to keep this system clear because it can “back up” or get clogged very easily from toxin exposure - most notably vaccines and the aluminum (in all vaccines) and mercury (in the flu vaccine still). Taking the steps to support brain detoxification is one of the most important steps you can take daily - this means getting proper sleep so your brain can wash and repair, removing toxin exposure that you can control (food, fragrance, cleaners, vaccines, fluoride, water etc) And very important opening drainage or biotherapeutic pathways in the body to that toxins can flow OUT but also repairing can flow UP.

## Opening drainage pathways via essential oil

Just like the compounds of essential oils keep a plant healthy, they do the same for our own bodies. They transport water from the roots to the leavers to perform similar functions in your own body. Helping to move energy, flush toxins, heavy metals, viruses, bacteria and prevent back-up congestion happening on the lymphatic highways.

Top Essential oils for their antioxidants and oxygenating capacities:

Analgesic properties for pain: clove, peppermint, black pepper

Oxygenating properties: frankincense, sacred frankincense, cedarwood, balsam fir, black spruce.

## Two ways the brain detoxes

Melatonin

The glymphatic system

See section above for melatonin. The glymphatic system physically clears waste and cellular garbage - one of the MOST important is beta-amyloid - the protein associated with Alzheimers.

Glial cells - your brain's immune cells that protect and nourish and insulate neurons. They also help to clear waste. A particular type of glial cell is an astroglia, it has receptors called aqua-porin-4 channels, that help facilitate fluid movement to drive removal of waste from your brain.

Lymph - is a colorless fluid that circulates around the body and clears excess fluids and waste products from the gap between cells that is referred to as interstitial space. The waste travels down the neck, parallel to the arteries, into a network of channels, known as the lymphatic system, where bacteria and pathogens are neutralized and eliminated.

The glymphatic system is similar to the lymphatic system but for the brain and cerebral fluid. It moves fluid in a sweeping motion washing brain cells and clearing debris down the neck and out of the body via lymph vessels that run parallel to your vagus nerve. This glymphatic system not only clears waste but it also delivers nutrients and hormones like norepinephrine. So when you sleep and your brain shrinks it now allows for this process to happen efficiently.

There is a link between chronic inflammation and chronic illness and vagal nerve function, lymphatic tissue congestion and how our blood vessels operate. This is why prioritizing opening the lymphatic drainage pathways is so crucial.

### **What IS the Lymphatic System?**

- The lymph system, being part of the circulatory system, is a major organ of the immune system. When you eat food, your body digests that food for its nutrients and then sends those nutrients to every living cell in your body. When the cells finish processing these nutrients, some waste is created.
- The waste matter from each cell must be removed from the body or it will “drown” in its own waste. The lymph, which is throughout the body, is the “highway” by which these wastes are transported from the cells to the blood, to the colon and kidneys for elimination.
- One of its main jobs is to remove waste that was created after the cell has finished processing the nutrients. It essentially acts as a mini sewer system! (AKA the official nickname “the garbage disposal” of the body).
- The body is about homeostasis, the balance of systems, energy and chemical processes, etc. within the body. When the body is in alignment it begins to put itself into balance.
- The lymphatic system is the key to keeping the body in total and complete harmony with all other organs (digestive, immune, cardiovascular, circulatory, hormones, etc). The digestive tract is also crucial to maintaining balance in the body.

Exploring the lymphatic system on various levels, you see this is a much understated functioning system.

- It's well-known that the skin is the largest organ in the body. The skin is responsible for one of the most important detoxification processes each way, making it one of the most important elimination organs. This is also known as the third kidney, and the lungs are known as the second kidney.
- Toxicity can gather beneath the skins' surface from such influences as improper pH levels, body soaps and creams. Antiperspirants, as well as synthetic fibers that have been next to the skin, can contribute to both a variety and severity of skin problems and conditions.
- The lymphatic system plays a crucial role in your body's ability to heal from injury, ward off disease, and restore itself to the high optimal level of health. It's essential for the body to act as the main drainage system for cleansing and filtering our toxins and bacteria.
- The lymph system has no central component, independent muscle contraction through deep breathing, exercise of manual manipulation, or fluid which can cause blockage of the lymphatic system. There is no way to release toxicity in and through the lymphatic system other than movement of the lymph fluid.
- These toxins enter the lymphatic system and accumulate daily. Each one of us is holding a bio-burden if the hundreds of pollutant intestinal toxic chemicals we have taken in. These are important to our health!

Not to fret, my friends, there are a number of ways to support and nurture your lymphatic system!

## Lymphatic Drainage Roller



### INGREDIENTS

- 100 drops Citrus Fresh
- 20 drops Lemongrass
- 20 drops Myrtle
- 20 drops Rosemary
- 20 drops Idaho Blue Spruce
- 20 drops Helichrysum
- One dropper full organic jojoba oil

### DIRECTIONS

In a 15mL bottle combine the following. Add a roller fitment & roll on to any area to support lymphatic flow. Great when ears & throat & sinuses need some love!

## How the body removes toxins

Lymphatics: Your lymph system is like a tissue cleansing river. All the bodies' cells are bathed in lymphatic fluid, which constitutes the internal environment of the body. Fresh, clean, nutrient laden lymphatic fluid enters the tissues from the bloodstream thru blood capillaries. Then your cells absorb oxygen & nutrients from the fluid & secrete waste back into it.

Some of this lymph fluid is drawn back into the blood carrying carbon dioxide, acid & other waste products to be filtered out by the lungs & kidneys. The rest is drawn into lymphatic capillaries where it is taken to lymph nodes that act like tiny sewage treatment plants. Their white blood cells gobble up debris while other mechanisms purify the lymph. The lymph ducts that empty into the circulatory system at the base of the neck near the thyroid gland, where iodine from that gland can further treat this fluid to purify it. Keeping the lymph moving is essential to keeping the tissues clean, and must be considered in any cleansing program. Beyond the lymph there are 4 main organs that work together to disarm toxins & eliminate harmful waste products. (Supporting the Lymph system with Cypress, Grapefruit, Tangerine, Orange, Rosemary, Lemongrass + Citrus Fresh and water intake is vital).

The 1st channel of elimination that slows down is the "colon", your colon eventually produces symptoms of disease in other parts of your body, He calls the lining of the digestive tract your 1st line of immune defense. The mucous membranes that line your intestines are not only designed to absorb nutrients, but also reject toxic stuff and waste. They are like a selective filter. He also suggests that when these membranes are overloaded with toxic material, they become irritated & inflamed. No longer able to process & absorb nutrients correctly. Giving rise to colitis and other inflammatory bowel disorders, including Crohn's disease, celiac disease and ulcerative colitis. All of these involve a breakdown of the intestinal mucosa due to inflammatory processes. Inflammation & swelling in your intestines also lead to increased absorption of toxic materials into the blood & lymph a condition called leaky gut syndrome; this then creates a cascade of negative reactions that adversely affect every system in the body. (Inflammation is calmed with Copaiba, the colon is cleansed with Comfortone + ICP).

According to Steven H Horne RH (AGH), the liver is the backup system to the intestines. All of the blood coming out of your intestinal tract passes through the liver before being carried to other parts of the body. Just as your intestines are the primary external organ of elimination (meaning the primary way toxins are pushed out of the body); the liver is the most important internal organ of detoxification. Its primary job is to neutralize bad guys that get into your system. (Support the liver with JuvaTone, JuvaFlex and JuvaPower. The JuvaPower actually supports both the colon + liver.)

So when the 1st line of defense (intestines) have been compromised, the liver is the backup quarterback to take the job and run with it. It harbors hundreds of enzyme systems that break down the bad guys and is able to process the needed nutrients. The lifestyle many of us lead really makes the job of the liver a real tough one!

You know when your liver is really struggling it will give birth to common symptoms:

- frequent headaches,
- sluggishness,
- lethargy,
- skin problems (like eczema, and acne)
- weight gain,
- bloating,
- cholesterol issues,
- thyroid problems,

Ladies: the dreaded PMS and hard menopausal symptoms.

So moving on the 3rd line of defense according to Steven H. Horne, would be the kidneys. So when the intestinal, and liver miss or slow down on the job, the kidneys now get the excess load of trash delivered to them for disposal. So when the urinary passages are overwhelmed with irritants, they also become inflamed; this can cause burning when urination takes place, irritable bladder (can't hold it), frequent kidney & bladder infections.

Many of my clients are very acidic in their pH nature, which is one of the key waste issues the kidney's must deal with. So when they are weak, and overworked with needing to filter other toxins because defense systems #1 and #2 are overburdened, they cannot handle the higher acidic load so the body then begins to take from body reserves magnesium and potassium which it robs from bones and muscles (can we say muscle cramps usually middle of the night, and osteoporosis) to put out the systemic fire. (Neutralize the body and bring your pH into balance with ALKALIME.)

This increases the muscle tension, headaches, back pain, leg pain, arthritis. Then factor in kidney stones (which are very popular these days not to mention painful) because the body is purging calcium to reduce acid build up in the body it can add to calcification of tissues.

Next: you need to love the SKIN you're in!

Your largest elimination organ is the "Skin". It is the last ditch effort for elimination processes. It offers assistance in a couple of ways:

You sweat, when we sweat if there are too many water soluble bad guys in the blood the body can wash them out thru the skin when we sweat. Many times this happens when we produce a fever to force the sweat glands to open up and increase elimination thru the skin. Sometimes I encourage clients to create a false fever with epsom salt/ginger baths, and encourage using Far infrared saunas. If your kidneys show signs of weakness this helps a great deal to take some of the overload off of them.

The oil in the skin which keeps our skin soft, this is produced thru oil ducts and can be used as another elimination method for toxins that are fat soluble. Normally the liver processes these and turns them into water solubles and the kidneys flush them out. So if your liver is congested the body will call upon the skin to do the duty. So acne, blackheads, pimples, boils usually appear when toxins have been forced from the liver/kidneys towards the next elimination channel (the largest) the skin.. Fat soluble toxins that are trapped in the fatty layer under the skin can make you itch and produce a rash.



So when something such as that appears on the skin you can really be confident a good place to start cleaning is your colon, liver & kidneys, simply applying something topically on the skin is only a temporary solution to a deeper issue. The SYMPTOM is an indicator that the foundation is in need of repair.

## Build Terrain

Our veins can also be a target for infections. Inflammation in the veins of the neck caused by infections in the neck can restrict blood flow to and from the brain. As a result, blood backs up in the brain and spinal cord, which can trigger inflammation and pressure.

Viruses and parasites can hang out in the endothelium or lining of the jugular vein in the neck causing congestion, and the four steps below can help a lot to unclog this crucial area of the body.

## The Vagal Nerve

The vagus nerve travels on both sides of the neck so any infections in that area of the body can compromise this sensitive nerve. Using essential oils like lemon, lime, citrus fresh and even cypress help to move lymphatic flow and kill infections safely and with no side effects. Once again, I cannot stress enough to use the purest of oils (you know the only ones I use).

## Sinus & Tonsils

Infections in the neck, in your sinus cavities or tonsils can block proper drainage from happening and contribute to a lot of unnecessary inflammation. This is also something that can be turned around easily in kiddos who are getting constant tonsil or adenoid issues - see the section here in the warrior center on how to heal tonsils and adenoids naturally.

Cypress, melrose, lavender, lemon, thieves massaged often in a downward motion is helpful. It's important to work on terrain to turn around the body's inability to naturally fight off infection. My favorite terrain powerhouses are: ninNingxia, probiotics like life 9, longevity softgels and sulfurzyme powder.

## The Oral Microbiome

The oral microbiome is CRUCIAL to the entire body's terrain as well as keeping cavities at bay. Please see the holistic dental course for more detail on the oral microbiome.

Top things that can help immediately in this area, especially with tonsils and adenoids are:

- Thieves whitening toothpaste (contains nano hydroxyapatite)
- Thieves mouthwash
- Swishing with life 9 before bed in the mouth

## Spinal work/ Chiropractic care

There is no doubt that energy work or chiropractic work are invaluable to the entire process of lymph flow. Because so many nerves are running through the spine, keeping it flowing is key to overall balance. I also am a huge fan of valor up and down the spine to help realign it daily.



## Meet the Author



Jodie Meschuk is a fierce mama bear and freedom advocate. After her son was diagnosed with Autism, she took matters into her own hands. She found her voice, gained strength, and took power back for her family. She now helps empower others to choose their own path rather than being told what to do.

---

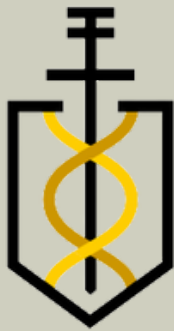
@THEWARRIORCENTER



Join my Young Living team!

I highly recommend Young Living products, and many of the products I recommended throughout this course are from Young Living. When you order 100 PV or more, you get FREE access to the Warrior Center and personal support from me.

**Click here** to check out my favorite products! If you enroll, make sure to use **Referral ID 1403175**.



## The Warrior Center

If you are looking for a place to gain more insight and knowledge on subjects such as vaccines, holistic remedies, and informed consent, join us over at The Warrior Center!

- ✓ Explore Health
- ✓ Find Community
- ✓ Seek Truth & Knowledge
- ✓ Take your power back!
- ✓ Embrace your freedom

[Join The Warrior Center!](#)

Find out more at  
[thewarriorcenter.com](http://thewarriorcenter.com)

  
[click here!](#)