



*HMD LECTURE: Thursday, October 16, 2014*

## **Pineal Gland Health**

*Presented by Deborah Noeker, R.N.*

**Pineal Gland Health—Anatomy/bio-physiology and spiritual aspects of pineal gland**

- Health of pineal gland, effects of dietary intake, water intake
- Sleep patterns related to pineal health
- Hormones: melatonin/serotonin, protein amino acid influences
- Detox of pineal, various sources of compromise
- New advances in science research, OTC supplements to enhance function
- Melatonin research for cellular longevity, telomeres extensions in DNA
- Spiritual aspects of pineal, opening to greater dimensional experience
- Connection to light codes and incoming energies for awakening.



**Deborah Mathison Noeker** is a Registered Nurse, a health educator for over 38 years, a BBSH Small Class Teacher for 15 years, and the BBSH Anatomy & Physiology I teacher for the past 12 years.