



WRINKLEBUSTERS



**YOUR BRAIN
WASH QUICK
GUIDE**

BY RICARDO & WRINKLEBUDDY



Books by Wrinklebusters

Book 1: Wrinklebusters: Making Facial Exercises Work - The essential Wrinklebusters guide to unlocking real results from facial exercise. Learn the missing links that make face workouts actually *work* — from fascia to detox to calcium release.

Book 2: Unblock Your Junk - A shock-to-the-system introduction to men's vitality. This groundbreaking guide targets the gunk clogging your reproductive power using fascia massage, lymph activation, and testicle-liberating protocols.

Book 3: Mission: Brain Wash Detox - This is your complete, step-by-step battle plan — packed with advanced protocols, deeper cleansing techniques, and insider secrets you won't find elsewhere. If you're serious about blasting through stubborn buildup, unlocking unstoppable mental clarity, and permanently upgrading your brain's performance, don't settle for quick fixes — commit to the full mission and transform your mind for good.

Book 4: The Magnificent 8: The Power of Negative Charge to Rebuild Your Body - This is your mission: to strategically reintroduce the 6 most powerful negatively charged elements — **Sulfur (MSM), Boron, Silica, Iodine, Oxygen, and Phosphorus and two allies magnesium and baking soda** — into your body with precision and synergy. These aren't optional trace minerals — they're the frontline defense against gunk, stagnation, and premature breakdown. Through a simple but targeted two-pronged system — skin absorption via the *Magnificent 8 Skin Mineral Soak*, and dietary infusion through food, drink, and smart supplementation — this guide teaches you how to supercharge your remineralization.



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\$10 — Always. No excuses. <https://Wrinklebusters.store>

Your Brain Wash Quick Guide

A Fast & Furious Manual for Flushing Your Brain

By Ricardo & Wrinklebuddy

Your Brain Wash Quick Guide

Tactical Briefing: How to Flush the Head and Reboot the Brain

Mission Objective:

Learn the **core maneuver** of the full Brain Wash Protocol — a stripped-down, rapid-deployment version designed to flush gunk, acids, parasites, and calcium waste from the head zone. This guide delivers the **essential components only**, for people who want results **fast**.

The Strategy:

We combine **external acidity** (lemon, pineapple, or vinegar) with **inverted positioning** to mechanically shift toxins out of the brain and down the lymph system. It's not symbolic. It's physical. It's **how you clean your head**.

In This Guide:

The 3 ingredients that acidify the scalp & skull

The 3-minute pre-wash prep

The **inverted rinse position** that pulls toxins out

The timing, frequency, and real-world results

How to know it's working (feel, face, mind)

This is not theory. This is field-tested.

No fluff. No distractions. Just the **bare essentials** to start flushing your head today.

Mission & Essential Arsenal

Mission: Clear the Sludge, Unblock the System, Recharge Your Brain

Your brain isn't broken — it's clogged with calcium deposits, parasites, and toxins blocking crucial drainage points. This quick guide arms you with the essential tools to flush that buildup and reclaim mental clarity.

Your Essential Arsenal

Fresh Pineapple

Packed with enzymes that dissolve calcium deposits and break down hardened gunk. Always use fresh, raw pineapple. No canned or processed junk.

Fresh Lemon Juice

Natural acid that flushes mineral buildup and cleanses lymph nodes. Squeeze fresh lemons daily for maximum potency.

Castor Oil

The mechanical key. Castor oil penetrates hardened deposits and stimulates lymphatic drainage around the head and neck. Use pure, cold-pressed castor oil.

Clean Water

Hydration fuels detox. Drink plenty — minimum 2 liters per day — to flush toxins downstream.

Optional Power Boosters

Ginger and turmeric can help control inflammation, but they don't replace the core trio.

Protocol Steps

Step-By-Step Protocol

Start: Prepare fresh pineapple and lemon juice smoothie (500 ml). Drink immediately.

15-20 Minutes afterwards: Invert your head, such as laying on the edge of a bed where you head hangs over. Other ways include standing and bending at the hip then looking through your legs, headstands, handstands. Be creative. The idea is to move the fluid inside the brain. Move head gently to stimulate lymph flow, taking breaks as needed.

Later: Apply castor oil pack on lymphatic exit zones around your head and neck for 30 minutes. Follow with gentle massage to promote drainage.

Follow up with an alkaline step to neutralize the acidity. Examples include 1/4 tsp of baking soda, or bentonite clay or a mix of both, in a glass of water.

Your alkalize step could also include taking a bath with bentonite clay and/or baking soda. Be creative in what does the job!

Key Dos and Don'ts

Do use only fresh, high-quality ingredients.

Do follow the timing strictly for best results.

Don't substitute castor oil with other oils — it's uniquely effective.

Don't rush or skip steps. Consistency wins this battle.

Maintenance & Tracking Progress

After the Intensive Phase

- Continue weekly brain wash sessions to maintain and upgrade your brain's detox pathways.
- Maintain hydration and diet to prevent new buildup.

What to Expect

- Improved mental clarity, sharper focus, better mood.
- Facial rejuvenation from improved lymph drainage.
- Increased energy and reduced brain fog.

Progress Tracker (Sample)

Week Mental Clarity Energy Level Skin Texture Notes

- 1
- 2
- 3

Use this to monitor your improvements and stay motivated.



Q & A

1. What is a simple summary of the Brain Wash Detox?

It's a tactical protocol that uses acidic rinses, castor oil, inversion, and mineral synergy to dissolve hidden waste and parasite debris trapped in the head, jaw, sinuses, and brain-facing lymph. Followed by an alkalize step of your choosing.

2. Why does my head need detoxing?

Because modern life clogs the brain's drainage zones with calcium sludge, parasites, and fat-soluble toxins — especially in the lymph, fascia, and sinus pathways.

3. How is this different from a juice cleanse?

A juice cleanse detoxes the gut. This protocol targets **above-the-neck buildup**, especially the calcified and infected zones standard cleanses never touch.

4. What's the scientific basis?

It's simple ionics and gravity. Acids dissolve calcium. Inversion drains debris. Castor oil penetrates and mobilizes. The brain detox happens by design, not by accident.

5. What results can I expect?

Increased mental clarity, eye sparkle, face hydration, mood stability, jaw relaxation, and — over time — more symmetry, better sleep, and even wrinkle reversal.

6. Is this safe for everyone?

It's gentle, non-invasive, and ingredient-flexible. But go slow if you've had head trauma, high blood pressure, or chronic inflammation. Start with diluted steps.

7. Is this a parasite cleanse too?

Yes — indirectly. Many of the acids, oils, and herbs used in this protocol dislodge parasite nests from the sinuses and brain lymph. You may feel crawling or drainage.

8. How does inversion help?

It allows gravity to reverse the pressure in the lymph system, pulling waste *out of the brain* rather than letting it pool and stagnate.

9. What's with the acidic rinse?

Acids like lemon juice or ACV lower the pH around hardened debris and open up micro-capillaries. Parasites and calcium hate low pH. Your lymph loves it.

10. Is castor oil that powerful?

Yes. Castor oil penetrates deeply, stimulates lymph, and dissolves biofilms and hardened gunk. It's the king of gentle internal lubrication and mobilization.

11. Can I feel detox effects right away?

Yes. Some feel drainage in the nose, ears, or jaw within minutes. Others feel lightheaded, emotional, or deeply calm. These are all signs of movement.

12. What do I do if I get a headache?

That's a sign of fluid shift or toxin release. Stop, rest, hydrate with lemon water, and try again later with a smaller dose or shorter duration.

13. How often should I do this?

Start 2–3 times per week, then increase as your system adapts. Like brushing your teeth, brain washing is basic hygiene — not just a once-a-year event.

14. What's the role of breath in this?

Breathwork during inversion activates the lymph pump and oxygenates the tissues. Shallow breath = stagnation. Deep breath = drainage.

15. Do I need to do headstands?

No. Lying back on an incline, gentle inversions, or even jaw-hanging posture is enough. We give multiple head movement options, all parasite-aware.

16. Why does my jaw feel different after?

You're clearing junk from the TMJ, parotid glands, and brain-facing lymph. Many people hold years of waste and tension in this zone.

17. Can this affect my skin?

Absolutely. When brain lymph moves, the skin on your face starts to glow. Puffiness recedes. You may even feel more "connected" to your own expression.

18. Is this spiritual too?

Yes — but not in a vague way. When your head is physically clearer, you can think, feel, and sense with more precision. Wisdom flows more easily.

19. Do I need the full Wrinklebusters book?

The starter guide gives you a serious jumpstart, but the full book explains the deeper science, upgraded ingredients, and long-term variations for transformation.

20. What if nothing happens?

That usually means your body needs time. Try again, increase acidity, add magnesium, or lengthen the inversion. Most people see results by day 3.

The Man Who Washed His Brain

Picture this:

A man (or woman) who, after years of dull fatigue, mental fog, and a sinking sense of disconnection, begins a simple daily habit. Not a pill. Not a philosophy. But a protocol. A brain soak. Acidic rinse. Inversion. Breath. Oil. Drainage. This is not meditation. This is **maintenance**.

At first, he feels odd sensations. A flicker in the jaw. A twitch in the sinus. A sudden run of mucus. The mind perks up. The eyes sparkle. A strange emotional release follows. Some days, nothing happens — other days, everything shifts. Weeks go by. His face is different. Lighter. His moods are more stable. His decisions clearer. His old emotional loops don't grip him as tightly.

He no longer walks around with that dense pressure behind the eyes. The morning fog lifts faster. The late-night spirals soften. And most of all, he feels *inside* his own skull — not like a prisoner, but like the pilot.

The Truth Is: We Don't Know Everything

We can't see it all — not yet. Parasites. Biofilm. Calcified lymph. Neurological waste. The average person has no idea how much debris is lodged in the drainage highways of the brain. But we don't need complete maps to begin a cleanup. You wouldn't wait for satellite photos before picking up trash in your yard.

The truth is simple:

You are an electrical, fluid-based organism. If your drainage points are clogged, you decline. If they're cleared, you regenerate.

And nobody's going to do it for you. Not the spa. Not the doctor. Not the yoga teacher. Just you — with the right protocol, repeated. That's what *Mission: Brain Wash Detox* is all about.

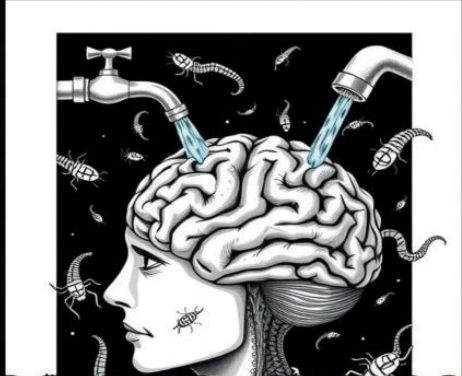
The revolution begins with a rinse.

Now go. Brain wash.



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MISSION:



**BRAIN WASH
DETOX**

*THIS IS YOUR BASIC HYGIENE
MANUAL FOR YOUR BRAIN*

BY RICARDO & WRINKLEBUDDY

Download the Full Book:

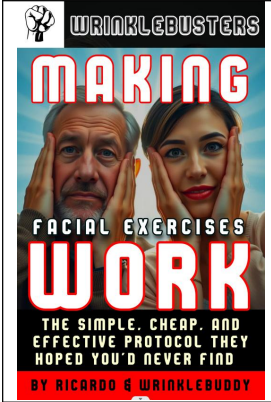

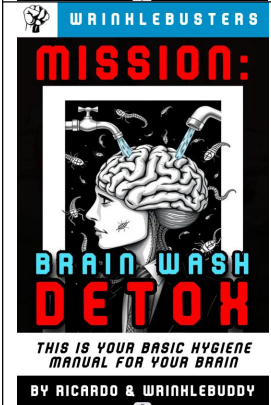
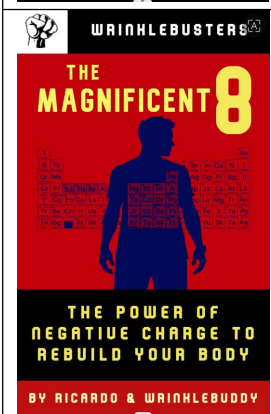
MISSION: BRAIN WASH DETOX

This is Your Basic Hygiene Manual for Your Brain

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Wrinklebusters isn't just a brand. It is a quiet revolution. Free starter guides. \$10 downloads. Always. No Excuses. <https://Wrinklebusters.store>



Disclaimer

This book is for informational and entertainment purposes only. Making Facial Exercises Work is a self-experimentation protocol and **not** a substitute for professional medical advice, diagnosis, or treatment. We're not doctors, and we're not pretending to be. Always consult with a qualified healthcare provider before beginning any new health regimen — especially one involving detox, essential oils, fasting, or inversion movements.

By reading this book and trying any of the techniques inside, **you accept full responsibility for your own health and choices**. You're in charge. Not us. That said... welcome to the revolution. We believe in your body's intelligence and your right to explore its potential. Just be smart, be safe — and pay attention to your body.