### Table of Contents, in Checksheet order:

1. 68-08-28  DRUGS .................................................................................................................................1
2. 68-08-29  DRUG DATA ..........................................................................................................................3
3. 69-10-17  DRUGS, ASPIRIN AND TRANQUILIZERS ........................................................................5
4. 80-10-11  DRUGS AND THEIR EFFECTS ON AUDITING GAINS .........................................................9
5. 78-02-06  THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM ...........................19
6. 78-02-06  THE PURIFICATION RUNDOWN – ERRATA AND ADDITIONS .......................................41
7. 80-05-21  PURIFICATION RUNDOWN CASE DATA .......................................................................45
8. 80-01-03  PURIFICATION RUNDOWN AND ATOMIC WAR .............................................................65
### b) Table of Contents, in chronological order:

1. 68-08-28 DRUGS
2. 68-08-29 DRUG DATA
3. 69-10-17 DRUGS, ASPIRIN AND TRANQUILIZERS
4. 78-02-06 THE PURIFICATION RUNDOWN – ERRATA AND ADDITIONS
5. 78-02-06 THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM
6. 80-01-03 PURIFICATION RUNDOWN AND ATOMIC WAR
7. 80-05-21 PURIFICATION RUNDOWN CASE DATA
8. 80-10-11 DRUGS AND THEIR EFFECTS ON AUDITING GAINS
c) Table of Contents, in alphabetical order:

1. 68-08-29 DRUG DATA ...........................................................................................................................................3
2. 80-10-11 DRUGS AND THEIR EFFECTS ON AUDITING GAINS .................................................................9
3. 68-08-28 DRUGS .............................................................................................................................................1
4. 69-10-17 DRUGS, ASPIRIN AND TRANQUILIZERS .........................................................................................5
5. 80-01-03 PURIFICATION RUNDOWN AND ATOMIC WAR ...........................................................................65
6. 80-05-21 PURIFICATION RUNDOWN CASE DATA ......................................................................................45
7. 78-02-06 THE PURIFICATION RUNDOWN – ERRATA AND ADDITIONS ..................................................41
8. 78-02-06 THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM ......................................19
DRUGS

(Note: Drug taking has become very common in the West, pushed by psychiatrists.)

It is possible to come off drugs without convulsions.

Drugs essentially are poisons. The degree they are taken determines the effect. A small amount gives a stimulant. A greater amount acts as a sedative. A larger amount acts as a poison and can kill one dead.

This is true of any drug. Each has a different amount. Caffeine is a drug. So Coffee is an example. 100 cups of coffee would probably kill a person. 10 cups would probably put him to sleep. 2 or 3 cups stimulates. This is a very common drug. It is not very harmful as it takes so much of it to have an effect so it is known as a stimulant.

Arsenic is known as a poison. Yet a tiny amount of arsenic is a stimulant, a good sized dose puts one to sleep and a few grains kills one dead.

But there are some drugs which have another factor. They directly affect the reactive bank. Marijuana (pot), peyote, morphine, heroin, etc. turn on the pictures one is stuck in. And they turn them on too hard to audit out.

LSD-25 is a psychiatric drug designed to make schizophrenics out of normal people. It is evidently widely distributed by psychiatrists. It looks like cube sugar and is easily made.

Drugs are considered valuable by addicts to the degree that they produce some "desirable effect".

But they are dangerous to those around because a person on drugs

(a) has blank periods

(b) has unrealities and delusions that remove him from PT

(c) is very hard to audit.

Thus a drug taker can be holding a boat alongside, go into one of his blanks, think he is on Venus and let go.

A drug taker left on watch may go blank and miss a menacing situation and not handle it because he is "somewhere else".
Giving an order to a drug taker can be grim as he may simply stand and stare at one. He ARC breaks anyone with it.

It takes about six weeks apparently for LSD to wear off. After that a person can be audited. But it ruins his case to a marked degree as it builds up ridges which don't as-is well.

A drug or alcohol *burns up* the Vitamin B1 in the system rapidly. This increased speed of burning up B1 adds to his "happy state". But now his system is out of B1 so he goes depressed.

To avoid convulsions take lots of B1 daily when coming off drugs.

And wait for six weeks before one is audited.

And then lay off. It's a pretty poor trick on those who are dependent on one and get let down.

L. RON HUBBARD
Founder

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DRUG DATA

LSD-25 is a colourless, odourless, tasteless and virtually undetectable derivative of a rye mould called ergot. The use of sugar cubes as a medium was discontinued several years ago. Dosage is fantastically small, 50 to 1000 micrograms per dose, so capsules and tablets are used to reduce evaporation. Price varies from 3 to 7 dollars and it is only sold on the black market. Prior to 1964 the drug was administered by psychologists and psychiatrists. However, it is now illegal for them to do so. Despite its illegal status, LSD is very popular among teenagers and college students. An entire sub-culture of psychedelic (mind-manifesting) posters, light shows, and electronic music has emerged on the West Coast. Most of the Pop music has hidden drug references. A recent survey indicated that over 50% of the students graduating from the Los Angeles City School System had tried either LSD or marijuana.

Marijuana is the most popular of the psychedelic drugs. One ounce may be readily purchased for $10 and will furnish 30-50 cigarettes or "joints". A smoker quickly progresses from the one ounce "lids" to purchasing a "brick" or "kilo". This is a kilogram (2.2 lbs) and sells for $75 to $150. Marijuana may be easily identified. It has a strong characteristic odour which is similar to fresh hay or wet, freshly cut grass. Smoking some tea leaves, rolled up into a cigarette will give you a good stable datum for identifying marijuana odour. Marijuana may be physically identified as a green or greenish brown tobacco with varying amounts of brown stems and small round seeds.

Hashish, like marijuana, comes from the female hemp plant, Cannabis sativa. When matured, the plant is hung upside down and resins collect which are dried into hashish. One gram of hashish sells for $10 and will supply 10 to 30 "hits" or periods of being "high". Hashish is brown, tan, or black and is usually kept in tin foil. Users of both hashish and marijuana will have bloodshot eyes while under the influence. Someone under LSD may be identified by very dilated pupils.

Peyote "buttons" are several inches in diameter and come from the peyote cactus of S.W. America. The pure form of the drug is a synthetic (white) or natural (brown) powder called mescaline. A beefed-up version of this drug was recently made available but was, as of June 1968, unnamed.

Another new drug is STP. This drug is much more powerful than even LSD. As of June 1968, STP was waning in use as people found its results too unpredictable.
One other drug worth mentioning is DMT. This drug is smoked or injected and has immediate effects which end in about an hour. It may be identified by an odour similar to moth balls and is either a white powder or soaked into a medium such as pot or tobacco.

Marijuana is basically a very mild drug which creates euphoria. Also it has the unpleasant consequence of distorting the senses of the user to the point that people on "trips" have been known to open the door of a car going 80 mph and step out "since they could walk faster".

The remaining psychedelic drugs are much more powerful and will strongly influence a pc.

It was found in L.A. that over a period of several months (4-6) every single income slump was traced to the accidental acceptance of one or more drug (LSD, etc) users into the Academy and/or HGC and traced as well to the spreading waves of chaos in attempts to handle their "disagreements" with the tech, demands for special handling and no case gain.

The "trips" that a drug user goes on tend to produce stuck points on the track with much fixation of attention on that area. Bad "trips" tend to act like Super Engrams collapsing the track at that point.

Users of drugs cannot as-is, do not get TA, nor do they have cognitions.

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Founder

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DRUGS, ASPIRIN AND TRANQUILIZERS

I have just made a real breakthrough on the action of painkillers (known as aspirin, tranquilizers, hypnotics, soporifics).

It has never been known in chemistry or medicine exactly how or why these things worked. Such compositions are derived by accidental discoveries that "such and so depresses pain".

The effects of existing compounds are not uniform in result and often have very bad side effects.

As the reason they worked was unknown very little advance has been made in biochemistry. If the reason they worked were known and accepted possibly chemists could develop some actual ones which had minimal side effects.

We will leave the fact that this could be the medical biochemical discovery of the century and let the Nobel prizes continue to go to the inventors of nose-drops and new ways to kill and simply ourselves use it. Biochemical tech is not up to the point at this time that it can utilize it.

Pain or discomfort of a psychosomatic nature comes from Mental Image Pictures. These are created by the thetan or living beings and impinge or press against the body.

By actual clinical test, the actions of aspirin and other pain depressants are to

A. Inhibit the ability of the thetan to create mental image pictures and also

B. To impede the electrical conductivity of nerve channels. 

Both of these facts have a vital effect on processing.

If you process someone who has lately been on drugs, including aspirin, you will not be able to run out the Dianetic engram chains properly because they are not being fully created.

If you process someone immediately after taking aspirin for instance, you probably will not be able to find or assess the somatics that need to be run out to handle the condition. For the next day after taking the aspirin or drug the mental image pictures may not be fully available.
In the case of chronic drug taking, the drugs must be wholly worn off and out of the system and the engrams of drug taking must be run out in their entirety, triple flow. If this is not done, auditing will be trying to handle chains that aren't being fully created by the thetan.

In the case of auditing someone who has taken drugs – aspirin, etc – within the last few hours or two or three days, the chains of engrams definitely will be found not fully created and therefore not available.

This would all be fine except for three things:

1. Auditing under these conditions is very difficult. The TA may be high and will not come down. One gets "erasures" at TA 4.0 with an "F/N". Auditing errors become easy to make. The bank (chains) is jammed.

2. The thetan is rendered stupid, blank, forgetful, delusive, irresponsible. A thetan gets into a "wooden" sort of state, unfeeling, insensitive, unable and definitely not trustworthy, a menace to his fellows actually.

3. When the drugs wear off or start to wear off the ability to create starts to return and turns on somatics much harder. One of the answers a person has for this is more drugs. To say nothing of heroin, there are, you know, aspirin addicts. The compulsion stems from a desire to get rid of the somatics and unwanted sensations again. There is also something of dramatization of the engrams already gotten from earlier drug taking. The being gets more and more wooden, requiring more and more quantity and more frequent use.

Sexually it is common for someone on drugs to be very stimulated at first. This is the "procreate before death" impulse as drugs are a poison. But after the original sexual "kicks" the stimulation of sexual sensation becomes harder and harder to achieve. The effort to achieve it becomes obsessive while it itself is less and less satisfying.

The cycle of drug restimulation of pictures (or creation in general) can be at first to increase creation and then eventually to inhibit it totally.

If one were working on this biochemically the least harmful pain depressant would be one that inhibited the creation of mental image pictures with minimal resulting "woodenness" or stupidity and which was body soluble so that it passed rapidly out of the nerves and system. There are no such biochemical preparations at this time.

These tests and experiments tend to prove that the majority of pain and discomfort does come from mental image pictures and that these are immediately created.

Erasure of a mental image picture by Standard Dianetic processing removes the compulsion to create it.

Drugs chemically inhibit the creation but inhibit as well the erasure. When the drug has worn off the picture audited while it was in force can return.
The E-Meter Tone Arm under drugs or on a drug case can go very high – TA 4.0 TA 5.0. It can also be dropped to "dead thetan" (a false clear read).

Auditing a person on drugs can obtain an "erasure" and "F/N" at TA 4.0. But the erasure is only apparent and must be "rehabbed" (verified or redone) when the person is off drugs.

Any habitual drug taker applying for auditing while still on drugs should be given a six weeks "drying out" period, off drugs this whole time, and then the drug taking (by somatic or sensation of drugs or prior assessment to drugs – preferably both) must be run out as an early auditing action.

A person who has taken aspirin or other drugs within the past 24 hours or the past week, should be given a week to "dry out" before auditing of any kind is given.

It is not fatal to audit over drugs. It is just difficult, the results may not be lasting and need to be verified afterwards.

Chronic drug takers who have not had drugs specifically handled may go back to drugs after auditing as they were too drugged during auditing to get rid of what was bothering them and which drove them to drugs.

With the enemies of various countries using widespread drug addiction as a defeatist mechanism, with painkillers so easily available and so ineffective, drugs is a serious auditing problem.

It can be handled. But when aspirin, that innocent seeming painkiller, can produce havoc in auditing if not detected, the subject needs care and knowledge.

The above data will keep the auditor clear of the pitfalls of this hazard.

To paraphrase an old quote, we used to have iron men and wooden ships. We now have a drug society and wooden citizens.

I've been studying this for over a year and a half and have made the breakthrough.

Drug companies would be advised to do better research.

And auditors are advised to ask any pc, "Have you been taking any drugs or aspirin?"

The medical aspect is an understandable wish to handle pain. Doctors should press for better drugs to do this that do not have such lamentable side effects. The formula of least harmfulness is above.

L. RON HUBBARD
Founder
DRUGS AND THEIR EFFECTS ON AUDITING GAINS

REFERENCES:
THE BASIC DIANETICS PICTURE BOOK THE BASIC SCIENTOLOGY PICTURE BOOK
HCOB 6 FEB 78RA THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM
HCOB 1 MAY 80 SURVIVAL RUNDOWN SERIES 1; THE SURVIVAL RUNDOWN
HCOB 12 MAY 80 DRUGS AND OBJECTIVE PROCESSES
HCOB 29 AUG 80 KSW SERIES 23; HOW NOT TO MISS OUT ON GAINS FROM YOUR AUDITING

My intention and wish for all Scientologists has always been for them to become more able through auditing and thereby lead happier and more successful lives. I count among my happiest moments the times when I receive letters from Scientologists telling me of their wins in auditing and how their lives have improved through Scientology.

Auditing is the road to freedom for everyone, and no matter where you are on the Bridge, I want you to make the greatest gains possible from any auditing you receive.

To this end I have written this issue (and had some illustrations done to accompany the text) which I trust will be of use to you as you move up the Bridge.

There are three conditions which, when met, help ensure that any person getting audited will be in a position to get the most out of his auditing. A person who:

1. is freed from the restimulative effects of drugs, medicines and alcohol and any lingering effects their residues may have,
2. has had his attention unstuck from incidents in his past experience, and
3. is alert, in present time and in good communication with the things around him stands to make very good or even spectacular gain on whatever auditing he is receiving.

This is quite in addition to the general feeling of well-being which accompanies meeting 1, 2 and 3 above.

Indeed, such a person is far above what passes for "normal" currently in the society. Add on top of this, good auditing on the person's current program and you would have someone who was routinely doing very, very well in life.

There are reasons why the attainment of 1, 2 and 3 above are advantageous to the progress of any person's auditing.
The wins experienced in auditing will be greater and more stable if the person is free from the effects of drugs and if his attention is in PT and not stuck on past occurrences. What is more, the person will be in an optimum state to recover wins he experienced in any previous auditing. Regaining these former wins is not so easy if a person is still hindered by past drugs he has taken and has attention units stuck out of present time.

Additionally, the pc who is alert and in present time will be more capable of spotting and identifying any new state of existence he may reach or have reached as a result of auditing. The ability to identify these points of gain accurately can be very important.

The biggest factor in preventing the attainment of the three conditions mentioned above is, of course, drugs.

Drugs are essentially poisons. The degree they are taken determines the degree of effect they have. A small amount gives a stimulant. A greater amount acts as a sedative. An even larger amount acts as a poison and can be fatal. This is true of any drug.

Drugs have unfortunately become very common and widely used in our society during the last 15 or 20 years. In the 1960s it became apparent what drugs can do to a case. Drugs can inhibit a person from achieving gains in auditing and can inhibit a person from achieving a full resurgence of a state validly attained. It has been found that a person is unauditable while under the influence of a drug. He won't make gains. Also, drugs often produce lingering effects which affect the person and have a definite inhibiting influence on a person's auditing progress until they are handled. And it isn't only the more notorious drugs like LSD or angel dust which have these effects. Common medicines such as aspirin and novocaine (to say nothing of alcohol) can mess a person up, too.

Even though there may be a period during which the person feels good or "high" from taking drugs, after the drug wears off the person ordinarily feels worse than before the drug was taken.

Drugs cause portions of the Reactive Mind to come in on the person and cause him to reexperience incidents out of his past. They sometimes also cause the person to hallucinate, which means to see things that aren't there.
So, when a person is on drugs, what gets recorded in his mind is a combination of present time events and possibly hallucinations and other incidents out of his Reactive Mind.

Drugs can ball up a person badly. Because they scramble things around so, drugs can make it very difficult for the person to think clearly. They can also make a person seem dull and stupid.
In auditing it can be very difficult for a person who has been on drugs to fully contact actual incidents or parts of incidents in the bank due to the person's ability to do so being shut off by drugs. In his auditing he will not then be able to spot the source of those things which have undesirable effects on him.

A person can become so confused by the effects of drugs he has taken that when he looks for something in his bank there doesn't seem to be anything there at all! This can make the person think he has no Reactive Mind to audit. Of course, that is not the case. The actual fact is that the effects of drugs have shut off the person's ability to perceive and handle the
Another thing that can happen as a result of drugs is that the person can become stuck in a "drug high", which means that the person is under the influence of a part of his Reactive Mind that was recorded when he was feeling the euphoric effects of drugs.

This can cause him to "feel great" and feel he "has no problems" or "can't see anything so there must be nothing there". Again this is simply the effect of drugs shutting off the person's perception of his bank.

A fact we have come to learn in Scientology is that a person will not make the full gains available to him from auditing until the effects of the drugs he has taken are handled.

Fortunately, we have a program to handle this.

**THE PURIFICATION RUNDOWN**

It has been found that drugs can remain in the body after the effects have worn off. These drug residues can sometimes circulate through the system long after the person has taken the drug and make the person feel as though he were again "high". Drugs and other residues in the body, from our chemically oriented society, can prevent a person from realizing his full potential as a Spiritual Being through Scientology.

Through a program known as the Purification Rundown, the restimulative effects of these drug residues and other harmful substances can be eliminated.

The program consists of exercise, heavy sweating in a sauna, vitamins and other nutrients, good food and plenty of rest. The drug effects can be resolved through the exercise
and sauna and the person's system can be built back up by the vitamins and this can put him in a position where he can really make gains in auditing.

In Scientology we are interested in you, the Spiritual Being. Treating bodies is not our business. We are interested in helping people become more aware and spiritually free. The Purification Rundown assists this purpose by helping the person handle the harmful effects that drug residues in his body can have on him spiritually.

THE SURVIVAL RUNDOWN

After the person has successfully completed the Purification Rundown, his potential for increased awareness of the world around him can be greatly enhanced.

There is another step which helps make this potential a reality. It is also the next step in handling the harmful effects of drugs on the individual. This remarkable level is called the Survival Rundown.
The Survival Rundown consists of a whole series of very important auditing processes as well as other actions and drills which have worked wonders in the lives of many people. The way the Survival Rundown works is this: it gets the person into present time and in control of his body and in good communication with the things of his environment. It also works to un-fixate a person's attention from the body where, for some, it may have been stuck for some time.

On the Survival Rundown there are processes which get the person in touch with the world around him and which reacquaint a person, newly purified from the Purification Rundown, with the physical universe and get him causative over it. There are drills which improve the person's understanding of communication, increase his ability to communicate and raise his level of intention.

These drills are followed by a highly workable series of processes which further increase the person's control of his body and surroundings, further increase his ability to communicate with his surroundings and other people and increase his ability to have things for himself. The person's causativeness over specific physical universe objects and his ability to span his attention over wider and wider portions of the environment are also addressed and increased.

At this stage of the Survival Rundown, there are actions which lead to a greater understanding of physical universe relationships and their organization.

The gains up to this point in the Survival Rundown are considerable when thoroughly done. Then, with the person's self-determinism and control over the environment at higher levels than before, these increased abilities are focused on the person's work and living areas.

The result of this is better personal organization and a great aid in accomplishing the things one decides to accomplish. If a person is able to produce valuable products in his life he will be happier and have high morale. Such a person has a high potential for survival indeed!

All these actions, plus further drills to enable the person to handle everyday life situations, bring the person to the EP of the Survival Rundown which is "Feeling in Present Time and able to control and put order into the environment. Greatly increased survival potential."
Truly, this is a rundown which anyone can benefit from regardless of case level. We live in uncertain times in an uncertain world. But an individual can do something about his own survival, and the Survival Rundown is the most workable answer.

After a well done Purification Rundown and Survival Rundown, further auditing a person receives can go more quickly and smoothly and the gains can be much greater than auditing received before doing these rundown.
Handling the harmful effects of drugs is a vital step in any person's quest for spiritual freedom and so the Purification Rundown and Survival Rundown must be considered a standard part of the Bridge for anyone.
These basic steps of the Bridge and those that follow them, will lead you to the states of Clear and OT and the attainment of these is something I very much want to see every Scientologist in the world achieve. Good luck!

L. RON HUBBARD
Founder
Illustrations by the
Research and Technical
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Approved and accepted by the
BOARDS OF DIRECTORS
of the
CHURCHES OF SCIENTOLOGY

BDCS:LRH:RTCU:bk
THE PURIFICATION RUNDOWN
REPLACES THE SWEAT PROGRAM

REFS:  HCOB 5 NOV 74 DRUGS, MORE ABOUT
       HCOB 31 MAY 77 LSD
       HCOB 25 OCT 71 DRUG DRYING OUT
       HCOB 2 JUN 71 STUDY SERIES 2 ISSUE I CONFRONTING

(This issue has been revised to incorporate data from recent research into the progress of cases in view of the current environmental and drug scene, and to give the full steps of the new Purification Rundown.)

(The Purification Rundown does not supplant technology developed and in use especially in Narconon for persons currently on drugs and apt to experience withdrawal symptoms when taken off of them. The rundown would be begun only after such technology was applied.)

(While it is being published now as a holding action until the Purification Rundown is issued as an individual package, this issue does contain the rundown as it has been piloted.)

(We are not concerned with handling bodies with the Purification Rundown. Our concern is freeing the individual up spiritually. The only dosages recommended are those classified as food. There are no medical recommendations or claims for it. The only claim is future spiritual improvement.)

(This data is released as a record of researches and results noted. It cannot be construed as a recommendation of medical treatment or medication and it is undertaken or delivered by anyone on his own responsibility. I receive no percentage of fees for administering this rundown and my development of it is a contribution and gift to my friends.)
The planet has hit a barrier that prevents widespread clearing – drugs and biochemical substances. These can put beings in a condition that can prevent case gain.

That's the situation today.

What would you give for a rundown that undercut every case on the planet and could be administered by technicians who did not require long periods of training?

Sweeping breakthroughs have been made recently through my 29 year study of the progress of cases against the environmental factors and biochemical aspect of our current society.

One immediate result of this is the Purification Rundown.

The Purification Rundown is simply a program to clean out and purify one's system. Based on the original Sweat Out Program, it is a new much more thorough and much faster version of that program, streamlined by the introduction of the sauna bath for sweating, and with a much broader use.

It should be clearly understood at the outset that the Purification Rundown is not a substitute for any kind of processing.

Rather, because of the biochemical problem that besets society today, it is the undercut that has become necessary to prepare the majority of pcs for making optimum case gain from their processing.

In point of fact, the Purification Rundown is for anyone.

BIOCHEMICAL FACTORS

By "biochemical" is meant:

The interaction of life forms and chemical substances.

BIO means life; of living things. From the Greek "BIOS," life or way of life.

CHEMICAL: of or having to do with chemicals.

"Chemicals" are substances, simple or complex, which are the building blocks of matter.

We live in a chemical oriented society.

One would be hard put to find someone in the present-day civilization who is not affected by this fact. The vast majority of the public is subjected every day to the intake of food preservatives and other chemical poisons including atmospheric poisons, pesticides and...
the like. Added to this are the pain pills, tranquilizers and other medical drugs used and prescribed by doctors. And we have as well the widespread use of marijuana, LSD, Angel Dust and other street drugs which contribute heavily to the scene.

I have even found that there is such a thing as the "drug personality." Drugs can apparently change the attitude of a person from his original personality to one secretly harboring hostilities and hatreds he does not permit to show on the surface. While this possibly is not always the case, it does establish a linkage between drugs and increasing difficulties with crime, production, program execution and the modern breakdown of the social and industrial culture.

These factors are all part of the biochemical problem.

WHY "PURIFICATION"?

We have known since 1968 that it is a mistake to try to do mental and spiritual handling on somebody who has been on drugs. People who have been on drugs do not make case gain until the drugs are handled. In the early '70s the Drug Rundown was developed and put into broad use and it included the auditing out of drugs, medicines and alcohol.

In 1977 I issued HCOB 1 May 77 in which I stated that LSD apparently stays in the system, lodging in the tissues and mainly the fatty tissues of the body and is liable to go into action again, giving the person unpredictable "trips."

The "restimulation" experienced by people who had been on LSD appeared to act as if they had just taken more LSD.

As it has been stated that it only takes 1/millionth of an ounce of LSD to produce a drugged condition and because it is basically wheat rust which simply cuts off circulation, my original thinking on this over the years was that LSD sticks around in the body. That basically is the idea underlying the original Sweat Program. The remedy given was to sweat it out.

From the most recent research developments, it now appears that:

Not only LSD but other chemical poisons and toxins, preservatives, pesticides, etc., as well as medical drugs and the long list of heavy street drugs (Angel Dust, heroin, marijuana, etc.) can lodge in the tissues and remain in the body for years.

Even medicinal drugs such as diet pills, codeine, novocaine, and others have gone into "restim" years after they were taken and had supposedly been eliminated from the body.

Thus it seems that any or all of these hostile biochemical substances can get caught up in the tissues and their accumulation probably disarranges the biochemistry and fluid balance of the body. These substances must be eliminated if the person is to get the most possible gains from mental and spiritual processing.

The operating rule is that mental actions and even biophysical processes (Objectives, etc.) do not work in the presence of drugs.

Drug residues can stop any mental help. They also stop a person's life!
The only reason we are handling drugs and drug deposits in the body is so that the individual can then get case gain.

Apparent gain occurs by cleaning up the body and can be seen as an end all in itself. this is not the case.

Drugs and biochemical substances can prevent case gain from occurring.

Only when we have accomplished the biochemical handling can we then go onto the next step, the biophysical handling (the relationship of the being to the body, the environment or universe) and then onto mental and spiritual processing.

When you try to move these around and put them out of sequence you get losses.

Examples: Actual tests have demonstrated that a person who has been on heavy drugs requires up to ten times the time to obtain a result which a non-drug person attained in only 6 to 8 hours of processing. Early tests are also showing that the learning rate of a person who has been on drugs is much lower than a non-drug person. The memory of a person who has been on drugs is such as to remove him from fear of consequences. Rate of case gain is enormously retarded by toxic substances such as drugs.

The reason we can make a breakthrough with this is because of the "Theta-MEST theory" covered in the text Science of Survival. Older scientific thought believed all life came from matter, a belief which goes back to the ancient Egyptian priests and remains today the dominant belief of chemists, psychologists and psychiatrists.

A life form is a combination of life itself and the physical universe. Certain elements in the physical universe are highly antipathetic to life and when introduced into life forms, inhibit proper functioning and even destroy.

The being (thetan) of course has potential pictures of these toxic substances and states and as long as they are in the body, these actual substances can restimulate a being. When they are gone from the body, the constant restimulation can cease. So it is actually a spiritual action that is being done.

A Case Supervisor should be aware of the fact that he is wasting his time if he ignores the above.

The removal of these life-hostile chemical substances from the body of any person apparently speeds, and in some cases even makes possible, case gain. It is even worth doing for its own sake.

The Purification Rundown, therefore, is for anyone.

There is probably not a pc today who is outside this requirement.

THE PURIFICATION RUNDOWN

The rundown is a tightly supervised regimen which includes:

- Exercise
Sauna sweat out

Nutrition, including vitamins, minerals, etc., as well as oil intake

A properly ordered personal schedule.

An OCA and IQ Test are given the person before starting the rundown and upon its completion.

With each of these points kept in mind and the introduction of the sauna bath for sweating out, it is a refined and streamlined version of the original Sweat Out and can be completed in a fraction of the time Sweat Outs have taken in the past. Properly scheduled, with exercise and sauna sweat out done 5 hours a day the program can be completed by many in two weeks time. Some pcs may require more than that, some less.

*When The Purification Rundown Is Done:* The Purification Rundown could be considered mandatory to any person who has been on LSD or heavy drugs or who has a heavy medical drug history. Such a pc is not likely to get very fast case gain without it.

There are many pcs who have had hundreds of hours of auditing, including Drug Rundowns, who have never done a sweat out of any kind. While tremendous gains have been made by such pcs which are not to be invalidated, there is no doubt but what a large majority of them would benefit by the Purification Rundown and benefit even further from future auditing as a result.

Additionally, there are those who have done Sweat Out Programs in the past who have not experienced all the gain from it possible, or who have skimped or are incomplete on Sweat Outs.

In all cases such as those above, it is a matter for C/S adjudication as to whether or not the person would now do the program.

One would not interrupt a case that was running smoothly and making excellent gains progressively. One would not interrupt an on-going auditing action to throw in such a program randomly.

On the other hand, where a pc is consistently not making the expected gains from his processing, or is not continuing up the Bridge on his grades, a C/S might suspect the need for this program and it now becomes a part of the tech of C/Sing to take this into consideration.

In the case of a pc who has started and is continuing up the grades, it would require the correct programming.

As the Purification Rundown is always done under C/S supervision, it becomes a matter for the C/S to decide.

*The Purification Rundown and Auditing:* Originally, Sweat Outs were used to debar people from processing, so they were then permitted to be done during processing, which was not the most optimum solution.
Today, as the Purification Rundown via sauna can take as little as two weeks, it is not done concurrently with auditing. The program is done by itself, intensively, to completion under the daily supervision of the C/S.

**WARNING**

This program can be strenuous and should not be undertaken by anyone who has a weak heart or who is anemic. It is therefore absolutely essential that the following rules are strictly adhered to:

1. Any person, before being put on the Purification Rundown, must first have written okay from the Medical Officer or a medical doctor. The C/S and the MO must ensure this prerequisite is kept in.

2. The MO must ensure that no one who has a weak heart or who is anemic is allowed onto the program. These points must be checked before the person starts the program. Where the Medical Officer is trained in testing blood pressure and anemia, the tests can be done by him or her. Where there is no trained Medical Officer to do these tests, they must be done by a reliable medical doctor. People with known heart conditions or high blood pressure or who are anemic, and even those with certain kidney conditions must do a program which is of a much lower gradient. An exercise program and nutrition must be worked out for them with a medical doctor.

3. The Medical Officer tests are continued periodically as the person goes through the program and if any signs of a weak heart or anemia should appear, the person is taken off the rundown and handled medically.

**EXERCISE AND SAUNA**

In order to flush the poisons and chemical substances out of the body, the following actions are done.

1. **Outside Running.**

   The first action is outside running. The purpose of this is not to generate sweat but to get the blood circulating and the system functioning so that impurities held in the system can be released and are pumped out.

   Running increases the circulation throughout the whole body, thus: (a) it carries out cell waste more rapidly and (b) causes the circulation to go deeper into the muscles and tissues so those areas which have been stagnant can now get rid of the accumulation of biochemical deposits and, in the case of LSD, the "residual crystals" which have been stored.

   Running is done on a daily basis once the person has been assigned to this program. It is done in a rubberized or vinyl-type sweat suit.
The running should be done on a gradient. If you are so breathless that you can't talk to another while you are running, then you are straining too much, so cut the gradient.

2. Sweating In The Sauna.

The second action, following the running, is sweating. A person goes into the sauna to sweat. The impurities can now be dispelled from the body and leave the system through the pores.

A sweat suit is **never** worn in the sauna as this acts as insulation much the same as when a diver wears a wet suit to insulate against the cold of the sea. Wearing a sweat suit in the sauna would insulate against the heat and so inhibit and curtail sweating.

Thus far, the use of a dry sauna has proved to be the most successful in inducing profuse sweating on most people. It is possible that some people may sweat more in a wet sauna; it may be that it is an individual matter and it has not yet been fully tested. There is no regulation on the rundown that outlaws the use of a wet sauna. Whichever type of sauna is employed, the whole idea is to use the system which permits the person to sweat the most.

Sweating in the sauna is done at temperatures ranging anywhere from 140 degrees to 180 degrees. It is a matter of what temperature the person can take. Usually, but not always, a person beginning the rundown will start at a lower temperature and work up. Then as he progresses he will find he can take increasing degrees of heat.

On the Purification Rundown, five hours a day are spent on a combination of running and sweating. There are no arbitraries set as to exact time limits for each, but the bulk of the period would probably be best spent in the sauna after the person had gotten his circulation up with running. One would not stint on the running, however, as the most benefit is obtained from the sweating when the circulation has been worked up so that the impurities are ready to be flushed out.

Running and sauna sweat out should be done with another person, as restimulation of past drugs, medicines, even anesthetics, etc., can and often does occur, as the toxins get sweated out. This can include the restimulation of a full-blown "trip" from LSD or other drugs one may have taken. It is a safeguard, therefore, to be accompanied by a partner or twin.

Salt and Potassium:

Salt (sodium chloride) is not mandatory for every individual on the program. It is only necessary as a treatment if the symptoms of salt depletion (heat exhaustion) occur. These are clammy skin, tiredness, weakness, headache, sometimes cramps, nausea, dizziness, sometimes vomiting or fainting.

As potassium is lost in sweating, some of the above symptoms can be from potassium depletion. So, if salt does not handle the above symptoms, then one would switch to either potassium gluconate tablets or "salt substitute" which is mainly potassium.
Salt and potassium must be available to anyone who is on the Purification Rundown. Ideally, they would be located very near the sauna, clearly labeled.

**Liquids:**

While on this program, it is important that one drink plenty of water which greatly assists in flushing and cleansing the system out. Additionally, with all the sweating done in the sauna it would be dangerous not to replenish body fluids.

**PERSONAL SCHEDULE**

It is important that a person on the Purification Rundown maintains a properly ordered personal schedule.

This means that once one has started on the program he must stick to it sensibly and not skip days or do it in a random fashion. It also means that one should get enough sleep.

If one proceeds through the program in an orderly fashion it will be faster and more effective.

**NUTRITION**

When we speak of nutrition we are not talking about food, as such. We are talking about vitamins and minerals as well, as these are vital to proper nutrition and vital to the effectiveness of this rundown. We are not, however, talking about "diet" in the overused sense of the word.

**Diet and Food Fads**

There are NO diets required on this rundown.

The person simply eats what he normally eats and he should make sure he gets some vegetables and that the vegetables aren't cooked to death. Vegetables contain a lot of minerals and fiber as well as some vitamins necessary to his recovery.

We are not food faddists. However, there is plenty of food faddism going on in society and you can easily start such a fad, so this must be watched on the Purification Rundown. If we don't watch it on all this we'll have people eating banana fronds split into diamonds and star shapes and blessed by some deity or other. Or a fad of "three lettuce leaves criss-crossed with two slabs of peanut butter an absolute must 18 times a day" as the only food a person can have.

Food is subject to becoming very faddist and frankly people know very little about it.

I wrote an essay on this subject (HCOB 25 MAR 75 DIET, THEORY OF A NATURAL DIET) to the effect that nobody has ever isolated the proper diet for Homo sapiens. It gives the
formula of how one would go about finding the exact and proper diet. It tells you that all this diet faddism is based on no data.

So, there is no thought here of putting the person on any kind of special diet at all. There are no restrictions on what one may eat. We are not even trying to preach against toxic foods or campaign against diet abuses or junk foods or anything of that sort.

We are only trying to handle the accumulation of impurities built up in the body. If you wanted to defend your body against all future impurities then that is another program and not part of this one.

What is part of this scene is that a person will need certain nutrition in the form of vitamin intake and minerals.

One follows his normal eating habits. There are, however, some additions to the normal eating habits which consist of taking a quantity of "All Blend" oil each day, secondly, drinking lots of water to help flush out the system and thirdly, ensuring that the vitamin and mineral intake is adequate.

To put a person on a diet different than that to which he is accustomed is to introduce a sudden change in the midst of these other changes. A change of diet might be just one too many changes and is an additive to this rundown.

Oil

There is an oil called "All Blend" which has the four essential oils in it (soy, walnut, peanut and safflower oil) which is available in the US in health food stores. If this type of oil is not obtainable elsewhere, one could blend it from these four oils in the proper amounts, or find an adequate substitute. "All Blend" oil would be best but any oil used must be cold-pressed and polyunsaturated. The oil must be kept refrigerated so that it does not go rancid.

Toxic substances tend to lock up mainly, but not exclusively, in the fat tissue of the body. (There is no such thing as a fat cell.) The theory, then, is that one could replace the fat tissues that hold these accumulations. The body will actually tend to hold onto something it is short of. Thus, if you try to get rid of something it is short of, it won't give it up. So, in the matter of oil, if the person takes some oil the body might possibly exchange the good oil for the bad fat in the body. That is the basic theory.

It is a theory of exchange. It is based on the Have-Waste formulas and processes which were extant in Scientology in the late '50s. That whole body of data applies to this oil's scene.

(Ref: PAB No. 123 1 Nov 57 THE REALITY SCALE (Vol III, page 136)  
HCOB 29 May 58 Special Bulletin STANDARD CLEAR PROCEDURE AND AN EXPERIMENTAL ROAD: CLEARING BY VALENCES, (Vol III, page 273)  
SCIENTOLOGY 8-8008, page 117  
ASSOCIATE NEWSLETTER NO. 2, 1953, ca. early May, (Vol. 1, page 330)  
ASSOCIATE NEWSLETTER NO. 7, 1953, ca. late July, (Vol 1, page 412))
If one wants somebody to clean up the fat tissue in the body, he had better give the body some fat in order to make up for the fat tissues the body is now releasing or changing. The effort is to get the body to take good oil or fat in exchange for the bad fat it is holding onto. In this way we have some chance of getting the body to release fatty tissue which is impregnated with toxic substances.

**How Much Oil?**

The exact quantity of oil needed by the person on the rundown has not been definitely established, but it is very likely somewhere between two tablespoonful and a half a cup. One tablespoonful of oil is not going to accomplish much. Too little oil won't let the body substitute the fat tissue. If too much is given it can cause diarrhea. One way to test for the right amount of oil for the person would be to put him on a scale and keep a close check on his weight. This should be done routinely in any event when a person is on the Purification Rundown. If the fat is being replaced in the body despite the intake of oil then the weight will not go up. If the body is simply assimilating the oil, with no exchange in fat tissue, the weight will go up. Change in weight would tend to indicate whether or not the body was exchanging old fat tissue for new fat tissue or simply adding new fat tissue.

All people, be they fat or thin, have some fatty tissue. Some of course have more fat stored in their bodies than others. On this program we simply want to get rid of the fat that contains the toxic substances, we are not even trying to make people lose weight.

(Worth mentioning here is also the fact, particularly in regard to thin people, that while toxic substances lock up *mainly* in fat tissue it does not mean that the person cannot have drug deposits inside cells.)

One could not expect the results that can be achieved on the Purification Rundown without sufficient oil intake.

**Nutritional Deficiencies**

Having been an early discoverer and instigator of vitamin therapy over the past 29 years, I know whereof I speak on the subject of nutritional deficiencies. My work covering vitamins and deficiencies, stimulants and depressants and the field of biochemistry goes back to the spring of 1950.

Though I have been interested in vitamins primarily only as they might aid, speed or assist auditing, my research along this line has been extensive. This is not to devalue the work and contributions of others in the nutritional fields.

It takes a mere skimming of the surface of this subject, however, to recognize that the Purification Rundown will not be effective in the face of a vitamin or mineral deficiency in the person.

One of the things that toxins and drugs do is create nutritional deficiencies in the body in the form of vitamin and mineral deficiencies. Obviously a C deficiency, a B Complex...
deficiency and a niacin deficiency are brought about by drugs. There may be other deficiencies that we are not aware of at this time. But that list is certain.

Also, alcohol, for example, depends for its effects on a person being able to burn up B1. When it burns up all the B1 in the system the person goes into DTs (delirium tremens) and nightmares.

In the case of other toxic substances the probability exists that other vitamins besides B1 are burned up. What we seem to have hit on here is that the LSD and street drugs burn up not only B1 and B Complex (which we assume they do) but also create a deficiency in niacin in the body and that they possibly depend on niacin (one of the B Complex vitamins) for their effect.

It is easily seen that there is a wide range of toxic substances which create nutritional deficiencies.

It is quite vital that any vitamin or mineral deficiency is being handled while the person is on this rundown.

In the piloting and development of the Purification Rundown, the most effective handling for this was found to be starting the person on the following:

- **Vitamin A** – approximately 5000 IU per day.
- **Vitamin B Complex** – approximately 2 caps per day. Ensure the Vitamin B2 and B6 are balanced (approximately the same amount of each).
- **Vitamin B1** – special additional amounts of B1 are required, 250-500 mg or greater daily, depending on the amount of niacin given.
- **Vitamin C** – 250-1000 mg daily, depending upon the person's tolerance. (As Vitamin C can cause stomach problems or diarrhea, each person's tolerance must be worked out.)

Vitamin C has to be increased in proportion to the niacin given. Records exist wherein Vitamin C has become so deficient in a drug user that he used up tens of thousands of milligrams per day before he began to eliminate any. Vitamin C deficiencies result in scurvy. "Live C" from raw onions or raw potatoes is sometimes necessary in addition to synthetic C and were the traditional remedies for scurvy.

- **Vitamin D** – approximately 400 IU daily.
- **Vitamin E** – approximately 800 IU daily.
- **Niacin** – 100 mg daily to begin.

It is then increased gradiently to as high as 5000 mg. Particularly B1 and C have to keep pace with it as it is increased in dosage.

- **Cal-Mag** – one glass daily, at least.
- **Multi-Minerals** – (a balanced combination of minerals).

These would then be increased proportionately according to need and/or niacin increase as the person progressed on the rundown.
A person may have certain vitamin deficiencies which are not handled by the above. When he routes onto the Purification Rundown he should be sent to the Medical Officer or a medical doctor who would determine what, if any, additional vitamin deficiencies he might have. Any such not covered in the above list would then be handled with specific supplements for those deficiencies.

Vitamins would be taken after meals or with yoghurt. If taken on an empty stomach they could cause stomach burn.

**NIACIN**

Niacin, as one of the B Complex vitamins, is essential to nutrition. It is so vital to the effectiveness of the Purification Rundown that it requires some extensive mention here.

It can produce some startling and in the end very beneficial results when taken properly on the rundown, along with the other necessary vitamins and minerals in sufficient and proportionate quantities and along with proper running and sweat out.

Its effects can be quite dramatic so one should understand what niacin is and does and have a good R-Factor on it when starting the rundown. Taken in sufficient quantities it appears to break up and unleash LSD, marijuana and other drugs and poisons from the tissues and cells. It can rapidly release LSD crystals into the system and send a person who has taken LSD on a trip. (One fellow who had done the earlier sweat out for a period of months and who believed he had no more LSD in his system took 100 mg of niacin and promptly turned on a restimulation of a full blown LSD trip!)

Running and sweating must be done in conjunction with taking niacin to ensure the toxic substances it releases actually do get flushed out of the body.

**Niacin: Background History**

Niacin's biochemical reaction is my own private, personal discovery. In the middle of the 1950s, I was doing work on radiation and I worked out that it must be niacin that operated on radiation. I was recently told by a doctor that the Dianazene formula of that time is remarkably workable today.

Niacin runs out radiation. It will often cause a very hot flush and prickly, itchy skin which can last up to an hour or longer. It may also bring on chills or make a person feel tired.

The outpoint in medical thinking has been that they thought the niacin itself turned on a flush. So they invented something called niacinamide to keep from turning on this flush. Niacin all by its lonesome does not turn on any flush. What it starts to do is immediately run out sunburn or radiation. So the niacinamide they invented is worthless and it should be mentioned that it is.

In 1973 someone got a Nobel Prize for curing insanity with niacin, but it was fairly marked that he didn't know the facts of what was actually happening because it was then
promptly abandoned as people found that prolonged quantities of niacin "gave very bad side effects." The truth of the matter is that if one continues niacin, always along with the other necessary vitamins in proper amounts, the bad effects will vanish. In other words, the work I did on this was picked up and misapplied and then abandoned. This is the background history of niacin.

Now more recently doctors in megavitamin research have been administering niacin to get people through withdrawal symptoms or get them over bad drug kicks and they have been using enormous doses of, for example, 5000 mg.

I have no personal knowledge that such enormous doses are necessary for handling drugs. It is very possible that, given the combination of all the points on the Purification Rundown, many people would be able to handle drugs with lesser amounts of niacin, something under 5000 mgs.

**Niacin Theory**

In theory, niacin apparently does not do anything by itself. It is simply interacting with niacin deficiencies which already exist in the cellular structure. It doesn't turn on allergies; it runs out allergies. Evidently anything that niacin does is the result of running out and running through past deficiencies.

**Caution:** The manifestations niacin produces can be quite horrifying. Some of the somatics and manifestations the person may turn on are not just somatics in lots of cases, in my experience. I have seen a full blown case of skin cancer turn on and run out. So, a person can turn on skin cancer with this and if that should happen if niacin is continued the skin cancer has run out completely.

Other things that may turn on are hives, flu symptoms, gastroenteritis (inflammation of the mucous membrane of the stomach and intestine), aching bones, upset stomach or a fearful or terrified condition. There seems to be no limit to the variety of phenomena that may occur with niacin. If it is there to turn on by niacin it apparently will do so with niacin.

The two vital and proven facts here are:

1. When the niacin was carried on until these things discharged they did run out, as they will do. (Sometimes people chicken out on it and don't finish the course and it leaves them hung up. This should not be allowed to happen.) **It is a matter of record that what turns it on will turn it off where niacin is concerned.**

2. When the niacin dosage was increased and the whole lot of the rest of the vitamins being taken was also increased proportionately, the niacin itself, taken in large amounts, did not create a vitamin deficiency.
Increasing Niacin and Other Vitamin Quantities

Most persons who have done the Purification Rundown started niacin at 100 mgs a day (some took lesser amounts, depending upon tolerance) and increased the dosage as they progressed.

The best results were obtained when niacin was taken all at one time, not split up during the day. Taken with water on an empty stomach it can be very upsetting. It is found to be best taken after a meal or with yoghurt or milk.

To increase the dosage, a specific quantity of niacin was administered each day until the effect that dosage produced diminished. One would then, next day, up the dosage on a gradient, say in amounts of 100 mg. In this way you get an overlap of the old dosage becoming useless and the new dosage being needed. This tended to speed up the action considerably when continued each time the effect of the dosage diminished.

The other vitamins would have to be increased proportionately to niacin at the same time the niacin is increased as they are interacting in the deficiencies and more are needed.

It was found essential that C, B1 and other B vitamins need to be given in ratio to the niacin being fed. In other words, as you up the niacin you would up the B1 and the B Complex. And also as the niacin is upped, the Vitamin C would be upped. These things would have to be kept in ratio.

The theory here is that one, by overdosing one vitamin, can create a deficiency artificially of another vitamin. This is a principle I hit upon as early as 1950 and proved it.

You can actually create a deficiency in C by administering B and calcium. All you have to do is pump those things to the guy in very very heavy dosages and he will develop the deficiency characteristics of C. His teeth begin to hurt. Then when you give him C the manifestations go away. In other words, an overdose of X and Y can apparently create a deficiency in vitamin Z.

The reason for all this is that a vitamin is making certain changes in the body and these changes to occur fully also require the additional vitamin. But that additional vitamin isn't there. So it gives the manifestation of being in deficiency. All of this is my own private theory; it isn't anywhere else and it hasn't been subjected to tremendous and intensive research. But I sure can turn on a Vitamin C deficiency in anybody by overadministering B and calcium.

In other words, vitamin rations would have to be in proportion to one another.

MINERALS

Between 1945 and 1973 I studied the endocrine system. In 1973 it seemed that minerals and trace minerals operating in the blood stream and circulated by other body fluids were a key to glandular interactions. The theory is: Every gland in the body specializes in one or more minerals and actually that is how they make themselves interact one with another.
The endocrine system of the body monitors the endocrine system of the body apparently through minerals.

As various drugs upset the whole endocrine system of the body you can see that the moment you start administering vitamins and sweat out and things like that you're going to get a mineral demand in the body. Therefore, there would need to be certain mineral dosages right along with the rest of this package.

The principle here is that by giving one or two vitamins in excess amount you can create a nutritional deficiency of another vitamin which isn't being given or isn't being given in enough quantity.

Thus, what could slow down the Purification Rundown and make it appear unflat would be a nutritional failure – a failure to flank the niacin on either side by sufficient amounts of the other needed vitamins and minerals in proportion and a food intake which includes vegetables and oil.

In such a case one would be looking at created nutritional deficiencies – not conditions which were there to begin with to be run out.

Not knowing these things is probably what made the medics earlier believe that niacin had side effects. The side effects were probably somatics and manifestations half run out and deficiencies created by not flanking niacin with the other vitamins and minerals and oils necessary to cause a rebuild.

**CAL-MAG**

Calcium is a must where any healing or exchange process is involved as it is a basic building block. But more important, it is calcium which affects the nervous system. I do not know the total relationship between calcium and toxic substances (and neither does anyone else) but it actually exists. The rationale back of this is that calcium in deficiency sets a person up for spasms. Nerve spasms occur in the absence of calcium. A person who thinks he is in high tension or something of the sort may simply have a calcium deficiency.

Calcium would be administered in company with magnesium. Magnesium itself has been proven necessary to keep the nerves smoothed out. The proven ratio is one half the quantity of magnesium to the quantity of calcium.

Something else odd about calcium is that it has to have an acidic base to operate in. If the system is too alkaline the calcium will not release the positive ion which makes it possible for the calcium to operate in the cellular structure and go through the vein walls and the intestinal walls and so forth. In other words, in an alkaline system calcium is ineffective and inactive. So this brings us up to vinegar, which would add the acidic base. With calcium, magnesium and vinegar, in their correct quantities, in water exactly per the recipe, we have Cal-Mag. That is what "Cal-Mag" is and what it does. I developed and worked this out in 1973 against the very best biochemical background and references and tests.
Calcium and magnesium can be taken in order to prevent sore muscles. Cal-Mag has been found to have the added benefit of balancing out the Vitamin B1 taken, as Vitamin B1 taken without calcium can cause serious teeth problems due to causing an imbalance of vitamins and minerals.

The Cal-Mag formula, as given in HCOB 5 Nov 74 DRUGS, MORE ABOUT is repeated here:

1. Put one level tablespoon of calcium gluconate in a normal sized glass.
2. Add 1/2 level teaspoon of magnesium carbonate.
3. Add 1 tablespoon of cider vinegar (at least 5% acidity).
4. Stir it well.
5. Add 1/2 glass of boiling water and stir until all the powder is dissolved and the liquid is clear. (If this doesn't occur it could be from poor grade or old magnesium carbonate.)
6. Fill the remainder of glass with lukewarm or cold water and cover.

It will stay good for 2 days.

**Note:** There is a warning about Cal-Mag. Variations from the above can produce an unsuccessful mess that can taste pretty horrible. It can be made incorrectly so that it doesn't dissolve and become the most unpalatable, ghastly stuff anybody ever fed anybody. Possibly made incorrectly it is even unworkable. Made *correctly* it is a very clear liquid, quite pleasant to take and palatable. So the directions should be followed very explicitly to produce a proper Cal-Mag, pleasant to take and very beneficial.

**MANIFESTATIONS**

Various manifestations turn up on the Purification Program and these can vary widely from person to person. Anything from insect bites to a full blown restimulation of an LSD trip may turn on and these all simply run themselves out and blow as the program is continued. If there are heavy drugs to be flushed out it is not uncommon for the person to experience a restim of whatever the effects of the drug or medicine were when he first took it. Old injuries or old somatics may turn on, flare up for a brief spell and vanish.

It is important to note that a given manifestation which turns on may turn on and vanish wholly or partly in any given day. Then it may turn on again the following day but less. If one increases the vitamin and mineral dosage at this time, the manifestation will turn on again. But it will be less. These things don't become more and more violent day by day, they become less and less day by day, providing the whole Purification Rundown is continued properly. At length, the vitamins, minerals, etc. no longer turn the manifestation on and it is gone. There is evidence that no amount of vitamins and mineral dosage above a certain final level for the given individual will turn the manifestation on again. The trick is to take a proper gradient with the vitamins and minerals. When you go out gradient they can turn on awfully hard so don't get in a rush. And don't chicken out either.
Emotions that have been shut off may start to reappear. The person can blow through stupidity and become more aware. He may find he can do actions more easily and consequences start to take on a new meaning to him. Memory can return.

At first some individuals may feel other-determinism about doing this program but that will gradually change and he or she will want to do it on his own determinism and for his or her own welfare. Most individuals embrace it with enthusiasm.

As long as the precautions listed earlier are well taken and the procedure followed exactly as given, the solution to any manifestation is to continue the program until the phenomenon blows. The manifestations become less and less frequent until finally they cease altogether.

**TRIPS**

If a person is having trips during the program, he should take a lot of extra Vitamin B Complex and Vitamin C in correct ratio to other vitamins as these aid the body, especially the liver in getting rid of the drugs in the system. Normally the vitamins and minerals in the program are sufficient for the body to handle the residual drugs which come out.

**ADMINISTRATION**

The advices on the administration of the Purification Rundown are taken from the practical experience of large pilot projects. They should not be lightly disregarded. One may find that people administering the program tend to enter their own fads and hobbies into it, or needing it themselves, avoid delivering it. The Purification Rundown runs best when purely delivered.

Any org or person administering it should:

A. Get a signed release or quit claim from the person as is usual.

B. See that the person understands that the action is being undertaken to help free him as a spirit and is not a medical treatment.

C. No medication of a medical nature; vitamins, minerals and oils are food.

D. Brief the person as to what he can expect and why, making no promises.

E. Getting his promise to follow orders and complete the rundown and not blow it because it's uncomfortable or because he is lazy or has other appointments.

**Testing**

A battery of tests should be done on the individual and should be done before and after the Purification Rundown. These would include OCA, IQ, any learning rate tests that may
exist and any other tests which would give a before and after picture of the person. These of course, include weight, blood pressure, etc.

The Purification Program must be tightly supervised to be successful. The program is done under the close supervision of the Medical Officer, the Purification Program In Charge and the Case Supervisor.

**Purification Program In Charge**

The In Charge will be the D of P (for org public) or the DPE or other appointed person (for org staff). The Program I/C must closely supervise each person's progress on the program and must ensure the program is done faithfully and with all points of the program in. When supervising a large group, the Program I/C is assisted by one or more deputies and a Purification Program Admin, who maintains the progress board, handles filing in pc folders and transports folders to and from the C/S.

The person's daily schedule must be set up so that he is always running or sweating in the sauna with at least one other person. It is important, especially when a group of people are doing the Purification Program at the same time, that musters and roll calls are held by the Program I/C or his deputy. Where individuals are not doing the program in a group, they should twin up and each twin assumes responsibility for the other and sees that he does the program fully.

Anyone not keeping to his schedule or the program as written is handled by the Program I/C with warnings, cramming, chits, or ethics, as needed.

**The program I/C is responsible for seeing that everyone participating in the program gets through it correctly and completely and attests to it upon completion.**

**Medical Officer**

Before beginning the Purification Program, a person must first get written Medical Officer okay. The Medical Officer gives a person okay to go onto the program only after ensuring that the person's blood pressure is normal and that he is not anemic. The M.O. does these checks himself where he is trained to do so. He also checks for any vitamin and mineral deficiencies the person may have and gets him onto a program of vitamin and mineral supplements to correct this. A thorough medical examination by a doctor may, in some cases, be required before a person is given a medical okay to begin the Purification Program.

While on the program, the person daily reports in to the Medical Officer who issues him his vitamins, minerals, niacin and oil and sees how he is doing. Blood pressure and anemia checks are redone as needed. He also writes up any needed medical reports on the person and these are immediately filed in his pc folder for the C/S to inspect.
Case Supervisor

C/S okay to begin the program is required. The C/S then continues to supervise the progress of each person on the program on a daily basis.

It must be noted that this is a fully C/Sed action.

Daily Reports

Each program participant writes a daily report which includes:

1. How long he jogged.
2. How long he sweated in the sauna.
3. Vitamins taken and in what amount.
6. Cal-Mag taken and in what amount.
7. Salt taken and in what amount.
8. Weight (include any gain or loss).
9. Any occurrences, somatics, restimulations.
10. Wins.

The daily reports are given to the Program I/C or his deputy or are placed in his basket. They are read by the I/C to ensure the person is doing the program and then filed in his pc folder, which goes in to the C/S.

The C/S verifies each person's daily progress (initialing the daily report and any medical reports to show he has inspected them) and writes orders to correct any out-tech found, such as not taking the right vitamins, etc.

The folder is returned to the Program I/C who checks the written C/S and executes any C/S orders, such as getting the person back onto the correct vitamins, getting the person to attest, and so on. The program is run in this fashion until it is completed.

END PHENOMENA

The purpose of this program is very simply to clean out and purify one's system of all the accumulated impurities such as drugs, insecticides and pesticides, food preservatives, etc., etc. For someone who has taken LSD or Angel Dust this would include getting rid of any residual crystals from the body.
When this has been accomplished the program is complete.

As the person goes through the Purification Program, one should be able to see an improvement in his physical well-being as he rids the system of its accumulated impurities.

Obviously if the person is still feeling the effects of past drugs or chemicals going into restimulation, the program cannot be considered complete and must be continued until all these manifestations have turned off completely.

The product of this program is a purified body, free from the impurities, drugs, etc., that had accumulated in it.

It is up to the C/S to send the person to attest when the above product has been achieved.

A continuation of the vitamins, minerals, oil, vegetables and Cal-Mag, at least at the rate of recommended daily requirements in balanced amounts is wise after the rundown is completed. A sudden cessation of such a heavy vitamin dosage can itself produce a letdown. It is possible the person should come off them on a steep gradient rather than abruptly. Particularly, where drug damage to the brain or nerves has occurred, the body needs these things to rebuild itself. If one doesn't do the above there can be a brief appearance of a letdown.

Remember that the person has probably been leading an unhealthy life without proper nutrition, sleep and exercise so it would be a good idea to recommend moderate daily dietetic and exercise disciplines so he will stay healthy, having nothing to do with therapy.

If such a letdown occurs the C/S should take the above into account, otherwise he may be puzzled. He will find a certain number skimmed the rundown are unflat but the majority of such simply went back to an exerciseless, five packs of cigs a day, vitamin and mineral deprived life. Such regimen recommendations are up to people who specialize in them. No fads please. The C/S must remember that the person should now be restored to any interrupted program or C/Sed for his next level or, if he is also PTS, should be de-PTSed. For most the next C/S would be Objective Processing. The person has not finished his processing with the Purification Rundown. He has just cleared the way to get real case gains.

**LENGTH OF PROGRAM**

One should be able to get through the whole program in two weeks at five hours a day. Some will take more and some will take less.

If the procedure in this HCOB is exactly followed this will not become a long, drawn-out action.
SUMMARY

With the Purification Program we now have the means to get rapid recovery from the effects of the accumulation of the environmental chemical poisons as well as the medical drugs and street drugs which inhibit the progress of cases.

By reducing the time required for sweat out and increasing its efficiency, we are able to make the Purification Program a single, easily completed step.

With the inclusion of vitamins, minerals and oils we are able to work toward restoring the biochemical balance of the body and make it possible for the body to reconstruct itself from the damage done by drugs and other biochemical substances.

We have brought the person up to the level where he is now ready for processing and can truly achieve biophysical and then mental and spiritual gain.

From this step alone one will see some sparkling results.

The Purification Rundown should be ideally followed by auditing. The type of auditing most beneficial for the next step is "Objective Processing." An enormous body of work exists for this next level, none of which is changed by the Purification Rundown. The Purification Rundown only undercuts it. As the world sinks we get below it to prop it up!

Let's give this program a total push and take a major step toward a drug-free society and planet!

L. RON HUBBARD
Founder

LRH:gal

The Purification Rundown has as its sole purpose the handling of the restimulative effects of drugs and toxic residuals on a spiritual being. The Purification Rundown is a spiritual activity based on and administered according to the doctrine and practices of the religion of Scientology as set forth in the writings of L. Ron Hubbard and adopted by the Church. No part of the rundown is intended as the diagnosis, prescription for, or treatment of any bodily or physical condition or ill. The Church is not responsible for the handling of any bodily or physical condition or ill, it being the responsibility of the individual to seek the competent medical advice and treatment of his doctor in such matters.

THE BOARDS OF DIRECTORS of the
CHURCHES OF SCIENTOLOGY
THE PURIFICATION RUNDOWN
– ERRATA AND ADDITIONS

Amendment to HCOB 6 FEB 78RA, THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM

ERRATA

In HCOB 6 FEB 78RA, THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM, under "Exercise and Sauna," page 167, in the twelfth paragraph from the top of the page, a clarification was omitted at the end of the last sentence. This paragraph, with the full clarification added, is amended to read:

"Running is done on a daily basis once the person has been assigned to this program. It is done in a rubberized or vinyl-type sweat suit when persons are not also being given sauna or steam bath treatment. When the Purification Rundown is being delivered with the sauna, the rubberized or vinyl-type sweat suit is omitted in running but the running is still done and is a necessary part of the rundown."

In other words, when the person is doing the Purification Rundown standardly and using the sauna he must also run to work up his circulation prior to going into the sauna, but he does not wear a rubberized or vinyl-type sweat suit when he runs. When a sauna is not available, some but much slower results are obtained by running in a rubberized sweat suit, as in the original Sweat Out Program, which has now been supplemented by my later discoveries.

ADDITIONS

Exercise And Sauna

As stated in HCOB 6 Feb 78RA, the bulk of the 5 hours daily period of running and sauna sweat out is best spent in the sauna after the circulation has been worked up by running.

It should be reemphasized here that the 5-hour period is not 50% exercising and 50% sauna. The rundown gives best results and works like a bomb with a much lower percentage of time exercising and a much higher percentage in the sauna.
Sauna

When people get too warm or feeling faint, or when the body temperature gets too high in the sauna, it is permissible for one to go out and take a shower and then go back into the sauna. One could get over-heated to the point of simply keeling over due to the heat, and the handling for this is to take a cold shower. People who are having a hard time spending consecutive hours in the sauna are permitted to do so.

A similar manifestation can be caused by lack of salt or potassium, so one must watch for any symptoms of salt or potassium depletion and handle such manifestations with extra salt intake or potassium gluconate tablets, as covered on page 168 of HCOB 6 Feb 78RA.

It is advisable not to fall asleep in the sauna as overheating or salt or potassium depletion could occur while one was asleep.

Steam Baths

Steam baths, at similar temperatures to the sauna, can be used by themselves when available. They serve much the same purpose as the dry sauna and it has been suggested that a steam bath may even work faster, but this has not been tested or confirmed. The steam bath is not preferable to a sauna but produces a similar effect. Either can be used.

The same tips and precautions apply to the use of a steam bath as to the sauna.

Eucalyptus Oil

A small quantity of eucalyptus oil is sometimes added to the steam in a steam bath or similarly used in some saunas.

In a modern sauna or steam bath, the procedure is to simply put one or two capfuls of eucalyptus oil in a bucket of water in the room. As it then evaporates (the oil will evaporate before the water does), more can be added as needed.

Some people don't like the smell of eucalyptus at all, while others find it pleasant. If the solution is too strong it can cause watering of the eyes or nausea in some cases. Thus, one would survey before using it and, if used, it should be in appropriate small quantities.

Used correctly, eucalyptus has been reported to be beneficial in clearing up the lungs and clearing the sinuses. One person has reported his voice smoothing out as a result of using eucalyptus oil in the sauna.

It is not a mandatory step on the Purification Rundown, but as an optional step the data given here on the use of eucalyptus oil in the sauna or steam bath should be known.

Whether or not eucalyptus is used, it goes without saying that a sauna or steam bath should be kept hygienic and free of odors by scrubbing the room at least once, or oftener, daily.
L. RON HUBBARD
Founder

LRH:nc
The Purification Rundown is undertaken by those who wish to free themselves from the restimulative effects of drug residues and biochemical factors which would otherwise prevent or inhibit them from making the spiritual improvement which is possible with Dianetic and Scientology processing.

From the floods of highly enthusiastic letters and reports of glowing results that continue to roll in, it accomplishes this with resounding benefit and successes that are even beyond the original expectations.

Since the initial release of the research data, those who have completed the Rundown number well up in the thousands. Along with the numerous accounts received of wins and changes and gain have come requests for more data on some aspects of the Rundown.
To satisfy these requests, several Case Supervisors who were doing case supervision of the Purification Rundown and a number of people who were on or had completed the program were interviewed so as to obtain more information for your use in handling the rundown.

In all, six Case Supervisors from five major areas and a total of 120 persons from those areas were carefully surveyed. Their data is given in this HCOB, along with additional data from unsolicited reports, where the information was verified by folder study.

These summarized findings are based on results from a wide spectrum of cases, including those with heavy, medium or light strict drug history, those with history of medical drugs in varying degrees, and some few with minimal drugs of any kind reported.

This information is not intended to take the place of individual medical advices given to persons by their doctors in doing the Rundown.

1. What is the optimum daily length of time on the Purification Rundown for most people?

From the many cases interviewed and from C/S data, five hours exercise and sauna daily has been found to be ideal for the majority of people on the Purification Rundown. The Rundown apparently works like a bomb when the highest percentage of this time is spent in the sauna and a lesser percentage in running. (Example: A good ratio has been found to be approximately 20 to 30 minutes of running to get the circulation up, and the remainder of the time in the sauna, for a total of five hours.)

Not everyone has gone immediately onto a full five hour stint right from the start (and some have successfully done the entire program on a shorter daily schedule, as covered later in this issue). In both the running and the sauna, where the right gradient was applied, particularly when beginning the program, it went very smoothly. Age and current physical condition and stamina can all enter into it. Among the many surveyed were those who required a few days to work up to five hours daily but once there it proved to be the optimum daily period for them, as it has for so many people.

Additionally, on such a schedule the Purification Rundown can and has been completed effectively in the shortest possible amount of time.

Most people approached the 5 hour daily program eagerly and enthusiastically. Some were found apt to plunge in a bit out-gradiently at the start, and this was handled by having them work up gradually to where they could run 20 to 30 minutes without strain and take the sauna time at the rate they could handle it, especially to begin with.

One area reported a few people staying in the sauna too long with no break and turning on headaches and other unnecessary reactions that way. The purpose should not be to see how long one can stay in the sauna for any one stretch of time, and this had to be clarified with several such enthusiasts. What worked best was when the person had a good sweat going and had been in the sauna sweating for a while then coming out, getting some fresh air and space and cooling off, as needed, and going right back in for more sweating. When plenty of
liquids (many people take water jugs into the sauna), enough salt or potassium or Bioplasma (A trademark name of a dietary supplement containing a combination of minerals salts which the body uses.) were used the sauna time went very well.

These are some of the points which were found to get and keep the person winning.

2. Can the Purification Rundown be satisfactorily completed on less than five hours daily?

This has been piloted where circumstances honestly prevented some persons from doing the Rundown 5 hours daily. It was found that the Rundown can be completed effectively by a good many cases on less than five hours per day, provided the person is getting benefit and change on the shorter schedule.

The shorter schedules ranged from 4 hours down to a minimum of 2½ hours daily, always with a higher percentage of time spent in the sauna than in running.

The absolute minimum daily period found to give good return on the Rundown was 2½ hours total running and sauna time. This period would then be spent as follows: Approximately 20 to 30 minutes of running and the remaining two hours or so in the sauna.

The same gradients applied when the person was on or starting on a 2½ hour daily schedule as on any other schedule.

C/S approval would be obtained for the person to do the Rundown on this shorter schedule, as there are other factors that enter into it. Any medical advice or order for the person to be on the shorter schedule would, of course, need to be followed.

The Rundown can and in most cases has taken longer to complete on a shortened daily schedule, but survey results show that it can be done successfully by a good many people at a minimum of 2½ hours daily provided all other points of the Rundown are standardly maintained.

3. Does the extent of a person's drug history seem to be a factor in how much time would be spent daily on the Purification Rundown?

Per all the research and survey data thus far, the extent of drug history is definitely a factor in determining how much time daily an individual would spend on the Rundown.

Beyond any doubt the survey showed that those with heavy or even mediumly-heavy drug histories benefited most from the 5 hour daily schedule. This can apply to persons with heavy medical drug histories as well as to those who have had heavy street drugs.

There are reports on record of persons with heavy drug histories who, though they had done fairly well at the beginning of the Rundown on 2½ hours a day (some phenomena turning on and blowing), did not begin to turn on restimulation of actual "trips" and blow through them until they got onto a 5 hour daily schedule.
Others reported that if something turned on while in the sauna they made it a point to stick carefully to the sauna time (taking short breaks as necessary for water, salt or potassium, or to cool off) until the manifestation blew, and they then came out feeling good and refreshed. These same persons reported that if they short-cut the sauna time because something uncomfortable had turned on they came out feeling bad or dull and it would then take longer to blow through the manifestation.

Even some people with very light drug histories reported feeling calmer and more uptone after a stint in the sauna which was long enough to permit them to get through any restim or discomfort that had turned on.

There is everything to be said for putting a person on a schedule which will permit him to handle these factors, and it was found particularly important that those with heavy or mediumly-heavy drug histories were scheduled properly so that they were able to get full return from the action and wind up with the EP.

4. Who determines what daily length of time the person should be on the rundown?

On any question as to daily schedule, the C/S would adjudicate as to the daily time period for the individual.

In any case where the person was doing the Rundown on a special medical program, the C/S would ensure any doctor's orders regarding schedule were adhered to.

The C/S's first consideration would be what is going to give the person the most gain. Wherever possible the person would do five hours daily and most people have done this. In instances where a shorter daily schedule was actually required for best results on some individuals, the schedule was adjusted per C/S adjudication.

In cases where persons honestly had limited time, these were considered for the minimum 2½ hour daily time period, as it would have been altered importance to deny them the Rundown otherwise. But it was necessary to ensure that each person could and did make progress on the shorter daily schedule as he continued it and, if not, getting him onto the proper regimen.

Some who started at 2½ hours daily later requested to move up to the five hour period, and there have been cases where persons on the shorter schedule were getting heavy restimulation of drugs which they could not handle on the shorter period and when switched to the five hour period by the C/S they did remarkably better. This can occur, apparently, with street drug or medical drug users and is something for the C/S to bear in mind. The heavier drug cases were, where possible, put on the five hour schedule to begin with.

Again, per the survey data, correct gradient was the watch-word here, as in all aspects of the Purification Rundown.

The C/Sing of cases on the Rundown would not be done rotely but always done on an individual basis with the individual never pushed further or faster than he could go. (To do otherwise would be a violation of the tech of the Rundown and a violation of the tech on gradients.)
The successful action has been to get the person on a schedule where he is winning and able to handle what comes up, and then ensure he gets in that amount of time each day and preferably at the same time each day. Regularity of schedule plays a big part in completing the Rundown smoothly and effectively, with all the benefit to be had.

5. What reactions have been noted when parts of the rundown were skimped or when the rundown was done irregularly?

LIMITED GAIN PER HOUR

One of the factors examined closely in the course of this survey was whether or not there was a common sauna time limit for most people (within the 5 hours) after which the person got tired and the individual got less return for the remainder of the period.

In those cases where the Rundown was being carried out very standardly there were no reports of such tiredness setting in before the 5 hours were up, which were due to length of time spent in the sauna. (Some of these cases reported they experienced tiredness as part of a restimulation of drug reactions, etc., but they were able to spot it as such and blow through it within the 5 hour period.)

However, there were 24 reports from individuals stating they did get tired in the sauna well within the 5 hours and get limited or no benefit from it beyond that tiring point. The daily time limits for gain reported by these 24 cases varied widely from person to person, the reported limits ranging from 4 hours down to 2½ hours or less. The individual's drug history did not seem to be a factor, as the reports came from persons whose drug histories ranged from heavy down to few or no drugs, medical or otherwise.

These 24 cases were looked into carefully and when all the pertinent data was examined (some of it obtained by metered interview), what showed up were departures from the standard procedure as given in the Purification Rundown HCOBs.

The departures found were (in order of frequency):

a. Not enough sleep

b. Insufficient salt or potassium or Bioplasma taken while in the sauna or before running, OR a combination of a. and b.

c. Dropped out vitamins that day, skimping on vitamins or taking vitamins sporadically

d. An undetected and/or unhandled vitamin deficiency.

In one case out of the 24 the person was found to be anemic and he should not have put himself onto the program. This was handled by getting the person onto a special medical program to be carried out under medical supervision before the Rundown could be completed.
Correction of the other cases brought about smoother progress and much improved results.

At best, any one of the above-listed outnesses or omissions could result in the person tiring too quickly, experiencing unnecessary discomfort, getting limited gain per hour and prolonging the Rundown unnecessarily. The apparenty would be that the Rundown was not working when in actual fact it was not being applied standardly.

Where a person on any schedule reports he is tiring at a certain point and getting little or no benefit per hour spent beyond that point, one would need to determine if an adjustment of the daily time period was needed. But, as has been found, additionally and always one would carefully examine exactly what the person was doing on each section of the Rundown and get any outnesses rectified.

Regardless of whether the person is on the maximum or minimum daily schedule, departures from other aspects of the procedure would decrease the benefits until these departures were handled.

**SLEEP**

In the 24 cases mentioned above and in some other cases reporting problems on the Rundown, by far the most common outness found was lack of sufficient sleep.

This is covered in the original bulletin under the section on a properly ordered personal schedule. However, it should be re-emphasized here that adequate sleep has been found to be a vital factor in the correct application of this Rundown. People function best when they are sufficiently rested.

Some tiredness has not been uncommon at certain intervals during the course of the Rundown, even when the procedure was being carried out standardly. It can occur when the person first goes onto the program and needs to build up to the full daily time period on a gradient. It can also occur as part of the restimulation in connection with medical or street drug residues or as part of restim of an old illness, etc., any of which the person might run through while on this program. There are many cases on record of persons on the Rundown turning on and blowing through periods of tiredness or fatigue connected with past illness and/or medical or drug experiences and coming through them far brighter and more energetic.

But it must be borne in mind that the Purification Rundown can be strenuous. Trying to do it on too little sleep would be a severe violation. A person observably needs enough sleep in order to cope with the changes he is undergoing. Per C/S reports, where this has been violated the person has often wound up having a rough time of it. Quite apart from any mere tiredness, any reactions which are there to be restimulated by drug residuals can (due to insufficient sleep) produce unnecessary and non-optimum reactions.

Adequate sleep while on the Purification Rundown has proven to be every bit as important as it is when one is on a routine auditing program and is part of a properly ordered personal schedule. One obviously can't expect to make the gains possible on the Purification Rundown unless this point is in.
And one must be okay medically to go onto the Rundown in the first place.

**SAUNA VENTILATION**

Correct ventilation of the sauna is covered in HCOB 30 Dec 79, *How To Build A Sauna*, and it is reiterated here as a must.

Improper sauna ventilation is reported as a contributive factor in a person tiring too quickly. It reportedly can bring on lassitude (weariness of body or mind from harsh climate), air hunger or any number of other symptoms which some persons have, in error, attributed to other causes. This has in some cases prolonged the Rundown or given the appearance of the Rundown being unflat when actually it was complete.

Those immediately responsible for delivering the Purification Rundown, as well as the executives of the org, are responsible for ensuring the sauna has been constructed and is being operated standardly, with a sufficient oxygen supply for the number of persons using it. This also ties in with correctly staggering the scheduling of people for the sauna. One wouldn't jam too many people in the sauna at once, from the standpoint of ordinary comfort as well as sufficient oxygen supply.

**OVERHEATING AND SALT DEPLETION**

An R-factor on the effects of over-heating was found to be essential for a person beginning the Rundown, as well as basic hatting on how to handle this on an emergency basis should it occur.

The symptoms of overheating and/or salt or potassium depletion – dizziness, feeling faint, weakness, clammy skin, becoming overheated, etc. – are taken up in HCOB 6 Feb 78RA and HCOB 6 Feb 78RA-1, *The Purification Rundown, Errata And Additions*.

Beginning persons would need hatting on these points so as not to confuse these symptoms with the manifestations that can turn on when restimulation in connection with drug residuals is occurring. It is common knowledge and a matter of good common sense that over-heating and/or salt or potassium depletion can be prevented by sufficient salt, Potassium or Bioplasma intake and by cooling off periodically as necessary during the sauna period. But where these symptoms occurred they would be handled and not considered something the person must "go through".

Additionally, if perspiration ceases while in the sauna – the body suddenly stops sweating and the skin becomes hot and dry – it's an indicator that needs immediate handling. This is a clamping down on the part of the body, a resistance to expel, and it is the first sign of a heat stroke.

The Standard First Aid personal Safety booklet put out by the American National Red Cross covers the symptoms of heat exhaustion/heat stroke and the immediate aid to be given for such.
One would get the person out of the sauna at once and cool him off with a cold or cool shower or sponging, or start with a lukewarm shower and gradually make it cooler. Fluids, and salt, potassium or Bioplasma would be given.

This reference would be kept on hand, readily available, in the sauna location.

Hatting on all the above points would be included in the R-factor the person is given when he begins the Rundown. Salt or potassium depletion as a chronic condition would be handled in liaison with the person's doctor.

**NUTRITION**

What showed up throughout the survey data was the importance of the daily nutritional vitamins, minerals, oil, Cal Mag and vegetables and the role that these nutritional elements play in handling, on the Purification Rundown, the traumatic effects of the restimulation of drugs, as covered in some detail in the original bulletin.

In each area it was observed that dropping out any of these supplements while on the program, skimping on them or taking them only sporadically, contrary to the program as approved by the person's doctor, could create or intensify deficiencies which would then throw a curve into the Rundown that would show up in any number of ways – tiring quickly, lack of energy, upset stomach, nausea, a general "not feeling good" or actually getting sick in some way, to name a few.

Any omissions of these standard elements were found to interfere with the progress and purpose of the Rundown, which is to free up the individual for spiritual improvement by handling the restimulative effects of accumulated residual drugs and toxins.

With the increase in numbers of those doing the Rundown, many more persons are now reported to have successfully completed it under close supervision on the nutritional vitamin and mineral increases, including Niacin, within the ranges given in the original research data published in HCOB 14 FEB 1980 RESEARCH DATA ON NUTRITIONAL VITAMIN INCREASES ON THE PURIFICATION RUNDOWN, with approval for such supplements from a medical doctor.

Many areas report it has also been helpful to have a good familiarity with the Adelle Davis books on nutrition and diet, as listed by title in HCOB 7 MARCH 1980, DIETS, COMMENTS UPON.

Where individual tolerances were taken into consideration under medical supervision and any vitamin imbalance or deficiency handled under medical supervision, as stipulated in the bulletins on the Rundown, these ranges as published in the issues on the original research were reported to be highly workable for most.

In areas where the Rundown has been successfully delivered, the person's originations regarding his tolerance for or reactions to certain vitamins were never ignored. These would always be looked into and a correct solution worked out in alignment with the data in the
original bulletin, with the assistance of the medical liaison officer in liaison with the doctor or between the individual and his doctor.

In reported cases where the person was having some difficulty and some nutrient imbalance was the actual cause of the upset, where the vitamins and minerals were properly adjusted as above there was invariably improvement.

But it was necessary to first determine that the person actually was taking the vitamins and other nutritional elements he was supposedly taking and in what amounts, or if he was taking them only sporadically.

It is the responsibility of the person who has undertaken to do the Rundown to keep those overseeing the Rundown well informed as to his daily actions and the results. It is also his responsibility to see his doctor where any irregularity or upset indicates such. Naturally it is also his option to see his doctor at any point he wishes on his progress on the Rundown.

From all the reported data, it is not unusual at certain Points of the Rundown for some to protest a bit at the large quantities of vitamins taken. The protest is not in regard to results or benefits but simply in regard to the quantities to get down. While the Niacin was always taken all at one time, in several areas it was found most viable to take the remainder of the vitamins at various intervals during the day, after meals or with snacks. One medical doctor has suggested that absorption of the needed nutrients is better accomplished in this way. The exception to this would be where one or more of the vitamins or minerals had been specifically suggested by the M.D. to be taken at certain set intervals.

Also reported was the datum that there is a hidden factor to look for if a person is having difficulty and that is the person is not eating but is going along mainly on something like vitamins and Niacin and yogurt alone. Or he has made some other major change in his eating habits. This was found in one area and totally explained why the person was having trouble on the Rundown.

Departures such as this were found quite often to come about as the result of exchange of verbal data among persons doing the Rundown, so this line was watched to ensure the procedure was being followed as given, not someone else's version of it or some experimentation of it on his own.

**SCHEDULE IRREGULARITIES**

Probably the biggest single factor found in keeping the person progressing smoothly on through to successful completion of the program was regularity of the actions. That included regularity of the timed schedule, nutrition, sleep, and the whole works.

Where any one part of the procedure was being done erratically it would throw the other parts out, or give that apparency, and the effect could sometimes be quite puzzling to the C/S or to the person's doctor and others assisting in the administration of the program.

Per C/S observation and other survey data, where people who had otherwise been doing well began skipping a day here or there, skimping or cutting down on the daily
puration time or missing sleep, it usually resulted in upset of some degree. They began to report "feeling bad" or feeling "sickish" or actually getting sick following some irregularity or disruption of the routine. Where this occurred, the discomfort or upset was more severe among those with heavier drug histories.

A possible explanation of this is that the process has been interrupted and one is getting a backlogging of the drug and other toxic effects rather than a routine release of these at the same rate as when the person was on schedule. Therefore the person could be subject to a piling up of the restimulative effects of these at a rate not easily handled by him, and this could be further compounded by any continuation of an erratic schedule.

The handling was to get the person onto or back onto a proper and predictable daily regimen and maintain it through to completion of the Rundown.

What was stressed here was that in this, as well as all parts of the Purification Rundown, it is a matter of the person following the normal and generally accepted rules for good health. He would then be in the best possible shape to attain the lasting spiritual benefits which are available to him. This is, of course, the sole and ultimate objective of the Purification Rundown.

DETERMINING AND HANDLING WHAT WAS WRONG

Here are some of the more successful actions reported from an area with high Purification Rundown completions.

Any bad indicators, odd or strange indicators, upset, etc., would be always picked up and handled at once.

If the person was in some heavy restimulation and just wanted to get through it without interruption he was not forced or badgered but permitted to go through it easily and gradually at his own rate and he would then come out the other side all right. Per reports, most people know when they are in a drug restimulation and will tell you.

In a case where the cause of upset wasn't immediately obvious, the Purif I/C or D of P would simply sit down with the person and talk it over to find out what was going on.

What worked very well was to have the individual himself read over all points of the Rundown as contained in the issues and he himself would then very often spot and point out where he went off the rails. And in most cases he would prove to be right. It was very often found to be a matter of something having been altered or added or dropped out and this would be resolved by getting him back on the correct regimen and doing it by the book.

If it didn't appear to resolve, no guesswork or experimentation was done. The person would be sent to his doctor for a medical check and any necessary adjustment of his regimen.

In summary, it has been found that there are any number of ways in which one can depart from the correct procedure and the effects of one such departure can be similar to or appear to be similar to those of another, which can make some cases look complicated indeed, and unnecessarily so. So it has also been found that it is vital to indoctrinate the person on the
standard actions of the Rundown at the outset and then do everything possible to preserve that standardness throughout.

6. On the Purification Rundown, has it been found that the all blend oil must be taken "straight" or can it be mixed with some other food?

Per survey data, some individuals had reported difficulty taking the All Blend Oil by itself, usually due more to the texture than to the actual taste.

The handling, as there seemed to be no reason why the oil could not be taken in orange juice or mixed with some other food of the person's choice and taken that way, was to have many people on the Rundown do just that, with good result. Others simply took the oil straight. (An exception, in taking the oil mixed with other food, is that you would not cook food in the oil and consider that the All Blend Oil ration for the day!)

As the oil will coat the stomach and intestinal walls for a certain period, which can prevent the full assimilation of other nutrients, especially the water soluble vitamins, one doctor has suggested that it is probably best taken before going to bed or at least at a different meal time than when the vitamins and minerals are taken.

Regarding the amount of oil to be taken, this did vary with the individual. However, a medical doctor who is also a Scientology auditor and Purification Rundown C/S and who has handled numerous people on the Rundown has reported that the most standard oil dosage found to be required thus far by most persons he has handled on the Rundown is between 2 and 4 tablespoonsful a day. Others (particularly some 250 pounders he has on the Rundown) are on considerably more oil than this. The recommendation of this medical doctor is that on any oil dosage one would reduce the intake if the oil showed up in a bowel movement or in the body sweat, as in such case there is an excess of oil which is not being put to use but simply expelled.

7. Have there been any reports of a difference in results when niacin is taken in powder form instead of in tablet form?

Per reports thus far, this seems to vary among different individuals.

The observation of one medical doctor supervising the Rundown is that these variances are not unusual.

Some persons have reported more immediate and/or intense results when Niacin was taken in powder form. This difference was most often reported by persons who had reached the higher dosages, had little or no results from a large, highly compressed tablet and then switched to the same dosage in powder form and got more intense results.

However, at least two people report that they got results when taking 100, 200, 300, and 400 mgs of Niacin in tablets of 100 mg each; then, when 500 mgs were taken in a single 500 mg tablet nothing occurred. However, next day when 500 mgs were taken in 5 tablets of 100 mg each results were obtained at the 500 mg dosage.
Still others reported effective results from Niacin tablets of any dosage including the larger tablets of higher dosage.

What has been done in one area is to use tablets of 100 mg Niacin each until the 1000 Niacin dosage is reached and to use Niacin in powder form thereafter. Where this is done, or where Niacin in powder form is used exclusively, the measurement was and would need to be exactly done.

The label on a powdered Niacin container should carry instructions as to how to measure the powder content. With the brands that have been used, one teaspoon provides 3000 mg of pure Niacin. Note that this is per the English System of Weights & Measures. One would need to use the standard measuring teaspoon. In areas of the world where the Metric System is used (and where "teaspoon" sizes vary), an amount equivalent to a standard teaspoon measurement would be 4.9 milliliters.

8. What has been observed to be the most successful gradient generally in increasing niacin on the rundown?

Within the boundaries of the medical doctor's advice for the individual, the most workable gradient in the majority of cases observed was generally found to be starting the person on 100 mgs of Niacin and increasing it in increments of 100 mgs until the person was up to 1000 mgs daily. A steeper gradient was then used as one went up to higher dosages. It was found that many persons could take increases of from 300 to 500 mgs at one time when they reached the higher dosage ranges. Note that this does not refer to a daily increase, necessarily, but refers to the gradient in which the dosage was upped when an increased dosage was indicated.

Any increase was always based on individual tolerance, and there were exceptions to the "generally successful gradient" described above in every area surveyed. Certain individuals would and did require moving up on a lesser gradient according to their tolerances and according to individual medical advices.

On the other hand, in some instances a "grinding" phenomenon was observed where the individual:

a. held to a certain Niacin dosage of say, 500 mgs day after day, until nothing whatsoever was happening

or

b. held to an increase of only 100 mgs at a time in the higher ranges of Niacin, even though he was getting only brief, mild results, was very able to tolerate these effects and felt he could handle a steeper gradient.

By "grinding" phenomenon is meant an effect similar to running an engram late on the chain over and over without going earlier and the person getting irritated and frustrated with the Rundown and feeling he is not making the progress he could be making.

In these instances, it was observed that when the persons who could progress at a faster rate with larger Niacin increases (always with the other vitamins and minerals increased
in correct ratio and by individual tolerance) did so, they went smoothly along on the Rundown, handling what did crop up.

In all surveyed areas, when to introduce an increase in Niacin was found to be as important as the amount of increase.

When Niacin was increased:

a. after the effect of a certain dosage had diminished (not vanished totally),

and

b. when any other manifestations and restimulation which had turned on at that dosage had blown or diminished (as covered in the procedure given in the original bulletin),

good progress was made on the Rundown on a one for one basis, providing all other points were standardly in.

In other words, it was recognized that there would very likely be various reactions and restimulations (as covered in the original bulletin) all of which would need to be taken into consideration when Niacin amounts were increased.

When this was done correctly excellent results were obtained. Questions arising on such increase were handled according to the person's individual medical approval to do the Rundown and further individual medical advices as needed.

It should be mentioned here that, along with this survey data, reports have been received of persons found taking Niacin quietly on their own without being on the Purification Rundown and without being under any supervision, medical or otherwise, just to see what it would handle. This is not advised in any HCOB. It could result in artificially created deficiencies or in things turning on which are not then properly run out. Also, where a pc being audited was at the same time experimenting on his own with Niacin dosages, it could present some puzzling aspects of the case to the Case Supervisor and could throw a curve into the C/Sing or programming.

The Purification Rundown has been carefully researched and piloted. It is concerned with freeing up the individual for future spiritual improvement. As such it is a programmed action carried out daily under C/S supervision and with medical approval for the individual to be on the Rundown and medical advices given as required. There is no issue which advises or advocates a person experimenting with it on his own.

9. Has anyone completed the rundown to full end phenomena before reaching 5000 milligrams of niacin?

Per the original research and all reported survey data, there are a number of people who have completed the Rundown to full end phenomena on dosages under 5000 mgs of Niacin. Others have gone as high as that dosage before completing.

Apparently in some areas there was, earlier on, some misinterpretation of the purification Rundown HCOBs to the effect that one would be required to work up to a point
where a 5000 mg Niacin dosage produced no effect, in order to achieve the EP – which is not the case. There is no statement in any HCOB to this effect.

The End Phenomena is reached when the individual is free of the restimulative presence of residuals of past drugs and other toxic substances. He will no longer be feeling the effects of these impurities going into restimulation and there is a marked resurgence of overall spiritual well being.

The fact of having a heavy drug history does not necessarily prolong the Rundown. It can do so but it is not true in all cases. More important than anything else is keeping all points of the Rundown in standardly, maintaining a well-balanced personal schedule with enough rest and nutrients, and getting as much exercise and sauna as possible on a routine daily basis.

On such a schedule, persons of varying drug histories, some heavy, some light, have completed the Rundown in 18 to 20 days at five hours a day, reaching the EP at amounts of Niacin which differed with different individuals. Some have done so in less time.

From reports based on direct observation, apparently what can happen in some cases (not all) is that the residuals of past drugs and other chemicals (sometimes every drug or medicine the person has taken) can restimulate and turn on heavily in the first week or ten days of the Rundown at lower dosages of, say, up to 1000 mg Niacin. It doesn't always happen in an orderly fashion and it can be severe but the person will handle these drug residuals, blow through any accompanying manifestations, and after that it can go totally flat with no effects showing up on the higher amounts of Niacin. Others will turn on these effects in a more graduated sequence, one following the other, and it can take longer.

From the original research and piloting of the Rundown, and from the reports of those currently delivering it and the personal reports from those who have completed or are on it, one can expect any variety of manifestations to crop up, not all of them comfortable by any means.

Where the person was on a sensible and well-kept schedule, with all other parts of the Rundown fully in, these manifestations would de-intensify and blow without undue discomfort or hang-up. As the toxic substances became active, he would experience their restimulative effects and come through these periods with nice wins. One would then see a gradual brightening of the person as he progressed.

Reported also was the fact that sometimes, especially on the lower Niacin dosages, one could get a person coming through some drug experience with such a sense of relief and release and such a big win that he would report he had completed when he actually had more to do. Or a person would have an auditing-type cognition or a whole string of such cognitions and mistake that for the EP. These, of course, are excellent wins but not necessarily the End phenomena. Big wins can be expected during the course of the Rundown, but in cases where the person was discontinued on the strength of such a win before all the toxic residuals had been handled, the person would come up with more to be done and would have to be returned to the Rundown to complete it. One must be able to recognize the difference between a good win and the actual EP.
In all those areas surveyed, where a person was progressing well on the program he could be observed to be becoming more uptone and aware. He would start reporting exactly what was going on, what drug was turning on, what impurities and restimulations he was running out. He could usually tell if he had hit a tolerance level on a certain vitamin. All of these are valid reactions throughout the run. As the person would release and blow through whatever was there to turn on, the manifestations became less day by day, and he would reach a point where no further manifestations were coming up. He would look and feel remarkably better, brighter and more alert; he would have come through good wins and he would often know and state that he felt free of impurities and their associated restimulative effects and originate on his own that he had done it. With all those indicators one could be pretty sure he had done it.

The amount of vitamin and mineral nutrients, exercise and sweat out it has taken and will take to accomplish this on the Purification Rundown is an individual matter.

There is no hard and fast rule laid down anywhere that says a person must work up to 5000 mgs Niacin before he is complete.

10. What is the "Wind Down" that follows purification rundown completion?

There is no such thing, unless one would give that term to the action of coming down off heavy vitamin and other nutrient dosages on a steep gradient, rather than abruptly, following Purification Rundown completion, as suggested in the original bulletin (HCOB 6 Feb 78RA, page 18).

In one area it was found that this section of the bulletin was being misinterpreted to mean one gradiently did less of all the elements of the Purification Rundown – i.e., less sauna, less exercise, less vitamins, etc., each day, and this was being called a "wind down". This is not stated in any of the HCOBs, and is not a valid action.

The suggestion that is made is that one doesn't abruptly simply cease the extra nutrients he has been taking, but comes down from high dosages on a steep gradient to what would be a moderate daily normal requirement for him, per medical advices. And that along with this some moderate daily exercise will help him maintain good health.

Continuing all the elements of the Purification Rundown would amount to continuing the Rundown itself past the point of valid completion, and further, would delay the person getting onto the auditing he is programmed for as his next step.

ADDITIONAL QUESTIONS ON END PHENOMENA AND NIACIN

Certain additional questions have arisen regarding the End Phenomena of the Rundown in relation to Niacin which should be taken up here so that the data is broadly known.

The first of these is:
11. Can the rundown be considered flat if the person seems to have reached the EP and is getting no more manifestations turning on or no other change occurring but still gets a slight result from 5000 mgs niacin?

The person could very well be complete, but there are several factors to be looked at regarding this point.

The person could be hung up on some outness in the early stages of the Rundown, which would show up on a full review of his Purification Rundown history. One could do a full inspection of his folder, particularly in the area of minerals and vitamins, what effect they had, were these dosages standard and kept in the proper balance, was the Rundown administered standardly and done regularly. The person could be interviewed as well, and you might find some outness such as he doesn't like vegetables, he never eats vegetables, etc., etc. So parts of the Rundown could have been violated, and this could be showing up in the manifestation described above. It may be that he has some deficiency which has been bypassed and thus some sort of hang-up was created. There is the possibility that if the Rundown hasn't been done properly throughout, one could get such a hang-up. And with that there's a possibility of some deficiency alongside it which won't allow a complete discharge. A medical check would be done if the folder shows irregularities to determine if this is the case and, if so, to get it remedied. Getting any such deficiency remedied and getting all points of the Rundown in standardly would bring it to successful completion, in a case where such outnesses have existed.

There is also the possibility that the person simply has more to do on the Rundown.

And there is the possibility, and this may be by far the most common, that the person has reached the EP and is in overrun.

If he has done the Rundown standardly and has reached the End Phenomena as described earlier in this bulletin and in HCOB 6 Feb 78RA, the chances are he is complete on the Rundown despite the fact he is still getting some slight result from 5000 mgs of Niacin.

It is possible to overrun the Purification Rundown if one is not well aware of what is to be looked for in the End Phenomena. There have been cases of overrun where the person was continued for some weeks at 5000 mgs (5 grams) of Niacin with nothing more turning on than a slight effect. And there have been cases of overrun that occurred at less than 5000 mgs of Niacin.

The possibility exists here that if the point of completion of the Rundown is reached and bypassed the person could begin to dramatize a Niacin flush. It would be like any other bypassed condition, such as a bypassed F/N. The condition tends to hang up because it is not acknowledged or signalized to have ended. This is simply an educated guess as to how this could occur, but it is also borne out by careful study of several cases on record where bypass of the EP and overrun did take place.

After the person has been on the regimen for some time, has come through good changes and is handing you the indicators of the EP, carrying him on the Rundown for six or seven days with no further effects at any dosage is really an overrun. In some of these cases it appears that 5000 mgs Niacin isn't doing anything that 3500 mgs of Niacin didn't do.
To repeat, the End Phenomena can and has been reached on 5000 mgs of Niacin and on dosages of lower than 5000 mgs. Once the drug and chemical residuals are handled they're handled. The person will feel the difference. Upping the dosage does not necessarily find more to be handled. And continuing the person past the EP can hang the whole thing up and produce a slight effect as a dramatization, either sporadically or each time the Niacin is taken.

This can then become confusing to the person himself and to the C/S. If the overrun is continued you'll see the person begin to go downtone, even if only slightly. His indicators become a bit less bright, he may become disheartened. He may now be efforting to produce some result that isn't there to be had and begin to feel the action is interminable. Certainly the person will appear less enthusiastic about the whole procedure and may begin to protest it. The picture now looks as if the Rundown is unflat whereas what has happened is that he achieved the EP, reached a point where he felt great, was getting no further manifestation of any kind (if even for only a day) and the fact was not acknowledged but bypassed. Overrun phenomena then sets in.

C/Ses report there have been a few cases who "rabbed" (wanted to run away from continuing the Rundown to its EP because it was uncomfortable, or out of other considerations) and insisted they were complete after a very few days at low Niacin dosage when little or nothing had yet turned on. But these cases were few and easily detected and handled by bringing them to a better understanding of the Rundown and its purpose and what it does. In two such cases where the persons were allowed to attest after too brief and skimpy a run, they both went into drug restimulation which should and would have been handled routinely on the Rundown. After full review of these cases, with medical participation, they were put back on the Rundown and completed it properly.

Judging from reports, including the many personal reports received, by far the majority are eager beavers who can't wait to turn on something on the Rundown and blow through it. They report drugs, medicines, anesthetics, alcohol, restimulation of various biochemical reactions, somatics or other manifestations turning on and blowing, and they report them all enthusiastically and with great relief and look for more! Such cases will often know and tell you when they've honestly reached the EP.

One C/S also reported he had had cases on his lines where the person from all indications was complete and stated he was complete but wanted to continue a bit longer "just to make sure". Allowed to go on, these cases promptly got into overrun Phenomena, went downtone and were getting no change. In each case, when all was checked out, it was found the EP had been reached at the point the person stated he was completed. So it appears that on the Purification Rundown just as in other Rundowns it doesn't do to continue past a valid EP. Should it happen it is handled simply by having the person spot when he did complete and acknowledging it.

What also showed up in the survey data was the rare bird who would try to handle his whole case on the Rundown and who looked for some result above and beyond the EP of this Rundown. Such a case would need to be given a very thorough R-factor on the Rundown and be carefully C/Sed, with medical liaison as necessary, throughout.
It was found important to make real the fact that all that is being looked for here is the person free of the restimulative effects of past drug and toxic residuals so that the person can then be audited with optimum gain and spiritual enlightenment.

It is up to the Case Supervisor to know each case, to be familiar with the progress of each case, to keep the medical liaison lines in, and to know well the indicators to expect when the End Phenomena has been reached so that it can be acknowledged and validated.

Another question that has come up with some frequency is:

12. What could account for a person who has genuinely completed the rundown with no niacin reaction at 5000 mgs (or less) then getting a reaction later at lower niacin dosages?

Such a reaction, where the person has actually done the Rundown standardly to its End phenomena, does not mean the Rundown is unflat.

To understand this reaction one needs a good understanding of the bank and how it works. The specifics of what has happened in these instances can be quite variable, but what you are looking at here in general is that there has been an environmental shift or change which produced another type of bank key-in.

To begin with, we are living in a two-pole, a two-terminal universe. (Ref: HCOB 8 JUNE 63R, REV. 3.10.77, THE TIME TRACK AND ENGRAM RUNNING BY CHAINS, Bulletin 2: HANDLING THE TIME TRACK). It takes a two-terminal situation to hang something up.

On the Purification Rundown we are looking at two things: one, the actual drugs and toxic residuals in the body (and medical autopsies have shown that they are there), and two, the bank mock-up or facsimile of the drugs, drug residuals and their effects.

These two conditions are hung up – one of them playing against the other, in perfect balance. What the person is feeling is the two conditions, one of them the actual presence of the drug residuals, the other the bank mock-up of them. The thetan can actually, via his bank, mock up a perfect synthesis or a counterfeit of drugs. So you are getting two reactions here, one of them a total counterfeit but no less real to the person, nevertheless. The counterfeit is just bank restimulating and, oddly enough, the bank can approximate practically every drug there is under the sun. The bank can also approximate the effects of radiation and it will look just exactly like a physiologically caused effect.

I don't think the bank can necessarily key in a physiological reaction where an actual physical basis for such has not existed somewhere on the person's track. It can deform or change positions or rates of metabolism. It can change endocrine conditions and therefore can change various bodily conditions. And it is true that a thetan can mock up a facsimile strongly enough so that it hurts.

Probably the reason why the Purification Rundown works is that it handles the one side of it and thus fixes the person up so that the other side, the bank facsimile side of it, is no longer restimulative or in constant restimulation. It's as simple as that.
What, amongst other things, is happening on the Purification Rundown is that you cause an upset of this perfect balance and suddenly this balance goes b-z-z-t! The balance isn't there anymore so you don't get the cross reaction anymore. But it takes auditing to totally erase the bank. In other words, while the balance has been upset, all of the bank facsimiles are not gone. They're not keying in and they're not being reinforced by the presence of drug residuals but they're not necessarily blown.

A thetan can mock up anything. Thus, as the person is coming down off the Rundown on gradient Niacin and other vitamin dosages, he can hit an area where some factor in the environment can cause the facsimile to go into restimulation again. You can get a bank reaction which, so far as anyone could tell, would be absolutely identical to what the physiological reaction would be.

It doesn't mean there are still accumulated residuals. It is that the bank or facsimile side of this two-terminal hang-up isn't necessarily flat. It was flat for that period of time. Now the person drops back, moves into another environment, another period of time, probably goes out in the sun and gets himself a nice sunburn or something of this sort, and his bank cross-reacts.

That is the basic theory behind this type of manifestation.

Upon completion of the Purification Rundown, the person is now in good shape to receive auditing and get optimum gain from it. Auditing is what handles the bank. When the Purification Rundown is completed and the person has fully flattened Objectives, the Drug Rundown is his next step, and it is on the Drug Rundown that one handles the mental and spiritual reactions from drugs. An OT would (after OT III) be given the OT Drug Rundown. Or, if the person is on NED for OTs, he would receive the NED for OTs Drug Rundown.

Thus, we are not looking at an endless run on the Purification Rundown. We're seeking simply to handle the drug deposits and toxic residues in their restimulation and reinforcement of the bank, and vice versa. And by breaking up the balance of these two and handling the one side of it on the Purification Rundown we are freeing up the person to handle the other side of it, the bank facsimile side of it, in auditing – and successfully.

With these factors handled the individual is now ready for all the spiritual gain that can be achieved in his future processing.

If these summarized findings are of interest and helpful to those in the many, many areas where the Purification Rundown is being delivered, I am pleased to be able to give you this data.

L. RON HUBBARD
FOUNDER

As assisted by LRH Technical Compilations Unit
The Purification Rundown has as its sole purpose the handling of the restimulative effects of drugs and toxic residuals on a Spiritual Being. The Purification Rundown is a Spiritual activity based on and administered according to the doctrine and practices of the religion of Scientology as set forth in the writings of L. Ron Hubbard and adopted by the Church. No part of the Rundown is intended as the diagnosis, prescription for, or treatment of any bodily or physical condition or ill. The Church is not responsible for the handling of any bodily or physical condition or ill, it being the responsibility of the individual to seek the competent medical advice and treatment of his doctor in such matters.

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of the
CHURCHES OF SCIENTOLOGY
I want Scientologists to live through World War III. And I want them to be able to continue to make all the spiritual gain which is there to be had in their Dianetics and Scientology guidance and counseling. There are factors in the society today which contribute to the restimulation of the effects of toxic substances in the environment upon the thetan, the being himself. Atomic War has been more or less neglected as a news subject since the late ’50s. But that doesn't make it any less a threat. All it takes is one psychopath politician with access to the war-peace button. And today there are a dozen atomic armed nations. Further, the increased use of atomic power for electrical supply(without also developing proper tech and safeguards in its use) poses anomilitary threat. And the deterioration of the upper atmosphere of the planet, by jets and
pollutants, is year by year letting more and more sun radiation through to the planetary surface. Apparently, radiation can cause a cumulative effect. And, like an engram; has earlier similars back to a basic engram. It would seem therefore, that the more one is exposed to radiation the greater the restimulation and the less resistance he has and the more effect the radiation has on him. In other words, a build up occurs. The primary purpose of the Purification Rundown is the Spiritual improvement of the person by handling the restimulative effects of the accumulation of drugs and toxic substances… And, according to the success stories pouring in, it certainly does that.

One of the parts of the Purification Rundown is Niacin. The discoveries I made with this vitamin in the '50s began with its apparent effect on the restimulation of the being by radiation exposure. At that time there was a lot of bomb testing and general radiation exposure and we had lots and lots of preclears who had been subjected to atomic tests, atomic accidents and, in at least one case, to materials that had been part of an old atomic explosion. We were engaged in the spiritual salvaging of these people and we succeeded in that. As radiation would seem to be cumulative, once one has gotten rid of the cumulative effect of it and the restimulation of the spiritual being that this engenders, one could be far less subject to new blasts of it and their restimulative effects. In other words, once a basic has been run out or handled, new incidents of a similar kind become very minor. While there is no claim that one would be made wholly immune to new incidents, he could be far less spiritually affected by them and freer spiritually as an individual to cope with them…. Bombarded by radiation from atomic plant fallout, from lessened atmosphere protection, people today are far more subject to being victims in the time of atomic war. The cumulative effect of radiation has set them up to a rapid demise in the face of heavy atomic fallout. With individuals thus far more subject to being spiritually affected by all of this, it brings us to the interesting probability that those who have had a full and competent Purification Rundown could fare better than others not so fortunate… And that poses the interesting possibility that only Scientologists will have had the spiritual gain that would enable them to function in areas experiencing heavy fallout in an Atomic War. I want all Scientologists to have the benefit of such spiritual improvement.

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PURIFICATION-RUNDOWN
DAILY REPORT OF THE PARTICIPANT
(To be filled out daily)

Name: Date:

Days on the Program:

Start today: ended today:

Total time on program today:

Duration of jogging (sport): minutes

Duration in sauna: hours minutes

Weight at start: Weight at end:

Amount of salt taken today:

Vitamins taken today:

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Amount</th>
<th>Unit</th>
<th>Amount</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin:</td>
<td>mg</td>
<td>A: IU</td>
<td>B complex:</td>
<td>tabs.</td>
</tr>
<tr>
<td>B1:</td>
<td>mg</td>
<td>D: mg</td>
<td>Multi-minerals:</td>
<td>tabs.</td>
</tr>
<tr>
<td>C:</td>
<td>IU</td>
<td>E: mg</td>
<td>Kelp:</td>
<td>tabs.</td>
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</tbody>
</table>

Any other vitamins: Amount: tabs.

Any other vitamins: Amount: tabs.

All Blend Oil: spoons:

Water: Liter Cal-Mag: Glasses

Sleep last night hours

Has there been any demand for certain food and drink:
Reactions to Niacin on the program

Did you feel any reaction to the Niacin? (getting red, running gout of drugs or other poisons or medicines):

What did you experience during the jogging (emotional or mental or physical manifestations, did anything happen?):

What did you experience during the sauna? (emotional or mental or physical manifestations, did anything happen?):

Cognitions and wins?

Comments or proposals:

Sign: