

1 HISTORY OF HUBBARD'S PURIFICATION PROGRAM

Draft of 5 November 1990

2 GUK AND FREEWHEELING

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In a lecture delivered to Dianetic students on July 10, 1950 Hubbard noted that he had conducted research on the effects of a herbal drug, which he did not name, which was supposed to turn off psychosomatic illnesses. Unfortunately the Dianetic auditing process was adversely affected by its use. Hubbard reported, "The conclusion made on this was that the drug didn't work, but the engrams could be affected chemically. The next big advance that I expect to see made is on the chemical front." (Research & Discovery Series Vol. 2 p. 224)

x conference

In later lecture on the same date Hubbard said, "one of the things which seems to be coming forward with great speed is chemistry." He mentions having recently tested several different drugs, including Benzedrine, which had effects on auditing. "I believe it may be possible to find a proper combination of drugs which will permit the engram to be located and reduced with ease. ... If engrams and the chemistry of unconsciousness and pain can be so affected by a drug, the possibility of a one-shot clear is closer. (Research & Discovery Series Vol 2 pp. 232-3)

By August 18, Hubbard was experimenting with a schedule of dosages of chemicals to assist auditing, which involved glutamic acid, thiamine chloride (vitamin B1), niacin, ascorbic acid (vitamin C), vitamin A, B 12, and vitamin E. He named these various 'chemical assist' formulas "Guk."

Although the individual 'Doses' of glutamic acid and vitamins was not excessive, since they were administered every hour or so over the waking hours during a 10 days period, the daily dosage placed the program in the category of a megavitamin therapy.

The suggestion was made that while taking Guk the individual will experience various abnormal bodily sensations, including pains, which are attributed to the 'restimulation' of previous similar incidents or 'engrams.' This is called 'free wheeling' when these sensations occur outside of the periods of formal 'auditing' by another person. (Research & Discovery Series Vol 3 pp. 281-283 and 326-329) (Technical Bulletins of Dianetics and Scientology, Vol I, pp. 40-41) (L. Ron Hubbard's SCIENCE OF SURVIVAL p. 260)

A large group "Guk and Free Wheeling" auditing experiment was conducted on the Labor Day weekend September 2-4, at the Hollywood Country Club Hotel by and for the students of the first Los Angeles HUBBARD Professional Course. (LOOK magazine: 82: Nov 1950^). The organization's medical director, Dr. Joseph Winter, later noted that "Guk" was the name given to a "haphazard mixture of vitamins and glutamic acid which was taken in huge doses in the belief that it made the patient 'run' better. There were no adequate controls set up for this experiment, and it was a dismal, expensive failure." (Joseph WINTER : A DOCTORS REPORT ON DIANETICS: 190: 1951^)

[For a report of the psychological 'gains' made by the students on the course see the DIANETIC PROCESSING booklet Jan 1951. See also the Publisher's Introduction to Hubbard's Science of Survival, p. x ff.]

By the time that Hubbard finished writing his book SCIENCE OF SURVIVAL in April 1951, he was having serious doubts regarding the value of Guk and Freewheeling. (L. Ron Hubbard's SCIENCE OF SURVIVAL pp. 280-310)

In a lecture given on 28 June 1951 Hubbard gave his 'final report' on it. He concluded that while freewheeling is tremendously spectacular, the person doing this will soon be "shuffling off to the nearest spinbin." (Research & Discovery Series Vol 6 p. 248 ff.)

Yet 'freewheeling' is essentially what is happening to a person on the Purification Rundown! In the Purification Rundown it is reinstated quite subtly, but for the ostensible purpose of 'running out' previous (including past life) drug and radiation incidents.

3 DIANAZENE AND RADIATION

In 1956 on December 29 through 31 Hubbard gave a several lectures on radiation in Washington DC. He followed these up with more lectures on radiation the next year in London, England: the 12th of April through the 15th. Edited versions of several of four of the later lectures constitute about three quarters of his book "All About Radiation" (AAR) which was published in England in May 1957. Also an article by him entitled "The Radiation Picture and Scientology" was published in the Scientology magazine "Ability" in May 1957.

The first portion of the book AAR is attributed to an anonymous medical doctor termed "Medicus," who wrote in a style remarkably similar to Hubbard's. In the 1989 edition of "All About Radiation" he is identified as 'Dr. Farley R. Spick.'

Hubbard's thesis regarding the damage which might be caused by radiation is that it is "wholly mental". (Tech Vol III p. 46) [Later he would claim it was 'spiritual'.]

+ Library of Congress

Hubbard's answer was Scientology auditing while taking a vitamin product called "Dianazene," with a vitamin and mineral formula containing niacin which was very similar to his 1950 "Guk Bomb". (AAR pp. 118-123)

In 1958 the Federal Food and Drug Administration seized and destroyed 21,000 tablets of Dianazene being marketed by Scientology's Distribution Center Inc. in Silver Spring, Maryland. The FDA claimed they were falsely labelled as a preventative and treatment for 'radiation sickness'. The Dianazene seizure received little press publicity and is scarcely mentioned in later Scientology literature. (Roy WALLIS: The Road To Total Freedom, p. 190) ("Dates of Government Actions Concerning Scientology" in "What is Scientology", p. 154) (Jon Atack: "A Piece of Blue Sky", pp. 141-142)

In a 1965 Hubbard bulletin on vitamins, Hubbard mentioned that Dianazene, which contained niacin, would be used in conjunction with auditing if "you are trying to get rid of radiation or radiation sickness." (HCDB 27 December 1965; Tech Vol. VI, p. 123) No further mention of its use is found in the Scientology literature.

4 DRUG BOMB FOR DRYING OUT

Crediting Adelle Davis with the idea of vitamin therapy for handling drug withdrawal symptoms, in October 1971 Hubbard came up with his DRUG BOMB. The BOMB is give four times a day, roughly every six hours. One dose consists of: 1,000 mg of niacin amide (not niacin), 500 mg of magnesium carbonate [equivalent of 145 mg of Mg], 2,000 mg of vitamin C, 25 mg of vitamin B6, 200 mg of B complex, and 100 mg of pantothenic acid. (Tech Vol. VII, p. 425-427)

Hubbard at least attempted to correct the serious lack of calcium in this formulation by coming up with his Cal-Mag formulation in November of 1974. (Tech Vol. VIII, p. 354)

5 THE SWEAT PROGRAM FOR THE LSD CASE

After examining two cases of persons who had been on LSD, Hubbard decided in May 1977 that the existing Drug Rundown could not be considered complete. "When you are dealing with an LSD case or anyone who has ever taken LSD you cannot and must not consider their Drug Rundown complete until they have been sweated and given liquids and exercised for months as well as heavily audited. They can recover with auditing and this handling, but it won't be very fast." (Tech Vol. XI p. 315)

The "Sweat Program" for 'an LSD case' is further clarified and detailed in the Hubbard COB of 6 February 1978 entitled "LSD AND THE SWEAT PROGRAM". This program calls for vitamin and mineral supplements to replace those lost in sweating. In addition to the major exercise of jogging or running to produce sweating, after the first or second week a rubberized nylon sweat suit was required to be worn to produce profuse sweating. (Tech XI, pp. 324-327)

Many of those required to take the Sweat Program objected strenuously to running in the nylon sweat suits. The Purification Rundown was the outcome.

It might be noted that Hubbard himself a specific drug user undertook rather the sweat program in the Purification Rundown

6 THE PURIFICATION RUNDOWN FOR EVERYONE

The Purification Rundown was announced in late 1979 (HCOB 4 February, Re-revised 4 December 1979; Tech Vol. XII, pp. 163-179) can be considered to be cobbled together from the once discredited Guk/Free-wheeling program of late 1950, the anti-radiation Dianazene Program of 1957-58, the Sweat Program for the LSD case of 1977-78, plus a few new ideas from Hubbard's fertile imagination.

Essentially the systemic stress of the niacin reaction is added to the cardio-vascular stress of heavy exercise and the heat stress of hours in the sauna.

There is no formal auditing during the Purification Rundown. But in the course of the program there is the suggestion, or indeed explicit explanation, that any physiological or psychological symptoms are due to previous incidents being 'restimulated' and 'run out.' This is, of course, straight Hubbardian Scientological theory.

The Purification RD was immediately instituted in the Narconon program in 1980. Initially the Purification RD was required only for those Scientologists who had a history of drug (including alcohol) abuse. A few years later it became required of all Scientologists and became an integral part of the early portion of the Scientology 'Bridge'.

The Hubbard bulletin on the Purification Rundown was repackaged in 1990 as the hardback book "Clear Body, Clear Mind," selling for \$25 to the general public. The book contains a forward by Dr. John Duff, and an introduction by Dr. Megan Shields, a Scientologist of long standing.

KEMASST = CHEMICAL ASSIST 1

89 JAN 23 In Bolzano, Italy a three-judge panel dismisses all charges against 11 Scientologists, labeling the accusations "completely unfounded."

The Scientology newspaper later reported, "The defense counsel made it clear that the Purification Rundown, as delivered by the Church of Scientology, represents a practice that correctly belongs to the field of spiritual and religious healing, not in the field of medicine, as the prosecution had tried to convince the court. [emphasis added]" (SCIENTOLOGY TODAY Vol.2, Issue 1: Apr 20, 1989^)= [However, see Mar 29, 1989 below.]

89 AUG 6 The Los Angeles and Orange County Churches of Scientology place a half page advertisement for the Purification Program in the Sunday L.A. Times claiming that "Scientologists have freed more than 100,000 people from the harmful effects of drugs. (L.A. Times Calendar Section: Aug 6, 1989: 88^)" [This figure is noteworthy since the Purification program has been a mandatory part of the "Scientology Bridge" since its introduction in Dec 1979. Since many do not continue "up the Bridge", it suggests that there are fewer than 100,000 active Scientologists worldwide.]=

81 DEC 12 In the HCOB entitled "The Theory of the New Grade Chart" LRH moved New Era Dianetics processing on the chart of THE BRIDGE from before the Scientology Grades 0-4 to just after the Scientology grades. The Scientology Drug Rundown was correspondingly moved to a position before the grades. (HCOB Dec 12, 1981^)" (HCOB 12 Dec 1981 quoted in SERVICE #287: 9: Jul 1989^)=

Hubbard's concern with street drugs stemmed from their widespread use in the 60's [pushed by psychiatrists of course]. Hubbard contended that drug users responded poorly to Scientology auditing. His handling in the late summer of 1969 was to get habitual drug users off drugs and after a six weeks "drying out" period audit them on an early form of what later became the Dianetic Drug Rundown. This involved locating and auditing past experiences with drugs. (Tech Vol. VI, pp. 243, 444 and 458)

This drug handling was included in early Narconon Programs.

Hubbard published a fuller drug handling in mid 1971 which came to be known as the Dianetic Drug Rundown after several revisions. It addressed by Dianetic auditing techniques pains, emotions, sensations, and attitudes connected with drugs (or alcohol). (Tech Vol. VII, p. 321 and 327; Tech Vol. XII, pp. 73)

In December 1981 Hubbard replaced the Dianetics Drug RD which followed the Purification RD at the lower end of the Bridge with the Scientology Drug RD. This distinction is meaningful only to trained Scientologists. (HCOB Dec 12, 1981^)" (HCOB 12 Dec 1981 quoted in SERVICE #287: 9: Jul 1989^)=

1 INTRO+

Hubbard's Purification Rundown, as enunciated in his original 1979 bulletin and as more recently published in the book "New Body, New Mind," is replete with ~~ideas~~ theories which bear little or no relationship to the established principles of physiology. 7

To a untutored lay person, the rational^e for the program has a superficial ring of plausibility. To one tutored in the bio-medical sciences, it is difficult to address it seriously.

Some of the more glaring discrepancies are listed here (page references are to the book "Clear Body, Clear Mind"):

1) The idea that many (if not all) adverse drugs, chemicals, and radiation effects are stored the body, mainly in body fat (making it 'bad' fat). (p. 18) As toxins are released from the fat, they cause both chronic and acute adverse physiological and psychological (body and mental) symptoms. (pp.36-37)

2) The idea that 'bad' fat can be eliminated by a) replacing it with 'good' (vegetable oil) fat. (p. 73-75), and b) the implication that the 'bad' fat can be eliminated from the body by 'mobilizing' it through exercise, and eliminating it through copious sweating. (pp. 29, 35, 46)

3) The idea that niacin not only 'runs out' sunburn, but also 'runs out' radiation sickness, i.e. caused by exposure to radiation from fallout from nuclear bomb tests. (pp. 100-101, 226) The idea that 'radiation' is water soluble and therefore eliminated in the sweat. (p. 47)

4) The idea that drugs "burn up" vitamins. (pp. 26, 110-110)

5) The idea that running "increases the circulation throughout the whole body." (p. 44)

4) The idea that the adverse effects of toxic chemical and radiation factors is not primarily due to adverse physiological effect on the body, but mainly to their effects on the psyche of the individual (through mental image pictures). (pp. 36-39) L

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TEXT

BIO-MEDICAL FALLACIES OF HUBBARD'S PURIFICATION PROGRAM

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To a untutored lay person, the rationale for the program has a superficial ring of plausibility. To one tutored in the bio-medical sciences, it is difficult to address Hubbard's exposition of the program seriously.

Some of the more glaringly fanciful ideas are listed here (page references are to the book "Clear Body, Clear Mind"):

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b) the implication that the 'bad' fat can be eliminated from the body by 'mobilizing' it through exercise, and eliminating it through copious sweating. (pp. 29, 35, 46)
- 3) a) The idea that niacin not only 'runs out' sunburn, but also 'runs out' radiation sickness, i.e. caused by exposure to radiation from fallout from nuclear bomb tests. (pp. 100-101, 226) [Niacin doesn't 'run out' anything. In most individuals there is a physiological adaptation to increasing dosages of niacin, as there is to a great many substances and conditions.]
b) The idea that 'radiation' is eliminated in the sweat. (p. 47) ['Radiation' is not a substance which either is or is not water soluble.]
- 4) a) The idea that drugs "burn up" vitamins. (pp. 26, 110-110) and drugs themselves cause wholesale vitamin and mineral deficiencies. (p. 107-110) [These statements are such gross over-generalizations as to be highly misleading. The figure of speech 'burned up' might be taken to mean 'metabolized', but there is no way that minerals can be considered to be "burned up"]
- 5) The idea that running "increases the circulation throughout the whole body." (p. 44) [It only increases the circulation in the parts exercised and the heart.]
- 6) The idea that the adverse effects of toxic chemical and radiation factors is due not primarily to adverse physiological effects on the body, but mainly to their effects on the psyche of the individual through mental image pictures. (pp. 36-39)