

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 6 FEBRUARY 1978

Remimeo

LSD AND THE SWEAT PROGRAM

Ref: HCOB 25 Oct 71 DRUG DRYING OUT
HCOB 31 May 77 LSD
HCOB 2 Jun 71 CONFRONTING (for
ref on gradients)
HCOB 5 Nov 74 DRUGS, MORE ABOUT

It has come to my attention that clarification is needed on HCOB LSD YEARS AFTER THEY HAVE "COME OFF OF" LSD. No outlined program has been issued on handling the LSD Case.

For purpose of clarification "AN LSD CASE" is anyone who has ever had LSD and not sweated it out and had a full Drug Rundown including Objectives. '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.'

The Sweat Program came about because the "Restim" people who have been on LSD experience appears to act like they had just taken more LSD. When you audit out any other drug that's the end of it. But this isn't true of LSD.

As 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 that underlies the Sweat Program.

LSD is a "KILLER DRUG" and should be labelled as such. It was recently found that many Exec Trainees who were off-loaded were LSD Cases.

Don't hold somebody off Objectives and Drug Rundown just because he has not had a Sweat Program. They can have their Objectives and Drug Rundown and then go on the Sweat Program, that was the way it was originally designed.

A "Sweat Program" would be for somebody who couldn't run Objectives or a Drug Rundown because of LSD or for use after Objectives and a Drug Rundown to get rid of the residual LSD.

It is the residual LSD we're trying to get rid of - LSD that may still be in the body. It's no substitute for Objectives and a Drug Rundown. You must not consider their Drug Rundown complete until they have completed the Sweat Program and been heavily audited.

As the Sweat Program can be strenuous anyone not in good Physical Condition is required to see a Medical Doctor in liaison with the Medical Liaison Officer and C/S to obtain permission to exercise and do jogging. Where exercise and jogging would be detrimental to the individual's health this program should not be done and a more basic nutritional, medical and auditing program done.

Doing this gradiently is very important as you are not only working LSD out of the system but other bodily poisons will also be flushed out. If the program is done out gradient the individual can become ill from body changes that he is not able to keep up with.

As sweating depletes the body's mineral supply, extra salt needs to be taken during this program. Indicators of salt depletion can be clammy skin, tiredness, weakness, headache - perhaps cramps, nausea - dizziness (possible vomiting), or possibly fainting. At the first sign of any one of these, some salt should be taken. You can carry a salt shaker with you while running too.

On this program, a person has to be watched because he will be getting out crystals and could go on a trip - a real LSD trip from the crystals coming out.

It is advised that the running-jogging portion of this program be done with another person.

VITAMINS AND MINERALS

The "Drug Bomb" in HCOB 25 October 71 DRUGS DRYING OUT, should be taken three times a day. In addition the "Cal-Mag Formula" in HCOB 5 November 74 DRUGS, MORE ABOUT, should be taken 2 times a day. Plus, a teaspoon of salt should be taken daily.

DIET

Quite reduced food intake is important here to get body fat or just mass of the body decreased so that the residual crystals of LSD that have accumulated can come out. If a person keeps eating a lot the body is going to keep building layers of muscles and be busy with metabolizing new food and chemicals for body energy as opposed to using the fat which has been accumulated. This is especially important with the person who has fat as fat has few blood vessels in it. Circulation in fat is poor so LSD in it will not come out until that actual fat is burnt off the body.

In addition to reduced food intake it is important to increase liquid intake as it actually flushes the wastes out of the body. In this way LSD and other accumulated drugs when released from the cells pass through the body pretty quickly so are not as likely to be re-absorbed. Natural juices, no sugar or chemicals added, preferably freshly made, is the desirable liquid to take and you can take as much as you want. Two quarts of fluid a day is the minimum quantity to take. Fresh fruits can be eaten to get rid of the hunger feelings one may experience but should not be consumed in excess. For example: 4 nectarines, ½ lb of grapes, a pear and a banana for the day.

In addition to the fruits satisfying the hunger they also give the body minerals lost through sweating.

Besides fruit and juices some protein should be taken. The best source being predigested liquid protein. These must be gotten from a good Health Food Store as opposed to a Department Store. For example "Progest" which is made in New York is very good.

EXERCISE

It is very essential to exercise. The major exercise being done is jogging or running. Exercise increases the circulation throughout the whole body thus A) 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 "residual crystals" which have accumulated.

In addition to increased circulation, exercise especially running causes the body to sweat which will cause the crystals and toxic products in the body to come out through the body pores.

A rubberized nylon sweat suit is essential in running as it will aid sweating. This should not be started until the second to third week so that the body can gradiently get used to profuse sweating.

THE SWEAT PROGRAM

1. The C/S in liaison with the Medical Liaison Officer starts the person off on this program.
2. As necessary the C/S in liaison with the Medical Liaison Officer orders the person to a medical exam by a Medical Doctor.
3. The Medical Liaison Officer informs the person of the vitamins he or she is to take daily. This includes the "drug bomb" three times a day and "Cal-Mag formula" three times a day plus at least a teaspoon of salt.
4. The diet is fruit, heavy juices and water and two ounces of liquid protein daily (2 oz of liquid protein daily is the minimum dose).
5. The jogging/running is now started on a gradient. The minimum exercise time should be an hour a day. The more time that is put in, the more sweating will be done and the program completed all the faster.

A person can gradiently build up jogging/walking until he is solidly up to jogging/running for the entire hour.

It is important to set daily goals and try to make them to establish a game and purpose to the daily exercise.

6. The Auditing is done in conjunction with the Sweat Program but need not wait for the Sweat Program to begin. However the individual's Drug Rundown is not considered complete until they have been sweated and given liquids and exercised for months as well as heavily audited.

RESULTS

The final result is to get the LSD residual crystals out of the body. The phenomena that can occur are many. On this program one has to be watched, because he will be getting out crystals and could go on a trip.

The reactions that one can undergo on this program can vary from anything like actual tripping, heavy misemotion, somatics turning off and on, etc. As the program progresses, the individual will become more causative in his or her environment.

Confront and responsibility will definitely increase and have lasting effects. The individual will become easier to work with and will like and feel more comfortable with himself.

He will be healthier and more in tune with his body.

At first the individual may feel other determinism about doing this program but that will gradually change and he or she will want to do it for their own welfare. Their responsibility will come up for themselves and others.

Emotions that have been shut off may start to reappear; they can blow through stupidity and become more aware; they can do actions more easily; consequences start to take on meaning to them; and they are aware of the effects that their own actions have on themselves and others.

The above will vary from individual to individual but in each case there will be great change for the better.

L. RON HUBBARD
FOUNDER

Assisted by
Paulette Cohen
LRH Tech Expeditor
and
Jim Dincalci
LRH Medical Researcher

LRH:PC:JD:kjm
Copyright (c) 1978
by L. Ron Hubbard
ALL RIGHTS RESERVED