

THE PURIFICATION RUNDOWN

The Purification Rundown is a program run by the Church of Scientology for its parishioners as part of the overall program of spiritual or pastoral counseling delivered by the Church to its public. Its purpose is to handle the restimulative effects of drugs and toxic residuals (including LSD and such) on a Spiritual Being - the person himself, according to the doctrines of the religion of Scientology. It is the Church's belief that quite apart from any of the physical ills which may be associated with the taking of drugs, they have a disruptive effect on the spirit. It is this spiritually disruptive effect that the Church's program seeks to handle.

The program, or "Purification Rundown" as it is called, consists of having the person run and spend time in a sauna. This is done gradiently until the person is able to comfortably combine an hour of running with four hours of sweating in a sauna at from 140 to 180 degrees (Fahrenheit).

The above is combined with from two tablespoons to a half cup of oil (soy, walnut, peanut and safflower oil in combination) and anywhere from 100 to as high as 5,000 milligrams of Niacin, taken daily, depending on what the person feels comfortable with.

It is the Church's belief that a person engaged in a program of exercise, sauna, intake of Niacin, etc. such as the Purification Rundown should, in light of the increased demands put on his body, supplement his regular diet with a daily intake of certain basic vitamins and minerals. Based on the experiences of the persons who have been involved in the program, the Church has found the following to be satisfactory supplements to an individual's diet while on the Purification Rundown:

1. Vitamin A - from 5,000 to 50,000 I.U. daily
2. Vitamin D - from 400 to 2,000 I.U. daily
3. Vitamin C - from 250 mg to 6 gm daily
4. Vitamin E - from 800 to 2,400 I.U. daily
5. Vitamin B Complex - from 2 to 6 capsules daily, each capsule consisting of the following:
  - B1 - 50 mg
  - B2 - 50 mg
  - B6 - 50 mg
  - B12 - 50 mcg
  - Pantothenic Acid - 50 mg
  - Folic Acid - 100 mcg
  - Biotin - 50 mcg
  - Choline (Bitartrate) - 50 mg
  - Niacinamide - 50 mg
  - Inositol - 50 mg
  - PABA - 50 mg
6. Vitamin B1 - from 350 to 1,300 mg daily
7. Minerals - from 1 to 6 tablets daily, each tablet consisting of the following:

(N.B. The following amounts are for 9 tablets, i.e. each mineral tablet contains 1/9 of the amounts given.)



Calcium - 500 mg  
Magnesium - 250 mg  
Iron - 18 mg  
Zinc - 15 mg  
Manganese - 4 mg  
Copper - 2 mg  
Potassium (protein complex) - 45 mg  
Iodine (Kelp) - .225 mg

In addition to the foregoing, it has been found that a combination of calcium gluconate and magnesium carbonate, called "Cal-Mag" as sold in health food stores, has been found to have a soothing effect on the sore muscles which often seem to accompany a person's exercise on the program. Rather than purchase the "Cal-Mag" tablets sold in stores many persons prefer to mix their own combination of calcium and magnesium as follows:

1 tablespoon calcium gluconate  
 $\frac{1}{2}$  teaspoon magnesium carbonate  
1 glass warm water  
1 tablespoon vinegar