

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

Remimeo HCO BULLETIN OF 6 FEBURARY 1978RA-1
ADDITION OF 20 DECEMBER 1979

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 6, in the fourth 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 re-emphasized 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 7 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.

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