UNDERSTANDING AND OVERCOMING ADDICTION

BOOKLET

Based on the works of
L. Ron Hubbard

Published by
ABLE International
7065 Hollywood Blvd
Los Angeles, CA 90028 USA

Copyright © 2003 L. Ron Hubbard Library.
All Rights Reserved.

Any unauthorized copying, translation, duplication, importation or distribution, in whole or in part, including electronic copying, storage or transmission, is a violation of applicable laws.

Printed in the United States of America.

CRIMINON and the Criminon design mark are trademarks and service marks owned by ASSOCIATION FOR BETTER LIVING AND EDUCATION INTERNATIONAL.
INTRODUCTION

Drugs have become a major problem for society. No area of life is untouched by this problem. Crime and violence are the most obvious result. But lack of morals and moral education, high school drop outs and even ruined lives are just as common.

And the problem is not limited to street drugs. The effects of medical and psychiatric drugs, whether painkillers, tranquilizers or antidepressants are as terrible.

L. Ron Hubbard studied and worked out an effective drug rehabilitation program. Many people have tried to get others off drugs, but they found they did not have any technology that worked.

The program that Mr. Hubbard developed helps the person find out why he took drugs in the first place. It also helps him get rid of the damage done by drugs, detoxifies the body of long-term drug residues and gives the person tools that will help him to stay off drugs for good.

This booklet contains the basic principles of this program and provides the first real understanding of drug abuse problems.

---

1 BECOME—to come to be, to grow to be. The small puppy will become a large dog. It became darker when the sun went down.
2 SOCIETY—SO CIETY means the people in a country who have a particular way of life. These people share similar customs, laws and values. Taking care of the environment should concern all of society.
3 OBVIOUS—easy to see or understand; plain; evident. It is obvious that Tom is late for our meeting.
4 MEDICAL—of or having to do with doctors or medicine; relating to treatment of injuries or illnesses. Medical drugs are drugs given out by doctors.
5 PSYCHIATRIC—of or having to do with the attempted treatment of mental and emotional disorders using mind-altering drugs and other physical means, such as electric shock treatment.
6 PAINKILLERS—any drugs given by a doctor that are used to relieve pain. When the painkillers wore off, it seemed like his broken arm hurt more than before.
7 TRANQUILIZERS—any of various drugs that are used to make people feel less nervous or anxious. One tranquilizer made him sleepy.
8 ANTIDEPRESSANT—a drug used to treat emotional depression. Psychiatrists often prescribe antidepressants for their patients.
9 EFFECTIVE—producing a definite or desired result; efficient.
10 REHABILITATION—REHABILITATION is the act of bringing back to good health or to an earlier condition or state.
11 TECHNOLOGY—TECHNOLOGY means the exact knowledge of how to do something, how to produce something. The technology in this booklet can be used to help another person get off drugs with as little discomfort and pain as possible. He is trained in the technology to fix cars.
12 DETOXIFIES—removes poisons or other harmful substances (from something). This booklet covers methods to detoxify your body.
13 RESIDUES—thing that remains after most of it has gone. The cleaning powder left a slight residue on the surface of the table.
14 PRINCIPLES—fundamental truths, laws, etc, on which other things are based.
THE REASON BEHIND THE DRUG PROBLEM

People have used drugs for as long as they have tried to ease\textsuperscript{15} pain and avoid\textsuperscript{16} problems. Since the early 1960’s, drugs have been in very widespread\textsuperscript{17} use. Before that time they were uncommon. A worldwide spread of drugs occurred at that time and a large number of people became drug-users.

By drugs (to name a few) are meant tranquilizers, opium, cocaine, marijuana, peyote\textsuperscript{18}, amphetamines\textsuperscript{19}, crack, ecstasy and the worst of all, LSD\textsuperscript{20} and angel dust\textsuperscript{21}. Any medical drugs are included. Drugs are drugs. There are thousands of trade names\textsuperscript{22} and slang terms for these drugs. Alcohol is also a drug.

Drugs are supposed to do wonderful things but all they really do is ruin the person.

Drug problems do not end when a person stops taking drugs. Drugs build up in the body over time and the effects of those drugs can leave one severely damaged, both physically and mentally. Even someone off drugs for years still has blank periods—times when the person is spaced out and not mentally there. Drugs can injure a person’s ability\textsuperscript{23} to concentrate\textsuperscript{24}, to work and to learn. They can ruin a life.

People continue to take drugs, even though the dangers and liabilities\textsuperscript{25} of drugs are very well known and written about in many scientific papers.

Why?

\textsuperscript{15} EASE—to make (something) less difficult or less unpleasant.
\textsuperscript{16} AVOID—to keep away from; keep from happening.
\textsuperscript{17} WIDESPREAD—distributed, circulated, or occurring over a wide area or extent. Damage from the storm was widespread.
\textsuperscript{18} PEYOTE—a hallucinatory drug derived from the [peyote] cactus. Also known as mescaline.
\textsuperscript{19} AMPHETIMINES—dangerous habit-forming stimulants, usually taken to raise emotional state.
\textsuperscript{20} LSD—a drug that produces hallucinations and temporary symptoms of insanity.
\textsuperscript{21} ANGEL DUST—slang for PCP, a powerful drug that causes hallucinations and can cause mental or emotional disorders or death.
\textsuperscript{22} TRADE NAMES—names used by a company to describe or identify a product or service of that company. Coca Cola is an example of a trade name.
\textsuperscript{23} ABILITY—power to do (something physical or mental).
\textsuperscript{24} CONCENTRATE—to direct one’s thoughts or efforts (on something).
\textsuperscript{25} LIABILITIES—things that cause trouble; disadvantages.
When a person is depressed\textsuperscript{26} or in pain, and where he finds no physical relief\textsuperscript{27} from treatment, he will eventually\textsuperscript{28} find out that drugs remove his symptoms.\textsuperscript{29}

This is also true for pains which are psychosomatic. The term \textsc{psychosomatic} means the mind making the body ill\textsuperscript{30} or illnesses caused through the mind. \textsc{Psycho} refers to \textsc{mind} and \textsc{soma} refers to \textsc{body}.

In almost all cases of psychosomatic pain, illness or discomfort the person has tried to find a cure\textsuperscript{31} for the problem.

When he at last finds that only drugs give him relief, he will give in to them and become dependent\textsuperscript{32} on them, often to the point of addiction\textsuperscript{33}.

Years before, had there been any other way out, most people would have taken it. But when they are told there is no cure, that their pains are “imaginary,” life becomes unbearable.\textsuperscript{34} They then can become chronic\textsuperscript{35} drug-takers and are in danger of addiction.

The time required to make an addict is different from person to person. The problem he complains of may only be \textit{sadness} or \textit{weariness}\textsuperscript{36}. The ability to face life, in any case, is made less.

Any drug that brings relief or makes life less of a burden\textsuperscript{37} physically or mentally will then be welcome.

In an unsettled\textsuperscript{38} and insecure\textsuperscript{39} environment, psychosomatic illness is very widespread.

\begin{itemize}
\item \underline{DEPRESSED}—sad and unhappy; in low spirits.
\item \underline{RELIEF}—an easing of pain, discomfort or anxiety.
\item \underline{EVENTUALLY}—finally; in the end; as a final result.
\item \underline{SYMPTOM}—something that indicates the existence of something else; a sign; indication. \textit{A sore throat is a symptom of a cold.}
\item \underline{ILL}—not healthy or well; sick.
\item \underline{CURE}—something that helps a person return to health or to a better emotional condition.
\item \underline{DEPENDENT}—influenced, controlled, or determined by something else.
\item \underline{ADDICTION}—the condition of taking harmful drugs, and being unable to stop taking them. \textit{His addiction to drugs ruined his life.}
\item \underline{UNBEARABLE}—not able to be experienced easily; not comfortable.
\item \underline{CHRONIC}—habitual; constant.
\item \underline{WEARINESS}—the condition or quality of being very weary; fatigue.
\item \underline{BURDEN}—anything that causes a person to worry, feel bad, etc.; a thing that is difficult to bear or tolerate.
\item \underline{UNSETTLED}—not orderly, calm or peaceful; not stable and liable to change.
\item \underline{INSECURE}—not safe or well protected.
\end{itemize}
The hard, solid fact is that until now there has been no effective psychotherapy\textsuperscript{40} in broad practice. The result\textsuperscript{41} is a drug-dependent population.

Drug users have been found to have begun taking drugs because of physical suffering or lack of hope.

The user continues to take drugs because he is driven by pain and told by the people around him there is no hope for change. He doesn't want to be an addict, but he doesn't feel that there is any other way out.

However, with proper care, drug addiction \textit{can} be fully handled.

As soon as he can feel healthier and more competent\textsuperscript{42} mentally and physically without drugs than he does on drugs, a person stops needing drugs.

The liability of the drug user is that he goes blank at unexpected times, has periods of irresponsibility\textsuperscript{43} and tends\textsuperscript{44} to get sick easily. This happens even after he has stopped using drugs.

The drug rehabilitation technology developed by Mr. Hubbard has been able to get rid of the major damage in people who have been on drugs as well as make further\textsuperscript{45} addiction unnecessary and unwanted.

This is an exact\textsuperscript{46} technology which gets a person off drugs without pain. It handles their physical and mental effects and helps them get back in control of their lives. Nothing else can do this with certainty.\textsuperscript{47}
DRUGS AND THEIR EFFECTS ON THE MIND

Drugs are basically poisons48. The amount that is taken determines49 the effect. A small amount acts as a stimulant (increases activity). A greater amount acts as a sedative (suppresses activity—can make a person less nervous, less active and less aware of what’s going on around him). A larger amount acts as a poison and can kill one.

This is true of any drug. Each requires a different amount.

Caffeine is a drug, so coffee is an example. One hundred cups of coffee would probably50 kill a person. Ten cups would probably put him to sleep. Two or three 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.

Arsenic51 is known as a poison. Yet a tiny amount of arsenic is a stimulant, a good-sized dose52 puts one to sleep and a larger amount kills one.

But many drugs have another liability. They directly53 affect the mind.

In order to have a good understanding of the mental effects of drugs, it is necessary to know something about what the mind is. The mind is not a brain. It is all the recordings of thoughts, conclusions54, decisions55, observations and perceptions56 of a person throughout his entire existence. Mr. Hubbard has discovered57 that the mind is a communication and control system58 between a being and his environment. By being is meant the person himself, not his body or his name, the physical universe,59 his mind, or anything else.

48 POISON—a substance causing illness or death when eaten or drunk even in relatively small quantities.
49 DETERMINE—to control or cause (something). What a person eats can determine whether he will be healthy or not.
50 PROBABLY—probable or likely to occur; that can be reasonably expected.
51 ARSENIC—a silvery-white, brittle, very poisonous chemical element, compounds of which are used in making insecticides, glass, medicines, etc.
52 DOSE—an amount of a medicine taken at one time.
53 DIRECTLY—without delay, happening immediately. The alcohol directly affected his ability to speak clearly.
54 CONCLUSION—a belief, decision or opinion based on a person’s judgement.
55 DECISION—the act of making up one’s mind; a judgment or conclusion reached or given.
56 PERCEPTIONS—Things that a person becomes aware of through the senses. Sight, sound and smell are just a few perceptions a person has.
57 DISCOVERED—to find out; learn of the existence of; realize. He discovered that someone had been in the room earlier.
58 SYSTEM—a group of related things that work together to do something. For example, the digestive system works in the body to digest food and turn it into energy for the body to function with.
59 PHYSICAL UNIVERSE—of or relating to non-living matter and energy. It would be the universe of the planets, their rocks, rivers and oceans, the universe of stars and galaxies, the universe of burning suns and time.
The most obvious portion of the mind is recognizable by anyone not in serious condition. This is the **mental image picture**.

Various phenomena connect themselves with this thing called the mind. Some people closing their eyes see only blackness, some people see pictures.

An individual gets different feelings, senses and perceptions about things through the mind. He gets direct views of his environment by looking. He also has memories and impressions from things he has done in the past. These impressions—what an individual feels, senses and perceives—are gotten through the mind. The most important part of this is that a person will form opinions and get ideas about the past and future which do not depend on what is happening around him in the present.

A person who has taken drugs keeps mental image pictures of those drugs and the effects the drugs had on him. He also has physical sensations as a result of taking the drugs. **Mental image pictures** are three-dimensional color pictures with sound and smell and all other perceptions. Mental image pictures also include the decisions the individual makes about things or his conclusions. They are mental copies of a person’s perceptions sometime in the past. When a person is unconscious or has lessened consciousness because of some injury, the mental image pictures exist below the individual’s awareness. For example, a person who had taken LSD would keep mental image pictures of that experience in his mind, complete with recordings of what he sees, what he hears, what he feels physically, etc. Everything that happened while he was on LSD would be copied in the mental image pictures and these pictures are stored in the mind.

Let us say an individual took LSD one day while at a park with some friends. The day’s experiences included feeling nauseated and dizzy, getting into an argument with a friend, feeling an emotion of sadness and later feeling very tired. He would have mental image pictures of everything that happened and everything he experienced at the park.

---

60 CONDITION—manner or state of being. A SERIOUS CONDITION would be a condition that caused a person concern, worry or danger. AIDS is a serious condition that can result in death.

61 MENTAL IMAGE PICTURE—MENTAL IMAGE PICTURES are three-dimensional color pictures with sound and smell and all other perceptions. Mental image pictures also include the decisions the individual makes about things or his conclusions. They are mental copies of one’s perceptions sometime in the past, although in cases of unconsciousness or lessened consciousness they exist below the individual’s awareness.

62 PHENOMENA—any fact, condition, or happening that can be seen, heard and perceived through the senses; a thing which can be seen, felt, heard, touched, etc. PHENOMENA—plural of PHENOMENON.

63 IMPRESSION—Anything which a person feels or senses or perceives.

64 CONSCIOUSNESS—the state of being conscious; awareness of one’s own feelings, what is happening around one, etc.

65 NAUSEATED—to feel sick in the stomach; to feel as if you will throw up or vomit.
Years later, the person could be in an environment that contained many elements similar to his experience of that day in the park. Because of this, he could feel nauseated, dizzy, sad and very tired—all for no apparent reason. This is known as restimulation: the reactivation of a past memory due to circumstances in the present that are similar to circumstances of the past.

Mental image pictures like the example mentioned above can also be reactivated by drug residuals. The presence of these drugs in the body can make a person experience again having taken drugs.

Using the above example of the person who took LSD, sometime later—even years later—the drug residuals still in his body can cause a restimulation of the LSD experience. The mental image pictures are reactivated, and he experiences the same sensations of nausea, dizziness and tiredness, and he feels sad. He does not know why. He can also perceive mental images of the persons he was with and what he saw, heard and smelled.

These are the effects on the mind of past drug usage. However, the current use of drugs creates a similar and more immediate effect on the mind.

When a person uses a drug, such as marijuana, peyote, opium, morphine, crack, ecstasy or heroin, mental image pictures of past times can “turn on” (make active or effective) or restimulate below the individual’s conscious awareness, causing him to perceive something different than what is actually going on.

This gives the impression of the drug user being in the room with you, doing the same things you are doing. But he is really not fully there—he is partly there, and partly in a past drug experience.

He seems to be there. Really he isn’t following what is going on around him. What is going on to the other people in the room, who are not restimulated by drugs, is not what is going on to him.
Because of this, he does not understand things people say, but tries to fit what they say into what he believes is happening (a mixture of what IS really happening and what he imagines is happening). In order to fit it in, he has to change what he hears for it to make sense to him.

For example, a drug user may be sure he is helping you fix a floor that needs to be fixed but in fact what you are trying to do is clean the floor. He makes cleaning the floor (what is actually being done) more difficult. So when he helps you mop the floor, he creates confusion. Since he is repairing the floor, a request to “give me the mop” has to be mentally changed to “hand me the hammer.” But the mop handle is longer than a hammer handle so he knocks over the bucket.

This can be slight, where the person is seen to make a few mistakes. It can be as serious as total insanity where the events apparent to him are completely different than those apparent to anyone else. And it can be anything in between.

It is not that he doesn’t know what is going on. It is that he perceives something else going on instead of the present events.

As a result, others appear to him to be stupid or unreasonable or insane. As they don’t agree in their actions and orders with what he plainly sees is in progress, they aren’t sensible. Example: A group is moving furniture. To everyone except the drug user they are simply moving furniture. The drug user perceives himself to be “moving shapes into a cloud.” So he makes mistakes. Because the group doesn’t see inside him and only sees another person like themselves, they can’t figure out why he always messes things up.

People like drug-takers and the insane are slightly or completely on an apparently different time track of present time events.

A drug may be taken to drive a person out of an unbearable present time or to make them completely unconscious.

In some people they do not later on return fully to present time.

A person can also escape an unbearable present time by dropping into the past, even without drugs.

73 UNREASONABLE—not reasonable; having or showing little sense or judgment; not rational.
74 SENSIBLE—having or showing good sense or sound judgment; intelligent; reasonable; wise.
75 APPARENTLY—APPARENTLY is used to mean that something looks a certain way, but may not actually be that way. If someone is APPARENTLY calm, they appear calm on the outside, though they may actually be upset, angry, sad, etc., inside.
76 TIME TRACK—the consecutive record of mental image pictures which accumulate through a person’s life.
77 PRESENT TIME—the time which is now and becomes the past as rapidly as it is observed. It is a term loosely applied to the environment existing in now.
Both the drug user and the insane have not returned or come back to present
time, to a greater or lesser degree.\textsuperscript{78} Because of this, they think they are running
on a different time track than they are.

These are the basic, fundamental facts in odd human behavior.

What the drug user sees and experiences is different than what is really going on
and different than what other people see and experience. As a result, the drug
user disturbs the environment and confuses the smooth running of \textit{any} group—
from family to business to nation.

We have all known people like that. They are common in society today. The
sudden remark which makes no sense, totally out of context\textsuperscript{79} with what is being
said; the blank stare when given an order or when being told something—behind
these there is an imaginary world which has nothing to do with attempts to get
something done in present time.

The result of drug use can be very harmful and affects many more people than just
the drug user. This is true not only of illegal street drugs but also of medical drugs
that are supposed to help people.

\textsuperscript{78} \textbf{DEGREE}—the amount of something that one has or feels (a feeling) or the extent to which something happens.

\textsuperscript{79} \textbf{CONTEXT}—the words just before and after a certain word or sentence that help make clear what it means.
**PAINKILLERS**

Doctors and others prescribe\(^8^0\) painkillers such as aspirin, tranquilizers, and other drugs in an understandable wish to relieve pain.

However, it has never been known in chemistry or medicine exactly how or why these things worked. Such drugs are “discovered” by accidental\(^8^1\) discoveries that this or that drug depresses pain.

The effects of existing drugs do not always have the same result for each person who takes them. And sometimes the result is even different with the same person taking the drug. These drugs often have very bad side effects\(^8^2\).

Because the *reason* they worked was unknown, very little advance has been made in biochemistry—the chemistry of life processes and substances. If the reason they worked were known and accepted, possibly chemists could develop some actual painkillers which had minimal side effects.

Pain or discomfort of a psychosomatic nature comes from the mental image pictures created by the being which press against and affect the body. For example, a mental image picture of a past experience where a person broke his arm can be reactivated in the present, pressing against the body and causing pain in that same arm.

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

\begin{itemize}
  \item *A.* *Inhibit*\(^8^3\) the ability of a being to create mental image pictures
  \item and also
  \item *B.* *To block or slow the flow of electrical signals along the nerve channels in the body.*
\end{itemize}

As a result, a person is made *stupid*, blank, forgetful, unreal and irresponsible. He gets into a wooden\(^8^4\) sort of state, unfeeling, insensitive, unable and definitely not trustworthy. He actually becomes a threat or danger to his friends and the people around him.

---

\(^8^0\) PRESCRIBE—to order or advise as a medicine or treatment.

\(^8^1\) ACCIDENTAL—happening or occurring by chance; not planned.

\(^8^2\) SIDE EFFECTS—usually undesirable reactions that result in addition to the intended effect of a drug.

\(^8^3\) INHIBIT—to prevent, slow or stop.

\(^8^4\) WOODEN—stiff; lifeless; expressionless, as if made of wood.
When the drugs wear off or start to wear off, the ability to create mental image pictures starts to return and turns on somatics (body sensations, illnesses or pains or discomforts) much harder. One of the answers a person has for this is more drugs. In addition to heroin addicts, there are also aspirin addicts. The compulsion to take more drugs comes from a desire to get rid of the somatics and unwanted sensations again. The being gets more and more wooden, requiring more drugs more often.

It is common for someone on drugs to be very sexually aroused at first. But after the original sexual kicks, 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 inhibit it totally.

If a person was working on the problem of pain relief 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 could be easily taken in by the body so that it passed rapidly out of the nerves and system.

There are unwanted sensations that drugs block off, but there are also many desirable sensations, and drugs block off all sensations.

The only defense that can be made for drugs is that they give a short relief from immediate pain and make it possible for doctors to help handle the cause of the physical pain (broken hand, knife wound, etc.). But even then this applies to people who have no other system to handle their pain.

Dexterity, ability and alertness are the main things that prevent getting into painful situations. These all go away with drugs. So drugs set you up to get into situations which are truly disastrous and keep you that way.

85 COM PULSIO N—a strong desire to do something which is difficult to control. He felt a compulsion to continue to take drugs.
86 OBSESSIVE—When something becomes OBSESSIVE to you, it means that you think about it all the time and are unable to stop yourself from thinking about it.
87 BIOCHEMICALLY—BIO- means life or having to do with living things. CHEMICAL means having to do with chemicals (those substances which are the building blocks of matter). BIOCHEMICALLY means having to do with the interaction (action between or involving two or more things) between life forms and chemical substances.
88 DEFENSE—something said in support of something (an idea, action, etc.) that has been criticized.
89 DEXTERITY—skill or grace in using the hands, body or mind.
90 ALERT—aware and paying attention to what is happening around one. ALERTNESS—is the ability of being aware of what is occurring around one. Drinking a lot of alcohol lessens your alertness.
91 PREVENT—to stop or keep (from doing something or from something happening.)
A person has a choice between being dead with drugs or being alive without them. Drugs rob\textsuperscript{92} life of the sensations and joys which are the only reasons for living anyhow.

---

\textsuperscript{92} ROB— to deprive (someone) of something belonging or due, or take or withhold something from unjustly or injuriously.
HELPING SOMEONE GET OFF DRUGS

When the world went into heavy drug abuse, the problem of drying out became one of the most important. All earlier efforts to help drug users failed and had been failing throughout man’s history.

However, workable solutions have now been developed which help a person not only to end drug use, but to take control of and handle the situations that started him or her down that dark road.

**Drug Withdrawal**

Drugs can make the user pay a painful price\(^\text{93}\) should he ever try to quit.

What is called *withdrawal symptoms*\(^\text{94}\) set in. These are the physical and mental reactions to no longer taking drugs. They are horrible. No torturer\(^\text{95}\) ever set up anything worse.

The person had this problem then:

A. Stay on drugs and be trapped and suffering from here on out, *or*
B. Try to come off the drugs and be so painfully ill meanwhile that he couldn’t stand it.

This was a dead-if-you-do, dead-if-you-don’t sort of problem.

Medicine did not solve it adequately.\(^\text{96}\) Psychotherapy was impossible.

Two ways to handle the problem of withdrawal now exist, both of which should be used:

---

\(^{93}\) PRICE— the cost, as in life, labor, sacrifice, etc., of obtaining some benefit or advantage.
\(^{94}\) SYMPTOMS— SYMPTOMS are things which show that something else is present. For example, if a person is coughing, sneezing and his nose is runny, these are symptoms that show he has a cold. If a person feels very weak, his muscles are very sore and his body temperature is very high, these are symptoms which show he probably has the flu.
\(^{95}\) TORTURER— a person who deliberately causes another person severe pain in order to punish them, get information from them, get revenge, etc.
\(^{96}\) ADEQUATELY — as much as is needed for a particular purpose; enough, sufficiently.
1. Scientific testing done show that using vitamins and minerals help the withdrawal.

2. Light Objective Exercises ease the gradual withdrawal and make it possible.

An exercise in this sense is an exact series of directions or sequence of actions taken to accomplish a desired result. There are several exercises included in this booklet that are in use at drug rehabilitation centers which help a person take his attention off himself and get it onto his environment and the people and things in it. This action can greatly help someone coming off drugs. These are called Objective Exercises. When used correctly, they ease the person’s symptoms and make drug withdrawal possible with a minimum of pain and discomfort.

Objective refers to outward things, not the thoughts or feelings of the individual. Objective Exercises deal with the real and the observable. They direct the person to spot or find something exterior (outside his mind and body) to himself in order to do the exercise.

The Objective Exercises mentioned here are called “light” Objective Exercises because they are simpler and less advanced than other Objective Exercises which exist.

The details of how to use these two methods of getting someone unhooked from drugs follow. If you know someone who is dependent on drugs, you can help him withdraw from them by applying the principles and methods given here.

On severe cases of drug addiction one should send the person to a qualified medical doctor for examination to determine if there are any special precautions that may need to be taken for that particular person.

---

97 VITAMINS—any of certain special substances necessary in small amounts for normal growth and good health. Vitamins are found in different foods people eat, such as milk, meat, bread, etc., and can also be bought in pill form.

98 MINERALS—certain elements, such as calcium, iron, potassium, etc., which are needed by the body to function properly.

99 GRADUAL—taking place by steps or degrees; developing little by little, not sharply or suddenly.

100 SEQUENCE—a series of related things, following one after the other; the order in which this occurs.

101 DIRECT—to point, aim or guide something toward something else; to show or point in a specific direction.

102 QUALIFIED—having met conditions or requirements set. A medical doctor is qualified to be a medical doctor when he has passed different tests to show he knows how to help people recover from illness.

103 PRECAUTIONS—things done in advance to avoid danger, harm, possible damage, failure, etc.
Some people may have been put on some therapeutic drug by a medical doctor and possibly should remain on it. But these are not the usual drugs we are dealing with. It is up to the person and the doctor what should be done in such cases.

**Nutritional Data**

According to famous nutrition expert Adelle Davis, vitamin therapy has had success in handling withdrawal symptoms.

Instead of just telling the person to break off drugs with all that suffering and danger of failure, the patient is given heavy doses of vitamins. The data is repeated here for information.

**The Drug Bomb**

A vitamin formula called the *drug bomb* has been found effective in fighting the effects of withdrawal. It consists of:

- 1,000 milligrams of niacinamide (not niacin). This helps to ease or handle any mental disturbance.
- 5,000 IU of vitamin A.
- 400 IU of vitamin D.
- 800 IU of vitamin E.
- 2,000 milligrams of vitamin C.

---

**Footnotes:**

104 Therapeutic—helping a person become healthy; curing a sickness or disease.

105 Nutrition is the science or study of what things are healthy for a person to eat.

106 Therapy—therapy is any treatment done to handle any sick condition, whether physically sick (such as having a cold, the flu, etc.) or mentally ill. Vitamin therapy would be treatment with vitamins to handle a sickness or ill condition.

107 Data—facts or information about something.

108 Milligram—one thousandth of a gram (a gram is a measure of weight. 454 grams weigh as much as one pound). To compare, 454,000 milligrams would equal one pound in weight. Milligram is often abbreviated as mg.

109 Niacinamide—a vitamin similar to niacin, which helps contribute to healthy skin and proper functioning of the brain and the nervous system. This vitamin, unlike niacin, does not turn on a flush in the body when it is eaten.

110 Niacin—this vitamin is one of the B Complex vitamins. It is necessary for healthy skin and proper functioning of the brain and the nervous system. This vitamin can turn on a flush (a reddening of the skin) when a person takes it.

111 Disturbance—any mental upset, anxiety, unhappiness, etc.

112 IU—this stands for International Unit, an agreed-on standard of measurement for vitamins.

113 Vitamin A—a vitamin important for bone growth, healthy skin, sexual function and reproduction.

114 Vitamin D—a vitamin which is important in bone health and growth, calcium use, nerve health and in regulation (controlling or directing) of heartbeat.

115 Vitamin E—a vitamin important in keeping oxygen from combining with waste products to form toxic compounds, and in red blood cell health.

116 Vitamin C—also called ascorbic acid; a colorless vitamin found in many foods, especially citrus fruits (oranges, grapefruit, lemons, etc.). It is required for proper nutrition.
500 milligrams of magnesium carbonate\textsuperscript{117} (to make the vitamin C work).

25 milligrams of B6\textsuperscript{118}.

200 milligrams of B complex\textsuperscript{119}.

300 milligrams of B1\textsuperscript{120}.

100 milligrams of pantothenic acid\textsuperscript{121}.

This formula should be given four times a day while a person is coming off drugs, roughly every six hours.

It should \textit{not} be taken on an empty stomach, as it could cause stomach burn. It should be taken after meals or, if taken between meals, with yogurt.

Great care must be taken to give the dose in such a way that the vitamins will not damage the stomach. If this is not done, the person can get a feeling of severe stomach burning and will be unable to continue the vitamins.

Drug users are usually in terrible physical condition anyway. Thus\textsuperscript{122}, the vitamins would have to be in specially coated tablets so they gradually dissolve and don’t hit the sensitive upper stomach hard enough to corrode (to eat or wear away) it.

For this reason, milk with powdered amino acids\textsuperscript{123} in it would have to be given to wash the pills down.

In testing this, stomach corrosion (wearing away) from the vitamin formula was the main problem.

\textsuperscript{117} MAGNESIUM CARBONATE—a compound that is a combination of three different elements: magnesium, carbon and oxygen.

\textsuperscript{118} VITAMIN B6—a vitamin important in digesting food (turning food into energy for the body) and in fighting infections.

\textsuperscript{119} VITAMIN B COMPLEX—an important group of vitamins found in some foods which include vitamins B1 and niacin, as well as other vitamins.

\textsuperscript{120} VITAMIN B1—a vitamin important to growth, digestion, and to transmitting electrical signals through the body along the nerves.

\textsuperscript{121} PANTOTHENIC ACID—an acid found in plants and animals that is part of the B Complex of vitamins and is necessary for growth.

\textsuperscript{122} THUS—\textit{Thus} is used to mean “for the reason stated earlier.” It shows that something being spoken about now occurs or happens because of something mentioned earlier.

\textsuperscript{123} AMINO ACIDS—any of a large number of organic (produced by or found in plants or animals) compounds that is necessary for the body to remain healthy.
If the formula is given without following the points mentioned earlier, the person can (a) feel too full after eating, (b) have a stomachache, (c) have a burning sensation, (d) the exterior of the stomach can get sore. These are all stomach ulcer symptoms.

If these types of symptoms turn on, end off the vitamins. Aluminum hydroxide tablets chewed up and swallowed in milk each time the symptoms start will ease the stomach. Powdered amino acids, yogurt and milk must then be given until the stomach gets better.

The great benefits of the drug bomb are much more valuable than the possible problems. The difficulties and agonies of withdrawal are the most important point of failure in trying to save a person from the insanity of drugs.

**CALCIUM AND MAGNESIUM**

Used in combination with the drug bomb, there is an additional method of lessening the effects of drug withdrawal symptoms which uses the minerals calcium and magnesium.

Muscle spasms are caused by lack of calcium. Nervous reactions are diminished by magnesium.

Calcium does not go into solution in the body and is not used properly by the body unless it is in an acid.

Tests for other uses than drug reactions brought about the way of getting calcium into solution in the body along with magnesium so that the results of both could be achieved. The answer was to add vinegar, which would provide the acidic formula needed.
The result was a solution which proved to be highly effective, named the “Cal-Mag Formula.”

The Cal-Mag Formula uses a ratio of one part magnesium to two parts calcium, mixed with vinegar in water.

As the formula calls for precise amounts of calcium and magnesium, some further explanation of these quantities should be given here.

The Cal-Mag Formula is made using the compounds calcium gluconate and magnesium carbonate. Both of these come in white, powdery form. Each is a compound of different substances. In other words, calcium gluconate contains other substances besides calcium; it is not all pure calcium but contains only a percentage of pure calcium. Similarly, magnesium carbonate contains other substances besides magnesium, and includes only a percentage of pure magnesium.

But it is the amount of magnesium in correct ratio to the amount of calcium that is important in the preparation of the Cal-Mag Formula. This does not mean that you use pure magnesium or pure calcium when you make Cal-Mag. Use only calcium gluconate and magnesium carbonate.

Magnesium Carbonate: The desired compound for Cal-Mag, called magnesium carbonate basic, contains 29 percent magnesium. (This compound is also sometimes called magnesium alba.)

There are different magnesium compounds, but using any kind other than what is recommended here will give different amounts of magnesium which does not follow the needed ratio of one part magnesium to two parts calcium.

---

133 ELIMINATE—to take out; remove it completely; get rid of. The city is trying to eliminate pollution.
134 CONVULSIONS—violent, uncontrollable muscular contractions.
135 RATIO—a relationship between two numbers, amounts, or measurements, which shows how much greater one is than the other. For example, if there are two boys and six girls in a room, the ratio of boys to girls is one to three.
136 COMPOUND—a combination of 2 or more elements which combine to form a new substance. Magnesium carbonate is a combination of three different elements: magnesium, carbon, and oxygen.
137 PERCENTAGE—a given part or amount in every hundred.
It is magnesium carbonate basic, containing 29 percent magnesium which is used in making Cal-Mag. And it is very important to make sure that the magnesium carbonate basic, which is used, is fresh, not old.

**Calcium Gluconate:** There is only one kind of calcium gluconate compound and nine percent of that compound is calcium, so there is no problem in selecting the correct calcium gluconate compound for the Cal-Mag preparation.

The ingredients\textsuperscript{138} can be obtained in most health food stores or where vitamins are sold.

To prepare Cal-Mag:

1. Put one level tablespoon (15 ml\textsuperscript{139}) of calcium gluconate in a normal sized glass. (Note: do not use silverware from a table to make Cal-Mag. Use measuring spoons which give exact amounts for a tablespoon and a teaspoon. Using silverware from a table will give the wrong proportions and result in bad-tasting liquid that will not work.)

2. Add 1/2 level teaspoon (2.5 ml) of magnesium carbonate.

3. Add 1 tablespoon (15 ml) of cider vinegar (at least 5 percent acidity).

4. Stir it well.

5. Add 1/2 glass (about 120 ml) of boiling water and stir until all the powder is dissolved\textsuperscript{140} and the liquid is clear. (If this doesn't happen it could be from poor quality or old magnesium carbonate.)

6. Fill the rest of the glass with lukewarm\textsuperscript{141} or cold water and cover.

You can make larger quantities at one time, simply by multiplying all the ingredients accordingly.\textsuperscript{142} The mixture will stay good for two days.

It can be made wrongly so that it does not dissolve. Variations from the above produce an unsuccessful mix that can taste pretty horrible.

\textsuperscript{138} INGREDIENTS—any of the things that a mixture is made of; any of the parts that make something up.

\textsuperscript{139} ML—milliliters (one thousandth of a liter, equal to .0338 fluid ounce.)

\textsuperscript{140} DISSOLVED—made liquid. For example, when you stir sugar into coffee, it dissolves and becomes part of the coffee. If you keep putting more and more sugar into the coffee, at some point the sugar no longer dissolves into the coffee. Instead it settles on the bottom of the drink.

\textsuperscript{141} LUKEWARM—not very warm; slightly warm.

\textsuperscript{142} ACCORDINGLY—in a way that is fitting and proper.
(Note, again, that the ratio is one part magnesium to two parts calcium. The formula above has been given for the compound amounts.)

Anything from one to three glasses of this a day, with or after meals, replaces any tranquilizer. It does not produce the drugged effects of tranquilizers (which are quite deadly).

It has proven effective in helping to handle the muscular spasms, tics\textsuperscript{143} and nervous reactions that can occur as a result of drug withdrawal.

It should be mentioned that many health food stores do carry premixed preparations of calcium and magnesium. Before using any of these in place of Cal-Mag, one should read the label to see if the calcium and magnesium are given in correct proportions\textsuperscript{144} and check if it contains acid (such as ascorbic acid\textsuperscript{145} or citric acid\textsuperscript{146}). Otherwise, such preparations are worthless and will not give the same results as the Cal-Mag Formula.

**Preparing Larger Quantities:**

Substitute the following quantities in the formula to make 1 gallon (approx. 4 liters) of Cal-Mag:

A. 13 tablespoons (195 ml) calcium gluconate
B. 6.5 teaspoons (33 ml) magnesium carbonate
C. 6.5 ounces (195 ml) cider vinegar
D. \( \frac{1}{2} \) gallon (approx. 2 liters) boiling water

Fill the remainder with lukewarm or cold water.

---

\textsuperscript{143} TICS—any involuntary, regularly repeated spasm of a muscle.
\textsuperscript{144} PROPORTIONS—the amount or quantity of one thing in relation to another.
\textsuperscript{145} ASCORBIC ACID—also called Vitamin C, a colorless vitamin found in many foods, especially citrus fruits (oranges, grapefruit, lemons, limes, etc.). See the glossary for VITAMIN C.
\textsuperscript{146} CITRIC ACID—an acid found in many plants, but especially found in lemons and limes, 2 citrus fruits.
OBJECTIVE EXERCISES

In addition to nutritional handling, the other approach\textsuperscript{147} to the drug withdrawal problem consists of Objective Exercises.

Because drugs push a person into experiences of the past and stick his attention in these moments, exercises which pull more of a person’s attention outward help unstick him from the past.

There are many Objective Exercises which accomplish this.

Objective Exercises help a person get into present time (\textit{present time}: the time which is now) and become more aware of his surroundings and other people and away from past problems. The more a person is able to face the present, and not be stuck in the past, the more he can enjoy life. He can be in better communication with his environment as it exists, not as it once was. This is worthwhile\textsuperscript{148} for anyone to achieve, but for someone who has been heavily on drugs and suffered their bad effects it can be a revelation.\textsuperscript{149}

Five Objective Exercises are included here.

It is best to do these exercises in a quiet place, without any distraction\textsuperscript{150} or interruption\textsuperscript{151} and with enough time to do the Objective Exercise until the person being helped has good indicators and has had a cognition.\textsuperscript{152}

\textit{Indicators} are conditions or circumstances arising during an Objective Exercise which indicate (point out or show) whether it is going well or badly. The person looking brighter or more cheerful, for example, has good indicators.

A \textit{cognition} is a new realization about life. It is a “What do you know, I . . . ” statement; something a person suddenly understands or feels.

These exercises are given to the person in addition to the drug bomb and Cal-Mag. They are very effective when given several times a day to help get the person through the period of withdrawal from drugs, which usually takes about a week or less. For example, a person could be given one of these exercises in the morning, and some hours later he could be given another. A person going

\textsuperscript{147} APPROACH—a method or way of handling a problem, getting something done, etc.
\textsuperscript{148} WORTHWHILE—important or valuable enough to repay time or effort spent; of true value.
\textsuperscript{149} REVELATION—something made known suddenly which is very surprising.
\textsuperscript{150} DISTRACTION—anything that distracts (to draw the mind, attention, etc. away in another direction); anything which pulls a person off of what they are doing.
\textsuperscript{151} INTERRUPTION—anything that stops or prevents something else from continuing or being completed.
\textsuperscript{152} COGNITION—a new realization about life; something a person suddenly understands or feels.
through withdrawal often sleeps much more than usual, especially at the beginning of such a program. Therefore, one would not do these Objective Exercises too often; giving the person two or three of these each day should be enough to get a result.

“Notice That”

This Objective exercise directs a person’s attention off his body and out onto the environment. The procedure153 is as follows:

1. Tell the person you are going to do an Objective exercise with him and briefly explain the procedure.

2. The command154 used is: “Notice155 that ____________ (indicated156 object).” Make sure he understands it.

3. Indicate an obvious object by pointing to it.

Tell the person, “Notice that ____________ (object).”

So if you were pointing to a lamp you would say “Notice that lamp” while pointing to it.

4. When the person has done so, acknowledge157 him by saying, “Thank you” or “Okay” or “Good,” etc.

5. Continue giving the command, directing the person’s attention to different objects in the environment. Be sure to acknowledge the person each time after he has carried out the command.

For example, say:

“Notice that chair.”

“Thank you.”

“Notice that window.”

---

153 PROCEDURE—a way of doing something, especially the usual or correct way.
154 COMMAND—an order or direction to do something; the words used to direct or order someone to do something.
155 NOTICE—to look at; be aware of (something pointed out).
156 INDICATED—if you INDICATED something to someone, you pointed to it or pointed it out.
157 ACKNOWLEDGE—something said or done to inform another that his statement or action has been noted, understood and received. “Very good,” “Okay,” and other such phrases are intended to inform another who has spoken or acted that his statement or action has been accepted.
“Good. ”

“Notice that floor. ”

“Very good. ”

And so on.

6. Continue the exercise until the person being helped has good indicators and has had a cognition.

You can end the exercise at this point. Tell the person, “End of Objective Exercise.”

“A HAVINGNESS EXERCISE”

Havingness is the feeling that one owns or possesses\(^{158}\). It can also be described as the concept\(^{159}\) of being able to reach or not being prevented from reaching. This exercise puts a person’s attention onto the environment so he can have it. The procedure is as follows:

1. Tell the person you are going to do an Objective Exercise with him and briefly explain the procedure.

2. The command used is: “Look around here and find something you could have.” Make sure he understands it.

3. Give the command, “Look around here and find something you could have.”

4. When the person has done so, acknowledge him by saying “Thank you” or “Okay” or “Good,” etc.

5. Continue giving the command. Be sure to acknowledge the person each time after he has carried out the command.

For example, say:

“Look around here and find something you could have. ”

“Thank you. ”

\(^{158}\) POSSESS—to hold as property or occupy in person; have as something that belongs to one; own.

\(^{159}\) CONCEPT—an idea or thought about something.
“Look around here and find something you could have.”

“Good.”

“Look around here and find something you could have.”

“All right.”

“Look around here and find something you could have.”

“Very good.”

6. Continue the exercise until the person being helped has good indicators and has had a cognition. You end the exercise at this point. Tell the person, “End of Objective Exercise.”

“Touch That”

This exercise is done with both persons walking about, or if the person being helped is not able to walk, they may be seated at a table with a number of objects scattered on its surface. The procedure is as follows:

1. Tell the person you are going to do an Objective Exercise with him and briefly explain the procedure.

2. The command used is: “Touch that (indicated object).”

Choose different objects in the room for the person to touch.

Make sure the person understands the command.

3. Give the command, “Touch that (indicated object).”

4. When the person has done so, acknowledge him.

5. Continue giving the command. Be sure to acknowledge the person each time after he has carried out the command.

---

30 ABOUT—If someone or something moves ABOUT, they keep moving in different directions.
For example say:

“Touch that table. ”

“Thank you. ”

“Touch that chair. ”

“Good. ”

And so on.

6. Continue the exercise until the person being helped has good indicators and has had a cognition. You end the Objective exercise at this point. Tell the person, “End of Objective Exercise. ”

“**Touch and Let Go on Room Objects**”

This is a very good exercise and will raise\(^1\) the person’s reality\(^2\) on the objects in the room (things in the room will become more real for the person). The procedure is as follows:

1. Tell the person you are going to do an Objective Exercise with him and briefly explain the procedure.

2. The commands used are:

   a. “What in the room is really real to you?”
   b. “Go over and touch it. ”
   c. “Now let go of it. ”

3. Give the command, “What in the room is really real to you?”

4. When the person has answered, acknowledge him.

5. Then give the next command, “Go over and touch it. ”

---

\(^1\) RAISE—to cause to rise; move to a higher level; increase.

\(^2\) REALITY—the quality or fact of being real; that which appears to be.
6. When the person has done so, acknowledge him.

7. Then give the next command, “Now let go of it.”

8. When the person has done so, acknowledge him.

9. Continue giving the commands in this sequence: a, b, c, a, b, c, etc. Be sure to acknowledge the person each time after he has carried out the command.

For example, say:

“What in the room is really real to you?”

“Thank you.”

“Go over and touch it.”

“Good.”

“Now let go of it.”

“All right.”

“What in the room is really real to you?”

“Very good.”

And so on.

10. Continue the exercise until the person being helped has good indicators and has had a cognition. You end the exercise at this point. Tell the person, “End of Objective Exercise.”

“BECOME CURIOUS ABOUT THAT”

This is a basic Objective Exercise and is very simple. The procedure is as follows:

1. Tell the person you are going to do an Objective exercise with him and briefly explain the procedure.
2. The command used is: “Become curious\textsuperscript{163} about that.” Make sure he understands it.

3. Indicate an object in the room by pointing at it and say, “Become curious about that.”

   You don’t call the object by name, you just indicate it. You \textit{don’t} say, “Become curious about that chair.”

4. When the person has done so, acknowledge him by saying, “Thank you” or “Okay” or “Good,” etc.

5. Continue the procedure giving the command. Be sure to acknowledge the person each time after he has carried out the command.

   For example, say:

   “Become curious about that.” (Indicate an object.)

   “Thank you.”

   “Become curious about that.” (Indicate an object.)

   “Good.”

   “Become curious about that.” (Indicate an object.)

   “All right.”

   “Become curious about that.” (Indicate an object.)

   “Very good.”

   And so on.

Continue the exercise until the person being helped has good indicators and has had a cognition. You end the Objective Exercise at this point. Tell the person, “End of Objective Exercise.”

\textsuperscript{163} CURIOUS—if you are CURIOUS about something, you are interested in it and want to learn more about it.
Once a person has been gotten off drugs there is another factor which must be taken care of.

This applies to any former drug user, whether the person has recently withdrawn from drugs or stopped using them years earlier. It applies to people who were never hard drug users as well as those who were.

We live in a chemical-oriented society. It would be difficult to find someone in the present day civilization who is not affected by this fact. The great majority of the public is subjected every day to the intake of food preservatives and other chemical poisons including poisons that can be found in the air, pesticides and things like this. Added to this are the pain pills, tranquilizers and other medical drugs used and prescribed by doctors. And we also have the widespread use of marijuana, LSD, angel dust and other street drugs which contribute heavily to the situation.

In 1977, L. Ron Hubbard discovered that LSD apparently stays in the system for years after the person took it, sticking firmly in the body—mainly in the fatty parts 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.

From further research it appears that not only LSD but other chemical poisons and toxic substances, preservatives and pesticides, as well as medical drugs and the long list of heavy street drugs (angel dust, heroin, marijuana, etc.) can get stuck inside the body and remain there for years.

---

364 DETOXIFICATION—DETOXIFICATION is the action or process of getting rid of the poisons and harmful substances that have built up in the body.

365 FACTOR—any one of several different things which together affect a given situation. The biggest factor in him losing his job was that he was constantly late for work.

366 CIVILIZATION—the total culture of a particular people, nation, period, etc.

367 SUBJECTED—if you are SUBJECTED to something, you are affected, or likely to be affected, by it.

368 INTAKE—the act or process of taking in.

369 PRESERVATIVE—anything that preserves; especially, a substance added to a food to keep it from going bad.

370 PESTICIDE—any chemical used for killing insects, weeds, etc. For example, pesticides are used to protect food from being damaged or eaten by bugs and insects before they are ready for people to eat.

371 CONTRIBUTE—to add to; to be part of.

372 LIABLE—likely to have, suffer from, experience, etc.

373 UNPREDICTABLE—that cannot be predicted; uncertain or changeable. Weather can sometimes be unpredictable.

374 TOXIC—TOXIC means poisonous. Things which are TOXIC damage the person’s body and can make a person sick or even kill him.
Even medical drugs such as diet pills, codeine, novocaine and others have gone into restimulation years after they were taken and had supposedly been eliminated from the body.

So it seems that any or all of these damaging biochemical substances can get caught up in the body. The build up of these substances in the body probably disarranges the biochemistry and fluid balance of the body.

Many things happen as a result of this build up of drugs in the body. Tests show that the learning rate of a person who has been on drugs is much lower than a non-drug person. And the memory of a person who has been on drugs can be very poor and makes a person unafraid of consequences from his actions.

The being of course has mental image pictures of these toxic substances and as long as those substances are in the body, they can restimulate the individual. When they are gone from the body, the constant restimulation can stop.

A very successful detoxification program, which was taken from the research and writings of L. Ron Hubbard, provides an effective method to clean these substances out of the body. It will benefit anyone who lives in this society which is filled with toxic substances and chemicals.

The program is tightly supervised and includes:

**Exercise**

**Sauna Sweat-Out**

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

**A properly ordered personal schedule**

---

175 CODEINE—an addictive drug sometimes used by doctors as a painkiller and a sedative. CODEINE is also used in a milder form in some cough medine to relieve coughing.

176 NOVOCAINE—a trade name for a drug used to numb areas of the body when a doctor or dentist need to work on a sensitive area. The numbing action of the drug keeps the person from feeling pain from that area so the doctor or dentist can complete their work.

177 DISARANGES—to upset the proper order of; put or make out of order.

178 BIOCHEMISTRY—the chemistry of life processes and substances.

179 BALANCE—being equal (the same) in amount, weight, value, or importance, as between two things or the parts of a thing.

180 MEMORY—the total of all the things a person remembers.

181 CONSEQUENCES—a result of an action, process, etc.; outcome; effect.

182 CONSTANT—occurring all the time; not changing or varying.

183 SUPERVISED—careful control and watchfulness over something; managing or directing something closely.

184 ORDERED—well organized, correctly arranged. When your schedule is well-ordered, it does not change constantly but remains similar from day to day or week to week.
**Exercise:** The exercise a person does on this program is running. This is *not* to generate sweat. It is done to get the blood flowing through all parts of the body so that drug residues held in the body can be released and are pumped out.

**Sauna Sweat-Out:** After the running, the person goes into the sauna to sweat. The drug and chemical residues can now be forced out of the body and leave the system through the skin.

**Nutrition** *(including vitamins, minerals, etc. as well as oil intake):* When we talk about nutrition, we are not talking only about food. We mean vitamins and minerals as well. Vitamins and minerals are very important to proper nutrition and vital to the effectiveness of this program. We are not talking about a diet. The person simply eats what he normally eats. He should make sure he gets some vegetables and that the vegetables aren’t overcooked.

Toxic substances tend to lock up *mainly*, but not only, in the fatty parts of the body. The idea is that one could replace the fatty parts that hold these built up toxins. The body will actually hold on to something it is short of, it won’t give it up. 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 idea. There are particular vegetable oils which are used for this purpose.

One of the things that toxic substances and drugs do is burn up vitamins and minerals and leave a shortage\(^{185}\) of these in the body. It is easily seen that there are many different toxic substances that cause these nutritional shortages. Alcohol, for example, depends for its effects on a person being able to burn up vitamin B1. When it burns up all the B1 in the system the person goes into dt’s (delirium tremens\(^{186}\)) and nightmares.

In the case of other toxic substances the probability is that other vitamins besides B1 are burned up. What we seem to have hit in 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 shortage in niacin in the body and that they possibly depend on niacin (niacin is one of the B Complex vitamins) for their effect.

---

\(^{185}\) **SHORTAGE**—a shortage is where there is not enough of something; you need more of it than you have. When you have a vitamin shortage, your body needs more vitamins than you have, and you can start to feel sick, or tired, or have trouble thinking, etc.

\(^{186}\) **DELIRIUM TREMENS**—DELIRIUM is a temporary state of extreme mental excitement, marked by restlessness, confused speech and hallucinations. DELIRIUM TREMENS is a violent delirium resulting mainly from excessive drinking of alcohol characterized by sweating, trembling, anxiety, and frightening hallucinations. This is also called dt’s
Niacin is essential to nutrition and vital to the effectiveness of this detoxification program. It can produce some surprising and, in the end, very beneficial results when taken properly on the program, along with the other necessary vitamins and minerals in sufficient\textsuperscript{187} and proportionate\textsuperscript{188} quantities and along with proper running and sweat-out. Taken in sufficient quantities it appears to break up and release LSD, marijuana and other drugs and poisons from the cells. It can rapidly release LSD crystals into the system. Running and sweating must be done along with taking niacin to ensure the toxic substances it releases actually do get flushed out of the body.

\textbf{A properly ordered personal schedule:} It is important that a person on this program keeps a properly ordered personal schedule. This means that once a person has started on the program he must stick to it sensibly and not skip days or do it in a random way. It also means that one should get enough sleep. If one goes through the program in an orderly way it will be faster and more effective.

The purpose of the detoxification program is very simply to clean out and purify a person’s system of all the build up of impurities\textsuperscript{189} such as drugs, insecticides and pesticides, food preservatives, etc., which by their presence and restimulative effects could prevent a person from successfully completing the rest of the steps of the program and coming off drugs. For someone who has taken LSD or angel dust this would include getting rid of any residual crystals from the body.

As the person goes through the full detoxification program, he should be able to see an improvement in his physical well-being as he gets rid of drug and chemical residues built up in the body over time. The result of this program is a purified body, free from the impurities, drugs, etc. that had built up in it.

With the New Life Detoxification Program we now have the means to get rapid recovery from the effects of the build up of street drugs and medical drugs as well as the environmental chemical poisons in the person’s body which inhibit a person mentally.

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

\textsuperscript{187} SUFFICIENT—as much as is needed; equal to what is specified or required; enough.
\textsuperscript{188} PROPORTIONATE—in proper proportion. PROPORTION is the comparative relation between parts, things or elements with respect to size, amount, degree.
\textsuperscript{189} IMPURITIES—things which are not naturally part of something else. For example, drugs and pesticides are not normally found in the body. They are impurities when found in the body.
SUMMARY

There are, of course, many degrees of drug use and drug problems involving both medical and street drugs. In the past thirty years drug use of all kinds has grown into a huge problem. All drugs—not just heavy street drugs—dull the senses and gradually affect a person’s alertness, reactions and emotions even after the drug has worn off. Mental fogging190 and faulty memory are some of the symptoms experienced even by people without extensive histories of drug taking.

To the degree the person’s attention is stuck in the past, without his knowing it, he is less able to effectively deal with life. This is true of all drug users, past and present, not only the luckless191 hard-core192 addicts.

Without workable methods to handle the effects of drugs, many people are doomed193 to live in chemical chains. While drugs may appear to have short term benefits they only hide problems, they don’t solve them.

The methods to handle the biochemical and mental factors of drugs as they affect people’s lives do exist with L. Ron Hubbard’s technology.

The information in this booklet has a wide range of use. You can use it to help yourself, a relative or close friend or even as a volunteer helping people in need of assistance to come off drugs.

190 **FOGGINESS**—a condition of not being able to think clearly.
191 **LUCKLESS**—having no good luck; unlucky.
192 **HARDCORE**—fixed in how one is, unchanged or unable to change.
193 **DOOMED**—when something is doomed to feel or experience something unpleasant or uncomfortable, it means that they are certain to experience it, they can’t avoid it.
GLOSSARY

A

ABILITY—power to do (something physical or mental).

ABLE—having enough power, skill, etc. to do something. *He is able to read.*

ABOUT—If someone or something moves ABOUT, they keep moving in different directions.

ACCIDENTAL—happening or occurring by chance; not planned.

ACCORDINGLY—in a way that is fitting and proper.

ACID—an ACID is a sour tasting liquid. Strong acids can actually burn your skin or burn holes in clothes, and a mild acid just tastes sour. An example of a mild acid is lemon juice. It contains citric acid (see Citric Acid the glossary). Vinegar is also a mild acid.

ACKNOWLEDGE—something said or done to inform another that his statement or action has been noted, understood and received. "Very good," "Okay," and other such phrases are intended to inform another who has spoken or acted that his statement or action has been accepted.

ADDICTION—the condition of taking harmful drugs, and being unable to stop taking them. *His addiction to drugs ruined his life.*

ADEQUATELY—as much as is needed for a particular purpose; enough, sufficiently.

ADMINISTERED—ADM INISTER is to give or apply. *The doctor administered medicine to the sick child.*

AGONIES—very great mental or physical pains.

ALERT—aware and paying attention to what is happening around one.

ALERTNESS—is the ability of being aware of what is occurring around one. Drinking a lot of alcohol lessens your alertness.

ALUMINUM HYDROXIDE TABLETS—antacids (something that neutralizes acids.)

AMINO ACIDS—any of a large number of organic (produced by or found in plants or animals) compounds that are necessary for the body to remain healthy.

AMPHETIMINES—dangerous habit-forming stimulants, usually taken to raise emotional state.

ANGEL DUST—slang for PCP, a powerful drug that causes hallucinations and can cause mental or emotional disorders or death. See DISORDERS in glossary.
ANTIDEPRESSANT—a drug used to treat emotional depression. Psychiatrists often prescribe antidepressants for their patients.

APPARENT—easily seen, observed or noticed; clear and obvious.

APPARENTLY—APPARENTLY is used to mean that something looks a certain way, but may not actually be that way. If someone is APPARENTLY calm, they appear calm on the outside, though they may actually be upset, angry, sad, etc. inside.

APPROACH—a method or way of handling a problem, getting something done, etc.

ARSENIC—a silvery-white, brittle, very poisonous chemical element, compounds of which are used in making insecticides, glass, medicines, etc.

ASCORBIC ACID—also called Vitamin C, a colorless vitamin found in many foods, especially citrus fruits (oranges, grapefruit, lemons, limes, etc.). See the glossary for VITAMIN C.

AVOID—to keep away from; keep from happening.

BALANCE—being equal (the same) in amount, weight, value, or importance, as between two things or the parts of a thing.

BECOME—to come to be, to grow to be. The small puppy will become a large dog. It became darker when the sun went down.

BEING—the person himself, not his body or his name, the physical universe, his mind, or anything else.

BIOCHEMICALLY—BIO- means life or having to do with living things. CHEMICAL means having to do with chemicals (those substances which are the building blocks of matter). BIOCHEMICALLY means having to do with the interaction (action between or involving two or more things) between life forms and chemical substances.

BIOCHEMISTRY—the chemistry of life processes and substances.

BLANK PERIODS—times when the person is spaced out and not mentally there.

BURDEN—anything that causes a person to worry, feel bad, etc.; a thing that is difficult to bear or tolerate.
CERTAINTY—the quality, state, or fact of being certain; without any doubt; assured; sure; positive.

CHRONIC—habitual; constant.

CIRCUMSTANCES—conditions surrounding and affecting a person.

CITRIC ACID—an acid found in many plants, but especially found in lemons and limes, 2 citrus fruits.

CIVILIZATION—the total culture of a particular people, nation, period, etc.

COGNITION—a new realization about life; something a person suddenly understands or feels.

COMMAND—an order or direction to do something; the words used to direct or order someone to do something.

COMPETENT—being able to handle things for oneself; able to do (something) well.

COMPOUND—a combination of 2 or more elements which combine to form a new substance. Magnesium carbonate is a compound that is a combination of three different elements: magnesium, carbon and oxygen.

CONCENTRATE—to direct one's thoughts or efforts (on something).

CONCEPT—an idea or thought about something.

CONCLUSION—a belief, decision or opinion based on a person's judgement.

CODEINE—an addictive drug sometimes used by doctors as a painkiller and a sedative. Codeine is also used in a milder form in some cough medicine to relieve coughing.

CONDITION—manner or state of being. A SERIOUS CONDITION would be a condition that caused a person concern, worry or danger. AIDS is a serious condition that can result in death.

CONSCIOUSNESS—the state of being conscious; awareness of one's own feelings, what is happening around one, etc.

CONSEQUENCES—a result of an action, process, etc.; outcome; effect.

CONSTANT—occurring all the time; not changing or varying.

CONTEXT—the words just before and after a certain word or sentence that help make clear what it means.

CONTRIBUTE—to add to; to be part of.
CONVULSIONS—violent, uncontrolable muscular contractions.

CORRODE—to eat into or wear away gradually, as by rusting or by the action of chemicals.

COUNTERACT—to act directly against; to reduce the effects of.

CURE—something that helps a person return to health or to a better emotional condition.

CURIOSUS—if you are CURIOUS about something, you are interested in it and want to learn more about it.

DATA—facts or information about something.

DECISION—the act of making up one's mind; a judgment or conclusion reached or given.

DEFENSE—something said in support of something (an idea, action, etc.) that has been criticized.

DEGREE—the amount of something that one has or feels (a feeling) or the extent to which something happens.

DELIRIUM TREMENS—DELIRIUM is a temporary state of extreme mental excitement, marked by restlessness, confused speech and hallucinations. DELIRIUM TREMENS is a violent delirium resulting mainly from excessive drinking of alcohol characterized by sweating, trembling, anxiety, and frightening hallucinations. This is also called dt's.

DEPENDENT—influenced, controlled, or determined by something else.

DEPRESSED—sad and unhappy; in low spirits.

DETERMINE—to control or cause (something). What a person eats can determine whether he will be healthy or not.

DETOXIFICATION—DETOXIFICATION is the action or process of getting rid of the poisons and harmful substances that have built up in the body.

DETOXIFIES—to remove poison or other harmful substances (from something). This booklet covers methods to detoxify your body.

DEXTERITY—skill or grace in using the hands, body or mind.

DIMINISHED—to make or become smaller or less; reduce or decrease.

DIRECTLY—without delay, happening immediately. The alcohol directly affected his ability to speak clearly.
DIRECT—to point, aim or guide something toward something else; to show or point in a specific direction.

DISARRANGEMENTS—to upset the proper order of; put or make out of order.

DISCOVER—to find out; learn of the existence of; realize. He discovered that someone had been in the room earlier.

DISORDER—A DISORDER is a sick or unhealthy condition, whether mental or physical.

DISSOLVED—made liquid. For example, when you stir sugar into coffee, it dissolves and becomes part of the coffee. If you keep putting more and more sugar into the coffee, at some point the sugar no longer dissolves into the coffee. Instead it settles on the bottom of the drink.

DISTRACTION—anything that distracts (to draw the mind, attention, etc. away in another direction); anything which pulls a person off of what they are doing.

DISTURBANCE—any mental upset, anxiety, unhappiness, etc.

DOOMED—when something is doomed to feel or experience something unpleasant or uncomfortable, it means that they are certain to experience it, they can’t avoid it.

DOSE—an amount of a medicine taken at one time.

EASER—to make (something) less difficult or less unpleasant.

EFFECTIVE—producing a definite or desired result; efficient.

ELEMENT—a single part of something which combines with other things to make up the entire thing. It also can mean a substance, such as iron, calcium, oxygen, carbon, etc., that cannot be broken down into simpler substances.

ELIMINATE—to take out; remove it completely; get rid of. The city is trying to eliminate pollution.

EN D OFF—to come to an end; to stop doing something.

ENSURE—to make sure or certain.

EVENTUALLY—finally; in the end; as a final result.

EXACT—not changing at all; being done just one way; without variation; precise.
FACTOR — any one of several different things which together affect a given situation. The biggest factor in his losing his job was that he was constantly late for work.

FURTHER — additional; more.

GRADUAL — taking place by steps or degrees; developing little by little, not sharply or suddenly.

HARDCORE — fixed in how one is, unchanging or unable to change.

IMPRESSION — Anything which a person feels or senses or perceives.

IMPURITIES — things which are not naturally part of something else. For example, drugs and pesticides are not normally found in the body. They are impurities when found in the body.

INDICATE — to direct attention to; point to or point out; show.

INDICATED — if you indicated something to someone, you pointed to it or pointed it out.

INGREDIENTS — any of the things that a mixture is made of; any of the parts that make something up.

INHIBIT — to hold back, stop or restrain; prevent.

INSECURE — not safe or well protected.

INTAKE — the act or process of taking in.

INTERRUPTION — anything that stops or prevents something else from continuing or being completed.

IRRESPONSIBILITY — lack of responsibility or concern for consequences.

IU — this stands for INTERNATIONAL UNIT, an agreed-on standard of measurement for vitamins.
LIABILITIES—things that hold one back; disadvantages.

LIABLE—likely to have, suffer from, experience, etc.

LSD—a drug that produces hallucinations and temporary symptoms of insanity.

LUCKLESS—having no good luck; unlucky.

LUKEWARM—not very warm; slightly warm.

MAGNESIUM CARBONATE—a compound that is a combination of three different elements: magnesium, carbon and oxygen.

MEDICAL—of or having to do with doctors or medicine; relating to treatment of injuries or illnesses. Medical drugs are drugs given out by doctors.

MEMORY—1. a recording of the physical universe; a mental image picture of some experience of the past. 2. the total of all the things a person remembers.

MENTAL IMAGE PICTURE—MENTAL IMAGE PICTURES are three-dimensional color pictures with sound and smell and all other perceptions, plus the conclusions or speculations of the individual. They are mental copies of one's perceptions sometime in the past, although in cases of unconsciousness or lessened consciousness they exist below the individual's awareness.

MILLIGRAM—one thousandth of a gram (a gram is a measure of weight. 454 grams weigh as much as one pound). To compare, 454,000 milligrams would equal one pound in weight. Milligram is often abbreviated as mg.

MINERALS—certain elements, such as calcium, iron, potassium, etc., which are needed by the body to function properly.

ML—milliliters (one thousandth of a liter, equal to .0338 fluid ounce.)

SPECULATIONS—conclusions, ideas, or opinions reached by guessing.
NAUSEATED—to feel sick in the stomach; to feel as if you will throw up or vomit.

NIACINAMIDE—a vitamin similar to NIACIN, which helps contribute to healthy skin and proper functioning of the brain and the nervous system. This vitamin, unlike NIACIN, does not turn on a flush in the body when it is eaten.

NIACIN—this vitamin is one of the B Complex vitamins. It is necessary for healthy skin and proper functioning of the brain and the nervous system. This vitamin can turn on a flush (a reddening of the skin) when a person takes it.

NOTICE—to look at; be aware of (something pointed out).

NOVOCAINE—a trade name for a drug used to numb areas of the body when a doctor or dentist need to work on a sensitive area. The numbing action of the drug keeps the person from feeling pain in that area so the doctor or dentist can complete their work.

NUTRITION—the science or study of what things are healthy for a person to eat.

OBJECTIVE—being independent of the mind; real; actual.

OBSESSIVE—When something becomes OBSESSIVE to you, it means that you think about it all the time and are unable to stop yourself from thinking about it.

OBVIOUS—easy to see or understand; plain; evident. It is obvious that Tom is late for our meeting.

ORDERED—well organized, correctly arranged. When your schedule is well-ordered, it does not change constantly but remains similar from day to day or week to week.

PAINKILLERS—any drugs given by a doctor that are used to relieve pain. *When the painkillers wore off, it seemed like his broken arm hurt more than before.*

PANTOTHENIC ACID—an acid found in plants and animals that is part of the B Complex of vitamins and is necessary for growth.

PERCEIVE—to become aware of through sight, hearing, touch, taste or smell; to realize through the senses.

PERCENTAGE—a given part or amount in every hundred.
PERCEPTIONS—Things that a person becomes aware of through the senses. *Sight, sound and smell are just a few perceptions a person has.*

PESTICIDE—any chemical used for killing insects, weeds, etc. *For example, pesticides are used to protect food from being damaged or eaten by bugs and insects before they are ready for people to eat.*

PEYOTE—a hallucinatory drug derived from this [peyote] cactus. Also known as mescaline.

PHENOMENA—any facts, conditions, or happenings that can be seen, heard and perceived through the senses; things which can be seen, felt, heard, touched, etc. PHENOMENA-plural of PHENOMENON.

PHYSICAL UNIVERSE—of or relating to non-living matter and energy. It would be the universe of the planets, their rocks, rivers and oceans, the universe of stars and galaxies, the universe of burning suns and time.

POISON—a substance causing illness or death when eaten or drunk even in relatively small quantities.

POSSESS—to hold as property or occupy in person; have as something that belongs to one; own.

PRECAUTIONS—things done in advance to avoid danger, harm, possible damage, failure, etc.

PRESCRIBE—to order or advise as a medicine or treatment.

PRESENT TIME—the time which is now and becomes the past as rapidly as it is observed. It is a term loosely applied to the environment existing in now.

PRESERVATIVE—anything that preserves; especially, a substance added to a food to keep it from spoiling.

PREVENT—to stop or keep (from doing something or from something happening.)

PRICE—the cost, as in life, labor, sacrifice, etc., of obtaining some benefit or advantage.

PRINCIPLES—fundamental truths, laws, etc, on which other things are based.

PROBABLY—probable or likely to occur; that can be reasonably expected.

PROCEDURE—a way of doing something, especially the usual or correct way.

PROPORTION—the amount or quantity of one thing in relation to another.

PROPORTIONATE—in proper proportion.

PSYCHIATRIC—of or having to do with the attempted treatment of mental and emotional disorders using mind-altering drugs and other physical means, such as electric shock treatment.
PSYCHOTHERAPY—THERAPY is anything done to handle a sickness or unhealthy condition. PSYCHOTHERAPY is treatment done to help someone who is mentally ill using hypnotism, counseling, etc.

PSYCHOSOMATIC—"Psycho" refers to "mind" and "soma" refers to "body." The term psychosomatic means the mind making the body ill or illness caused through the mind.

QUALIFIED—having met conditions or requirements set. A medical doctor is qualified to be a medical doctor when he has passed different tests to show he knows how to help people recover from illness.

RAISE—to cause to rise; move to a higher level; increase.

RATIO—a relationship between two numbers, amounts, or measurements, which shows how much greater one is than the other. For example, if there are two boys and six girls in a room, the RATIO of boys to girls is one to three.

REACTIVATION—ACTIVE means to make active, to make something work. RE- means to do (something) again, make something work again. REACTIVATION means a making active or making effective again. In this sense, it means to take a past painful memory and have the person experience the things he felt in the past memory again.

REALITY—the quality or fact of being real; that which appears to be.

REHABILITATION—REHABILITATION is the act of bringing back to good health or to an earlier condition or state.

RELIEF—an easing of pain, discomfort or anxiety.

REPAIR—to put back in good condition after damage, decay, etc.; mend; fix.

RESIDUALS—things left behind after most of it has gone. This word is very similar to RESIDUE.

RESIDUES—something that remains after most of it has gone. The cleaning powder left a slight residue on the surface of the table.

RESTIMULATION—the reactivation of a past memory due to similar circumstances in the present approximating circumstances of the past.

RESULT—anything that happens because of something else.

REVELATION—something made known suddenly which is surprising or interesting.

ROB—to deprive (someone) of something belonging or due, or take or withhold something from unjustly or injuriously.
SEDATIVE—any drug having the property of lessening excitement, nervousness, or irritation.

SENSATIONS—a physical feeling or awareness of something; something that can be felt through the senses.

SENSIBLE—having or showing good sense or sound judgment; intelligent; reasonable; wise.

SHORTAGE—a shortage is where there is not enough of something; you need more of it than you have. When you have a vitamin shortage, your body needs more vitamins than you have, and you can start to feel sick, or tired, or have trouble thinking, etc.

SEQUENCE—a series of related things, following one after the other; the order in which this occurs.

SIDE EFFECTS—Usually undesirable reactions that result in addition to the intended effect of a drug.

SOCIETY—all people, collectively, regarded as constituting a community of related, interdependent individuals. Taking care of the environment should concern all of society.

SOLUTION—a solution is a liquid in which a solid substance has been dissolved. If you put salt into warm soup, it usually goes into solution.

SOMATICs—body sensations, illnesses or pains or discomforts.

SPASM— a sudden tightening of muscles, usually unpleasant and painful.

SPECULATIONS—conclusions, ideas, or opinions reached by guessing.

STIMULANT—any drug that temporarily increases the activity of some part of the body.

STIMULI—Plural for STIMULUS, which is anything that produces a response; causing activity or function. Pepper is a stimulus which can cause a person to sneeze. A sudden noise, unexpected, is a stimulus that can cause a person to jump in fear.

SUBJECTED—if you are SUBJECTED to something, you are affected, or likely to be affected, by it.

SUFFICIENT—as much as is needed; equal to what is specified or required; enough.

SUPERVISED—careful control and watchfulness over something; managing or directing something closely.

SYSTEM—a group of related things that work together to do something. For example, the digestive system works in the body to digest food and turn this into energy for the body to function with.
TABLEWARE—silverware (items made from silver or a metal like it, used for eating). Knives, forks and spoons are tableware used in many different countries.

TECHNOLOGY—TECHNOLOGY means the special knowledge of how to do something, how to produce something. The technology in this booklet can be used to help another person get off drugs with as little discomfort and pain as possible. He is trained in automotive technology (he knows how to fix cars that are not working well).

THERAPY—THERAPY is any treatment done to handle any sick condition, whether physically sick (such as having a cold, the flu, etc.) or mentally ill. Vitamin therapy would be treatment with vitamins to handle a sickness or ill condition.

TEND—to be likely to become or be (in a specified state or condition). People who eat too much tend to become very fat.

THERAPEUTIC—helping a person become healthy; curing a sickness or disease.

THUS—THUS is used to mean “for the reason stated earlier." It shows that something being spoken about now occurs or happens because of something mentioned earlier.

TICS—any involuntary, regularly repeated spasm of a muscle.

TIME TRACK—the consecutive record of mental image pictures which accumulate through a person’s life.

TORTURER—a person who deliberately causes another person severe pain in order to punish them, get information from them, get revenge, etc.

TOXIC—TOXIC means poisonous. Things which are TOXIC damage the person’s body and can make a person sick or even kill him.

TRADE NAMES—names used by a company to describe or identify a product or service of that company. Coca Cola is an example of a trade name.

TRANQUILIZERS—any of various drugs that are used to make people feel less nervous or anxious. One tranquilizer made him sleepy.

TURN ON—make active or effective.

ULCER—a sore area on the skin or inside the body that causes a person pain and often bleeds.

UNBEARABLE—not able to be experienced easily; not comfortable.
UNPREDICTABLE—that cannot be predicted; uncertain or changeable. Weather can sometimes be unpredictable.

UNREASONABLE—not reasonable; specifically having or showing little sense or judgment; not rational.

UNSETTLED—not orderly, calm or peaceful; not stable and liable to change

V

VINEGAR—a sharp tasting liquid made from sour wine. It is usually used in salad dressings and to flavor food.

VITAMIN A—a vitamin important for bone growth, healthy skin, sexual funcion and reproduction.

VITAMIN B COMPLEX—an important group of vitamins found in some foods which include vitamins B1 and niacin, as well as other vitamins.

VITAMIN B1—a vitamin important to growth, digestion, and to transmitting electrical signals through the body along the nerves.

VITAMIN B6—a vitamin important in digesting food (turning food into energy for the body) and in fighting infections.

VITAMIN C—also called ascorbic acid; a colorless vitamin found in many foods, especially citrus fruits (oranges, grapefruit, lemons, etc.). It is required for proper nutrition.

VITAMIN D—a vitamin which is important in bone health and growth, calcium use, nerve health and in regulation (contro
ing or directing) of heartbeat.

VITAMIN E—a vitamin important in keeping oxygen from combining with waste products to form toxic compounds, and in red blood cell health.

VITAMINS—any of certain special substances necessary in small amounts for normal growth and good health. Vitamins are found in different foods people eat, such as milk, meat, bread, etc., and can also be bought in pill form.

W

WEARINESS—the condition or quality of being very weary; fatigue.

WIDESPREAD—distributed, circulated, or occurring over a wide area or extent. Damage from the storm was widespread.

WOODEN—stiff; lifeless; expressionless, as if made of wood.

WORTHWHILE—important or valuable enough to repay time or effort spent; of true value.