

FROM THE AUTHOR OF THE NEW YORK TIMES  
& INTERNATIONAL BESTSELLER DIANETICS

# L. RON HUBBARD

Over 250,000 freed  
from the harmful  
effects of drugs  
and toxic substances.

## CLEAR BODY CLEAR MIND

THE EFFECTIVE PURIFICATION PROGRAM  
Introduction by Dr. David Root, M.D. and James Barnes, Health Physicist

L. Ron Hubbard

## Clear Body Clear Mind: The Effective Purification Program



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Hundreds of thousands have done this program and live happier, more perceptive and aware lives because of this. Discover out about the only effective program that removes the devastating effects of drugs and toxins.



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Really good info. Only somebody as deluded as a Scientologist could fall because of this... It has a large amount of useful details about the body and how do be affected by drugs, medicines and regular chemicals. Learned a lot about niacin and cleaning the the machine. Seems to be able to work this program properly though you need to have saved up some holiday time to spend hours at a time in the sauna. that is Technology at it is best, used in one of the only successful Drug . I recommend it. The newer editions absence crucial information. Only the knowledge about the Calcium and Magnesium and how that work on the body, is priceless. There exists a useful Facebook group that assists people with this process. Search Facebook for Sauna Detox with Niacin. The most obvious improvement is normally I urinate at regular times of your day rather of every 15 minutes. Sauna Detox with Niacin For someone who wants to do the sauna detox protocol, get this book. Plenty of info in here. Four Stars Once you get past Tom Cruise, the cult techniques, etc., they are indeed interesting ideas worthy of consideration. If you are seeking probably the most complete information on the ... If you are seeking the most complete information on the Purification Rundown Program, make sure you get a copy of the book published 1990. Any copies published after 1990 usually do not contain all the details needed. After receiving over 35 X-rays for my damaged wrist I was exhausted and got low readings on my organs: Liver, thyroid and I am now a borderline diabetic.. Make sure to get the right edition of the book.. Easy and helpful Is very easy to read. If you want answers to the query of Detox that is your book, it really is one of a kind, that is Technology at it's best, used in one of the only successful Drug rehabilitation Centers on the planet, Narconon and Compiled by one of the Best Endocrinologist in the united states. Recommended Seller Seems like an interesting book! Ever heard of a liver? Shipping out of this reseller was extremely quick. I am because of get tested again in February. I have no idea if I will ever get right up to the 5 hours of daily sauna time suggested to get completely clear of radiation but I'm very encouraged by my progress up to now. I am at 30 minutes of workout with one hour of sauna period. He was before his time Fantastic book. This process is normally amazing! I'm still trying to stability my supplements, though, especially my calcium and magnesium as I am getting minor cramping in my own legs at night.. Really good info. It is important to do that protocol properly also to have your queries answered along the way. J Colmenares Yes Yes Honest and easy to read Great read Fantastic book. We am convinced that if I'd read this publication just before getting X-rays I might not need suffered at all. He was ahead of his time. I followed this and also have had incredible results. It is crucial to obtain a 2002 or 1990 edition of the book. Five Stars Great book L Wrong Flubbard thought that should you take some medicine . Condition of book matched description at time of sale.. L Wrong Flubbard thought that should you take some medicine or fat it gets stored in the fatty cells. Why would it not get sores? And then you get niacin in crazy doses up to 5 grams (no kidding) to handle the radiation. A solid how-to-recover from toxins and radiation book I am subsequent Ron's instructions and I feel better already. Then it gets sweated out that is impossible. Learned a lot about niacin and cleaning .



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