

Is the Hubbard Sauna Detox Method Catching On?



The Narconon movement has for many years used the detoxification method developed by L Ron Hubbard as a part of its drug and alcohol rehabilitation programme.

It comprises a regimen of light exercise, nutrition and sweating in a sauna, which according to Mr Hubbard, can help detoxify the body of the residues of certain drugs and other toxins that can remain lodged in the fatty tissues of the body.

For the full theory behind this detoxification method, we refer you to Mr Hubbard's book on the subject, **Clear Body Clear Mind**. You should be able to find the book through your local library or you can buy it from us if you prefer – just email us for details.

Along with other aspects of Mr Hubbard's researches into drugs, Narconon incorporates this detoxification method into its own programme.

We use it for the simple reason that, for us, its application achieves more than satisfactory results when done exactly per Mr Hubbard's formula, in terms of what those who undertake the detox programme experience physically and mentally.

Internationally, there are now many success stories from our students on our files that leave us in no doubt that this detoxification programme has a very high degree of workability.

It would appear that we are not the only ones who think so and that Mr Hubbard's programme, as tends to happen with things that prove workable in practice, is catching on because other organisations are beginning to adopt it too.

These include its use by the police in [Utah](#) to help detoxify officers contaminated by exposure to meth labs, its use in [Russia](#) to help those contaminated by exposure to the meltdown of the Chernobyl reactor, in the U.S. to help the rescue workers who were exposed to contaminants at [Ground Zero on 9/11](#) and the [Gulf Coast Detoxification Project](#) in the wake

of the environmental disaster caused by the explosion of an oil rig in the Gulf of Mexico.

And the latest is the Vietnamese government, which has begun treating people exposed to Agent Orange, the defoliant sprayed by American troops during the Vietnam War, using Mr Hubbard's detoxification programme, according to doctors at a military hospital in Hanoi who are involved in the pilot programme (see the newspaper articles referenced below).

According to the [New York Times Asia Pacific](#) section - which itself cites Vietnamese news reports - Nguyen Ba Vuong, a doctor at the Military Medical University in Hanoi, said his facility had received "training and methods" from the [Association for Better Living and Education](#) (ABLE) .

The same article states that about 300 people from the northern province of Thai Binh have already passed through the programme, the aim of which is to purge the body of Dioxin, a highly toxic component of Agent Orange that has been linked by some researchers to cancers, birth defects and other diseases.

According to the New York Times article, Hoang Manh An, the director of the Hanoi 103 Military Hospital, where the programme is being carried out, "appeared enthusiastic when interviewed last week by [Tuoi Tre](#), a Vietnamese newspaper."

It quoted Dr An as saying:

"This Hubbard method has been applied in many countries for detoxification and treatment of several diseases, Vietnam is the first nation in the world to apply it to Dioxin."

The article, on 27th of August, further reported that twenty-four residents of the central city of Da Nang, whose blood was found to have high concentrations of Dioxin, were expected to travel to Hanoi to undergo the programme.

The New York Times article mentioned above also said that many Vietnamese believe their health problems, and the birth defects of their children, were caused by exposure to the defoliant and that the “Vietnamese government has cooperated with the Association for Better Living and Education since 2005, when the association provided financial help ‘to build steam baths and buy the vitamins and minerals,’ according to the Vietnamese state news media.”

We at Narconon UK are confident that other organisations will be as pleased with the results achieved from this programme as we are and, if they have not already done so, will come to share our certainty as to its workability when exactly applied.

It is a certainty based on our personal experience, not just of so many Narconon students but of staff and volunteers worldwide, so many of who – quite possibly the great majority - have done the Hubbard detoxification programme.

The Narconon Programme's Unique Detoxification Programme

[Excerpts](#) from 'Reduction of Drug Residues: Applications in Drug Rehabilitation,' a presentation to the 123rd Annual Meeting of the American Public Health Association.

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