



Clear Body, Clear Mind

By L. Ron Hubbard

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It is estimated that there are more than 700 different drugs and toxic substances in our bodies. These substances reduce your ability to think clearly and can prevent you from achieving what you really want in life.

The Purification Program is an all-natural regimen that eliminates these accumulated drugs and toxins, freeing you from the devastating effects they have on the mind and spirit.

Hundreds of thousands of people from all over the world and all walks of life report life-changing results from this program:

Increased energy and enthusiasm for living

Greater mental alertness and ability to concentrate

Dramatically improved general health and happiness

A heightened sense of spiritual well-being

A more positive attitude about oneself and others, ready to take on life

You can experience the same.

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Editorial Review

From Publishers Weekly

"The planet has hit a barrier which prevents any widespread social progress - drugs and other biochemical substances," warns L. Ron Hubbard in *Clear Body Clear Mind: The Effective Purification Program* (originally published in 1990). Hubbard outline a detoxification program aimed at eliminating the build-up of destructive chemicals in the body (including narcotics, prescription drugs, pesticides and preservatives). The program stresses exercises, sauna visits, vitamin supplements and plenty of water and fresh vegetables. The book also includes testimony from people who've successfully completed the program.

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From Library Journal

The late founder of the Church of Scientology and author of phenomenal best seller *Dianetics* (Bridge, 1950) created the detoxification regimen of running, saunas, natural oils, and specific vitamins and minerals that is clearly presented in this book. Included in the book are numerous testimonies from people who used this regimen to recover from substance abuse, radiation illness, Agent Orange-related diseases, and more. Still, readers should know that Hubbard's advocacy of megavitamins to detoxify the body has not been medically proven and is considered a controversial regimen by the regular medical community. Notwithstanding the footnoting (of common as well as technical terms--meant to promote accessibility but maddening to literate readers), a "bibliography" consisting of items available from Bridge (the official Church publisher), and a biographical note which virtually canonizes Hubbard, this title would be appropriate for large general-audience collections with subject demand in alternative therapies or Scientology.

- *Judith Eannarino, George Washington Univ. Lib., Washington, D.C.*

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Review

As a radiation safety professional, I take particular interest in the use of the program for those individuals who have been affected by radiation accidents, such as the residents living near the sites of accidents in the former Soviet Union. The variety of effects that can be associated with exposure to radiation from these events is still being studied. In the mean time, my concern in these cases is in the use of effective measures to return to health those who have been exposed. "In Kazakhstan, a group of men who worked on the repair and recovery from the Chernobyl disaster were suffering from the various illnesses that appeared to have been related to their exposure to radiation at the damaged reactor. These men had been ill for several years, and had not responded to standard medical treatments. These individuals were placed on the Purification program, and all reported recovery from the debilitating conditions from which they had suffered. --James G. Barnes -- Certified Health Physicist, a specialist in radiation safety

The Hubbard detoxification program was developed in the 1970s primarily to assist recovering drug addicts by flushing out drug and chemical residues. The program has since undergone some ten independent scientific studies documenting the program's safety and effectiveness for lowering body burdens of industrial chemicals and pesticides. --Mr. Wisner is the co-author, with David Steinman, of the current book *Living Healthy in a Toxic World*. Plus he has authored or co-authored over a dozen, published scientific research papers and articles on human detoxification

"In today's society, the average person consumes up to 4 pounds of pesticides each year and has residues of over 400 toxic substances in the body. More than 3,000 chemical additives are found in the food we eat. These can "fog" thinking, dull the senses, even cause or contribute to a wide range of illnesses, from cancer

and nerve damage to lowered immunity. The Purification program contained in Clear Body Clear Mind is the only effective purification program that actually works. I have had the privilege of being able to use the program in my own practice, helping thousands of people in all walks of life eliminate the debilitating effects drugs and toxins can have on anyone. It is something that is vital to anyone today who wants to think more clearly and lead a fuller and healthier life." --Dr. Megan Shields, a Diplomate of the American Board of Family Practice

"Clear Body Clear Mind presents a safe and effective program for total body detoxification/purification. Furthermore, Clear Body Clear Mind is based on good scientific principles. All of us are exposed on a daily basis to toxins either from chemicals that we put into our bodies or from toxic chemicals that our bodies produce due to daily stresses. Everyone should do the Clear Body Clear Mind method of detoxification. It sets the standard." --William Wheeler, Ph.D., Registered Dietitian, Former White House Staff Nutritionist and nutritionist to elite professional athletes

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Users Review

From reader reviews:

Norman Eiland:

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite reserve and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled Clear Body, Clear Mind. Try to stumble through book Clear Body, Clear Mind as your close friend. It means that it can to get your friend when you truly feel alone and beside those of course make you smarter than ever. Yeah, it is very fortunated for you personally. The book makes you a lot more confidence because you can know everything by the book. So , we need to make new experience along with knowledge with this book.

Juan Elam:

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Daniel Bravo:

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