

[PDF] Clear Body Clear Mind: The Effective Purification Program

L. Ron Hubbard - pdf download free book

Books Details:

Title: Clear Body Clear Mind: The Ef

Author: L. Ron Hubbard

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Description:

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 Wash ington Univ. Lib., Washington, D.C.*

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