



The #1 Solution to the Nation's #1 Problem

L. Ron Hubbard

One of the most acclaimed and widely read authors of all time, L. Ron Hubbard, apart from his many other accomplishments, has the distinction of writing fourteen consecutive *New York Times* best sellers.

Whether writing fiction or non-fiction, a common theme runs through all his work. Mr. Hubbard concentrated on the human condition, and on raising the awareness of his readers about themselves, always inviting them to take more responsibility for their own lives. He stressed that being in control of oneself and one's environment, and actively working toward the realization of one's own goals, were the only way to achieve happiness.

The research and travel he did for his literary work led Mr. Hubbard into many diverse fields. Many years before drug abuse hit the international headlines, he grew deeply concerned about the problem. He began to search both for the basic reasons why people turn to drugs and for ways to help them.

His discoveries in this field led to the formation of a network of drug rehabilitation centers called Narconon, based solely on new techniques he developed.

The complete drug rehabilitation program that L. Ron Hubbard developed is fully implemented in all Narconon centers around the world and has achieved far more than just getting the large majority of people stably off drugs forever. It also returned to them the vigor, brightness and clarity of mind that they had *before* they began using drugs.

The results of Mr. Hubbard's vision and dedication in this essential field are the thousands of Narconon graduates whose lives have been saved by his work, and who are the living proof of his service to mankind.



"You may have noticed that society is rapidly going downhill. Inflation, lack of fuel and even war cast deep shadows over the world. And the most serious part of this is that drugs, both medical and street drugs, have disabled a majority of those who could have handled it, including the political leaders, and have even paralyzed the coming generations."

L. Ron Hubbard

Introduction

What is Narconon?

Narconon (from non-narcosis, or "Drugs - No!") is something new.

It is a totally drug-free, highly effective program to rehabilitate drug or alcohol abusers and put them back in control of their lives.

Utilizing the drug rehabilitation methods developed by American author and humanitarian L. Ron Hubbard, Narconon was founded in the Arizona State Prison in 1966. The original group of ten inmates expanded to over one hundred within the first year, and due to the unprecedented success of Mr. Hubbard's methods, the Narconon program rapidly spread to other prisons. In 1972 the program was made available to the public with the opening of the first Street program in Los Angeles.

Today there are Narconon centers throughout the Western world, in Canada, France, Germany, the Netherlands, Italy, Spain, Denmark, Sweden, Switzerland and Australia, as well as across the United States.

According to a study by the National Institute of Drug Abuse, a majority of patients treated for heroin or heavy cocaine addiction were using drugs again at least once a week within a year after they finished treatment. These findings are, unfortunately, typical of most rehabilitation methods.

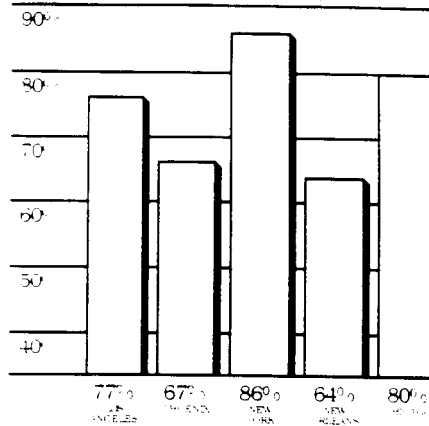
In these times of failing treatment programs, Narconon delivers results documented by social research groups. An independent Spanish study done by Tecnicos Asociados de Investigacion y Marketing showed that 70% of Narconon graduates stayed off drugs. An independent Swedish study reported that 76% of Narconon clients were still off drugs two years after their programs.

A Narconon graduate is not left with the urge to revert, nor does he need to be put on other medication to keep him stable. Narconon graduates are brought back to life: confident, in control, and able to achieve their goals without the use of drugs.

For the millions of individuals personally caught up in the trap of drug abuse, and the millions of others who are also directly or indirectly affected, the Narconon program provides a real and workable route back to freedom from drugs.

"Drug-free" has a personal and special meaning for those who have had experience with Narconon. This meaning is best communicated directly by those people themselves, and is contained in the successes which follow in this booklet. It is these successes which illustrate most effectively the results obtained by Narconon.

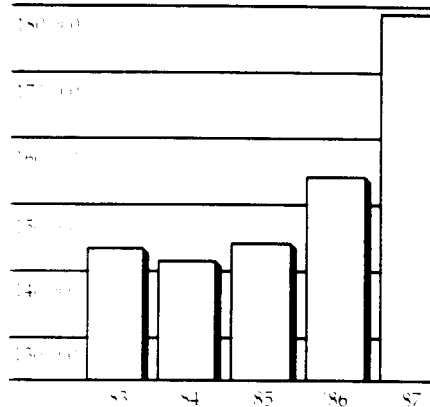
Percentage of Arrestees Testing Positive for any Illegal Drug in 1988



The Crime

With habits costing from \$150 to well over \$1000 a day, over 80% of addicts turn to crime. Drug screening on arrested persons shows that on national average in the U.S. over 75% of those arrested test positive for drugs. In some areas the figure is as high as 86%.

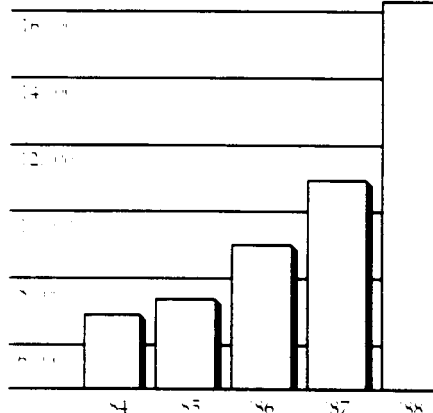
Drug-Related Hospital Emergencies*



The Crises

Fueled by increasing numbers of cocaine overdoses, drug-related emergencies reported by hospitals have increased dramatically.

Drug-Related Deaths*



The Deaths

As drug abuse escalates, so do deaths from drug overdoses. Additional to these figures are the murders committed each year by drug dealers and gangs, and the deaths from drug-related assaults and accidents.

* Source: NIDA, DAWN (Drug Abuse Warning Network). Information taken is trend data.

The Costs

The full tally of the cost of drug abuse is next to impossible to calculate. Yet even estimates are staggering.

The international illegal narcotics industry has revenues of between \$500 billion and \$1 trillion annually. It was estimated that in 1986 marijuana became the number one cash crop in the United States, outstripping all other agricultural production with a value of over \$18 billion.

The heroin addicts in North America spend over \$75 million a day to get their drugs. The cocaine users spend more.

It can cost over \$100,000 to save the life of a prematurely born cocaine addicted baby. Hospitals now deal with thousands of such cases each year.

The U.S. Chamber of Commerce estimates a \$177 billion a year cost to American businesses due to drug and alcohol abuse.

The financial lifeblood of nations is being sucked dry by the parasite of drug abuse.

The Victims

Just as the costs are next to impossible to calculate, so is the suffering caused by drug abuse.

Eleven percent of the babies born last year were exposed to illegal drugs during the

mother's pregnancy. Many were born already addicted, facing drug withdrawal as their first experience in life. No-one gave them a chance to say no.

There is no price tag that can cover the emotional pain caused to families of drug abusers, nor the hopelessness faced by the addicts themselves. In their own words:



"My name is Renee and I'm a heroin and cocaine addict. I've been hooked 4 years. I'm only 16. I've never had anyone. I've been on my own since I was 9. So, I went to Hollywood to find out what life was all about. I did things I'm very ashamed of. I've done everything from PCP to heroin. I have no urge to stop using. I'm in here for possession and sales of heroin. I dream of being sober."

Renee
Juvenile Hall

"That January day three years ago was the darkest day of our lives!

"A phone call told us we had lost a son. He had not died but he was as surely lost as if that call had told us of his death. His 6 foot frame now weighed only 119 pounds. He could not eat and he was incoherent. We still find it difficult to say that heroin had brought him to this state.

"The prognosis from friends acquainted with this addiction did not hold out much hope. These friends, doctors, ministers and police were all familiar with the terrible addiction and with how little could be done for the addict. The only positive suggestion was to have him go onto methadone therapy, which seemed to be exchanging one addiction for a more socially acceptable one.

"We will always be indebted to Bill's friends who went to him and took him to the Narconon center.

"Now he is 'clean' and is able to lead a normal productive life - helping others who have become enmeshed to free themselves from the ravages of the 'drug culture.'"

Alice and Tom



Professional Ackn Narconon Results

"As Chairman of the Senate Select Committee on Substance Abuse, I would like to take this opportunity to thank you and your organization for the work you have done in fighting substance abuse. Because of the hard-working Narconon program and other similar organizations, the current ideal of a drug-free society may one day become a reality.

"The accomplishments of Narconon speak for themselves. The response letters from people who have participated in the program indicate total support for Narconon. Narconon's unique approach in helping addicts off of drug dependence at a more rapid than normal rate is remarkable.

"The fight against substance abuse must be a joint project involving both government and the private sector. I am proud to be associated with Narconon and encourage others to join the fight against substance abuse. Research has shown that the most effective deterrent to substance abuse is the result of the work of grass roots organizations such as Narconon. Through the

combined efforts of all segments of our community, I am confident that one day we will realize our goal of a drug free society."

John Seymour
State Senator

"As a medical doctor who has examined many Narconon clients over the years, I have had a unique opportunity to observe the workability of this program.

"Several of these former clients have continued to see me as their personal physician, so I have been able to regularly monitor their conditions over the years since the completion of their treatments.

"I can state without reservation that the Narconon program offers the best chance of full recovery for those who have abused drugs or alcohol. The totally drug-free approach and use of sauna and nutritional supplements to detoxify the person from tissue accumulation of drugs and toxins make the program unique in its field.

"I urge that continuing support be given to this most

wledgement of

worthwhile rehabilitation service."

Paul Jaconello, M. D.

"I have been involved with crime and related activities as a police officer and now Commanding Officer, Vice and Narcotics Squad, Chelsea for about twenty-six years.

"I can definitely state that there is a drug problem in existence and this means a lot of related crime which is a direct result of an addict paying for his habit.

"The Narconon Program takes addicts off drugs without using any substitute drugs. This means a lot since you have a program that gets rid of drug addicts in the communities, brings families closer together, and handles the crime problem on the streets.

"I support the Narconon Program and urge you to do so as well."

Lt. Francis J. Belanger
Vice Squad Commander

"Your program has once again helped my company

salvage a very valuable employee with a drug or alcohol problem. Rarely does this happen in our company, but when it does, we are glad you're there.

"This person was a technician who knew his job well but was starting to destroy his work relationship due to an alcohol and then drug-related problem. Therefore, before quality suffered, we sent him to Narconon. His problem dissolved and his quality and presence of self is there again.

"Narconon (on Mr. Hubbard's technology) has consistently been there for over 20 years now. It helped close to 60,000 people get completely free of drugs and countless thousands to never touch them.

I appreciate that as I am an old fashioned American. I value man. Unlike many newcomers who seem to be in the field for the buck or status and who are ineffective to this purpose, Narconon really does the job and has saved many companies. I know of key people some of whom were even executives who temporarily needed a little help with drugs or alcohol.

"Your value is incredible. I hope more discover ways you can come in and help their people before it affects the bottom line. The money is always well spent.

"Thank you as always."

Chairman of the Board
Northland Purewater

"I write this letter based upon four years as a prosecutor in drugs for the Federal Department of Justice, and thirteen years on the Provincial Bench of this province.

"One of the very few functioning organizations successful in the rehabilitation of heroin addicts, in my opinion, is Narconon.

"Any support which this group can obtain from public funding is in my opinion very worthy."

Charles M. Hyde, Judge
Provincial Court of
British Columbia

"I would like to make my recommendation of the Narconon technology of rehabilitation of substance abusers as being the method which has demonstrated the most permanent rehabilitation. I consider the founder of this method, L. Ron Hubbard, to have made a major contribution in the therapy of the substance abuser. Narconon is performing a surprising and magnificent task."

Rosa Prieto Vasquez, M.D.

"In the territory of ULSS no. 35 the Narconon community has established itself as the eighth one in Italy. For obvious reasons, the staff of this center has had to make repeated contacts with the Narconon director and had the occasion to visit there and see the dedication, seriousness, abilities and competence of the individuals in charge. Now, the ULSS, having recognized that Narconon is reliable, is making an agreement with this community for them to receive drug addicts from its own territorial area."

Dr. R. De Nicola

"I would like to offer this letter to express my enthusiastic endorsement of the narcotics

"The accomplishments of Narconon speak for themselves. The response letters from people who have participated in the program indicate total support for Narconon. Narconon's unique approach in helping addicts off of drug dependence at a more rapid than normal rate is remarkable."

John Seymour - State Senator

rehabilitation program operated by Narconon. Having had the opportunity to discuss and study the very unique aspects of this program, I sincerely believe that it has developed a comprehensive approach to the problem of addiction, which, if widely accepted, would represent the first substantial attack on this problem to be mounted in this country.

"The fact that many outstanding citizens have volunteered to serve with your organization as members of your Board of Directors and as volunteers in the program is further evidence that you are working effectively and imaginatively to deal with the serious problem of narcotics addiction in this society. I commend you for your efforts, and pledge my good offices to

do whatever is within our ability to assist you in any way possible."

Ronald V. Dellums
Member of Congress

"Since I have worked with Narconon from its establishment in Gmund am Tegernsee, and since I know well the methods of treatment practiced there for drug dependency and addiction, I can verify that Narconon is a successful and well established enterprise. Especially noteworthy are the enormous dedication and personal involvement of the staff of Narconon."

Klaus K. Ballin, M.D.

Professional Acknowledgement of Narconon Results

"The Narconon Program has been very familiar to me professionally over the last 8 years. This program is of great value in our society today. It is the program that has earned its street reputation of the place to go when one is really ready to get completely off drugs!"

"The Narconon Program gets individuals stably off drugs without using drugs. It restores mental sharpness and the ability to make decisions. It helps a person regain control over his or her own life and to achieve his or her goals."

"I am pleased to recommend this program and participate in its expansion."

Jim Michel, M.D.

"There is a drug problem particularly in this area of town that has very dramatic, upsetting and tragic consequences. All attempts to prevent and cure drug addiction have always been well accepted in this community. The Narconon method has obtained good results and it is to this method that interests and hopes are attached in order to expand as much as possible. Therefore, recognizing the worth of the methodology, I would like to recommend it so that it moves from its experimental phase to a criterion of cure for a larger number of people. It is from this perspective that I

encourage all initiatives in this direction."

Parrocchia Prepositurale
Milano

"As you know, the Anaheim City Council supports your Narconon educational pro-



gram. If I can be of any assistance to you in the future, please do not hesitate to contact me."

Fred Hunter
Mayor, Anaheim CA

"I would like to thank Narconon for their informative and helpful presentations to the officers of this division. Successfully dealing with PCP suspects requires considerable knowledge on the part of our

officers."

"The additional training provided by your staff served to expand the officers' understanding of the problems associated with PCP and should permit more effective encounters in the future. Your assistance in coordinating this very valuable training program is sincerely appreciated by the officers of this division."

Terrence Dymont
Captain, LAPD

"I would like to personally congratulate you on the successful event last month in Los Angeles County. The Get America Off Drugs Campaign is a splendid theme. The celebrities and personalities that participate help us to combat alcohol and drug abuse in our society - most especially our youth. I can't think of any more worthwhile cause. It goes without saying that in our society we should focus on our 'drug-free heroes.'"

"In our many months of working together I have been very pleased with the dedication of your staff and the success of your program. Thank you for including me in the events and I certainly hope there will be more in the future."

Director
Dept. of Alcohol & Drug
Programs



Narconon Drug Re Putting people in control o

For over 20 years, Narconon has helped people effectively gain control over their lives after they had lost this control to drug abuse.

Narconon is a unique drug treatment program. Its excellent success rate is due to the exclusive use of the technology of handling addiction developed by L. Ron Hubbard.

In brief, the program steps include:

- Drug-free withdrawal
- Communications skills
- Sauna Sweat-Out
- Skills to face the pressures of life
- Orientation to the environment
- Regaining standards of trust and honesty

Based on proven research, the time needed to rehabilitate a hard core - or even sometimes a casual - drug user can be longer than the 28 days often allotted to a treatment program. Narconon gives individual attention to each client and delivers a tailored program. This is based on the above

steps and may take up to three months to fully rehabilitate the person and assure he will not revert to drugs.

Narconon employs a stringent follow-up program to maintain contact and communication with the ex-user and ensure his stability and re-entry into society.

The popular use of drugs to bring users off of drugs is recognized as being a failure. Narconon has a totally drug-free approach to withdrawal that brings a person safely and quickly through initial detoxification.

Done in a safe, stress-free environment, the Narconon Withdrawal step alleviates painful withdrawal symptoms. While other programs often take several weeks, Narconon withdrawal averages a remarkable 3 - 5 days.

habilitation **their lives**

Drug-Free Withdrawal/Detoxification

"All right, all you junkies out there. If you think you don't stand a chance of kicking heroin, I hope you get a chance to see this.

"I figured it was pretty hopeless, too. I've kicked about 15 times, and the last time I tried I just couldn't do it any more. After 10 days of sweats, chills, cramps, aches, twitches, throwing up and not eating and not sleeping and half the time thinking I was going to die and half the time wishing I could, drinking scotch and taking Valium to try to kill the pain, I just broke down and went and held up a store and scored more heroin.

"And that's when I decided to go to Narconon. I didn't want to rip off that store - I had to, and I didn't want to live that way any more.

"So, I showed up at Narconon with a half a gram per day habit, and wondered how I was ever going to get through withdrawal without drugs or medication or anything. And I've just spent 4 days wondering when the pain

is going to start, and I'm through it! I mean, I've been a bit uncomfortable - instead of in agony. And I've only been sleeping about 4 hours a night - instead of no sleep at all for days. And I've been a little grumpy - instead of feeling like murdering somebody.

"Now I don't expect you to take my word for it (would you trust a junkie?) I want you to try it and find out for yourself. You'll thank me for the advice, but you'll thank Narconon a whole lot more. This place is

amazing! It works!"

W.P.

"I am a habitual drug user. I have never been able to stop using. For the first time I went through withdrawals without the use of any medication.

"And that might not seem to be anything, but it's something to me."

Luis



One of the buildings on the Narconon Chilocco New Life Center campus in Oklahoma

"I came to Narconon loaded, mad and full of hatred, but thanks to Narconon I am sober, happy and full of love. Narconon has helped me to do what no other place or anybody has been able to do.

"Narconon is not just a drug and alcohol rehab. It's home, a place to go to be happy, have good sober friends and to be proud of being human.

"Thanks, Narconon, for making me Number One."

Michelle

"My husband and I would like to thank you all for helping our son have a second chance at life.

"Without your help I shudder to think what might have happened to him. From all appearances he had just about hit rock bottom, mentally and physically.

"As promised he appears to be a new person. He has now become our son again, as we knew him before he took drugs. I will admit that when you told us that he would come back to us as himself again within a couple of months, I was more than a little sceptical. I could not imagine that to be possible. Thank God the results speak for themselves.

"His recovery has made a very big difference in the lives of my husband and myself. We have spent many miserable

days and sleepless nights, not knowing what was going to happen next or where we were going to turn. It was as if another person had moved in and taken over our son's body.

would overdose and die from the quantities I was using.

"I had no interest in going to a drug rehab center because I was convinced they were all either useless or fraudulent.

"Right now I could say I am happier than I've ever been. I am stable, I can deal with problems better, I make my own decisions, I have made goals and I am working towards them. I wake up in the morning excited, happy, and full of energy."

Karen

This was an almost impossible thing for us to deal with.

"Let's hope that the parents and loved ones of the other people that you help find as much peace of mind as we have."

Wally and Olive

"I used heroin for over 15 years, as well as every other drug promising some sort of psychoactive effect that I could lay my hands on. I wasn't straight for one single day during that whole period of time.

"I would inject so much heroin and/or cocaine each time I wanted to get high that other junkies would leave because they were certain I

This was based on my own observation of many people I knew who went through a great many different programs. None of them stayed off drugs. Most were using again the same day they returned.

"I started the Narconon program - primarily because of pressure from family and friends to do something about my condition - filled with this scepticism.

"I could write pages about my experiences while I underwent the services delivered by Narconon. However, this pretty much sums it up: I haven't used drugs of any kind since the first day of my program at Narconon nor have I had any urge to. Now, over 5 years later, I am married, employed,

Putting People in Control of Their Lives

happy, and accomplishing more than I ever imagined possible.

"I have no doubts and am living proof that the Narconon program is the most effective in the world."

Bill

"Thank you Narconon for starting my son on a new road in life. A wonderful road. You actually saved my son Lance's life. I will be eternally grateful.

All of you are doing a great job here and believe me I will be out there preaching the good word of Narconon. God Bless."

Mrs. B.

"I came by to say thank you for all that you did for me here at Narconon. I learned so much about myself and how to experience life with my own created happiness from my heart, not from a drug.

"Without this program I never would be where I am now! I hope everyone that walks through these doors can enter a new way of life - drug free!"

Sara

"Boy, do I have a success story to share with you. When I first came here I was really

messed up. I was convinced I was going crazy and they were going to put me in one of the mental wards. I was very introverted and I felt I had no purpose.



"That was about 4 1/2 months ago. I can't believe how much has changed. I never thought I could be so happy without drugs. Right now I could say I am happier than I've ever been. I am stable, I can deal with problems better, I make my own decisions, I have made goals and I am working towards them. I wake up in the morning excited, happy, and full of energy.

"This might sound a little much. I know if I read a story like this 4 1/2 months ago I would have wanted to throw up. All I can say is it takes time but it does happen. It's not

always easy but the results are priceless.

"Remember always, dreams do come true, and never, never, stop believing in yourself."

Karen

"Hi! I can say that being sober and living a drug-free life is much more peaceful than worrying about where my next drug or drink is coming from. I've been sober for six years and have been watching my life constantly changing for the better. On the streets my life was only going into the gutter. Thank you Narconon."

Robin

"Who needs drugs? I'm on the best high ever. That's the natural one and I feel better than I ever have in my life. Things continue to go right and when they don't I am able to handle them without drugs. I am on the right track thanks to Narconon and the friends I have made here and I know I will just go up, up, up. Thanks so much!"

Karen

"Narconon has helped me to get off drugs and for me that's a miracle."

Orna



any people take drugs in an attempt to retreat from confronting life and communicating with others. Yet drugs further reduce the ability to confront and communicate. If you think about it, these are basic requisites to such things as willpower, determination, inter-personal relationships, observations and judgement.

A special set of drills or exercises are done on the Narconon program which rehabilitate the willingness to again confront life and communicate freely. At this point on the program, one begins to become much more in control of life.

"The most important thing that the communication course gave me was a renewed self-confidence in my ability to handle people and situations, particularly people.

"Following a bitter experience with friends and

associates involving drugs just over two years ago, I found myself an angry person who secluded himself from all others socially. I had even convinced myself this condition would continue for life.

"As a result, I was letting past pains, fears and circumstances control me. Since taking the course I have become aware (or my awareness has been renewed and enhanced) that I can control the situations around me.

"I can successfully deal with people and I can excel with calm confidence and inner strength."

Charles

"This course is giving me a strong will to want an improvement in life, and the know-how to deal with life and people on an everyday basis without drugs."

Danette

"The Narconon program along with the communication course involved has helped me to better my life without the use of drugs. The course has worked wonders for my skills in dealing with the factors of life and in dealing with my problems without resorting to drugs. I've gained self-confidence and feel 100% better about life. Like I'm on top of the world!"

Mike

"I would like to express to all involved with my completion of the communication course my sincerest thanks. I really feel exhilarated to have a new sense of purpose. I came in with apprehension and doubts but having completed the course I anticipate smooth sailing through the sea of life, so full steam ahead!"

Scott

"I would recommend this course to everyone who would like to learn to live."

Philippe

"My name is Cindy. I was a heavy cocaine user for a couple of years. I came very close to destroying my family, my career, my marriage, and my unborn child that I am carrying. I realized through almost killing myself that I was completely out of control of my

drug habit and my life. Narconon's communication course has put me back in control, not magically, but gradually.

"I am able to deal with the people and things in my life head on rather than run away from them. I am 100% more aware of myself and what I want, and have complete confidence in my ability never to let anyone or anything in the way again."

Cindy



Aerial view of Narconon Huddinge, Sweden



he drugs one took yesterday can still be in the body today.

Minute residues of drugs including medicinal drugs can lodge in fatty tissue and later release into the system, triggering "flashbacks" and other adverse effects.

In addressing the problems associated with drugs, Mr. Hubbard concluded that these things can affect such things as perception, alertness and reaction time for months or even years after one took them. Further, these residual amounts can trigger cravings for more of the drugs.

The Narconon program uses an intensive, closely supervised program utilizing sauna, nutritional supplements and exercise along with proper nutrition to bring about the elimination of these fat-stored drug residues. The benefits one experiences can be spectacular.

"I have acted as medical consultant to the Narconon program for 15 years. For the past decade I have studied the results obtained through the use of a detoxification method developed by L. Ron Hubbard, utilizing vitamins, sauna baths and exercise, which is a part of the Narconon program.

"While this detox method is strenuous, it is easily and safely accomplished, after a medical checkup, when done under standard supervision by trained personnel. Narconon clients, with histories of moderate to extremely heavy substance abuse, show a marked improvement in alertness, clarity of thought and general health by undergoing this treatment. Most also report a substantial reduction in their craving for drugs or alcohol.

"Published scientific studies of the technique have shown it to be successful in reducing the concentration in body tissues of a variety of toxins and contaminants, and I highly

recommend its continuing use as an effective tool in the treatment of addictions.

Kathleen Kerr, M.D.

"I must say I am feeling great! . . . nope, better than great . . . fantastic!!! Throughout this whole program I have felt myself getting better as the days progress. All the people here at Narconon have helped me a lot. I would like to say THANKS! to all of the people here at the program. You have brought out the best in me."

Sandy

"Success is something that I have experienced in business several times in the last few years but I think that every time added together doesn't compare to the feeling of success that I am getting from this program. I'm sure that it is because it is a more personal success.

"I had a problem, a big one,

one that I wasn't sure I could overcome. BUT I feel better than I've felt in years. I have more energy and I'm thinking clearer than I have in longer than I can remember. I've found no problem to turn down two no cost opportunities to do cocaine, and I can't wait for the feeling that I know I will have when I finish this fantastic program. Thanks Narconon!"

Grant

"I can honestly say that it is a great program that I would recommend to anyone who feels they need help kicking the drug habit. Before I came to Narconon I felt confused and out of control. I was burnt out and very depressed. Now I



"I feel like the benefits from the sauna program are one of the best gifts I've ever received and I'm ready to get back out in the world and make my contribution."

Gail

feel that my head has cleared and I can think much straighter. Physically I feel much better, I have more energy than I've ever had and it feels terrific!"

Michael

"Before I was on edge, down on life and hated everything. Now I have a new outlook on life and am able to cope much more easily."

Mike

"When I first started in the sauna I didn't really think it would accomplish anything. But as the days went by and I went through a series of different emotions things started to seem a bit brighter.

"Now mind, body and soul feel so much lighter as though a heavy weight was lifted off. The city that I wanted to leave became a place of challenge, and I started thinking of different ways of improving my life. I love myself more and appreciate everyone else around me.

"Who would think a little sweat could make you new again? Thanks, Narconon, for putting up with me and helping me out."

Gale

"I am now fully clean of drugs, toxins, and debris. My system is clean and my mind is clear and I feel like a million dollars. Just call me the Million Dollar Man!"

Bob

"I would like to say that the sauna process is remarkable. I completely rid my body of all drugs from my past. Before I was on edge, down on life and hated everything. Now I have a new outlook on life and am able to cope much more easily. I don't feel any stimulation from the thought of drugs which I would have thought impossible one month ago.

"This program turned my life around."

Mike

"My sauna program is finally complete and without a doubt I'd call it a complete success. I originally did it because I wanted to kick the drug scene, as well as my inability to do well in school. What I've gotten out of it is

much, much more.

"I've known for a long time that for me to get ahead in this world, I have to get out and do it for myself, because nobody is going to do it for me. That's where drugs hurt me. They kept me from being able to do it on my own.

"I guess that's where the difference between being 'high on life' and 'high on drugs' don't mix. You can't be one way if you're the other.

"Until now I hadn't even looked past college. Now, I'm looking way ahead to what I have to do and my dreams and aspirations. I enjoy being 'straight' now, whereas before I hated it.

"Thank God it's finally here!"

N.S.

"There are a lot of things in life that you go through. Some good and some bad. I am the type of person that always looks at the pros and cons. By having come to Narconon it has made me a better person and it will also be an important part of my life, something that will hopefully guide me to becoming an even stronger person in the years ahead.

"I feel myself satisfied with this part of my life and look at it as a very positive step forward. Thanks to the good friends that I have got to know

and hope will continue to be in contact with. To my sauna-mates and all of the people at Narconon, thank you from the bottom of my heart."

Bob

"I'd just like to say thanks to everybody in the sauna program. When I first came in to Narconon I felt worse than dirt. But since the days went by I started to feel good, feel healthy and at the end of the program I feel real good about myself and ready to start and continue a new life."

Jim

"I am amazed at the results I have obtained in the sauna program. I feel so at peace with myself. The battles inside my mind have stopped and for that I am thankful. I know that I can achieve whatever I set out to do. I thank LRH for caring so much about his fellow man."

Robert

"I feel great and I can see things as they are, which are very clear. This feeling I feel is the feeling I've been looking for, and I realize that you could never get this feeling with any kind of drug. Love, happiness,



and life is where it's at, not hate, unhappiness and drugs. The sauna program does work 100%. Thank you L. Ron Hubbard and thank you, all the Narconon staff. God bless you all."

Mark

"Today I have completed the sauna sweat-out and I've never felt so great before in my entire life. I can now go and do a lot of things I couldn't do before when I was using drugs. I feel more active and I'm drug-free. I am able to get out there in the world and live my life without any problems, thanks to Narconon."

Alex

"I have completed the sauna sweat-out and feel that I have come back to reality. My

senses are all back in place and my memory is even more effective. My thinking is clearer than ever before - the cloud and screen that were blocking my thinking are gone. My body is now drug free from all those drugs and toxins. I am now back on the right avenue to success, thanks to the sauna program here at Narconon."

A.M.

"I feel like the benefits from the sauna program are one of the best gifts I've ever received and I'm ready to get back out in the world and make my contribution."

Gail



rugs can cause one's thinking to become dull and dispersed.

One's train of thought can get lost. Reactions may not be appropriate to the present situation.

During this step of the Narconon program, a unique set of drills gradually put the person more into touch with his environment, improving his concentration and his control over it.

The result is a person who can once again accurately perceive what is around him and deal with it effectively.

"I feel better than I ever have. I feel 100% free of drugs. My personal and business life have improved drastically. Friends, associates, and relatives have noticed, but mostly I have noticed."

Jamie

"I feel more sure of myself now than I ever did. I'm in more control, and confident that I can be a success in life."

Sean

"I have completed the Narconon course with great satisfaction. I have learned to handle myself better in my everyday life, in my work and my play, in music, and in my relationships with people. Especially in music, I have found my creativeness enhanced simply because I am in closer touch with myself. I have found myself generally more aware of everything around me."

James

"I was a drug addict for four years. In this time I used every drug there is. For two years of this time I was very, very heavily addicted to heroin. I almost died from this. Since joining Narconon my whole life has changed. I am now able to communicate

much easier with anybody. I have learned to control myself and my environment much better. I now have responsibility (which I couldn't face up to before). I don't need drugs anymore, because I am now higher than I have ever been on drugs."

Don

"I met a man who stole from me recently. I confronted him on what was stolen. I stated that normally I would kick his ass for what he'd done to me, but that I was in full control (meaning of myself and everything around me). I said you have a choice: pay me back the money very soon or I will take two cheques you forged to the police.

"I then told him about Narconon and that I've learned so much in so little a time and that's why I'm in full control.

"He was amazed at what just took place, you could see it in his face. He then stated tomorrow he would start paying me back."

Jay

"Life is a game. And now I am completely sure that I never again will take drugs for the rest of my life. I will work and take care of my daughter and live in harmony with my family and my environment."

V.H.

"I feel as though I can make a brand new start in my life, and without the help of Narconon I doubt very much that I could have felt this way. I want to thank everyone at Narconon for everything they have done for me."

John

"Narconon has given me an awareness of myself and life I didn't have before. I have more self-respect because I know what I can do on my own without the false awareness drugs give. Now I've learned in a very practical way how to handle life's problems and look them straight on without flinching. I'd like to thank L.Ron Hubbard for having made it possible for the technology that has helped me become more responsible for myself."

R.S.

"I have learned to control myself and my environment much better. I now have responsibility (which I couldn't face up to before). I don't need drugs anymore, because I am now higher than I have ever been on drugs."

Don



he deeper one becomes involved in drug use, the more one's moral and ethical standards are ignored or forgotten. These basic standards of right and wrong need to be regained.

A very unique section of the Narconon program educates one on the value of regaining his ethical standards and helps the person to take responsibility for his past actions while on drugs.

This part of the program gives the person a fresh outlook and start on his new drug-free life.

"I began the Narconon program on the 4th of May, and now, nearly four months later my life is completely changed. I remember Clark telling me this would happen but then it was only words, now I really can say it's true.

"I feel that I'm the best I've ever been. The lessons I've learned are invaluable. Ethics was just another overused word to me, now ethics are real in my life. I'm beginning to manage my life and guide it in the direction I desire.

"Ethics seems to be common sense choices, choices we have to make all the time to create our lives.

"I can honestly say that I no longer want to feel drugged or high. I love the way I feel and my ambition is to see just how good it can get.

"I have back my self-esteem, my pride in full measure and I can attest to the fact that the Narconon program is designed to free individuals to be truly themselves."

Maxine

"After doing drugs for so long my morals were in the trash. This course taught me about honor and pride which will bring pleasure and happiness to my life."

Mike

"Being on drugs totally ruined my life. I didn't take care of myself properly and I didn't do to others as I would want them to do to me. Being on drugs was totally ruining my way to happiness. Now having gone through the course and regaining knowledge on being happy I can now continue on the right road - the way to happiness and flourish and prosper and help mankind and myself."

Joey

"For 20 years I don't think I ever told my parents the truth. Maybe part of the truth, sometimes, but realistically my relationship with them was based almost entirely on lies.

"I've realized that this makes life very complicated! Which lie are we talking about today, Mom? I had to have this huge additional mental filing system just to keep track of what I had told my folks.

"At Narconon I found that standards of ethics do exist. Not moral platitudes enforced on me by someone else, but

basic, common-sense guidelines for honesty and happy living.

"I apply these basic standards to how I live my life now. It has improved my condition on a very broad scale. But especially it has improved my relationship with my parents. I am completely straight and honest with them now, and feel closer to them than ever in my life.

"After all they've done for me, I think I owe them at least that much."

Bill

"I was sick and tired of not being a person I could depend on - except to hurt myself and let people I love go on hurting for me.

"Narconon can help you give yourself the tools to deal with life to be really stable and happy."

Letiti

"Narconon has put my life back together. I have a more spiritual awareness, it has

helped me gain more self-confidence, more self-esteem and more respect for myself. It's made me start caring about others now.

"I'd done three other programs before coming to Narconon, and this program has given me a whole new view of life itself.

"My mother is overwhelmed. She can't believe the changes that have occurred in me, for the better. She doesn't know how she can express her gratitude.

"I've used drugs for 19 years and thought I'd never come out of it. I have a conscience now. Thank you."

Luilla

"Narconon is a great program. When I came in I couldn't go a day without doing cocaine. Now I have control of my life and can confront the society I live in.

"This program taught me a lot about self-confidence and morals and ethics: basic living standards! Narconon should be commended."

Mike



Today's kids need the truth about drugs, and they need this while they're young, before it's too late.

The average age of youth being exposed to drugs in North America is eight years old. This means that our children are being offered marijuana, LSD, cocaine and other drugs in the third grade. Sixty-one percent of high school seniors have tried illegal drugs, and this increases to 75-80% by the time the population has reached their mid-twenties.

To help turn this tide, Narconon has campaigned vigorously for drug education since 1979. Each year skilled Narconon lecturers and seminar leaders reach over 100,000 people in schools, corporations, correctional institutions and rehabilitation centers, and fraternal and civic groups.

"Thank you for coming to our class on Friday and telling us your experience on alcoholism.

"I really learned and enjoyed listening to you. I learned that alcohol and drugs can really damage your body and life. I had never had a chance to talk to someone who quit drugs and alcohol and see how they feel about them. I really appreciated it."

Rocio

"Wow! What a powerful presentation. Your message was excellent.

"The students really enjoyed listening to you. You captured their attention for a full hour, which is not easy to do. You have a rare talent, your message was fun and entertaining and yet you provoked some serious thoughts in each student. Every student needs to know about drugs and your message came across loud and clear.

Ada S. Nelson School

"Your talk to my class was great! Thanks! I think me and my class learned a lot more than what we have learned from our book, the newspaper, and Ms. H. I am sure you will affect a lot of kids that might have turned into drug addicts. Thank you again!

Sarah

"I just wanted to thank you for the great lecture on DRUGS. I mean you have been there. You know what it was like to get high and everything. Ed, you really made me think about how drugs can ruin your life.

"I used to use drugs. I thought it would make me fit in. But I felt stupid afterwards! I didn't do as much as you, I only did PCP and marijuana. I wish I would've said 'NO.' It's too late now but I'm going to make sure I never do them again. My precious Baby is on the way and I don't want to make a bad influence on my kid.

"You really made me pay

attention and think about how harmful drugs are. I told my Mom about you and she wanted me to thank you because she was always telling me about drugs and I never listened. Until you. I finally met someone that was there. And made me open my eyes! You should speak at every school about drugs. Cause I think you're GREAT! And I thank you with the bottom of my heart for speaking at St. Annes."

Love, Sophia

"Your program must be rated as one of the best drug programs that have been presented here at Chicopee

Comprehensive High School. Continue your outstanding efforts and never allow obstacles or discouragement to be a deterrent to control and eventually to eliminate the substance/drug abuse in our country."

Principal
Chicopee Comprehensive H.S.

"Thanks for telling people about drugs. Some of your things are good, some are funny, some are sad when you said them. I will remember to 'Say No' to drugs. Thank you for coming."

Seleisty

"I think me and my class learned a lot more than what we have learned from our book, the newspaper, and Ms. H. I am sure you will affect a lot of kids that might have turned into drug addicts. Thank you again!"

Sarah

"Thank you for spending your day at Highland Park High School. The topic of drug use is a real concern in our community. The presentation was inspiring and well organized.

"The visiting LAPD officers commented how much they were able to learn about drug use/abuse. Many of the students were truly touched and enlightened by what you said.

"We will never know for sure, but I bet my house you were able to steer some students away from the dark path of drug abuse. Once again thank you."

Principal
Highland Park High School

"I appreciate when you came into our classroom at 4 period. I learned a lot about drugs and what the effects of drugs can do to you. I think that your speech will help me make a good decision when I'm up against people making me take drugs. Thank you."

Michael

"Thank you for coming to speak to our Womens group on the subject of Drugs and what the Narconon program is doing to rehabilitate users and educate the public. It was most informative and beneficial to

our women. The drug problem has become a serious one and we have concerns not only for our families but for the community in which we live.

"We appreciate the fact that there are people and organizations who haven't given up on people. God bless your work and we hope that you will continue to get friends to continue your vital program."

Captain,
The Salvation Army

"I really learned a lot from your talk yesterday. I now know all the things that will happen to me if I were to take drugs and I also know what I would have to go through to stop.

"I know I won't take drugs because you really showed me how bad they are. After what

happened to you I'm sure that most people in the class will not take drugs!"

Amber

"As you could tell from the level of awareness, drugs know no boundaries where schools are concerned: even college prep schools are terribly threatened with the pervasiveness of drugs in our society.

"And who better to hear the truth from than someone who has really 'been there,' and who can tell my students where drug use eventually takes you.

"Too, you have a particular gift for conveying yourself to others. Keep up the good work."

Crossroads School for
Arts and Sciences

"The presentation of the material was interesting and factual. Our students responded to the point that they were asking questions days after the initial presentation.

"I would recommend this presentation not only to schools that are similar to ours, but to schools that are able to handle this material in the structure of their educational system."

Dean of Students
Daniel Murphy High School

Ending drug use on our school grounds

"We had the privilege today of hearing Mr. Bob Wiggins from Narconon Inc. as he spoke to our students concerning the devastating effects of drugs in their young lives. Many of our youngsters are exposed to this harsh reality by virtue of the neighborhood in which they live and - at times - through members of their own families.

"THANK YOU for sponsoring such a worthwhile endeavor, one which will help young citizens of tomorrow. Asking the Lord to bless you and your family abundantly in return for that which you are doing for HIS CHILDREN."

Principal
St. Louis Elementary School

"Thank you for teaching me more about drugs. It was great. My dad's girlfriend smokes. I will tell her about drugs."

Emilie

"On behalf of the Krebs School, I would like to recommend Narconon to any school interested in having a realistic program on drug abuse. It will be enjoyed and will benefit one and all. Your sensitivity and straight forward approach is what made each child so open and frank."

The Krebs School Staff

"My name is Georgettia. I'm the one who was in the all girl class that told you I have a problem with drugs and I started crying. And something you said made me really feel like you would like to help me. So I am going to tell you something that has really been



bothering me for a long time. I know that I have a drug problem, but you are the only one I have ever admitted to telling. I do have a problem. Would you be able to help me find myself and find a part of me that's wanting to come out of me? If only I had someone like you to get me off of drugs with this program with the Narconon facilities. So if you could tell them I have not a lot of money but I'll try to find a job to pay for my treatment.

You probably think I'm just a kid but I never had anyone like you to make me want to change. Love always."

Georgettia
Girls Detention Center, L.A.

"Being a small Catholic school, we find ourselves faced with a situation of not being able to provide our students with materials outside the structure of college preparatory. We were very fortunate to come into contact with Mr. John Duff and the Narconon program. The presentation of the material was interesting and factual. Our students responded to the point that they were asking questions days after the initial presentation.

"I would recommend this presentation not only to schools that are similar to ours, but to schools that are able to handle this material in the structure of their educational system.

"Thank you Mr. Duff and Narconon for your contribution and I am looking forward to further contact with you."

Dean of Students
Daniel Murphy High School



Maxine Nightingale, Singer



Glona Rusch, Actress & Singer

Drug-Free Heroes

Celebrities who say no to

The recognition and popularity of Narconon has spread to the world of celebrities. These people, many of them world renowned, have joined forces with Narconon in a public awareness campaign aimed at youth in the community. The "Narconon All Stars" promote a drug-free life through media, personal appearances, charity softball games and other events. The concept of focusing on drug-free heroes as part of the fight against drugs was originally developed by Narconon and has since set international trends. From efforts by the White House to the activities of parents' groups, it is now recognized that drug-free celebrities, combined with an effective drug education program, are one of the best ways to fight drugs.

"On behalf of the Mayor's Commission on Youth, I would like to extend a warm hand of thanks for the outstanding presentations given to the young people of Denver.

"As you know, substance abuse continues to be a virtual epidemic in our society. Unfortunately, the media has dispelled the mysticism of great sport figures, musicians and actors who play a key role in shaping the attitudes of youth in our country.

"Your personal contributions have rekindled the hope for children who realize that they can fulfill their dreams without drugs.

"Ecclesiastes says, 'Two can accomplish more than twice as much as one, for the results can be much better. If one falls, the other pulls him up; but if a man falls when he is alone, he is in trouble.'

"Understanding that partnership is the turnkey to a drug free society, the Commission on Youth is committed to work with the Narconon All Stars and Associates to make our community a safer and a more productive place.

"Thank you again for your insightful message. I look forward to a long standing and rewarding relationship."

Director
Commission on Youth
City & County of Denver

"As a member of the Narconon All Stars, I became aware that approximately 67% of all students in this country will have at least tried illegal drugs by the time they graduate from high school. It's common knowledge that drugs impair a child's ability to learn. The kids of today are our future generation and the destiny of our country will be in their hands. With preventative measures such as the work Narconon has done in teaching thousands of kids about the dangers of drugs across this country, kids can be properly educated, more able and willing to make America's future brighter."

Carlos Palomino
World Champion
Welterweight Boxer

"Looking back, I have to say that the Narconon Program is nothing short of miraculous.

"To anyone in search of freedom, both physical and spiritual, from the need for drugs, here it is. Narconon has it. Come and get it."

Maxine Nightingale
Singer

"Narconon has an extraordinary record of people not going back on drugs after completing the program. The clients know they have been handled and that they'll have permanent results and that is the difference.

"I'm really happy the country is willing and has faced the problem and I have to recommend the Narconon Program as a top solution."

John Travolta

"I began using drugs in 1968. For awhile, it seemed that I had found the magic key to life. Over the years, however, my life and my music became increasingly damaged. I tried a few times to clean up, but with no success. Then I heard about and entered the Narconon Program. I am now completely free of the desire to take drugs. I wanted help and Narconon gave it. It's fast, it's thorough, and it works."

Nicky Hopkins
Rock Pianist



Bruce Penhall, Star of "Chips"

THE ROAD OUT

There are two ways to escape the raw deal that this universe sometimes hands out.

One is to go to sleep or become wholly unreal and forget it.

The other is to attain a calm serene beingness that is proof against the knocks and arrows of misfortune.

The first method has distinct liabilities. However it is the most usual route taken by human beings who find the going too rough.

Alcohol, drugs, self-hypnotism, are all men have been proven to use. The only real trouble with them is that one wakes up into the same world but a bit weaker, a bit redder of eye, feeling a bit worse.

The drug or other knocks on the head didn't change the universe any and one is still in it, still catching it, probably with an even lower resistance to it. So the first method is not a very good one.

The second method, the ability to rise above it all has long been preached. But unfortunately there wasn't any readily available technology to accomplish it.

It's one thing to hear that we should rise above it all and quite another to do it.

The road out is the road of increased awareness. It is not a wholly painless road.

Those who had already taken the road down had a rough time going up again. If they increased their awareness enough they would arrive at a high level where they were at cause and in which they could not only cope with their environment but could prosper in it, well above the reach of suffering.

But how to get them up from the point to which they had already gone down? I was finally able to map an easy road which could be traveled despite drugs, despite the starting point, and of course that made it easier for everybody. That road begins with the Narconon Course.

I would feel pretty bad if a lot of good guys had to live with the road blocked.

Like anybody else I have had my own share of Slings and Arrows over the years and I know what it is like.

It isn't all that easy to help one's fellows and to be helped in return. But the end product is itself worth a lot of slings and arrows.

The road out is the way up.

I hope you make it.

*Best of Luck
RON*

Letter written on 22 September 1969 by L. Ron Hubbard to Narconon

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