

HUBBARD COMMUNICATIONS OFFICE  
Saint Hill Manor, East Grinstead, Sussex  
HCO BULLETIN OF 5 NOVEMBER 1974

Remimeo

## **DRUGS, MORE ABOUT**

Reference: HCO B of 28 August 1968,  
Issue II, "Drugs".

## **WITHDRAWAL SYMPTOMS**

The most wretched part of coming off hard drugs is the reaction called "withdrawal symptoms". People go into convulsions.

These are so severe that the addict becomes very afraid of them and so remains on drugs. The reaction can also produce death.

In the reference HCO Bulletin above, B1 is mentioned as a means of easing convulsions.

Actually, practice since 1968 has shown that "Objective TRs", a Scientology process described in detail in HCO Bs 11 June 1957, "Training and CCH Processes", 15 July 1971, C/S Series 48R, "Drug Handling" and BTB 25 Oct 1971R, Issue II, "The Special Drug Rundown", handle withdrawal symptoms when properly used. Great success has been achieved with them.

There is another supplementary way of handling withdrawal symptoms. This does not replace "Objective TRs" and at this writing is theoretical, being in a research phase. But so terrible can be withdrawal symptoms and so lacking in success has the medical and psychiatric field been, that the data should be released.

Muscular spasms are caused by lack of Calcium.

Nervous reactions are diminished by Magnesium.

Calcium does not go into solution in the body and is not utilized unless it is in an acid.

Magnesium is alkaline.

Working on this in 1973, for other uses than drug reactions, I found the means of getting Calcium into solution in the body, along with Magnesium so that the results of both could be achieved.

This was the "Cal-Mag Formula".

## **CAL-MAG FORMULA**

1. Put one level tablespoon of Calcium Gluconate in a normal sized glass.
2. Add  $\frac{1}{2}$  level teaspoon of Magnesium Carbonate.

3. Add 1 tablespoon of cider vinegar (at least 5% acidity).
4. Stir it well.
5. Add  $\frac{1}{2}$  glass of boiling water and stir until all the powder is dissolved and the liquid is clear. (If this doesn't occur it could be from poor grade or old Magnesium Carbonate.)
6. Fill the remainder of glass with lukewarm or cold water and cover.

They will stay good for 2 days.

It can be made wrongly so that it does not dissolve. Variations from the above produce an unsuccessful mix that can taste pretty horrible.

Anything from 1 to 3 glasses of this a day, with or after meals, REPLACES ANY TRANQUILIZER. It does not produce the drugged effects of tranquilizers (which are quite deadly).

The application to handle muscular spasms and tics is now quite well established.

Using this to combat withdrawal symptoms is experimental.

The theory is that withdrawal symptoms are muscular spasms.

The matter should be given tests where persons suffering from withdrawal symptoms are available.

This does not supplant "Objective TRs". These work.

But it may be that "Cal-Mag" would assist those suffering where no competent auditing is available.

As Calcium and Magnesium are minerals, not drugs, they form no barrier to auditing.

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