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Purification Rundown Series 14

# THE PURIFICATION RUNDOWN;
# A LONG-RANGE DETOXIFICATION PROGRAM

*Rets:*

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REPLACES THE SWEAT PROGRAM

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OILS CAN GO RANCID

"Toxic substance" is a term which has been used to describe drugs, chemicals, or any substance shown to be poisonous or harmful to an organism. The word "toxic" comes from the Greek word "toxikon" which originally meant a poison in which arrows were dipped.

The human body is made up of certain exact chemicals and chemical compounds, and complex chemical processes go on continuously within it. Some substances, such as nutrients, air and water, are vital to the continuation of these processes and for maintaining the body's health. Some substances are relatively neutral when entered into the body, causing neither benefit nor damage. Toxic substances are those which upset the body's normal chemical balance or interfere with its chemical processes. Some of them can wreak havoc, blocking or perverting vital body functions and making the body ill or even uninhabitable for a being.

"Detoxification" would be the action of removing a poison or a poisonous effect from something (such as from one's body).

There has been an enormous volume of material written on the subject of toxic substances, their reported effects and the prospects for their handling. Examples abound in publications and news reports.

Let's look this horse squarely in the face. This society, at this time, is riddled with toxic substances. According to studies, some of the things that are put in a can of peas or a can of soup are, let's face it, toxic. They are preservatives and the action of a preservative is to impede decay. Yet digestion and cellular action are based on decay. In other words, those things might be great for the manufacturer as they preserve his product, but they could be very bad for the consumer.

It is not that I am on a food fadism kick or a kick against preservatives; the point I am making is that man is surrounded by toxins. This one example alone (preservatives in foods) is an indicator of the degree of toxic substances in modern society.

Here are some other examples of toxic substances that researchers report are finding their way into the bodies of this planet's Inhabitants:

## Industrial Chemicals:

Under this heading exists a vast array of chemicals that are used in manufacturing. Not all such chemicals are toxic, of course. But workers in factories which produce or use such things as pesticides, petroleum products, plastics, detergents and cleaning chemicals, solvents, plated metals, preservatives, drugs, asbestos products, fertilizers, some cosmetics, perfumes, paints, dyes, electrical equipment, or any radioactive materials can be exposed, often for extended periods, to toxic materials. And of course, the consumer can be exposed to residual amounts of such chemicals when he uses these products.

## Agricultural Chemicals:

Pesticides are the most obvious of the toxic substances to which workers in agricultural activities could be exposed. These include insecticides (insect-killing chemicals), herbicides (chemicals to kill unwanted plants such as weeds) and man-made fertilizers.

Under the heading of herbicides come several which contain a substance known as "dioxin," known to be a highly toxic chemical, even in amounts almost too small to detect in the body. (Dioxin is found in "Agent Orange," a chemical defoliant used in the Vietnam war. This chemical was the subject of considerable publicity when it was found that some U.S. soldiers were exposed to it, apparently with varying adverse effects.)

Contact with chemicals used in agriculture can occur in a number of ways: The chemical can be carried on or in the plant itself and so eaten; it can be carried on the wind and be breathed in directly by those living or working in agricultural areas; or it can even be carried into drinking water supplies.

## Food, Food Additives and Preservatives:

There are substances added to some commercially processed foods that are meant to "enhance" color or flavor or, as mentioned above, to keep the food from spoiling. Also becoming more common are various artificial sweeteners used in "diet" soft drinks and other commercially packaged foods. From research on these "enhancers" and "sweeteners" and "preservers" it appears that a number of them are quite toxic, and the whole subject of food additives and preservatives has become a matter of concern to many people.

There is another side to this matter of food. Research findings point to the possibility that rancid oils are a health hazard of a magnitude not previously suspected. Oils used in cooking or commercial processing of foods, where they are not fresh, pure and free of rancidity, have been linked by researchers with digestive and muscular ills, and even cancer. (Ref: HCOB 10 Mar. 84 II, OILS CAN GO RANCID)

## Perfumes and Fragrances:

Use of perfumes and fragrances in all sorts of products has become more prevalent in recent years. Everything from clothing to laundry detergent, from cellophane tape to wrapping paper is turning up

with FRAGRANCE added to it. And that fragrance is almost always a cheap chemical derivative, an extract of coal tar which probably costs about ten cents a fifty gallon drum.

Findings seem to bear out that these chemicals, floating about in the local supermarket as "fragrances," are actually toxic and can end up in the food products sold there. And when you get a mouthful of this stuff it is no aid to digestion, believe me!

## Radiation:

You've no doubt seen in news publications that contact with radiation can occur through exposure to nuclear weapons tests or the radioactive particles they can release into the atmosphere, nuclear wastes, or to some manufacturing processes which use radioactive materials. There are other sources of radiation exposure, too: prolonged exposure to the sun, dental and medical x-rays, television sets and unshielded computer display screens are among them.

Recent research has been done into a naturally occurring radioactive gas known as radon. It is a product of the decay of another radioactive element, radium, which has been found to be present in minute amounts in the ground and in many building materials such as concrete, brick and gravel. Apparently, tiny amounts of radon gas can escape from the surfaces of such materials and thus be present in the air and inhaled. If ventilation is not provided for, the radon content of the air in a building can reportedly reach 50 to 100 times the level found outdoors.

## Drugs;

Drug use has, since the 1960's, become increasingly widespread throughout much of the world. This includes not only "street" drugs such as marijuana, heroin, cocaine and the psychiatrist's favorite, LSD, but also medical drugs and common "remedies" like cough syrups and headache pills. The potential harmful effects of such chemicals has been the subject of extensive research and documentali on.

## THEORY OF THE PURIFICATION RUNDOWN

Any of these substances reportedly has the potential of remaining in the system. The most likely place for a toxic substance to lock up is in the fatty tissue. It has been said that in middle age and past middle age, a body's ability to break down fat lessens. So here we have, apparently, a situation of beings who have toxic substances locked up in their body's fatty tissue and the fatty tissue is not actually getting broken down, and so such toxic substances could accumulate.

Fortunately, we have the Purification Rundown.

The Purification Rundown could be called a "long-range detoxification program." While it is addressed primarily to the handling of drug residues lodged in the body, it is possible that there are many toxic substances which the body accumulates which the rundown may accelerate getting rid of.

And in a society as pervaded with toxic materials as this one has become, handling accumulations of such materials is a point of great interest.

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