

HCO BULLETIN OF 28 MARCH 1990

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Purification RD I/Cs  
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Tech/Qual

## Purification Rundown Series 15

## THE ROLE OF OIL ON THE PURIFICATION RUNDOWN

Ref s:

HCOB 6 Feb. 78R0  
Rev. 27.3.90

HCOB 21 May 80

HCOB 10 Mar. 84 II

Purification Rundown Series iR  
THE PURIFICATION RUNDOWN  
REPLACES THE SWEAT PROGRAM  
Purification RD Series 5  
PURIFICATION RUNDOWN CASE DATA  
Purification Rundown Series 8  
OILS CAN GO RANCID

(This data is released as a record of researches and results noted. It cannot be construed as a recommendation of medical treatment or medication and it is undertaken by anyone on his own responsibility.)

As covered in the earlier HCOBs on the Purification Rundown, a specific type of oil is given to persons on the rundown in order to replace the fat that gets sweated off. Without oil to replace the fat, the body would become 'fat hungry' and might not release tissue fat.

Toxic substances have the potential of remaining in the system. The most likely place for a toxin to lock up in the system is in the fatty tissue. The idea then is to exchange the fatty tissues which hold accumulations of toxins, with the oil that is given on the rundown.

Oil intake on the Purif in sufficient amounts is therefore a necessity in order to achieve the expected results from the rundown.

## TAKING THE OIL

Some persons on the Purif occasionally had trouble swallowing the oil when taken by itself and this usually had to do with the texture of the oil itself, rather than the taste of it. One must first ensure that the oil has been kept refrigerated and has not gone rancid so

that that can be ruled out as a factor. Otherwise there have been a number of solutions to taking the oil. Some people take it by putting it on a salad and then eating it; some mix the oil with orange juice or tomato juice; others have mixed it with yogurt, and these methods reportedly work fine. However, eating food that has been cooked in the All Blend oil cannot be substituted as one's ration of oil for the day.

Taking the oil does have a tendency to coat the stomach and intestinal walls for a certain period, which can prevent the full assimilation of other nutrients, especially water soluble vitamins. It is therefore important to take the oil at a different time of day than when one takes the water soluble vitamins used on the Purif. One doctor has suggested that it is probably best taken before going to bed or at least at a different meal time than when the vitamins and minerals are taken.

The optimum quantity of oil to take on the Purif is fully covered in HCOB 6 Feb. 7SRD, Purification Rundown Series IR, THE PURIFICATION RUNDOWN REPLACES THE SWEAT PROGRAM, and HCOB 21 May 80, Purification RD Series 5, PURIFICATION RUNDOWN CASE DATA.

#### THE FOUR OILS

The types of oil to be used on the Purification Rundown must include soy, safflower, walnut and peanut oil. These four types of oil come in a single oil called "All Blend" oil as sold in some supermarkets and health food stores in the US. If All Blend oil cannot be obtained, one could blend it from these four oils in the proper amounts, or find an adequate substitute. Any oil used on the Purif however, must be cold-pressed and polyunsaturated and the oil must be kept refrigerated so that it does not go rancid.

#### LECITHIN

The oils used on the Purification Rundown must include lecithin. Lecithin is a fatty substance found in plant and animal tissue and is chiefly obtained from egg yolk, soybeans and corn. According to noted nutritionist Adelle Davis, it appears to be a homogenizing agent capable of breaking fat and probably cholesterol into tiny particles which can pass readily into the tissues.

Lecithin should be taken on the Purification Rundown along with the All Blend oil and is obtainable from most health food stores in a granulated form. The amount of lecithin to be taken while on the Purif has been estimated to be between one to two tablespoons per day depending on how much oil the person is taking. In its granulated form it can be mixed with other food such as milk, yogurt or juice.

#### EVENING PRIMROSE OIL

"Evening primrose oil" is the oily extract from the crushed seeds of

the evening primrose plant. According to researchers it purportedly handles various food allergies and furnishes a substance which seems to help break down dietary fat and fatty tissue. It is available in many health food stores in capsule form.

According to some authorities, a body's ability to break down fat decreases in middle age and past middle age. So it appears that we have a situation of beings who have toxins locked up in their fatty tissue and who are not able to break down fatty tissue and so the toxins multiply. Apparently the Purification Rundown has the potential of facilitating getting rid of these toxins.

Pilots which were done using evening primrose oil on the Purification Rundown have shown that it appears to benefit persons with a history of an inability to metabolize fat (as evidenced by lack of weight loss when moderately dieting), and persons with heavy drug or alcohol histories. Persons on these pilots were given six capsules (500 mg each) of evening primrose oil per day - three capsules twice a day with meals in addition to the usual amounts of All Blend oil.

Occasionally persons with a history of an inability to metabolize fat would seem to do better if the amount of evening primrose oil was increased to nine or twelve capsules per day and the All Blend oil was reduced one tablespoon than what would be a

One medical doctor reported that evening primrose oil seemed to assist persons on the Purif who had trouble metabolizing the All Blend oil. Although nearly every person this doctor tended on the Purif RD had no difficulties with taking All Blend oil, he very occasionally encountered a case who was not able to metabolize it. When given six capsules of evening primrose oil per day along with the All Blend oil, he found that in just a few days the person would usually be able to handle the oil.

#### SUMMARY

The intake of oil, along with vitamins and minerals, is an essential part of the Punt and the rundown simply cannot be delivered successfully without it.

Evening primrose oil is not mandatory for all persons on the Purification Rundown, but pilots have shown that it does appear to have some efficacy with persons who have a history of an inability to metabolize fat, persons with heavy drug histories, or in the rare instance of someone who has difficulty metabolizing All Blend oil.

This data is given here mainly for information to those supervising Purif Rundowns. The Purification Rundown I/C and C/S should ensure that those persons on the rundown do get oil (with lecithin) in adequate amounts as part of the daily regimen of this rundown.

Founder

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