



  
NARCONON



DEDICATED TO  
SUCCESS

## How to Escape the Rehab Trap

**N**arconon rehabilitation technology gets to the problem at its source—and provides a path many travelled and reported long-term success.

For nearly 50 years, Narconon has saved those who were thought lost to substance abuse forever. Week by week. Year by year. Our success is measured in our ever-growing number of graduates who now lead new lives free from drugs. Many who come to Narconon have already been through other drug rehab programmes—with no lasting success. Our programme is unique.

Narconon uses a series of techniques found nowhere else to help addicts overcome drug and alcohol dependencies and their damaging effects. This is done naturally—there are no substitute drugs in the Narconon programme.

At Narconon, we look to address the causes of addiction—to get at what drove a person to drugs in the first place. The goal is a drug-free life.

### GETTING RESULTS. SINCE 1966.

The Narconon programme is based on the research and writings of L. Ron Hubbard, the Founder of the Scientology religion. However, Narconon does not require any religious belief, and a person does not become a Scientologist by doing the programme.

Mr. Hubbard was a humanitarian whose works include discoveries in the fields of education, mental health and criminal reform as well as drug rehabilitation. He began his research into drugs during the 1960s and 70s when recreational drug use had reached epidemic proportions.

He developed techniques to overcome the adverse effects of virtually every type of drug. Wanting to help those thought lost to addiction, Mr. Hubbard made his discoveries broadly available and the result was the establishment of Narconon.

Important Note: No medical or scientific claims are made for the Narconon Programme. Testimonials quoted here are expressions of opinion by persons who have completed the programme. Individual results are not guaranteed and may vary.

# Drug-free Withdrawal

**F**or each student, a personal Withdrawal Specialist is on hand to assist.

They use nutrition and special techniques that can ease discomfort and painful symptoms.

After withdrawal, the beginnings of a new and better life can take hold.



“When I came in, I was reeling with pain. With the help of vitamins, minerals and nonstop help, I did make it through heroin withdrawal. I have not had pain since.”

ONE-ON-ONE  
PERSONAL CARE

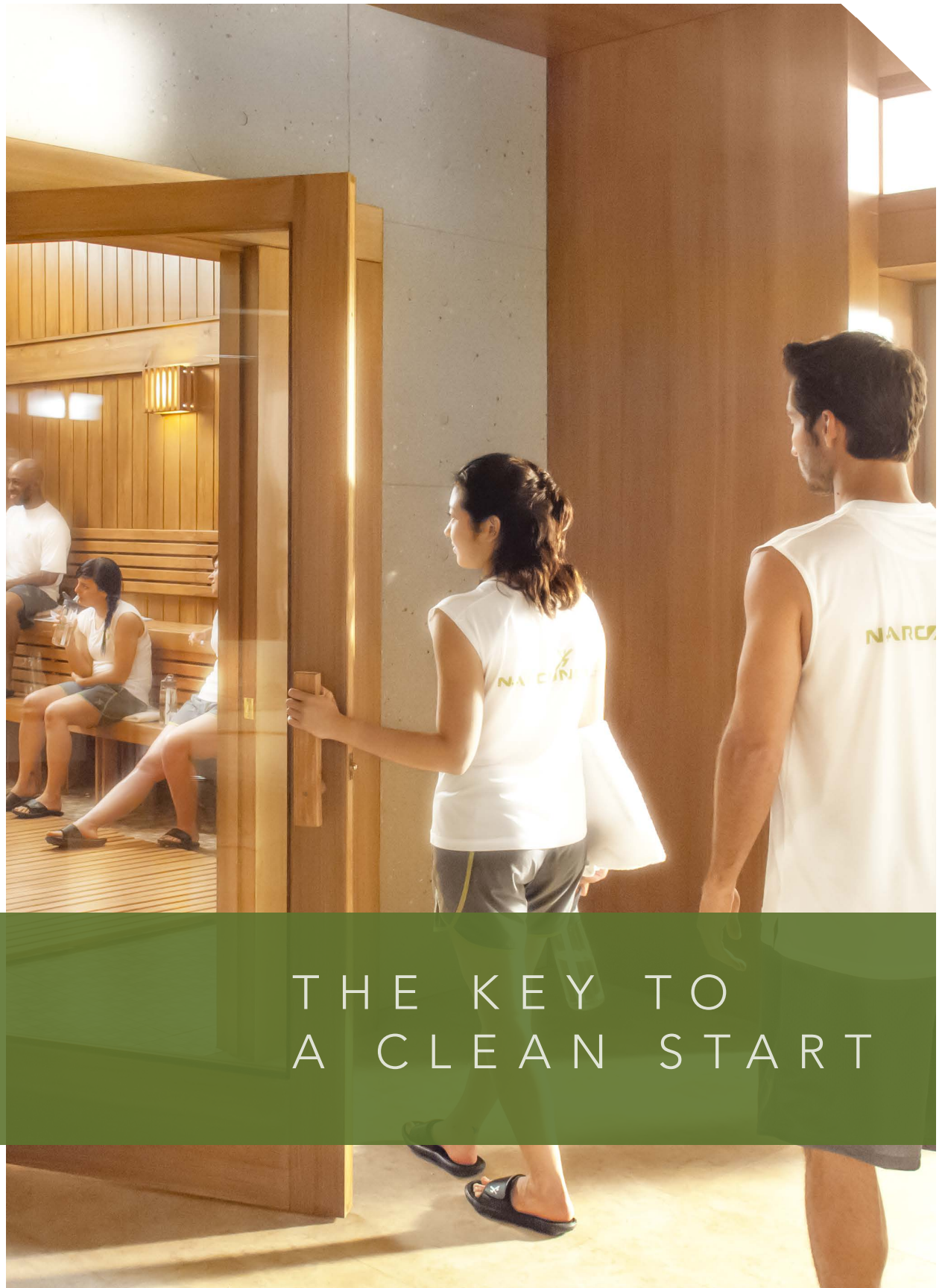
# New Life Detoxification

**N**ew Life Detoxification is based on L. Ron Hubbard's conclusion that LSD residues appeared to remain trapped in the body, mainly in the fatty tissues, long after a person had stopped taking the drug. This explained why someone who had used LSD in the past could suddenly reactivate a "trip" even years later. Further research indicated that many other toxic substances also appeared to remain in the body in some form, producing negative effects for years to come.

The New Life Detoxification is a combination of exercise, sweating in a dry-heat sauna and a carefully monitored regimen of hydration and nutrition. The procedures break up and flush out the toxic residues that remain in the body—even after the person has stopped taking drugs.

Graduates of the New Life Detox will tell you they felt like they sweated out the drugs locked up in their system and gained a new energy, a new vitality—a new life.

"I could feel the drugs leaving my system. I was sweating them out and now my head is clear and I am happy again."



THE KEY TO  
A CLEAN START



## The Objectives

**T**he Narconon programme includes unique exercises called objectives designed to help bring a person's attention out of the past and into the present.

Becoming stable in present time is a very important factor in drug rehabilitation. The purpose of objectives is to bring the person out of the past and into present time—ready and able to face life without resorting to drugs.

LIVE IN THE  
HERE & NOW

"I am no longer dwelling on the past and I am ready for my future. I am happy again."



## SKILLS FOR A DRUG-FREE LIFE

## Life Skills

Once the person is through withdrawal and has completed the New Life Detoxification, it's time to address the reasons a person turned to drugs in the first place.

It's done through practical coursework to instill the life skills an individual needs to succeed. These are skills that people struggling with substance abuse have often lost sight of—or never had.

Effective practice and learning can help lead to stability and a return of personal values. Just as important, these courses help a person develop the self-control and personal backbone our experience has shown is necessary to maintain a drug-free life.

“Narconon gave me back the tools I lost along the way. They taught me to live again—actually live.”

# Saving Lives. Saving Families.

**S**imply put, Narconon works. Here are typical comments from students of the Narconon programme and family members who experienced what sometimes seems like a miraculous transformation:

## SIBLINGS

“MY SISTER had recently been in the hospital and was supposed to turn things around. Then I got a phone call that she was high. I thought to myself, ‘If I don’t do something, she’s gonna die.’ As a family member you don’t 100 percent trust this person again. But now I can say, without a reservation at all, she is a totally different person. I felt like I was alone, and now I have my sister back. I can’t even tell you how grateful I am. She beat it!” —M.F.

## PARENTS & GRANDPARENTS

“NARCONON GAVE ME MY SON BACK and gave him his life back. This is what makes it such an excellent programme.” —M.O.

“WE TRIED ADDICTION RECOVERY. We tried 12-step. The thing I really loved about Narconon was them allowing me to participate in her recovery—to help her through this. They became like our second family. She’s back. Better than she was before. It’s a miracle.” —D.R.

“I FOUND MY SON ON THE BACK PORCH, slumped over—on Lord knows what. Today he has a great job. He feels great. Narconon gave me peace of mind. Just to see him healthy and happy again, enjoying life like he should.” —S.P.

“Narconon gave me my son back and gave him his life back. This is what makes it such an excellent programme.”

## GRADUATES

“OVER 32 YEARS OF DRUG USE, I went through 15 different rehab programmes. None of them worked. None even got me to the point where I wanted to stop using drugs. Narconon was my last programme, and now I’ve been clean for seven years. Before I came in, I had no hope. I figured I would die in the gutter, a drug addict, and that’s the dead-honest truth. This place turned my life around. It’s so effective, I can’t even begin to tell you how effective it is.” —M.S.

“WHEN I FINISHED THE PROGRAMME, I knew I had accomplished the most important thing that I was ever going to do in the rest of my life. I knew that my life was back in my control. I had been on drugs since I was 12 years old, and I felt like I got all those years back. I wanted to be alive, and you can’t trade that for anything.” —D.H.

“I HAD BEEN A DRUG ADDICT SINCE I WAS 18. I’d been on the needle for 17 years. I never thought I would get off it. I really didn’t. The other rehabs told me I was gonna be a drug addict for the rest of my life. The Narconon programme saved my life. They taught me how to no longer be a drug addict. They taught me how to better myself and solve my problems on my own. I am a new person. By the second or third week of the programme I had tons of energy and I felt like a kid again by the time I got done with sauna. I felt better than I had in years. They’ve given me my life back.” —C.C.

“NARCONON GAVE ME HOPE. They gave me the tools and I went on my way and I fixed everything that I screwed up, physically, mentally, all of it. I got my life back.” —R.G.

“BEFORE NARCONON, my family would call me and I just didn’t want to talk to them because I knew I had to lie. I’d tell them things were going great when I was addicted to drugs and dropping out of school and losing my job. It was at that point they found the Narconon programme. I’m incredibly grateful to them and to the Narconon staff for helping me realise the type of change I needed in my life and being there to help me make that change.” —A.O.

“I WENT TO A LOT OF DIFFERENT 12-STEP treatment centres. Everything I had tried, I had failed—every treatment centre, every detox—none of it actually worked. Then I came to Narconon. The cravings... I didn’t think they would ever go away and they completely went away during the New Life Detoxification. I didn’t realise that I could be as happy as I am now. The Narconon programme gave me my life back and made me happy again.” —R.S.

## Worldwide Recognition

SINCE 1966, L. Ron Hubbard's detoxification methods and the Narconon drug rehabilitation programme have achieved international acknowledgement and appreciation from families, communities, organisations and governments dedicated to fighting the scourge of drugs.



9/11 Rescue Workers Detox Project



London Newspaper group commends Narconon Programme



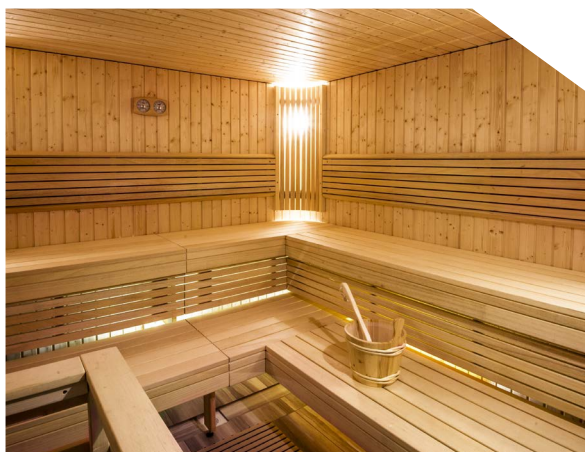
# The Perfect Environment for Long-term results





**AT NARCONON, WE ARE DEDICATED TO ONE THING:** helping you overcome addiction for good.

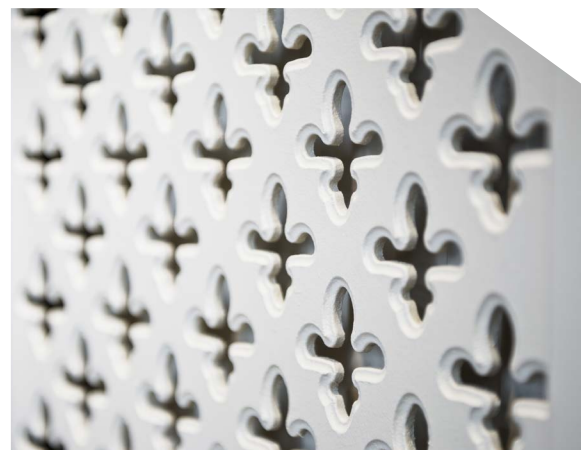
Part of what makes this goal possible is the Narconon environment. Every detail has been taken into account to give you the stability and comfort to help you free yourself from addiction and rebuild your life without drugs.

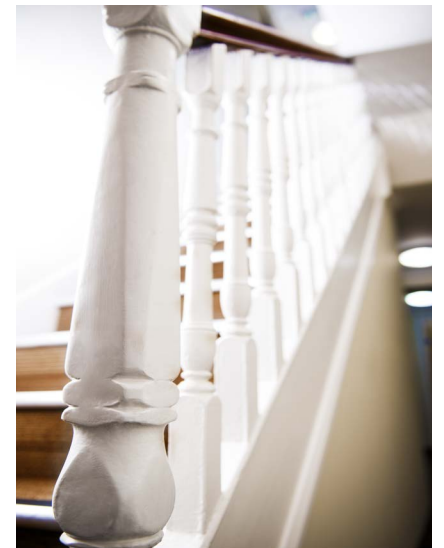
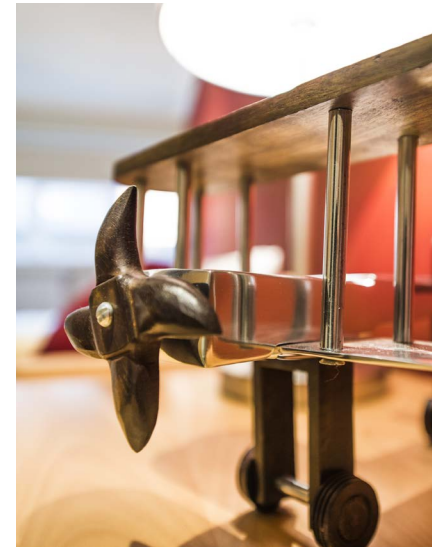


From the specially-designed withdrawal spaces which offer the greatest possible comfort in this often uncomfortable time, to the New Life Detoxification centre with state-of-the-art exercise and sauna equipment.



Narconon United Kingdom is the country's premier Narconon centre. Our facility lies on 3.6 hectares on the outskirts of Maynard's Green in East Sussex. It is in this peaceful setting that we offer one-on-one care and personalised service through every phase of our programme.

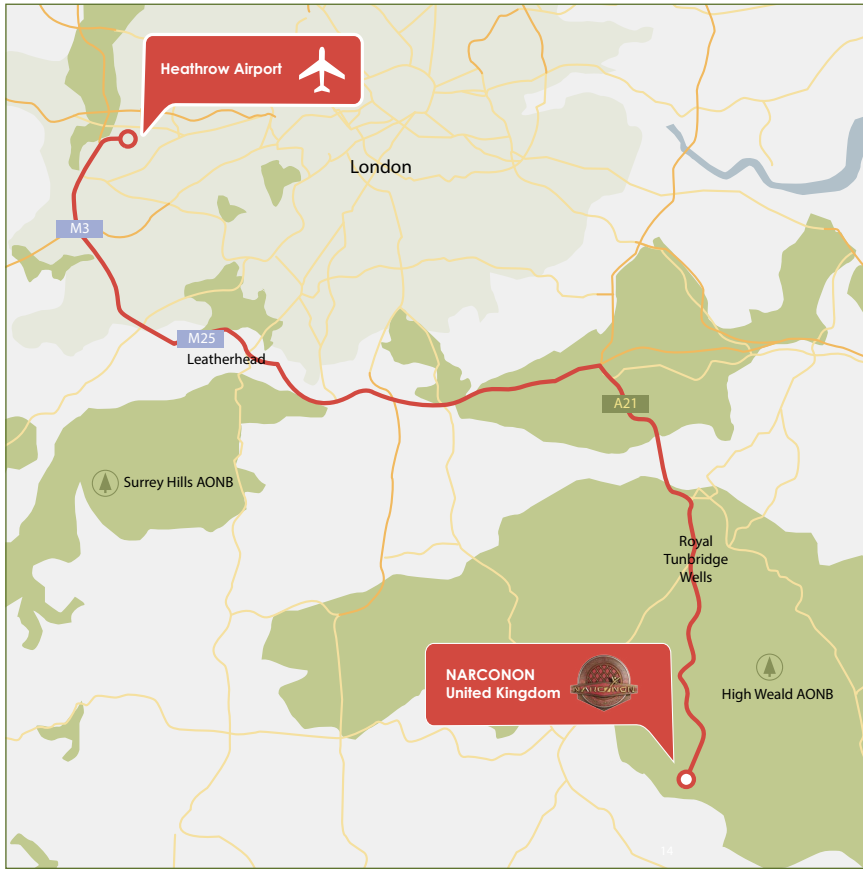




Narconon United Kingdom offers guest rooms perfectly suited to providing the rest you need during the programme. Nutritious dining helps speed recovery and repair.

Every amenity is designed with complete and successful rehabilitation in mind. Our facility houses two detox saunas and programme coursework spaces, as well as relaxing, stress-free activities to help you succeed on the programme.

If you or someone you know has a drug or alcohol problem contact Narconon today. Visit [www.narcononuk.org](http://www.narcononuk.org)



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CQC regulates Narconon United Kingdom to provide care at Narconon United Kingdom

✓ We checked this service was likely to be safe, effective, caring, responsive and well-led during registration.



[narcononuk.org](http://narcononuk.org)