



  
**NARCONON**



DEDICATED TO  
SUCCESS

## How to Escape the Rehab Trap

**F**amilies hit by drug addiction already know how difficult a problem it is to solve. In some cases addicts have been through multiple 28-day, drug-based programs.

Narconon believes that addiction is neither inherited nor an incurable disease that requires indefinite treatment. An addict is not an addict for life. Our program consists of unique techniques to assist addicts to overcome drug and alcohol dependencies and their damaging effects. This is done naturally—there are no substitution drugs in the Narconon program.

Through the course of the Narconon program, participants learn to identify and overcome the initial problems that led to their addiction and so can ultimately regain their self-respect and self-control.

### **SINCE 1966. SUPERIOR RESULTS. LONG-TERM EFFECTIVENESS.**

The Narconon program is based on the discoveries and writings of L. Ron Hubbard, the Founder of the Scientology religion. Narconon is not part of the Church of Scientology, and you do not have to become a member of the religion to do the program.

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.

# Drug-free Withdrawal

**T**oday's addictions cover an ever-changing and expanding menu of abuse.

For each student, personal Withdrawal Specialists are on hand to assist. They use nutrition and special techniques to help ease discomfort and painful symptoms that may occur.

After withdrawal, the beginnings of a new and better life 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

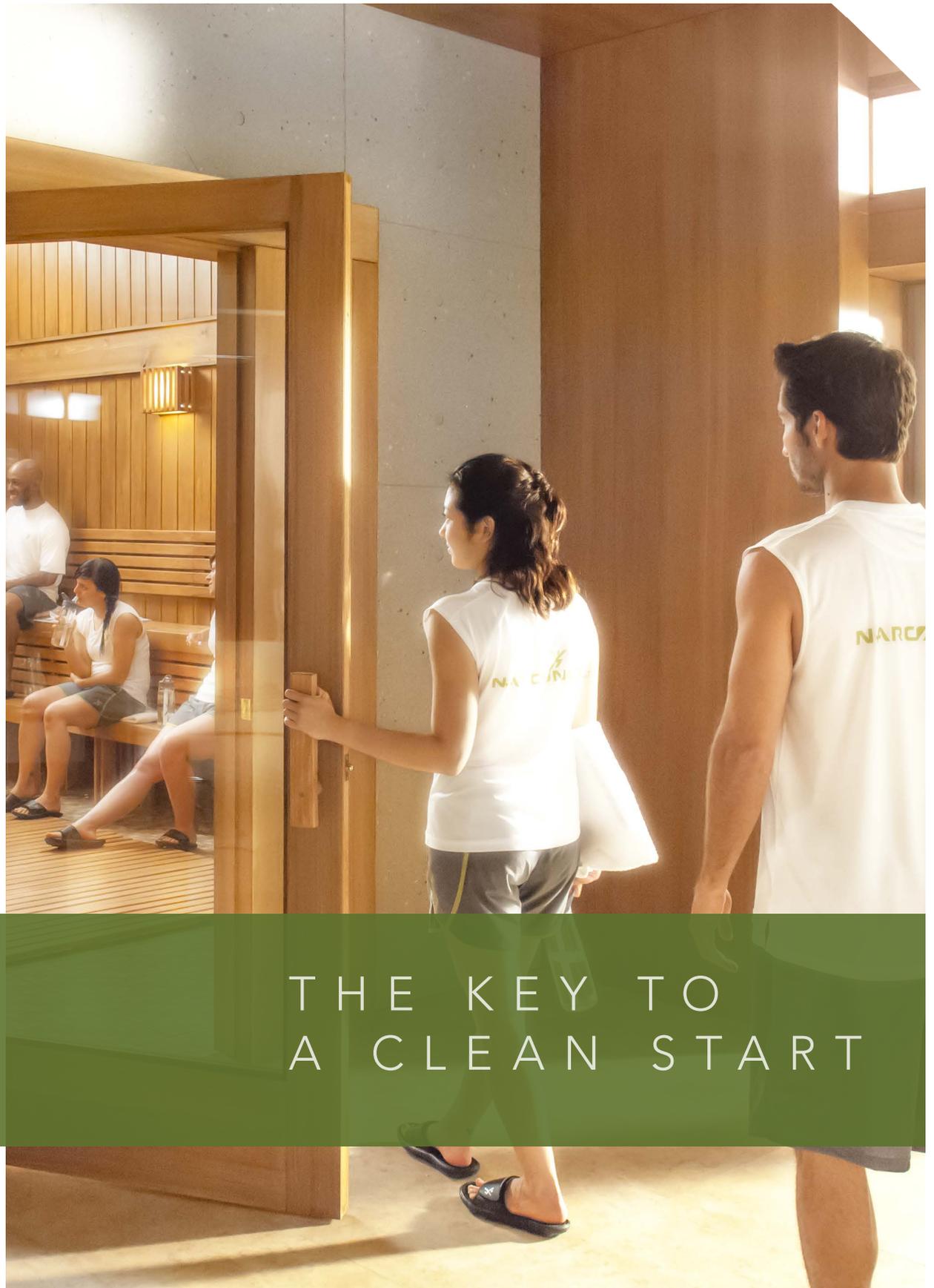
# New Life Detoxification

**N**ew Life Detoxification is based on L. Ron Hubbard's breakthrough discovery 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 revealed that many other toxic substances could also remain in the body, producing negative effects for years to come.

The answer? The New Life Detox 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.

Ask any Narconon graduate about the New Life Detoxification. They'll tell you they sweated out the drugs locked up in their system and gained a new energy, a new vitality—a new life, free from drug cravings.

"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



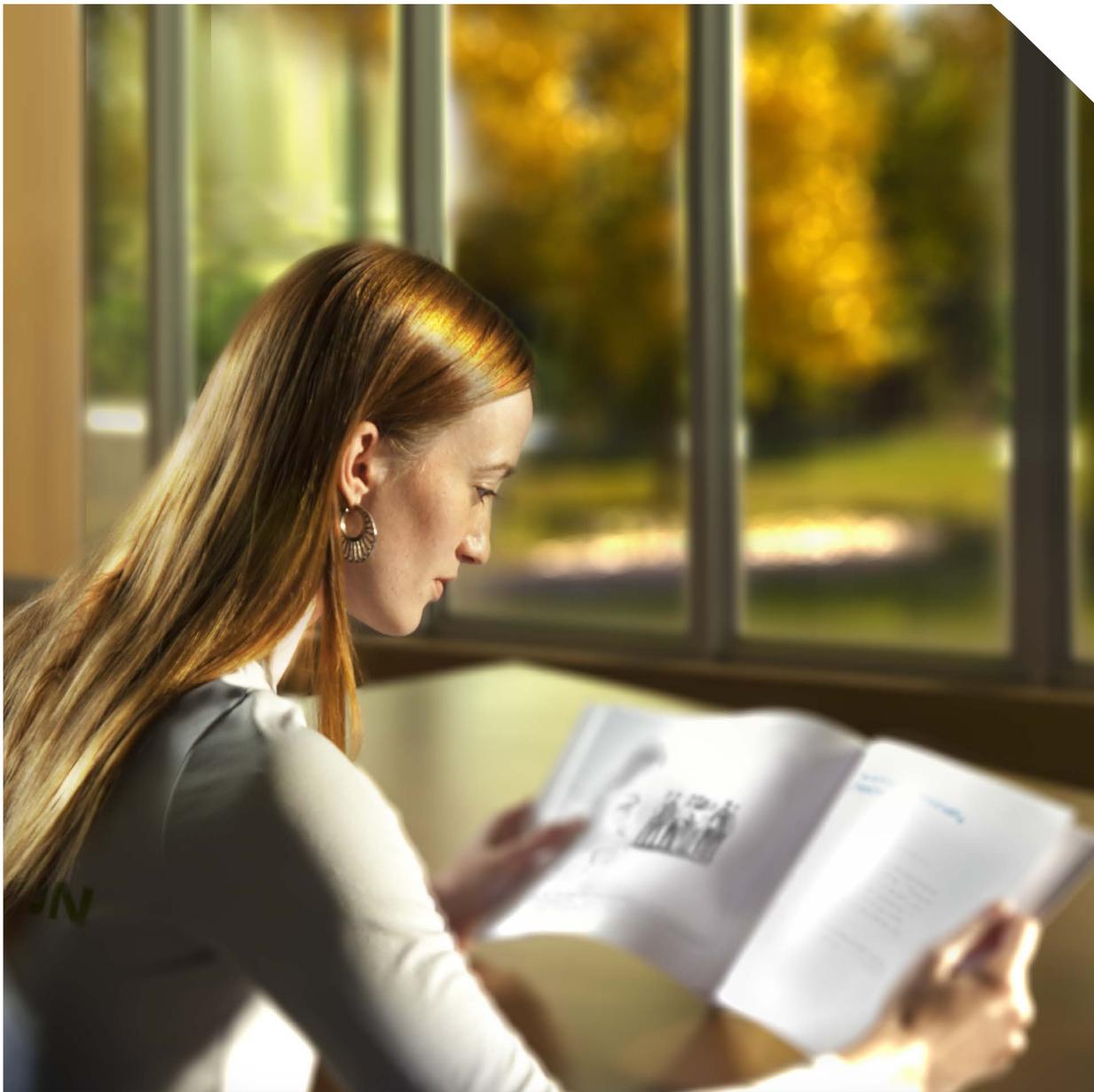
## The Objectives

**T**he Narconon program includes objectives. Objectives are procedures to direct your attention away from past memories and onto your present and immediate surroundings.

Objectives will help you become stable and in the present—a vital step to remain drug-free.

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

 Our goal is long-term success for each individual. After Withdrawal and Detoxification, everyone feels better, but there's still a lot of work to do.

Once the drug cravings have been kicked for good and the physical side of addiction eliminated, it's time to address the reasons a person turned to drugs in the first place. This is done through practical coursework to instill the life skills an individual needs to succeed—skills that people struggling with substance abuse have often lost sight of—or never had.

Effective practice and learning leads to stability, self-respect and the return of personal values.

Just as important, these courses help develop the self-control and personal strength necessary to maintain a drug-free way of life.

Just like physical skills, life skills can be learned.

“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 program 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 & GRANDPARENT

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

## GRADUATES

“OVER 32 YEARS OF DRUG USE, I went through 15 different rehab programs. None of them worked. None even got me to the point where I wanted to stop using drugs. Narconon was my last program, 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 PROGRAM, 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 program 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 program 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 program. I’m incredibly grateful to them and to the Narconon staff for helping me realize 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 centers. Everything I had tried, I had failed—every treatment center, 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 realize that I could be as happy as I am now. The Narconon program 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 program have achieved international acknowledgment and appreciation from families, communities, organizations and governments dedicated to fighting the scourge of drugs.



Among the dozens of recognitions, this from the 9/11 Rescue Workers Detox Project: "To our brother L. Ron Hubbard from your brothers at the New York City Fire Department, we honor you with this helmet, a symbol of our motto, 'To Protect Life and Property' which the legacy of your technology embodies."



London Newspaper chain commends Narconon Program

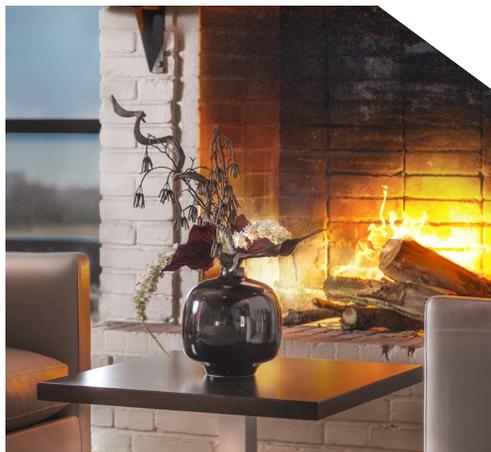
The Perfect  
Environment  
for Long-term results





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

Part of what makes this 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 center with state-of-the-art exercise and sauna equipment to help you eliminate cravings at their source.



Narconon Europe is the region's premier Narconon center. Our facility lies secluded on 6.3 hectares outside Helsingø—right on beautiful Lake Arreso. It is in this ideal setting that we offer one-on-one care and personalized service through every phase of our uniquely effective program.





Narconon Europe's grounds feature fields for football, basketball, volleyball, as well as lush forests, climbing structures and grassy open areas—a calming, stress-free environment where you can focus on your rehabilitation.

Our private guest rooms are perfectly suited to providing the rest you need during the program. Nutritious dining helps speed recovery and repair. Every amenity is designed with complete and successful rehabilitation in mind.

If you or someone you know has a drug or alcohol problem contact Narconon today.



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