

AUDITING AND NUTRITION

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Aiding the Body's Repair Systems

I want to give you a couple of basic laws. These are an interesting little set of observations: Death equals stopped. Being left equals stopped. You are obviously there and stopped if you have been left. Losing part of one equals banishment equals stopped. An atom stopped is vanishment, by the way. If you stop an atom it vanishes—that is to say, if you can stop this orbit of swinging electrons and so forth, the thing vanishes. If you could stop all the motion in the universe it would disappear; it would disappear if you could stop all the motion in the universe.

There is evidently only one thing in the universe and that is motion.

Now, the reduction of self is toward banishment. To-be is to move. To be is to have motion. Any entity is motion. Therefore the disappearance of any entity or the banishment or the loss of any entity automatically means drop of motion.

You notice that people spend their lives collecting things under them and throwing very few of them away. When you get a preclear on whom Straightwire will not work, it is because he is treating thought as he treats the material universe and he will not throw the thoughts away. He is holding the thoughts to his bosom. If you can just get him to throw things away—if he is really psychotic—you may get him to get rid of some of his thoughts.

Reduction of possession equals banishment and the increase equals survival. But increased possessions always equals more motion. The care of the possessions entails more motion. Sometimes it appears that the acquisition of something reduces the amount of motion one has to make, but the motion has to be diverted into some other channel.

You can get rid of tasks that you do not like to do by doing things you like to do. Therefore you could merely transfer the motion from one point to another. But don't think that the acquisition of possessions means anything but an increase of motion. And you can acquire possessions until you can swamp yourself.

A person who is insane has acquired thoughts until he has swamped himself. He has been made to hold on to things, to keep things, to take care of things, to hold things, to acquire things, to have things, and has continually practised the effort of trying to keep something from being taken from him. You will quite ordinarily find this in the youngest child of the family—the action of the child trying to hold what he owns. The effort of holding what he owns makes it impossible later on for this person to have very effective Straightwire because he won't give up the thought. He is still caught in all these incidents where he was holding.

Therefore, a man under the stress of loss—somebody trying to take something away from him—is not easy to process because he holds on to the thoughts too.

That should be of some importance to you.

Now, any physiological ill caused by a deficiency of proteins, vitamins and minerals is demonstrated by a deterioration, plus or minus, of some portion of the body. That sounds like a very obvious statement—that if you have a deficiency it will show up in some portion of the body, one way or the other.

An overdose, then, of the deficient protein, vitamin or mineral entity will cause a somatic in the formerly deficient area. The somatic thus burns out the former injury. This is also a proof of somatics.

There is another point with regard to this: An unbalanced ration of proteins, vitamins and minerals will cause a deficiency of the low part of the dose. For instance, let's take proteins, vitamins and minerals and extract one thing. Let's take ascorbic acid out of it and then just scoop the stuff into the person—a nice big overdose. That would give him scurvy, because the proteins, vitamins and minerals get to a point where the body says, "The body is being loaded up with this and therefore we obviously have a superfluous quantity of this, too," and it just robs the rest of the body of the ascorbic acid where it should go and puts it where it shouldn't go, and does all sorts of interesting things.

An overdose of good, solid balanced proteins, vitamins and minerals— less ascorbic acid— will build up everything in the teeth except ascorbic acid, and all of a sudden the body will get to a point where it realizes that it has built up all these past injuries of the teeth—but there is no ascorbic acid, and his teeth will begin to hurt.

Or we could leave out calcium, and parts of the teeth would break off.

Now, when we have done that and created the scurvy with the missing ascorbic acid, then we take a look at the person and find out what he has got. He is uncomfortable in some portion of his body where the missing element hit. In this case, it is ascorbic acid which was missing and it hits the teeth and all of a sudden he has the first symptoms of scurvy. Scurvy shows up rather rapidly. So now without giving him any proteins, vitamins and minerals, just feed him ascorbic acid, and he will get the somatic that the ascorbic acid should have been erasing and wasn't. It happens to be the somatic of jaw and tooth tiredness. The scurvy will go away, but the jaw and tooth tiredness will turn on to an agonizing degree.

Randomity takes place. It makes for an insufficiency. If there are enough proteins, vitamins and minerals in the system, the randomity is cut down because repair can keep taking place. There are lots of spare materials. But if that repair can't be made, it lies there with the signal "repair when materials available." And if you give a person a lot of proteins, vitamins and minerals in a balanced ration, he will start repairing these past areas.

But if you just take a person who is in fairly good health and you give him proteins, vitamins and minerals, then take one amino acid out of the protein and feed him an overdose and keep him on it for a couple of days, he might or might not show up some little minor illness. Then if you feed him an overdose of this one amino acid all by itself, he will get the somatic that this thing had to repair in the past.

In other words, it is postulated, with the few tests that have been made, that it is possible to take proteins, vitamins and minerals and find out where each one of them belongs in the field of somatics, so that an auditor could say, "This fellow has a bad somatic in this ear area. What is it that refers to that somatic alone? What is still waiting? What is the body waiting for an overdose of in order to repair that somatic?"

So, what has opened up here is the possibility of combining auditing with a selective nutritional dosage, which would be a very interesting manifestation in the field of psychosomatic medicine.

If we have some time, maybe we can just take this research program and see that it carries out all the way along the line. When we finish up we may have something that will be very valuable in the eyes of medicine and druggists. It would be the first accurate chart of any kind of where and to what specific parts of the body do the component parts of proteins, vitamins, minerals and carbohydrates specifically apply? You could trace it down by the somatics the person can feel.

Now, the preclear is not being prescribed for, but it is his if he wants it. And what you want to give is nothing but the B dose. The B dose will be two pills: a vitamin-mineral pill and a B complex-C pill which is a balanced ration, along with one and two-thirds grams of total hydrolysate—25 grains. A level tablespoon is 5 grams, so you want a third of a tablespoon of total hydrolysate.

You have to be very careful that the vitamins used are heavily beefed up on ascorbic acid and niacin; you have to have ascorbic acid and niacin to make the rest of the stuff go in. Furthermore, the dosage needs to be heavy on calcium; without that you could give it to someone till it ate up his teeth.

Now, this is not Guk; Guk was something else entirely. It was glutamic acid and vitamin B_e mostly, and that was very nasty stuff.

If you get in somebody who is as psychotic as they come and he isn't eating, you won't be able to process him unless you start handing him this stuff. But if you start handing him this stuff very heavily, you can expect some extremely interesting manifestations from the standpoint of somatics. If there is anything wrong with the person at all that is obvious and very powerfully wrong with him, he is going to get in a heck of a mess right away if you give him too heavy a dosage.

You can give a person too high a dosage. You can feed this to someone who is psychotic, and the body is so starved for it that it will start straightening out these randomities at a very fast rate, because it starts rebuilding, and you will turn on the most screaming somatics here and there, now and then, with some precleans. You can just turn on screamers which would have an awful effect on him—knock him right on down the tone scale.

He is psychotic because he is sitting in the middle of an engram, usually in somebody else's valence. All of a sudden you beef him up till he can take his own valence in spite of the pain, so he starts to do so and the pain turns on.

So, the standard dosage would be the B dose and you could feed that to a preclear at the beginning of a session and give it to him in an hour and a half and then again in another hour and a half, and he would come through it all right. I wouldn't even worry about giving him maintenance doses, things to take home with him or anything. Just give it to him during the session. This stuff is powerful.

Glutamic acid was only one portion of it and it didn't quite furnish the booster that the rest of this stuff does. I was amazed to see in one amino acid package that they have a dosage laid out of one teaspoonful three times a day and they don't say anything about vitamins and minerals. They are just asking for it. Nobody could possibly have tested this stuff—or maybe that hydrolysate is so full of glue that it just doesn't go into solution in the body and so isn't effective. Not knowing Dianetics and not having a fast way to burn it up in the system or observe it, they could make mistakes like this. But we are dealing with things more or less correctly which are unfortunately being poorly used elsewhere.

Now, I wouldn't want anyone to go around just slugging himself up on it. You will excuse me if I mention that, because it is quite a temptation to experiment on oneself. If you slug yourself up on it and do Self Analysis you can process yourself right straight into the dead center of an engram, with a lot of somatics. But a little bit of it isn't bad. I am just adding a word of caution here borne out of my own experience.

One other thing is that what you should do with this stuff is use it with auditing. Your dosage should accompany auditing. The dosage should not be handed out without auditing.

All of those vitamins and everything else, except a little of the A and D in that package, are water soluble and they go into solution in a hurry.