

## English Translation of Report from Hospital 103

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### EVALUATION OF THE EFFECTIVENESS OF NON-SPECIFIC DETOXIFICATION METHODS ON PEOPLE EXPOSED TO AGENT ORANGE/DIOXIN AT HOSPITAL 103

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#### ABSTRACT

**Objective:** To evaluate the results of a non-specific detoxification method (the Hubbard detoxification method) used for individuals exposed to Agent Orange/dioxin in order to eliminate these toxins from the body.

**Subjects and Methods:** 34 individuals (23 men, 11 women) living around Da Nang Airport—a site where Agent Orange/dioxin was stored during the Vietnam War and still contaminates the soil—were selected. Previous studies had shown that these individuals had 2,3,7,8-TCDD (2,3,7,8-tetrachlorodibenzo-p-dioxin) in their blood. Blood samples were collected and analyzed for dioxin and other substances before and after undergoing the non-specific detoxification program based on Hubbard's principles. Dioxin analysis was conducted at the Eurofins Laboratory (Germany) using high-resolution gas chromatography-mass spectrometry (GC/HR-MS).

**Results:** Prior to treatment, the average dioxin level in the blood of the exposed group was  $50.47 \pm 130.74$  pg/g lipid; after treatment, it decreased to  $39.29 \pm 99.93$  pg/g, with a statistical significance of  $p < 0.05$ . The concentrations of 2,3,7,8-TCDD and TEQ (Toxic Equivalents) showed a significant reduction post-treatment.

**Conclusion:** The non-specific detoxification program based on Hubbard's principles may help eliminate dioxin from the bodies of those exposed.

**Keywords:** Agent Orange/dioxin; Non-specific detoxification.

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#### SITUATION OVERVIEW

From 1961 to 1971, the U.S. military sprayed approximately 80 million liters of herbicides over southern Vietnam, including 48.6 million liters of Agent Orange—a mixture of equal parts 2,4-dichlorophenoxyacetic acid and 2,4,5-trichlorophenoxyacetic acid, containing very high levels of dioxin/TCDD.

There is currently no specific treatment for individuals contaminated with Agent Orange/dioxin (AO/D). Existing treatments focus on limiting and repairing the damage caused by dioxin, including therapies to prevent wasting, reduce oxidative stress, improve immunity, and protect the liver using naturenz, multi-peptides, vitamins, and physical therapies. These are all non-specific therapies intended to improve overall health. However, there has not been a study that included dioxin analysis before, during, and after a detoxification program.

The non-specific detoxification method based on the principles of L. Ron Hubbard is designed to mobilize and enhance the elimination of toxic substances stored in fat tissue, reducing residual levels in the body. This method has been shown to eliminate other residues stored in adipose tissue and has been used effectively in various places around the world. Our study aims to evaluate the effectiveness of the Hubbard-based detoxification method in eliminating toxins from the bodies of those exposed to Agent Orange/dioxin.

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## SUBJECTS AND METHODS

- A total of 34 individuals (23 men, 11 women) living around Da Nang Airport underwent the Hubbard-based non-specific detoxification protocol between September and November 2012, conducted at Hospital 103.
- **Detoxification protocol included:**
  - **Exercise:** Jogging to improve circulation, especially peripheral blood flow.
  - **Sauna with supplementation:** Daily sauna sessions combined with specific vitamin and supplement intake, particularly olive oil and vitamin B3 (niacin).
  - **Nutrition:** Regular meals rich in green vegetables, including sufficient vitamins, minerals, oils, and water to compensate for sweat loss.

Participants were required to adhere to the schedule and ensure adequate sleep. The detox program lasted from 2 to 3 weeks depending on when each individual reached the “End Phenomenon” (as defined by the program).

Exercise is crucial to the detox process, enhancing circulation and mobilizing residual toxins from tissues into the bloodstream. Without exercise, detox effectiveness is limited. Olive oil and vitamins help loosen and mobilize dioxin from organs—especially fat tissue—into the bloodstream for elimination. Niacin boosts cholesterol elimination, enabling fat-soluble toxins like dioxin to be expelled through bile and feces.

- 40ml of blood was collected before and after detox and sent to the Eurofins Laboratory (Germany) for high-resolution GC/HR-MS dioxin analysis.
  - Hematological and biochemical tests were conducted at Hospital 103.
  - Data was analyzed using medical statistical software (Wilcoxon signed-rank test and t-test, SPSS16).
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## RESEARCH RESULTS AND DISCUSSION

**Table 1. Age and Gender Distribution**

<b>Gender Male (n = 23) Female (n = 11) Total (n = 34)</b>			
< 35	4	1	5
35–49	12	4	16
50–65	7	6	13
<b>Total</b>	<b>23</b>	<b>11</b>	<b>34</b>

The 50–65 age group had the highest exposure rate (39%) due to long-term residence in dioxin-contaminated areas. The 35–49 group accounted for 35%, and those under 35 made up only 14%.

**Table 2. Dioxin and TEQ Levels Before and After Detoxification**

<b>Group (n = 34)</b>	<b>Before Treatment</b>	<b>After Treatment</b>	<b>P-value</b>
2,3,7,8-TCDD	30.56 ± 95.08 (0.7–503.3)	19.67 ± 79.32 (0.4–406.5)	p < 0.05
Total TEQ	50.47 ± 130.74 (5.9–639.9)	39.29 ± 99.93 (3.8–487.3)	p < 0.05

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## CONCLUSION

The study shows that the non-specific detoxification method based on Hubbard's principles can eliminate Agent Orange/dioxin from the bodies of exposed individuals. After the detox program, both dioxin and TEQ concentrations in the blood significantly decreased. Therefore, this method could be considered a supplementary treatment for those affected by Agent Orange/dioxin exposure.

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