

Complete Guide to Urine Therapy

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Urine consists of 95% of water, 2.5% of urea and the remaining 2.5% is a mixture of minerals, salts, hormones and enzymes. Only urea, the substance after which urine is named, can be poisonous when present in the blood. However, this is irrelevant in the practice of drinking urine, as urine is not immediately put back in the bloodstream. In small amounts urea gets back into the body, it is purifying, and clears up excess mucus. Urine is entirely sterile after secretion and has an antiseptic effect.

One of the liver's most important functions is detoxification of the blood. The liver removes poisonous substances from the blood and either stores them or secretes them into the gall bladder. In the latter case, the poisonous substances end up as bile in the intestinal canal. They then leave the body in the form of defecation. After the blood is detoxified by the liver, it flows to the kidneys.

The kidney's most important function consists of balancing out all elements in the blood. They remove all superfluous vital substances from the blood, and filter out a surplus of water. This water and the vital substances consequently form urine. In order to save energy and bring the blood into balance, the kidneys remove unused enzymes from the blood. The same goes for hormones, minerals and other substances. It is clear that urine is full of vital elements, which can hardly be called waste products.

Human urine has strengthening and curative characteristics concerning many deficiencies. A mixture of potato and sulphur powder, mixed with heated, old urine helps against hair loss. One should rub this mixture into the scalp; this slows down loss of hair. All kinds of throat inflammation can be helped by gargling with urine to which a bit of saffron has been added. Trembling hands and knees can be helped by washing, and rubbing one's own warm urine into the skin directly after one has urinated. An universal and excellent remedy for all distempers inward and outward. Drink your own water in the morning nine days together and it cures the scurvy, makes the body lightsome and cheerful. It is good against the dropsy and Jaundice, drunk as before. Wash your ears with it warm and it is good against deafness noises and most other ailments in the ears. Wash your eyes with your own water and it cures sore eyes and clears and strengthens the sight. Wash and rub your hands with it, and it takes away numbness, chaps and sores and makes the joints limber. Wash any green wound with it and it is an extraordinary good thing. Wash any part that itches and it takes the itch away. Wash the fundament and it is good against piles and other sores. More than any other method, urine therapy represents the principles of natural medicine. One's own urine is a specific medicine for anyone who is ill. It is made for him or her personally and is just right for what he or she needs at the present moment, because it changes its composition all the time. It is not only something that cures, but it also sustains health when taken as a preventative. Taken energetically, one could consider urine to be an exact hologram of both healthy as well as diseased body fluids. All information from the body fluids is collected and stored in the urine. One's own urine is the best medicine for the kidneys that we could imagine. It is clear for any holistic health practitioner that all cycles within the body are interconnected, and this means that the healing of one of those cycles will have a positive effect on the others. Urine was often used at the front, for lack of other medication and as a disinfectant for surgery instruments. A Russian doctor treated many people from far and wide, and was able to alleviate or completely cure illnesses with nothing else than urine therapy, while other methods up until then had failed.

Drinking urine is a good alternative wherever water is scarce. It not only satisfies the need for liquid, but also actually keeps the body healthy. Some time ago there was an earthquake in Egypt. A survivor was pulled out of the rubble in Cairo after being trapped for three days. The man had kept himself alive by, among other things, drinking his own urine and he was in excellent condition. I heard another story about a man who kept himself alive with his own urine for a week in a collapsed mine. At the time of his rescue, he looked fine and was in extraordinary health. I also recently read an article about an Italian athlete who was lost in the Sahara for ten days. Upon returning to the civilised world, he told how he had drunk his own urine for lack of other liquids. He had kept himself alive by eating desert plants and insects and drinking his own urine. Shipwrecked people can drink their own urine to survive, although one should not wait until the body is almost dehydrated before doing so. Drinking urine is also a smart way to survive in situations in which water is unsafe to drink. During earthquakes

and floods, water is often infected with pathogens, while urine is always scenic. Drinking polluted water can cause serious, often fatal, illnesses. Urine is a perfect alternative: if drunk fresh, it quenches thirst without presenting any danger and is always available - any time anywhere. Moreover, it will help combat possible diseases. Soldiers have survived long periods in the wilderness by drinking their own urine, and soldiers in the Foreign Legion are sometimes instructed to rub their own urine into their skin in order to build up resistance to illness. Soldiers sometimes also urinate into their shoes before starting on a march, as urine apparently helps prevent blisters. The method of using urine for (new) shoes was often applied in the past and today I sometimes meet people who know how to get their shoes fitting by using this versatile fluid. It is generally not recommended to combine urine therapy with the use of (prescribed) chemical allopathic medicines or recreational drugs. The combination may be dangerous to your health. If you are taking any form of allopathic medicine, begin with the external application (urine massage) until you are free of all medication, if possible.

Urine therapy consists of two parts: internal application (drinking urine) and external application (massaging with urine). Both aspects complement each other and are important for optimal results. The basic principle of urine therapy is therefore quite simple: you drink and massage yourself with urine. Even so, there are a number of different ways to apply urine therapy. After your initial experiences, you will be able to determine. Throughout the civilized world, blood and blood products are used in the medical world without evoking the repugnance associated with urine. We often use prepacked cells, plasma, white blood cells and countless other blood components. Urine is nothing other than a blood product. We see babies being breast-fed and we are not filled with repugnance. We drink cow's milk and eat cheese from cows, goats and other animals without a second thought. We eat dairy products in the form of blue cheese (moulded) or as sour drinks such as yogurt and buttermilk, not to mention all the other bizarre things which are considered to be delicacies. If it is not the color (and it is not, because we drink wine, beer and fruit juice of the same color); and if it is not the smell (and it is not, because we consume considerable amounts of cheese which smell much worse) and if it is not the temperature, then perhaps it is the taste. How many people do you know who have drunk enough urine to really know what it tastes like? Probably not too many. Those who regularly drink their own urine say it. But taking urine into your mouth might be too big a step to begin with. Rubbing a drop into the skin and first smelling your own urine can help you to overcome part of the barrier. Really, it often does not smell bad at all. Many people even like its sometimes sweet odor. More extensive massaging of urine into your skin is also a good way to become accustomed to your life water. How can you overcome feelings of aversion to drinking your own golden elixir? Start by drinking a drop then a sip each day and slowly build up to a full glass of urine. This is the most comfortable way to allow your body, mind and soul to become accustomed to this therapy.

Another method, which I myself used, is to begin by fasting for a few days. The urine is then so watery that after the second glass you will notice only a slightly salty taste, which makes it much easier to let go of the idea that urine is dirty or at least tastes dirty. If you still cannot bring yourself to drink your own urine pure, mix a dash of it into a glass of fruit juice or mix it with water and honey. Then try to switch over from the dilution to drinking urine pure. Collect the middle stream of the first morning urine. The small amounts at the beginning and ending of urination do not have to be collected. The first part rinses the urinary passage clean, so the urine will be as sterile as possible. The last part sometimes contains sediment and is of little value. Only your own, fresh urine should be used. You are comfortable with. This may vary from one to several glasses per day. If you drink your urine not only in the morning but later in the day as well, the urine from approximately one hour after eating is usually the best. Do not eat up to thirty minutes after drinking your urine. After a meal wait for at least an hour before drinking any urine. A higher level of hormonal discharge takes place at night when the body completely relaxes and restores itself. Morning urine is therefore the most rich in vital substances. No extra diet restrictions apply if you drink one glass of morning urine per day, but a diet low in salt and (especially animal) protein is preferable and it will ensure that your urine tastes and smells milder. However, if you drink urine several times a day, a diet low in protein and salt is essential. A lot of fresh fruit and vegetables are recommended.

Before a fast: Two days before the fast, decrease the intake of protein-rich and heavy foods, especially fried and fatty foods. Fruit and raw vegetables are easily digestible and ensure that the intestines clean themselves so the actual fast can easily begin. In this period, start drinking greater amounts of urine.

Actual fast: In this period, exclusively drink water and urine. It is best if you do not work during the fast. Although some exertion is possible, rest and relaxation are important in order for the purifying process to take place undisturbed. In the beginning, stay with drinking the middle stream. Alternated with urine, pure, clean water can be drunk. Once the fast has been in progress for some time, all the urine can be drunk. In this period, you will

urinate quite easily (urinating every fifteen minutes is not unusual). A complete body massage every day with old, heated urine is highly recommended. Urine massage is good for blood circulation, and massaging with old urine also ensures that you do not have heart palpitations during the fast. Furthermore it serves as a way of feeding the body through the skin, immediately into the muscle and lymph tissue. During fasts, urine enemas are highly recommended. Many illnesses begin in the intestines and it is very important to get rid of toxic waste products stored in them and to keep them clean.

After a fast: This period is necessary in order to slowly and carefully return to a normal and natural eating pattern. You should take at least one week to gradually and carefully readjust your eating habits. The best way to end a fast is to stop drinking urine and water at the end of the afternoon. After one hour, drink a glass of orange juice, lemon juice with water, grape juice or apple juice. The next day, drink another glass of fruit juice during lunch. From this time on, start eating juicy fruits. The following day, eat vegetable broth, steamed vegetables and rice. This is a good way to return to your old pattern of eating, excluding the unhealthy habits.

If fasting exclusively on water and urine is too great of a strain, consume one light meal per day. This fast proceeds according to the same basic rules as a complete fast, except for a few differences:

- 1) Eat a light meal consisting of wholemeal bread, brown rice with steamed vegetables, raw vegetables or fruit preferably at the end of the afternoon. Chew the food well.
- 2) Refrain from eating or drinking (including urine or water) one hour before and after the meal.

During a chronic illness, the body often has a high level of toxicity, which means that poisonous substances can be found in the tissues. Administering an enema is a good way to remove poisonous substances from the body, and especially from the intestines. Furthermore, a number of substances found in urine are better absorbed by the body in this way than by oral ingestion.

Urine should be kept in the mouth for twenty to thirty minutes or, when that seems too much, as long as possible. Gargling with urine is an effective way to fight gum problems or other mouth and tongue disorders. In addition, toothaches disappear quickly and teeth stay healthy. It can help heal apts quite fast. After gargling, spit the urine out again.

Painful, burning and tired eyes can be relieved by applying a few drops of fresh or boiled urine to the eyes. Eye cups with urine are also quite useful. It is sometimes wise to dilute the urine used for eyedrops with a bit of water. Eyedrops are very helpful in cases of conjunctivitis. Irritation due to the wearing of contact lenses can disappear or be relieved by this treatment. Regular eye treatments with urine therapy may improve eyesight. You can use four-day old urine for earaches or ear infections, as old urine enhances the effect of this method, but fresh urine will do as well. Put some drops in the ears and close them with some cotton wool dipped in oil. Salt water or urine is sniffed in the nose from a small bowl. Sniffing urine is the most effective treatment for a stuffed nose, other sinus disorders such as sinusitis, and problems with the uppermost part of the respiratory canal. This method also affects the eyes positively. If pure urine is too strong, dilute it with water. A 1/1.00.00 solution of urine should be placed under the tongue. Begin with two drops a day and increase this amount to ten drops a day. It is best to keep urine in a dark brown glass bottle which can be closed with a cork or some cotton wool, or glass pot with the top or lid placed on top of it (rather than screwed on). In this way the bottle or pot is closed while allowing air in, which is necessary for the fermentation process. When I go on vacation, I always keep a bottle of old urine on hand as a first aid remedy for wounds. It works excellently. Simultaneous compresses on the anus and abdomen are very effective in the treatment of hemorrhoid. A mixture of clay and urine applied directly to the skin, can be used in the treatment of skin diseases.

For those who value smooth, flawless skin and a healthy appearance massaging fresh urine daily into the skin in the morning or in the evening is recommended. This is the secret of many a sex symbol and beauty queen. You can use this method during your morning shower. It is also extremely effective as an aftershave lotion. If you can smell the urine after using it as an after shave use a (natural) perfumed body or skin lotion. I rub fresh urine thoroughly into my skin in the morning before I take a shower and pay extra attention to my face and hair. Skin becomes soft and smooth, and hair lustrous and clean. A foot bath is good for the circulation and can also affect the entire body, as reflex zones are situated under the foot. Both heated, old and warm, fresh urine are suitable for these purposes. If you plan to take a foot or hip bath, collect your urine over the course of one day so that you

have enough to fill a washtub half-way. You can dilute the urine with water to increase the amount of liquid in the wash-tub.

This is an excellent remedy for dandruff, lifeless hair and even baldness and hair loss. Massage urine briskly into the scalp, allow it to be absorbed for thirty minutes to an hour, and then wash it out with lukewarm water (do not use soap or shampoo). Hair becomes clean and lustrous. If you do not rinse out the urine, the effect is even more powerful. You can use both fresh and old urine for this. Your hair will, however, become more beautiful and vital. Those who apply urine therapy often do not turn grey but retain their original hair colour at a later age. If intensively applied, hair might grow again on bald spots.

While practicing the more intensive form of urine therapy follow a diet low in protein and salt. Avoid refined pre-processed and synthetic foods such as sugar, white flour, and canned foods. Herbs (also in herbal tea) might cause the urine to taste sharp and bitter making it more difficult to drink. Some urine therapists advise against drinking milk, primarily because dairy products are processed and contain unnatural additives, and because milk produces a great deal of mucus in the body. In general, it is advisable to decrease the intake of acid-producing foods and to increase the intake of alkaline-promoting foods. Reduce the use of alcohol, tobacco and caffeine to an absolute minimum. Urine therapy is most beneficial if your diet contains no alcohol, tobacco products, coffee, junk foods & meat.

Rub the infected areas with urine. Let the urine soak in for one to two hours and then rinse with water. If this method is not effective, place compresses on the areas. Never squeeze or puncture pustules or blisters. They usually disappear with correct treatment after three to seven days.

Vomiting particularly occurs when urine tastes and smells very strong and unpleasant, such as is the case with fever, jaundice and a number of other diseases. In some cases drinking urine can be extremely unpleasant. However, if you drink as much urine as possible, the urine will quickly become thinner and taste more pleasant. Vomiting is good in so far as it cleans the stomach, so there is no cause for worry. After vomiting, you will be less tense and feel better. If vomiting continues even after the stomach is empty, call in professional help. After vomiting out urine, rest and consume only some light liquids, such as water with lemon juice. Once well-rested, continue with urine therapy.

Fever is actually the most thorough way for the body to discard unwanted substances. Reduce the amount of urine to be ingested, depending on how high the fever is, and get a lot of rest. If necessary, temporarily cease urine therapy until the fever has come down.

During a cleansing process the body sometimes removes excess mucus from the lungs and bronchial tubes. If a great deal of mucus is released, reduce the amount of urine to be ingested or stop temporarily. Start inhaling urine through the nose, as this clears the upper part of the bronchial tubes. Avoid milk and dairy products, as well as all mucus-producing nutrients such as fat and carbohydrates. This can occur as a result of the extra energy the body must exert in order to excrete the surplus of poisonous substances. Pregnant women can practise urine therapy with the following restrictions. The first morning urine should NOT be ingested. After drinking water, tea or milk, you may drink the second or third flow. The urine should be light in colour, not too sharp or bitter and not too concentrated. Women can drink their urine during their menstruation period. Many women experience this as unpleasant, in which case it is better to stop for a few days. It is always best to consider what feels good for yourself.

It is advisable to monitor and balance your pH, i.e. the acid/alkaline condition of your body, especially with intensive application of urine therapy & fasting. Your urine pH should ideally vary from approximately 5 (more acid) to 8 (more alkaline) during the course of a day. When there is a tendency to either overacidity (acidosis) or overalkalinity (alkalosis), your body is not functioning correctly.

Everything you eat and drink has an effect on your body and consequently on your urine. The healthier your dietary habits are, the better your urine will taste. Urine therapy in itself does not perform miracles. Unless you provide your body with the essential nutrients, it will not possess the raw materials needed to maintain good health. If you eat healthily and consciously, your urine will contain many essential nutrients which can be reused. Even so, the body may have a deficiency of certain nutrients if they are not supplemented by a complete range of foods. In the long run, this may result in illnesses and ailments. The human body is not made to digest and absorb

the many harmful additives to which we are now-a-days exposed. Chemical products and radiation added to food products have been proven to be harmful. The recommended range of foods consists of fresh vegetables and fruit, whole grains, seeds, nuts, bean, natural sweeteners such as honey, and a limited use of dairy products.

It is advisable to follow a vegetarian diet during intensive application of urine therapy. This means that it is best for you to refrain from eating all meat and dairy products, or at least reduce this to a minimum, especially if you practise the therapy for an extended period of time. This also applies if you are fasting or if you drink several glasses of urine per day. If you continue to eat meat, you probably have a high concentration of nitrogen wastes, uric acids and other acidic substances in your urine, which are not helpful when re-ingested in these large amounts. A surplus of these substances in the blood can lead to an abnormally high degree of acidity. The body consequently acidifies, creating a breeding ground for illnesses. The above mentioned substances in high concentrations cause the urine to taste extremely unpleasant. If you wish to keep eating meat, the best meat products are fish and fowl, free of hormones. Avoid foods containing refined flour products, white sugar and white rice. These nutrients also acidify the blood and body. Avoid processed & radiated foods, and foods which contain colorings or flavorings.

Unfortunately, it is not easy to come by good, clean water. Tap water is full of harmful substances, such as fluoride, chlorine and aluminium. It is advisable, especially for drinking & to use purified water from bottles or containers. You can also purchase a good water filter. It is more difficult to come by fresh air. You can, however, go to a wooded area or the beach for the exercise you need. Exercise (in moderation) is important. It increases the heartbeat, stimulates the circulation and strengthens the muscles. It also deacidifies the blood. Most importantly, it should form a part of your daily routine, and preferably a pleasurable part.

The idea that urine is a poisonous waste product is not based upon fact. It has been scientifically proven that, besides water, urine consists mainly of minerals, hormones and enzymes which are not harmful to the body. The body can reuse many of these substances. Urine is simply a healthy liquid which is filtered out of the bloodstream. What at one moment was part of the blood can be found in urine a split second later. Certain substances are then filtered by the kidneys and secreted as raw materials, which can be directly absorbed by the body upon renewed intake by way of drinking or massaging. The kidneys filter hundreds of litres of blood per day (approximately 1700 liters). The greatest part of the filtered urine, the so-called 'pre-urine', is directly reabsorbed into the blood. Excess substances and the end products of nitrogen and protein metabolism together with water form the one to two litres of excreted urine. The kidneys are not intended to remove poisonous substances from the body - the liver, intestines, skin and exhalation take care of this. Obviously, the food you consume finds its way into the blood, and therefore into the urine, which is why it is important to follow a healthy diet.

Urine is a sort of information card which registers the condition of the blood. When that information is carried back to the body, the body can consequently react according to this feedback; it will normally do this in an appropriate and precise way. The body is an extremely advanced and intelligent system.

The intestines do not absorb all the substances we consume and they are able to make a selection. To a certain extent, they select what is useful to the body and excrete the rest through defecation. Certain substances are converted by the bacteria in the intestines into other substances which the body can use or absorb better in that form. You might ask if urea will not cause any poisoning symptoms when taken in again. Although urea is poisonous when present in very large amounts in the blood, only relatively small amounts of urea are ingested when you drink urine. This does not end up directly in the blood, but rather in the intestines, and primarily has a purifying, cleansing effect. The bulk of it does not show up as urea in the blood, but is converted into the highly useful substance glutamine.

It is indisputable that the urine from ninety percent of the population is almost entirely free of all bacteria (sterile). Doctors and pathologists confirm this. This is simply because urine does not come into contact with anything until it is excreted, and furthermore contains substances which kill bacteria. In the other ten percent, micro-organisms can be found, which can be caused by a latent illness or infection of the kidneys or urinary passages. Drinking urine which contains a certain amount of micro-organisms can nevertheless be considered harmless. We constantly eat, drink and inhale bacteria. A large number of bacteria permanently exist in our body, and they generally do not make us sick. Externally applied, urine is an excellent antiseptic remedy. Fresh urine is sterile & therefore excellent for cleaning wounds. Old urine contains ammonia & other substances which ensure that the infection & decay are combated.

Nature works in cycles, allowing matter to re-turn to its original substance and be reused for construction. Many substances still floating through the blood in compounded form are filtered by the kidneys and return to their original substances. In this way they can easily be re-absorbed by the body. Once again, I refer to the example of a tree which lives off its fallen leaves. Nature possesses an infal-lible capacity for recycling, of which urine therapy is a remarkable, but sadly forgotten. I would again like to point out that we have all experienced this urine cycle as a fetus in the womb. For almost nine month, we drank our own urine in the form of amniotic fluid. This liquid was an important contribution to the development of our bodies. Drinking urine is certainly not strange. It is the foundation of our existence.

Rational thinking has completely suppressed many natural human instincts. For example, all animals void eating if they are sick. Many illnesses can be quickly cured in this way, since digesting food requires a great deal of energy. By not eating, we can direct much more energy towards the recovery process. Human beings, however, often continue eating when they are sick. On top of that, the patient is often advised to eat especially well, even if he or she is absolutely not hungry.

Urine therapy and healthy dietary habits go together. As already mentioned, no substance which has not earlier been consumed will appear in the urine. A change in dietary habits as part of urine therapy undoubtedly plays an important role in a possible healing process. Exclusively change your dietary habits. Urine therapy also has an extraordinarily positive effect if you fast exclusively on water and urine, in which case you completely refrain from eating. The same results are achieved with a urine and water fast in one week as with a juice or water fast in two to three weeks. The fact remains: the substances you eat, drink or otherwise ingest are important, especially regarding long-term health. Applying urine therapy while maintaining unhealthy dietary habits is like lighting a candle to the sun.

The taste of urine partly depends on what you have eaten and drunk the previous day. If you eat a great deal of animal proteins, use a lot of spices or drink strong herbal tea, your urine will probably have a strong taste. Also, when your body is out of balance, i.e. if you are sick, urine often tastes stronger than normal. While applying urine therapy it is wise to reduce the intake of especially animal proteins and strong herbs and spices. If you wish to gradually become accustomed to the taste, mix urine with water or fruit juice or mix a spoonful of honey into the urine. The remedy, urine, is not lucrative. Urine is free and always available for those who need it. In a world which money talks, urine therapy can appear be threatening to those who earn their living by manufacturing or prescribing medicine. In short, urine therapy does not fit in the current economic picture of scarcity. Many people believe we are healthier nowadays thanks to advances in medical science. This is partly true. The flip side of the coin is that we have had to give up a great deal of freedom and independence. The enormous efforts of medical science are partly based upon the failure to really cure illnesses. Fighti-ng symptoms is considered to be crucial, but this does not take care of the cause. Urine therapy, being a real nature cure, not only reduces the symp-tom, but also deals with the cause of the illness. When you are convinced it works for you, the reluctance to talk about it will gradually subside, and maybe even disappear. Per-haps you will start to enjoy talking about it, as I do. You can be sure that you will be surrounded by plenty of laughter, which in fact can be rather pleasant. The odor of urine is much less repulsive than most people think since most associate urine with public toilets. Actually, it often smells rather pleasant when applied fresh on the skin. I myself regularly use pure urine as aftershave and hair lotion.

The majority of useful, vital substances is found in the morning urine. This is because at night, while you sleep, your body is totally relaxed. This deep relaxation gives the body the chance to carry out its recovery activities. The decomposition products partly end up in the urine and can be re-absorbed and used for new build-up processes. This process of filtering by the kidneys returns the so-called raw decomposition products to their original substances, which can subsequently be absorbed and re-used by the body. Certain hormones are also released during sleep, a number of which are intended to bring about the above mentioned deep relaxation. Reabsorbing these hormones ensures that we are more rested during the waking hours. It saves the body energy because it does not have to manufacture these hormones again. Ingestion of the morning urine, which is full of hormones, regulates the entire hormonal process. These hormones have the particular function of maintaining hormonal balance.

In theory, it is best to use exclusively your own urine, especially if internally applied. However, if you are in a state of shock and cannot urinate, the urine from somebody else can safely be adminis-tered. If possible, use the urine from somebody of the same sex. Different hormones can be found in the urine from a male than in that of a

female. For certain illnesses, it seems to be beneficial to ingest the urine from children. The urine from a child is often very pure, especially if the child follows a healthy diet. In some cases, the urine from a child can also be used in the external massage application for the seriously ill who cannot produce enough of their own urine.

Urine from different people usually does not differ much in its ingredients, which is why the urine from one person will also to some extent work for somebody else. However, your own urine contains personal, characteristic substances and provides the particular information the body needs in order to carry out the healing process as effectively as possible.

In general, it is no problem to combine urine therapy with any other form of natural treatment. This also applies to the use of nutritional supplements as long as they are natural. One should refrain from any chemically manufactured supplements. Experience has shown that the use of vitamin supplements in combination with the practise of urine therapy can considerably cut down the amount of supplements you need to take, because of the recycling effect. Many substances, such as vitamins and enzymes, act as carriers for other. Urine therapy can also be seen as a form of self-vaccination: certain bodily substances which have been removed from the body, some of which may have been produced as a result of illness, are rein-troduced into the body in small amounts. These substances are reabsorbed into the blood through either the intestines or the skin. According to this hypothesis, the immune system is then given the chance to react appropriately.

In the early nineteenth century, Dr. Charles Duncan conducted research into therapies with self-produced substances, including urine therapy. He demonstrated that patients suffering from gonorrhoeic urethritis (infection of the urinary tube as a result of the venereal disease gonorrhoea) produce their own medication in the form of their own discharge. Auto-therapy was applied here by placing a drop of a patient's discharge directly on the tongue, in order to stimulate the body's natural powers. This method had a strong healing effect at every stage of the illness: if applied at an early stage, it could cause the gonorrhoea to disappear. Auto-therapy is based on the principle that the body can use all fresh, self-produced, unaltered dis-eased tissue substances which originate from the micro-organisms causing the illness. Seen in this light, patients have their own medication in exactly the form constructed by nature to heal their condition.

Ten effects of Urine Therapy: Reabsorption and reuse of nutrients, Reabsorption of hormones, Reabsorption of enzymes, Reabsorption of urea, Immunological effect, Bactericidal and virucidal effect, Salt therapy, Diuretic effect, Transmutation theory, Psychological effect.

The filtering process in kidneys should break down this tissue to its original materials, after which it can be reused by the body to build in new tissue. Reabsorption can be a means for the body to generally conserve energy: reingestion of hormones gives the body the chance to reuse at least a number of these, so that it is not necessary to expend energy on manufacturing new hormones. Hormones are actually extremely powerful molecules, the production of which requires a great deal of energy. Once produced, they are able to cause a complete alteration in the balance of bodily processes, the personality, the emotions and the state, of mind, even if only a few molecules are released. So even the slightest re-absorption of hormones may well have a powerful effect on our state of health and level of energy.

I have already referred to research on the effects of melatonin, a hormone found in urine which possibly has a calming effect. Melatonin also has a powerful anti-cancer effect. Some people recommend to use the first urine after sexual intercourse. During the process of sexual stimulation certain hormones are released in the higher endocrinal glands which have a regenerating effect on the body for men as well as women.

On research conducted on the enzyme Urokinase, positive results can be expected from the effects of enzymes in urine as a total entity. Urokinase causes vasodilation and resembles nitroglycerine in its ability to strengthen the bloodstream from the coronary artery to the cardiac muscle. Urokinase is extracted from urine and brought on the market as medicine on a large scale.

Besides water, urea is the main component of urine and is a decomposition product of converted proteins. A person excretes approximately an average of 25 to 30 grams of urea per day. We come in contact with urea at an early age, as a fetus in the womb. The level of urea in amniotic fluid, which consists for the most part of urine from the fetus doubles in the last two months of pregnancy. Before we are born, we drink well over half a litre per day

of this liquid. The fetus also breathes it in; this is essential for proper development of the lungs. Scars disappear after an operation on a foetus in the womb due to the healing capacities of the urea in the amniotic fluid.

Bacteria are not yet active in the intestinal canal. Once we are born, the intestinal flora start to work, which have a special role in the conversion of urea. Scientists estimate that 25% of the urea in an adult finds its way into the intestines, where it is decomposed into ammonia by intestinal bacteria. The body reuses a certain part of urea; the extra supply created by applying urine therapy increases the glutamine level in the body. This consequently strengthens the immune system and specialised organs, and at the same time heals damages to the digestive tract. Urea has the capacity to moisten the skin and regulate its condition one of the reasons why it is processed in many skin creams. Some pharmaceutical companies use horse urine for the production of urea and they actually have lots of horses in their factory.

Early urine is not toxic, although some toxic substances might be present in urine in small amounts, especially if one is ill. This small amount of toxic substances possibly contributes to the effectiveness of urine therapy. If toxic substances enter the body, body's defence mechanisms are called into action (the immune system). If substances which leave the body via the urine are the same as those involved in the illness process, they can stimulate the defence system to attack and in this way fight the illness. This might explain why urine therapy has proven so helpful in treating allergies. The practise of drinking and massaging with urine allows antibodies greater access to the body, which stimulates the immune system. Applying urine to a fresh cut or scrape prevents infection and keeps flies away (important in countries with a warm climate). Urine compresses from fresh or old urine help to combat infections and often cause them to disappear. Although urine does not entirely prevent the growth of bacteria in the urethra (infections often arise), it clearly has a powerful antiseptic effect when externally applied.

Salt solutions remove old mucus embedded in the mucous membranes. If one drinks a salt liquid, part of the salt goes into the body, where it dissolves the surplus of mucus in the lungs and in other organs. As a salt liquid, urine also has a laxative effect and is recommended to relieve constipation. As it moves through the intestinal canal, the salt detaches waste and draws water into the intestines, as a result of which bowel movement becomes easier. According to this theory, drinking urine, like drinking salt water, accelerates the metabolism. It removes a surplus of sugar from the blood and draws out toxic substances from cells. In this way, urine therapy is a good cleansing technique. Using urine instead of salt is also more effective because urea and ammonia are organic solvents: they dissolve fats and other natural bodily secretions. These substances probably ensure that the mucous membranes and body cells are powerfully affected.

By ingesting urine, one stimulates the body not only to excrete part of these metabolic products at an accelerated rate, but also to convert another part into useful substances. A previously mentioned example of this is urea, which is converted through ammonia into glutamine.

The theory of transmutation implies that the body is capable, through energetic exchange within the body itself, to transmute certain substances or molecules into other ones. Short-circuiting the system by ingesting one's own secreted body fluids might stimulate the transmutational forces within and challenge the body to transform unusable substances into usable ones without being constantly disturbed by new external input. This would specifically apply to fasting on urine. Another important aspect is the theory of structured water. The body consists for the biggest part of water and so does urine. Not all water is the same though. The molecular structure of water can be less or more organized and in the latter case one speaks of structured water. The more it is organized, the better all kind of enzymatic processes can do their job. These enzymatic processes, in their turn, are responsible and necessary for the digestion, absorption and transmutation of all nutrients. Urine is thus a crystalline-like substance containing a high amount of structured water.

This structured water, when taken in again, promotes better enzymatic functioning and it has a higher solubility for minerals. A higher amount of structured water in the body system is correlated with better health and more energy. The fact that urine is a liquid crystal substance, particularly because of the various salts in it, implies that it contains crystalline vibrations completely in tune with the vibrational condition of the body. Reingestion might give the body valuable vibrational information. Healthy vibrations will strengthen the already existing, healthy body resonance. Diseased or stress-vibrations will counteract any unhealthy resonance in the body. It is known that disturbing sounds of any sort can be counteracted best by confronting it with the same sounds. The vibratory patterns of the body, both in the bones (solid crystals) and in the tissues and fluids (liquid crystals), play an

important role in the process of transmutation. The resonance field of a crystal can make a protein, for example, change its form into one that is more useful for the body, or easier adaptable by it.

Applying your own bodily substances in an attempt to heal can lead to a considerably broadened outlook on the intelligence and power of the body, and can increase your appreciation and love for yourself as a physical and spiritual being. Instead of regarding excretions (re-ally just a part of yourself) as enemies, you regard them as your helpers. This healthier way of seeing yourself might well have a powerful healing effect on your body. Urine therapy confronts us with a very concrete 'healer within' which works both on a mechanistic and on an energetic level. The latter implies that urine, as a holographic substance, can affect all levels of being, from the physical, through the electro-magnetic fields of the emotions and the mind, up to the subtler genetic vibrational information of the soul.

Urine Therapy

1. Collect Midstream Urine in a Clean Cup or Container

A clean glass or clear plastic container is best for collecting the urine. In the research studies, urine is usually collected by means of a "clean catch" in which the genital area is cleansed before collecting the urine. This is important for women in particular when using urine therapy internally and can be done by simply washing with a little soap and water. Collect the midstream urine only. You can take along pre-packaged clean catch kits which include a sterile cup and antiseptic paper towelettes for convenience during travel or whenever unsanitary living conditions or contaminated water are a problem.

2. Always Use Fresh Urine Immediately Upon Collection

Urine breaks down quickly outside the body so use it internally as soon as you collect it. If you are going to use it for external use only, this isn't as important, as you can use either fresh or old urine for most external applications.

3. Begin With Oral Drops Then Increase Dosage As Needed

Once you've read the book and are ready to begin using the therapy,

Start by taking a only few drops each day in order to let your body adjust gradually.

Fill a clean medicine dropper from the cup of urine and place one or two drops under your tongue. This method lets you get used to the taste slowly and will still give you health benefits. You can slowly increase and adjust the amount later when you've determined what amount is right for your condition.

1. Start by taking 1-5 drops of morning urine on the first day.
2. The second day, take 5-10 drops in the morning.
3. Third day, take 5-10 drops in the morning, and the same amount in the evening before you go to bed.
4. Once you feel accustomed to the therapy, gradually increase the amount as needed for obtaining results for your condition. As you use the therapy, you will learn to adjust the amount you need by observing your reactions to the therapy. More information on dosage is given further on in this chapter.

4. Do Not Boil Or Dilute The Urine

Research studies show that boiling urine destroys many of its medicinal properties, so when taking it internally, use it only in its fresh, natural form. Research studies have also shown that diluting urine (or urea) decreases its antibacterial activity, so rather than diluting it in juice or water to get accustomed to using it.

5. Homeopathic Urine

The importance of using urine collected at the beginning or height of acute symptoms of illness, particularly infections and allergies, has been suggested by some researchers, because this urine contains the greatest amount of antibodies and immune-defense agents with which the body is already fighting the illness. A homeopathic preparation preserves this potent first-stage-illness urine and can then be used throughout the duration of the illness. Homeopathic urine is also excellent for children. For those of you with extreme sensitivity or toxicity, who may feel that you are getting too strong a reaction to the urine initially, try using it as a homeopathic dilution.

6. Monitor And Balance Your Ph

pH refers to the acid/alkaline condition of the body. The body is normally mildly acidic, and maintaining the proper pH is crucial in urine therapy. pH values naturally change throughout the day. Morning urine is generally more acidic than mid-day urine, and pH also changes in response to diet - in general, foods like meats, coffee, alcohol, milk, eggs and beans make the body more acidic while most fruits and vegetables have an alkaline effect. (See Appendix for a more complete listing of add/alkaline foods). It's always good to keep an eye on both your urine and saliva pH levels, because both should present a proper acid/alkaline balance. The ideal pH range of saliva is about 6.4 - 7.2, (below 6.4 is too acidic, above 7.2 is too alkaline). Saliva usually becomes more alkaline after eating and with a vegetarian diet. Urine pH should ideally vary from approximately 5.0 (acid in the morning) to 8.0 (alkaline at night) during each 24-hour period. If your urine or saliva pH levels are consistently out of range for a long period, of time, it means that your body is not functioning correctly or that your diet is consistently too acid or too alkaline. pH measuring strips with numerical values are commercially available for testing your acid/alkaline levels and make it simple to regularly monitor your pH at home, (or see order form on last page). The tendency to overacidity is called acidosis which can be caused by such things as kidney, liver or adrenal disorders, improper diet, starvation, anger, stress, fear, fever or excess vitamin C, aspirin or niacin. Symptoms may include insomnia, water retention, migraine headaches, frequent sighing, abnormally low blood pressure, dry hard stools, alternating constipation and diarrhea, sensitivity of the teeth, difficulty swallowing and recessed eyes. Alkalosis (when the body is too alkaline) can be caused by such things as excessive use of antacids or by poor diet, excessive vomiting (bulimia), endocrine imbalances, high cholesterol, osteo-arthritis, or diarrhea. Symptoms may include drowsiness, protruding eyes, creaking joints, sore muscles, bursitis, edema, night coughs, menstrual problems, allergies, night cramps, chronic indigestion, or asthma. The first and easiest methods that you can use to correct pH are to increase relaxation, rest, fresh air, and exercise, decrease stress and make dietary adjustments. If you're too acid, decrease acid foods in your diet and eat more alkaline foods; if you're too alkaline, decrease alkaline foods and eat more acid foods. (For a list of acid or alkaline foods see the Appendix at the back of the book).

It's extremely important to monitor your pH levels during urine therapy because if your urine is too alkaline, it may decrease its antibacterial activity. On the other hand, if the urine is consistently excessively acidic, urine therapy could create too much of an acid burden in your body. In this case, make certain that your diet is primarily alkaline-promoting foods, so that you are balancing your pH and not adding to your body's acid burden through ingesting extremely acidic urine. Also, if you have a severe chronic problem with acidosis (this is often true of diabetics), use only a few drops of urine at a time, or substitute a homeopathic urine preparation. Test your urine pH once or twice each day for a few days when using urine therapy for the first time or when using it intensively. Do not ingest the same urine that you dip the pH strip into for testing. If you are taking only a small maintenance dose per day, test pH once every three to five days in order to determine whether dietary adjustments are needed. If you find that your urine pH is very acid, add a pinch of baking soda to the urine you'll be ingesting to reduce the acidity.

7. Do not use urine therapy if you are pregnant without a doctor's supervision:

Although pregnant women have been treated with successfully urine therapy for morning sickness or edema, the therapy should not be used during pregnancy without the supervision of a doctor familiar with the medical use of urine. Doctors have reported that they have used urine therapy for morning sickness in pregnancy with excellent results, but there are reports of two spontaneous abortions which occurred after urine therapy treatments (Dunne and Plesch), possibly because of the natural release of toxins which occur with urine therapy.

Fertility: On the other hand, if you're trying to get pregnant, several successful fertility drugs such as Pergonai are made from urine extracts and a few women have reported to me that they feel urine therapy helped them to

conceive. The best and safest method in this case is to use urine therapy for a certain time period (six months) before trying to conceive and to discontinue its use during the days that you're attempting to conceive. You can use urine diagnostic tests to determine when you're ovulating and when you've conceived, and you can gear your use of urine accordingly.

Urine Therapy and Drugs: In the past I have recommended that you do not use urine therapy if you are taking any type of drugs or are a heavy smoker, alcohol user or coffee drinker. However, new research has come to my attention that shows that urine therapy can be beneficial under all of these conditions. Dr. William Hitt, an American doctor who actually has urine therapy clinics in Mexico, has reported to me that he has treated 20,000 patients in a 2 ? year period with urine therapy injections. These patients include those with cancer, asthma and other diseases and also patients with severe alcoholism, drug and smoking addictions. Dr. Hitt reports startling success with no side effects in using urine infections for addictive disorders and also in combination with prescription drugs. The amount of drugs or contaminants passed into urine is so infinitesimal that they pose no threat and, in fact, appear to act as vaccine-type agents which improve or cure these types of disorders. This is also supported by the book *Urinalysis in Clinical Laboratory Practice* from Miles Laboratories, in which the authors state that even in a case of severe mercury poisoning, the actual amount of mercury passed into the urine is infinitesimal. When these types of conditions are present, start on 1-5 drops orally per day for 3-5 days in order to avoid heavy detoxification. Increase the drops by one or two each day according to how well you're tolerating the therapy, gradually increase the amount as needed to obtain results for your individual condition.

8. Improve Your Diet & Avoid Meat When Using Urine Therapy Intensively Before Fasting

In general, your diet should consist of balanced amounts of whole grains, fresh vegetables and small amounts of lean meats and fish. If you are eating large amounts of refined foods, sugar, soda, coffee, etc. you will not get the full benefits of urine therapy and, depending on how poor your diet is, you may experience unpleasant symptoms of headache, nausea, etc., as your body regulates and expels undesirable elements. If you're only using a few oral drops of urine or ingesting one or two ounces once a day, your meat intake can remain normal as long as your usual intake is moderate. As studies on urea and the kidney have shown (Dr. C. Giordano), urea helps your body break down proteins more efficiently, which may mean that when using urine therapy, you can get the increased benefits of protein intake even though you are eating less meat and other sources of protein. This information will probably also be of value to vegetarians who rely on much less concentrated protein sources in their foods than regular meat eaters. Decrease or eliminate meat in your diet while ingesting large amounts of urine or preparing for a fast, as combining intensive urine therapy and high meat intake may lead to excess acid levels in the body.

9. Detoxifying Symptoms

When you first begin urine therapy, you may initially experience symptoms such as headache, nausea, diarrhea, tiredness, or skin rashes. In many of the research studies in Chapter 4, the doctors often observed such symptoms in their patients, which are the body's natural responses as stored toxins from illness and disorders are excreted and removed from the body. These symptoms normally disappear within 24 to 36 hours. Also, by starting your therapy with a few oral drops, you may avoid or lessen the severity of detoxification. If you have begun your therapy with larger amounts, and are experiencing unpleasant symptoms, decrease the amount you are ingesting and continue with smaller doses. Homeopathic remedies and simple herbs can also be used and are often of great help during detoxification to relieve headache, nausea, diarrhea, etc.

10. Children

Several research studies, such as those done by Drs. Krebs, Piesch, Duncan, Lewis and Dunne, deal specifically with the treatment of children with urine therapy. The easiest internal form of the therapy for children is oral drops of the child's own fresh urine. As mentioned in the studies, for acute flu, colds, viral infections, measles, mumps, chicken pox, etc., small frequent oral doses of 1-10 drops during illness have been shown to be very effective. For allergies, the research studies indicate that several drops of fresh urine should be given orally before and after meals containing allergenic foods, or when allergic symptoms are present. Drs. Dunne and Lewis give very specific, simple instructions for using urine therapy for treating allergies in children which are included in their reports. Another very effective method recommended by Dr. Dunne is to prepare a homeopathic dilution of the child's urine for use throughout the illness or allergy attack. Collect urine at the onset of symptoms and prepare

according to the instructions given in the section Homeopathy and Urine Therapy. Research studies also indicate that symptoms of illness may temporarily increase immediately following the first few doses of urine therapy, but, in all cases, these symptoms dissipated within 24 - 48 hours. For ear infections, fresh, warm urine drops in the affected ear can give excellent and often instantaneous results. Repeat as needed.

Maintenance Dose

A daily maintenance dose is usually considered by those who use urine therapy regularly to be one to two ounces of morning midstream urine. but this dose may also be as little as 5-10 drops per day, or every other day, depending on your individual condition and needs. Many lifetime users of urine therapy such as the former prime minister of India, have commented that regular use of urine therapy noticeably assists in maintaining energy levels, reducing aging and in preventing illness.

Severe, Acute And Chronic Illnesses

For those with chronic or severe illnesses such as cancer, some urine therapy users such as John Armstrong strongly recommend ingesting as much urine as you pass or as much as possible during the day for several days, however, much smaller doses have also been reported to be effective. If you are ingesting large amounts, fasting or sharply decreasing your solid food intake during this time reduces the burden on the kidneys and allows the body to use more energy for healing, rather than digestion. It would be extremely unadvisable for most people to undertake the kind of prolonged urine fast that John Armstrong suggests, and short urine and water fasts of one to three days can be very effective. Stop ingestion shortly before bed at night so that the body can rest, and resume when you awake in the morning. If you do not want to fast, but feel that you need to ingest larger amounts of urine, eat small, simple, light meals, preferably, fresh home-made unseasoned vegetable soups. If you leci you need a grain, use plain millet or rice, or whole grain, salt-free crackers. There is more information on fasting. Long-standing, difficult conditions naturally may require a longer period of treatment. What I discovered in my own treatment was that I needed to ingest a large amount initially (about 2 ounces 4-5 times/day) every day, for about two weeks, at which point, I switched to small frequent doses (one to two ounces) three to four times a day for another two weeks and then tapered off to 1-2 ounces twice a day, then every other day, etc. The maintenance dose is 5-10 drops per day. This was my approach, but you may find that your individual requirements are more or less than these amounts. If you are suffering from an acute illness such as an infection, the traditional treatment is to fast completely or to eat only light meals such as homemade, unseasoned vegetable broth while ingesting frequent doses of urine for at least one day, or until you feel that your improvement is complete and stable. I have found, as have many others, that eating heavily too soon after recovering from a viral or bacterial infection may produce a relapse, so make sure that you're feeling stable before starting to eat normally again. Always break your fast by slowly reintroducing light foods, homemade fresh vegetable soups, then crackers, grains, etc.

Rest, Rest, Rest

Once you have healed a serious illness and achieved improved health, continue the practice of a daily maintenance dose of urine therapy and a good diet. Also, never allow yourself to become consistently exhausted or overtired. Consistent proper rest is much more crucial to health than most people realize. And once you have recovered from a major illness, you must be extremely vigilant in getting abundant rest and relaxation. I have seen many instances in which people completely cure themselves of even 'incurable' diseases through urine therapy and natural healing and remain well for a number of years, only to completely undo all the good they've accomplished by over-confidently pushing themselves to extremes in their work or recreation. One of the saddest examples of this error that I know of was the case of a young, bright, determined AIDS patient who had completely cured himself of all visible and clinical evidence of the disease, but subsequently consistently and relentlessly overworked at his demanding corporate job. Eventually, he fell ill, relapsed and was not able to recover. However, in another case, a person who had recovered from a serious illness experienced a relapse from overexertion, but complete rest and intense urine therapy led to an excellent recovery. But why put yourself through that ordeal and risk the chance of seriously undermining your body's hard-won repair work?

Assiduous urine therapy can give you such renewed vigor and energy, that it's easy to become overconfident and overdo, which, is not a huge problem for normal people. But for people recovering from major illnesses, exhaustion can pose a life-long threat, so protect your new-found health and your natural immune defenses with lots of rest, fresh air, moderate exercise and minimized stress.

Kidney Disorders

If you have a history or presence of a kidney infection, limit the initial amount of oral urine therapy you take to small doses such as 1-5 drops once or twice a day, or use a homeopathic dilution as described in the section on Homeopathy and Urine Therapy in this chapter. Decrease or eliminate meat ingestion. and acid-forming foods before beginning the therapy. Also, check your acidity levels with pH strips, and begin urine therapy when your acid levels have normalized or decreased substantially.

Allergies

In the clinical research studies done on urine therapy and allergies, practitioners such as Dunne and Wilson used oral drops with excellent results. Refer to these studies for directions and again, begin with one or two drops and then gradually increase the number of drops, or as Wilson suggests, take the drops until you can no longer sense the urine taste or temperature. If you know what your allergies are, take the drops before eating a food that you're allergic to; if you don't know what you're allergic to, take several drops of fresh urine immediately upon the appearance of symptoms, and repeat this method each time the symptoms reoccur. Homeopathic urine preparations, as described by Dr. Dunne, are also excellent for allergies, as you can preserve the urine collected at the height of allergy symptoms for long term treatment of the allergy. See the section on preparing homeopathic urine.

Food Poisoning

Several of the research studies show that urea is a proven anti-bacterial agent (Drs. Schlegel, Kaye, Weinstein etc.), and urine has been found to contain antibodies to food contaminants such as salmonella bacteria in infected individuals (Lemer and Remington). Begin by taking 1-5 drops. Increase dosage as tolerated.

Fasting

Fasting on urine is an excellent therapy that can produce extraordinary results, especially for intractable diseases and tough chronic conditions, but always work into a fast slowly. Begin with oral drops for two to three weeks, increase your dosage to 1-3 ounces during the next two or three weeks, and begin fasting the following week. Eliminate all meat intake at least three days before the fast. When I first started urine therapy, I was so seriously ill with so many different conditions and in such extreme pain, that I rushed into a week-long fast on urine and water alone. But I don't recommend this approach because I've found that it isn't necessary to rush into the therapy in order to get good results. Pushing your body too quickly can produce often severe detoxifying symptoms such as headaches, fever, nausea, depression, or fatigue that you can lessen or avoid by. Simply adjusting to the therapy gradually with a few oral drops each day. During the fast, ingest as much urine as you pass during the day until it becomes completely dear; stop ingesting for a few hours and then resume. Decrease or stop your intake at night and begin again when you awake in the morning. Alternate urine intake with small sips of cool water or ice-chips if desired. Drink as much water as you feel thirsty for, and stay well-hydrated at all times, but do not force-drink large quantities of water; as research shows (Kaye and Schlegel), this can dilute the urine, and decrease the urea's anti-bacterial action. Force-drinking water, in addition to urine ingestion, may also stress the kidneys. Combine urine fasting with urine skin massages, particularly on the face, neck and feet. John Armstrong insisted on this method because he felt that it gave extra nourishment to the body while fasting and eliminated possible headaches and nausea. The rubs are also refreshing and make the skin dear and soft. When breaking the fast, start by eating a simple homemade fresh vegetable soup broth such as one made of fresh kale, carrots, fresh green leeks, scallion tops and a little fresh ginger. Do not add salt or seasonings. Eat only the broth for a day or two, the broth and vegetable the next day, and begin gradually adding in more vegetables and carbohydrates such as rice and millet over the next few days. Short periods of fasting (1-3 days) can be an extremely effective method for cleansing and healing the body; long fasts should always be under-taken with caution and supervision.

Homeopathy and Urine Therapy

In the course of using urine therapy, I found that combining the therapy with homeopathic medicines in particular can produce incredible results, even for the toughest, most stubborn chronic conditions. Severely weakened,

debilitated, chronically ill individuals often develop extreme sensitivities to ordinarily helpful herbal, vitamin, mineral and other medicinal preparations, but are able to tolerate homeopathic medicines very well. Homeopathic medicines are simply extremely diluted natural substances such as plants, minerals, etc. that gently stimulate a healing reaction in the body. A homeopathic medicine is prepared by diluting a minute amount of a particular natural substance with water; the dilution is shaken several times and then alcohol may be added to the solution as a preservative. You can take the homeopathic medicine in its liquid form, or as a small sucrose pill which has been saturated with the liquid.

Homeopathic Urine

Dr. Nancy Dunne, the allergy researcher, reported that her colleague, Dr. Fife, used urine in the form of a homeopathic dilution with excellent results. Homeopathic urine is excellent for children and may be helpful to those with extreme sensitivities. It also provides a means of preserving urine collected during the first stages or the onset of illness, at which time the urinary antibodies and immune defense agents are most reported to be most numerous and active. Pre-prepared homeopathic urea can also be purchased, although this would contain only urea and none of the antibodies or immune factors of a whole urine homeopathic preparation. The traditional book for selecting and using homeopathic medicines is referred to as the *Materia Medica*, which contains a listing of the remedies and indications for their use. These lists are referred to as Repertories, such as Boericke's Repertory and Kent's Repertory. These books are actually very enjoyable to learn to use, and the Boericke's Repertory in particular can guide you to very specific, effective remedies for virtually every disorder.

Dr. Dunne reported that the following procedure for preparing a homeopathic dose of urine was used by Dr. Fife, and had produced remarkable healing:

1. To 5 mis (1/6 of an ounce) of distilled water in a sterile bottle add one drop of fresh urine.
2. Cap the bottle and shake vigorously 50 times (this is the first dilution).
3. Take one drop of this mix and add to another 5 mis (1/6 oz.) of distilled water; shake 50 times.
4. Take one drop of this mix and add to 5 mis (1/6 oz.) of 80 to 90 proof vodka which acts as a preservative.
5. Place three drops under the tongue hourly until there is obvious improvement or temporary exacerbation of symptoms. As improvement progresses, lengthen the interval between treatments. After 3 days, suspend treatment to avoid pushing the immune system. Treatment is resumed if progress remains static or relapse occurs.

For beginners who feel unsure about how to use homeopathy, the best book I have found as an overall introduction to self-care through homeopathy is *The Family Guide to Homeopathy, Symptoms and Natural Solutions*, by Dr. Andrew Lockje. This is a tremendously comprehensive self-help guide which introduces the fundamentals of how the body functions, how and why specific illnesses and disorders are contracted, and what homeopathic remedies will best augment the body's natural healing. This book is an extraordinary adjunct to urine therapy and contains helpful material about a wide range of disorders that I have never found anywhere else. When using homeopathy, you have a choice of two different dilutions referred to as "x" potencies or "c" potencies. The "x" potencies are sold commercially in health food stores, etc. I have found that the "c" potencies are excellent for home use, as their effect seems more pronounced than the commercial preparations; many homeopathic doctors also prefer the potencies. Homeopathic medicines are safe and produce no side effects. These medicines are considered to be FDA approved, because they were widely used in the U.S. earlier in the century and so were "grandfathered" in to the FDA list of approved medical treatments; some homeopathic remedies are sold in health food stores or can be obtained from a homeopathic doctor or catalog. Combining homeopathy with urine therapy was, for me, incredibly effective for a wide variety of serious disorders as well as for mild disorders such as headaches, colds, indigestion, etc. For more information on using homeopathy with urine therapy, you can also refer to the book I've written *Healing Yourself with Homeopathy*.

External Uses of Urine Therapy

Skin Applications

Applying urine to the skin is an excellent treatment for every imaginable type of skin disorder including all rashes, eczema, psoriasis, acne, etc. The urea in urine, as the research studies demonstrated, is also excellent for cosmetic use as an overall skin beautifier and moisturizer.

1. Use either fresh or old urine for skin applications, although old urine has a higher ammonia content and has been found to be more effective in treating many stubborn skin disorders such as eczema or psoriasis.
2. When treating skin disorders such as eczema, psoriasis, rashes, etc. pour a small amount of urine onto a cotton ball or pad and pat or massage it lightly onto the affected area, making sure that the area is well saturated.
3. Discard the pad and saturate another clean pad with fresh urine and reapply, lightly patting and soaking the affected area. Continue reapplying in this manner for 5-10 minutes or as many times as desired - the more that the affected area is treated, the better.
4. Secure a clean soaked pad to the affected area with a gauze or cotton ~vrap and leave secured for several hours for additional healing. These urine packs are also incredibly effective for any type of insect sting, bite or poison oak or ivy. (See Urine Packs and Compresses).
5. Another method is to pour old or fresh urine into clean, plastic spray bottle and spray the rash, eczema, etc.

Skin Massages

Always augment your use of oral urine therapy with skin massages particuJariy on the face, neck and feet John Armstrong recommended this practice especially when fasting for an acute condition, and people who use it, swear by it. These massages have a tonifying, refreshing, relaxing effect and are said to allow for gradual absorption of urine nutrients through the skin. Pour either old or fresh urine into a wide, shallow container and dip your hands into the liquid. Shake off excess, then vigorously massage into a small area of skin anywhere on the body until hands and skin are dry. Rewet hands and begin massaging another area until dry; repeat this step until all skin areas have been well massaged. Rinse with warm water. Do not attempt these massages on extremely elderly or infirm individuals. Also, make certain that you use normal urine for massages. If your own urine is dark, turbid or abnormal looking, wait until you have used the urine internally over the course of two or three days, at which time the urine usually appears clear and can then be used for massages. Urine from a normal healthy person other than yourself may also be used for your external massage. If you are a heavy smoker, or are taking therapeutic or recreational drugs, do not use your own urine externally or internally (or use only extremely small amounts).

Cosmetic Applications

1. For cosmetic use or moisturizing, pour a very small amount of nor mal fresh urine or urme which has been stored, for a day or two into your hand and massage lightly into the skin until dry; then pour additional urine into your hand, massage it into another area of the skin until dry and so on.
2. Rinse well with warm water when completed, but wash without soap. Your skin is naturally slightly addic, and this natural aridity is usually destroyed by soaps which are all alkaline and diminish the skin's natural protective add mantle.
3. You can apply a moLsturizer after the massage, but make sure that it's a simple, natural one that doesn't contain lot of drying alcohol or other chemicals. Also, you can add a few drops of urine to a small amount of your moisturizing cream each time you apply the cream.

As the research studies show, urea replenishes the water content of the skin because it binds hydrogen and attracts moisture to the skin in a way that no mineral oil or glycerin-based lotions or creams can.

You 'll be absolutely amazed at the softness and beauty of your skin after even one treatment with a urine massage. Old dead skin immediately flakes away, and your skin becomes wonderfully soft, rosy and with time, even wrinkles will disappear. Urine massages have also been reported to eliminate varicose veins and cysts.

URINE PACKS AND COMPRESSES

Skin Disorders

Urine packs give added healing to skin disorders such as eczema, psoriasis, athlete's foot, ringworm, poison ivy and oak, etc. in addition to urine massages and soaks;

1. Soak gauze bandages or cotton balls in fresh or old urine and place them over the affected areas.
2. Cover the urine pack with light plastic (like Saran-wrap) and tie in place with gauze strips.
3. Try to keep the pack on as long as possible, especially with more, severe conditions. Add additional urine to the pack with a medicine dropper every few hours to keep the pack wet.

Bites And Stings

Urine packs are tremendously useful and effective for relieving the discomfort of all insect bites and stings.

When I first moved to Arizona, I was stung on the foot by a scorpion. My foot immediately swelled to almost double its size and was unbelievably painful. I dragged myself into the house, applied a soaked urine pack and tied it in place. Within 15 minutes, the pain had disappeared and the swelling had lessened considerably. I kept the pack on overnight, and when I removed it in the morning, the swelling and redness had completely disappeared. The pain and irritation of bee stings and mosquito bites is also wonderfully relieved by this method.

Snake Bite

Urine packs should also be used immediately for poisonous snake bites. Follow emergency first-aid instructions to irrigate the wound and remove venom, if possible. Then apply fresh normal urine to the wound and secure a well-soaked urine pack over it. Keep pack wet until medical help can be obtained.

Growths And Tumors

Armstrong reported in great length on the remarkable effects of urine compresses in reducing and eradicating a wide variety of internal and external tumors, cysts and abnormal growths.

1. Compresses should be used in combination with internal urine therapy for treating any type of abnormal growth.
2. In preparing a compress, use a thick pad of clean white folded cotton material (such as an old T-shirt).
3. Soak the pad in a container of fresh or old urine. Warm the urine by pouring it into a glass container, then place the jar in a container of hot water. While lying down, place wet compress over the affected area and cover with a clean folded towel. Keep the compress applied for as long as possible, reapplying warm urine as needed to keep the compress wet. Urine compresses have also been reported to be effective for many internal disturbances and for arthritic and rheumatic pains.

Wounds, Burns And Abrasions

As so many research and clinical studies have shown, urea is a tremendously effective anti-bacterial agent and an excellent healing treatment for wounds and burns of all types. Use fresh, normal urine for treating open wounds.

1. Saturate a thick gauze bandage or cotton pad with fresh urine, place it over the wound or bum and secure it with additional gauze; cover with plastic or soft towel to prevent leakage.

2. Reapply fresh urine with clean medicine dropper directly onto the existing inside compress. Reapply fresh compress as often as possible. Urine is also known to prevent scarring, so keep the urine pack applied as long or as often as possible until healing is complete. Many people have applied urine compresses to burns and cuts with amazing results. The pain is quickly relieved and the burn or wound heals rapidly without scarring.

Eye And Nose Drops

There are reports from people who have used urine drops for both eye and nose drops, for relief of eye itching or inflammation, or for nasal congestion. In both cases, make certain that you are using fresh, clear, normal urine only and that the acidity factor of the urine is normal (see previous section on Monitoring Your pH in this chapter). Also, make certain that the eye dropper you use for the eye drops is sterilized. A compress of fresh normal urine is also excellent for external eye inflammations such as styles.

Questions:

1. Can my doctor administer urea, as the researchers in the studies did?

The urine extract, urea, is FDA approved and can be administered by your doctor. A Physician's Guide to Your Own Perfect Medicine is available if your doctors would like additional information contained in the research studies on the clinical application of urea. As the research studies indicate, oral or injected urea has been shown to be extremely effective and safe in treating cases where excess fluid production is a problem (see pgs. 99-103). Urea's anti-bacterial, anti-viral and diuretic properties. Using urea in conjunction with natural urine therapy can be discussed with your doctor, once he or she has been made aware of the research findings relating to urea and urine therapy.

2. What about urine injections?

Many people have asked me about the efficacy of urine injections, and as you've seen, many of the research studies presented in Chapter 4 utilized injections of urine as part of the therapy. But doctors have also used oral urine or urea therapy in non-emergency cases with equally good results and urine injections have the reported side effect of occasional redness and swelling at the site of the injection which doesn't occur, of course, with oral therapy. Oral urine therapy also allows for slower application and absorption which can decrease any possible detoxifying symptoms. Injections deliver an abrupt, forced introduction of medicinal substances into the body, without allowing for the body's gradual adjustment to the substance. However, there really isn't any need for this sudden forcing of a medicinal substance into the body unless there is an emergency situation. that requires it.

Gradual introduction of urine therapy, or any medical therapy is always important, but even more so if you have a history of poor nutrition or chronic, serious illnesses which weaken the body and promote poisons and toxins in the system. Introducing a new therapy too rapidly places a strain on an already weakened system and can cause a sudden release of toxins that may make you feel ill unnecessarily. As clinical studies have demonstrated, oral urine or urea can be just as effective for non-emergency cases as injected urine. And, as doctors themselves have commented, oral urine therapy can be used at safely and effectively at home without the unnecessary cost and inconvenience of a doctor's office visit, while injections can be reserved for those with urgent needs under a doctor's care. However, if your situation is extremely severe, urine injections can definitely be of benefit. Dr. William Hitt (whom I mentioned earlier) runs two urine therapy clinics in Mexico and has administered hundreds of thousands of injections to severely ill patients with remarkable success.

For more information on Dr. Hitt's clinics call 1-800-80Q-8849.

4. Can too much uric acid or urea be harmful?

As several of the clinical studies showed, urea, even in large doses, has been found to be harmless to the body, Researchers, (Urea - New Use of An Old Agent), reported that they safely administered urea daily to several

patients for a period ranging from several day» to weeks, and in some cases, even several months, without any side effects, in doses ranging from 100 mg. per kilogram of body weight to as much as 600 mg. per kilogram of body weight. Decaux, et. al, (5-Year Treatment of SIADH with Oral Urea), prescribed 30 grams/day for more than 5 years for a patient with excess water and salt retention (hyponatremia), and occasionally prescribed doses up to 60-90 grams per day for one or two days without side effects. Normal urine contains approximately 2% urea, and you normally excrete about 24.5 grams/day, which is well below the dosages just mentioned. So even. ii you ingested all of the urine you passed during the day, (approximately 25 grams of urea), this amount is much less than the dosages mentioned above, especially in view of the fact that you would not be ingesting all the urine you pass every day for long periods of time. Uric acid, usually thought to be a toxic waste product of the body, has been found by researchers to actually be a natural body defense against cancer and aging, allowing us to live much longer than other mammals (Omni Magazine article, 1982). Most people think that uric add causes gout, but strictly speaking, it is not the uric add alone that causes the gout, but rather an overall, ongoing and chronic overaridity in the body which can be caused by many different factors including improper, overly-arid diet, kidney, liver and adrenal disorders, obesity, diabetes, chronic stress, undereating (anorexia), etc. Normally, the amount of uric add contained in urine is not a problem during urine therapy, because the body will excrete the amount it does not need. However, when the body's ability to excrete excess acids is impaired, uric arid excretion is, of course, also impaired. If you fed that you have a problem with chronic, ongoing overacidity (see section on Monitoring Arid/Alkaline Levels in this chapter), make certain that you decrease or eliminate meat while using urine therapy. Also, improve your diet by eating more alkaline foods, and decreasing arid foods before and after you start on urine therapy. Monitor your add/alkaline level with pH strips to determine when your pH has returned to a normal or more balanced condition. In cases of chronic addosis (over-acidity), do not do extended urine fasts or ingest large quantities over long periods of time.

Use oral drops to begin; start with 1-2 drops once a day, and gradually increase to 5-10 drops two to four times a day, for one to three weeks, depending on your need. Monitor your pH levels and your symptoms (see symptoms of addosis in this chapter). You can also dilute the urine in water, or use a homeopathic preparation of your urine.

5. How long should i use urine therapy?

The amount of time needed to achieve results with urine therapy is different for every person and each condition. Many people have found that chronic, long-standing complaints require a longer period of time to heal, while others experience rapid resuite. Logically speaking, it probably depends on the condition, of your body's immune hunctions, ability to repair itself, amount of damage to the body that has been sustained during illness, etc.

In general, do not use large amounts of urine infernally for more than two to three weeks at a time. Once you have achieved solid results at whatever dose you're taking, begin decreasing the amount and number of days that you use the therapy internally, and use only a maintenance dose from. then on, unless you come down with a cold, infection, etc., at which time you would increase your dosage amount and frequency during the period of illness. A maintenance dose for many people is one to two ounces of morning urine per day, although even 2-5 drops of morning urine per day or every oither day could be considered a good maintenance dose, especially for those with acidosis or weak kidneys.

6. Can I do diagnostic urine tests at home?

There are several excellent urine testing kits that have been developed in the last few years that can be used at home and can save you an amazing amount of time and money. Now you can perform many of the same urine tests at home that your doctor performs in hia office. Also, these tests are particularly helpful when using urine therapy because you can monitor your own health progress easily and inexpensively. The booklet. Simple Diagnostic Tests You Can Do at Home gives a wide range of information. on what tests are available, how to use them, and how to interpret these tests. The booklet also explains how to interpret your urine color and appearance which are important additional indicators of health conditions.

8. Can pets be treated with urine therapy?

Many of the research tests on urine recycling have been undertaken with animals, and vetermarians have used urine therapy for treatment by catharizing the arumal and administering oral urine drops with reportedly good results.

Urine home test strips are available to test for these conditions and many others:

- Kidney and Urinary Tract Infections
- Diabetes
- Blood in the urine
- Pregnancy
- Ovulation
- Liver Function

You can purchase these strips in drug- stores or they are available by catalog

Summary

Remember to begin your treatment slowly with a few oral drops and increase the amount to a well-tolerated dosage. Make sure that you're eating well and decreasing your meat intake as you increase your urine intake. Do not use the therapy while ingesting heavy amounts of nicotine, caffeine or while using recreational drugs or therapeutic drugs than small amounts. If you do decide to use it, however, use only very small amounts (3-5 drops 1x day.) Frequent small doses of one to three ounces for two to three weeks can be extremely effective; larger amounts can be taken for several days if needed and if you have no history or presence of kidney disease; gradually decrease the amount once your symptoms have abated and healing is apparent. Drink as much water as you feel thirsty for, and keep well-hydrated, but do not force-drink large amounts of fluid during the therapy. Do not fast for long periods of time without competent, professional supervision. Daily maintenance doses vary from a few drops to one to two ounces of morning urine, depending on your sensitivity and preference.

The Do's And Don'ts of Urine Therapy (UT)

Do :

1. Start with small amounts and work up to larger amounts gradually for internal use.
2. Use only fresh, urine internally.
3. Test your pH to make certain that you are not overly acidic before using the therapy and continue to monitor your pH periodically during internal use of UT.

Do not:

1. Rush into the therapy with large amounts.
2. **Do Not** combine urine therapy with a starvation diet (or fasting) unless you have been using the therapy for at least two months.
3. **Do Not** continue to work while fasting on UT. If you are ingesting large amounts of UT and fasting, you must rest and relax in order to avoid possibly stressing the kidneys.
4. **Do Not** ingest large amounts while eating a consistently acidic diet.