

Some amazing info on UT in a working-copy (unedited) of Dr. David Jubb's new book -
Jubb's Cell Rejuvenation, Colloidal Biology: a Symbiosis

He uses a different type of speaking in a positive only approach. You'll get used to it...

Fasting and recycling one's own urine as in urine therapy creates an environment so cells are able to transmutate one element into another and tap into zero-point energetics (is the energy that runs the body) and have greater oxygen and carbon content that allow for an absorption of glucose and amino acid more readily. Bringing in Nicotinamide Adenine Dinucleotide (NAD) through LifeFood nutrition or as a supplement NADH (a stabilized form of this coenzyme), causes us to have sufficient amount of an important coenzyme for enzymes within the body to perform their work. Enzymes turn nutrient into water and energy.

Components within the blood and urine change during dis-ease. Essential elements can have been filtered out by the kidneys without having reached their intended destination in the body. These nutrients, drawn in, that would ordinarily been filtered out, can reach the furthest reaches in the body where the blood has been unable to penetrate. As the liver was other than able to do its job because of cholesterol stones in the bile bladder, bile leaks into the blood instead of its intended destination. In urine therapy, bile and liver enzymes are reused rather than having been wasted. Reabsorbed nutrient helps digestion of fat, protein, and carbohydrate. They help keep the intestinal tract clean, oxygenate the blood and much, much more.

Hydrogen peroxide is a rich constituent of blood and urine. Aerobic cells are covered in the enzyme catalase that happens to be the most abundant enzyme in the body. As hydrogen peroxide contacts with catalase, it is transformed into water and a single atom of oxygen. Oxygen revitalizes the cells, yet, clears away anaerobic colloids of life. 40-50 drops of food-grade hydrogen peroxide is produced by our T-cells that keep pathogenic colloids of life at bay every day.

Urine therapy helps the body clear cancer by containing 15 known ingredients that work synergistically at every stage of that condition to help the body clear it up. The true cause of that dis-ease is mycotoxin, exotoxin and endotoxin. As one does urine therapy, one is inoculating the body with substance used to develop resistance to specific disease. Urine contains ingredients that help clear tumors, such as urea, uric acid, 3 methyl-glyoxal, DHEA, H-11, directin, antineoplastin, interferon, and interleukin-1.

Thyroid, adrenal and sex hormone is reabsorbed as they are other than protein complexes. Implant with fresh urine, douching and washing with urine helps the body reabsorb larger protein like antibodies, immunoglobulin, heptaglobulin, albumin and transferrin. In urine therapy there is also re-absorption of enzyme, amino acid, vitamin, cell salt, mineral and urea. It has great bactericidal and virucidal effect and has natural diuretic action. The enzyme urokinase causes vasodilation, an effect a lot like nitroglycerin.

Urea is converted into glutamine from ammonia in the intestinal tract through bacterial action. Glutamine has a marked effect on helping heal ulcers and in the maintenance of tissue like the brain, immune cells and small intestine. The skin and connective tissue is moistened and its condition is regulated through the urea and other hydrotropic element in urine therapy. Urine and the urea it contains, helps dissolve fat. Urine helps detach waste and draws water into the intestine, accelerates metabolism, removes surplus sugar from the blood, clears toxin from the cell, and helps raise albumin.

During cell rejuvenation, on Jubb's program, urine has a marked diuretic effect, clearing water from between the cells. Urine lowers the osmotic pressure in the lymph, causing the vessels to open. As lymph vessels open, excess amino acid is eliminated from body tissue.

Urine Therapy Helps Control Blood Sugar

Urine brings in anionic (alkaline) element that help restore liver function with more "in and up" energy. Cationic (acidic) energy is spinning "down and out." Urine therapy helps increase the oxygen content of the blood. It helps un-stick platelets and create better flow. It helps clear mucous, it dissolves fat, and allows cell membranes to become more insulin sensitive. This helps greatly with blood sugar regulation. Because urine is composed of structured water, it helps improve all enzyme activity in the body.

Autogenous dilute compound in urine have homeopathic or isopathic effect for urine is filtered blood, merely containing substance and element found in the bloodstream. In urine therapy, one is ingesting nothing other than self. Jubb's cell rejuvenation program encourages drinking, implanting, douching and in some cases inter-muscular injection with fresh urine along with applying stale urine rubs, soaks and compresses over the body externally.

Normally, there are 40-75 grams of solids in urine that would have been discarded over a 24-hour period of time. 25% of this are sulfate and phosphate. These salts are in a form easy to absorb. Phosphorous is

integral for cell structure and vital in energy production and the synthesis of protein. Sulfur is a major component of taurine, methionine (an essential amino acid) and cysteine and is therefore important in mood, immunity, skin and nail growth, and fat reduction. Methionine is an anti-oxidant and is also used to produce the powerful anti-oxidant glutathione peroxidase. Certainly, 50% of the success you can have relates to your physical intake and excretion. The other 50% has to do with your lifestyle and the pace that things are occurring inside.

The Jubbs have been involved with the scientific, biological and biochemical analysis of food as this relates to cell rejuvenation and how this impacts the human body in its relationship to emotion, cognitive function, and a sustainable future. The Jubbs have accumulated much clinical and empirical evidence to suggest there is a scientific between the maintenance of body chemistry, health and living in a way of having a sustainable future.

From these insights, the Jubbs learned how to read the body like a book. And from this health reading, develop a health profile along with what action to take to help the body restore organ, chakra, and meridian bio-balance. People having a similar profile generally have similar action to bring about bio-balance. The brilliance of this is that it puts the doctor back in the person, as it is unnecessary to rely on relaying related symptoms. Healing occurs without the labeling of symptom.

Life occurs because this is an open system. Life involves internal responses to maintain constancy to a changing world. The automatic biochemical homeostatic system in the body is open. Because of this, homeostatic function is affected by factors both internal and external. For instance, nu-toxin (toxin from matter eaten) consumed and dead, SAD diets (Standard American Diet) are less than allowing self to rest and are examples of environmental factors that can have other than allowed bio-balance in the body.

Tendencies to change the biochemical background canvas that enzymatic activity takes place within, automatically is opposed by a force to maintain homeostasis. Insulin release can other than raise blood sugar and glycogen is without being able to lower blood sugar. Homeostatic mechanism can have been less than cooperative while foreign protein from nu-toxin was consumed and because bacteria, fungus and yeast can have proliferated in the body. Meanwhile, they can have used the body as their sewer for all mycotoxin excreted.

Someone can be eating a Lifefood diet yet eating while other than being relaxed. Relaxation is an important tenet in Jubb's Cell Rejuvenation Lifestyle Therapeutics. LFN is the science of supplying nutrient to cells so bio- balance occurs at a cellular level! The endocrine functions well as nutrient can become nourishment aiding in the process of metabolism, waste excretion and cell function.

Urine Therapy Helps Cancer Heal

Anti-neoplastic (anti-cancer) compounds abound in fresh urine. Connective tissue overgrowth is caused because normal cells became infected by carcinogens. Infection in a small group of cells can have occurred where those cells other than kept their ability to oxidize sugar. Energy production by mitochondria can be other than sufficient because of lifestyle. Dysbiotic colloids of life (parasitical life forms), are helped to be cleared away with urine therapy and Lifefood nutritional fasting. Otherwise, those dysbiotic life forms can have increased the rate of infection.

Flies are other than the cause of maggots. How clean the kitchen sink is, is the cause of maggots. Only that the kitchen sink was other than clean could maggots be there. Acidic terrain is the cause of colloids of life to have abandoned their role in sustaining us and turned to their own demise. Tissue more and more can have become compromised by fungal forms. Parasites and larva form in the intestinal tract can burrow through the membrane wall of the cells of the body and cause a myriad of symptoms. Eventually it can have occurred that infection can have caused inflammation and sequestered the immune system to respond to hold the infection at bay.

Urine therapy helps bring sulfur and phosphorus in that help bind cells more together yet have a nice elasticity and fluidness. Urine therapy can halt the progress of parasites and eliminate them where ever they are in the body. Urine is a vasodilator and a diuretic so it helps mobilize lymph, and lymph can help bring compounds in that eco-sterilize the terrain free of dysbiotic colloids of life. Anti-neoplastic compounds in the urine help keep connective tissue vital. Otherwise, connective tissue dis-ease can have occurred of mature cells that became seeded by colloids of life that were fermentative. Parasites and larva burrow through cell wall wreaking havoc. The body restricts infected cells by benign growths of fibrous membrane. Urine therapy helps wash away extraneous tissue.

Nutritional fasting halts the spread of rapid growing repair tissue at the site if injury. Otherwise, restricting infection by walling off infected cells allows dys-biotic life colloids to survive within. Eventually the benign fibrous lump, polyp, cyst or pre-cancerous lesion walls break from toxic over load, larvae can consume

membrane cells and fibrous walls can have become breached because of injury. This break stimulates an injury repair response with adjacent cell growth.

Rapid cell growth of the repair response because of injury is what cancer of connective tissue is. A multiplication of mature adjacent cells is attempted to seal the area. Normal conditions inhibit this rapid growth upon having healed. Benign growths can have grown to be cancer from lesions failing to heal. The process of repair can have gotten trapped in high gear. New cells can other than become integrated with cells surrounding the growth. Most of all cancers are membrane and endothelial cell (cells that line the passage ways of the body) cancers. Parasites and their larva directly cause cancer by excreted toxic compounds and damage tissue and organ. Urine therapy helps raise the blood born inhibitors that keep parasites and dys-biotic microbes at bay.

Urine Therapy

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Yep, urine for a surprise Dorothy, and no we're not in Kansas anymore.

Urine therapy can be a very effective healing modality. Sometimes when all else fails, urine therapy will turn a person around. We will be covering some of the reasons why this may be so, and in that regard will lightly touch on homeopathy and isopathy. Both of these concepts are often discussed by holistic practitioners. You will get a deeper understanding of isopathy as it is touched on here if you take the [Rot & Rust Tour](#) in one of the educational sections of this website.

YOUR BODY'S OWN MEDICINE

Sometimes you may find, that as much as you try to eat right, to take the appropriate nutritional supplements, to exercise, to drink plenty of pure water - you still just don't get better or solve your particular health challenge. When you cannot find a practitioner in your sphere that is able to get to the core of what ails you, these are the times when you may need a little extra help. In that light I'd like to review homeopathy/isopathy and your body's own medicine.

Homeopathy

In definition, homeopathy is: A therapeutic method, which clinically applies the Law of Similars and uses medically active substances at infinitesimal doses.

Ok, so lets say you get sick with the flu. By using the Law of Similars, you would give yourself an additional dose of some same or similar flu virus, and this would stimulate your immune system to go into battle. That's using the Law of Similars. However, in homeopathy, you never take the similar substance full strength. You take an infinitesimally smaller amount. Actually, it is so small as to be unmeasurable by physical scientific instruments.

To get to such a small level, the original substance goes through a dilution process. For example, suppose you were making a flu remedy. You would take, for instance, 99 drops of distilled water and add one drop of flu virus. You would vigorously shake that solution 50 to 100 times (homeopaths call this succussing). Then you would take a drop of that solution and add it to another 99 drops of water and shake again. Then take a drop of that solution and do it again, and again, and again, etc. By the time the homeopath is through with this process, any scientific laboratory could analyze the solution and all they would say is that the substance is just water. BUT, and this is a big but, the power of the remedy is in the vibrational imprint that has been stamped on the water itself by the original flu drop and through each successive generation. And this is where we get into quantum physics and subtle energy, areas where our physical sciences are not yet capable of going.

When the body is given a homeopathic remedy, it is stimulated into action, not because of the physical or chemical nature of the substance, but because of the energetic nature. The body receives new vibratory information and acts accordingly. Now to anyone trained in the physical sciences, this is not provable. But whether you believe this yourself or not is irrelevant, the fact is, homeopathics can be a very powerful healing resource when used correctly.

Isopathy

In the Rot & Rust educational tour in the microscopy section, we have a discussion about the colloids of life in the blood. These are hypothetical constructs which say if the terrain of the blood (i.e. the bloods pH balance, mineral balance etc.) gets shifted, the elemental forms, the colloidal particles known as the protits or somatids, will change their shape to adapt to the new environment. What they change into can be pathogenic (disease producing) to the body.

This is the biological aspect to the disease process in the body as espoused by some thinkers. When Professor Enderlein (ref. Rot & Rust) was doing all of his research in this area, he believed the developmental life cycle of an internal parasite to be real. He knew that disease was brought about by a shifted internal metabolic balance. To get well, you had to rebalance that metabolism.

Understanding these concepts, in relation to also theorizing a totally biological nature of disease, he developed biological preparations to speed the healing process. Today these preparations are made primarily by companies most notably out of Germany.

As biological preparations, they work on a supposedly unique level. If microbes do indeed evolve in the blood to a pathogenic level, then to get well, you would want to de-evolve those same microorganisms back to a stage where they no longer present a problem.. The primary way to do this is through diet (i.e. rebalance pH). But in severe situations, you could accelerate the process biologically. This is where Enderlein's remedies would come into play. He theorized that if you have a microbe at one late developmental stage in the body that is causing problems, you could introduce the earlier stage of that same type of microbe and they would mate and become a lesser form. This is how his isopathic remedies work (iso meaning equal or same).

Enderlein's so-called protit was seen as a colloid of life--a progenitor to later stages of development if the pH of the blood gets thrown off. To de-evolve the later pathogenic stages, the re-introduction of new cultured young protits back into the blood, would see the pathogenic forms become lesser, apathogenic forms. This is the basis for Enderleins isopathic remedies. It claims to promote gentle and effective self healing through biological means.

Understanding these two concepts of homeopathy and isopathy, is going to lead to a further understanding of just what the power may be that is behind the effectiveness of the medicine your own body produces.

The Product of Your Own Metabolism

The first time I was exposed to the concept that the body makes its own medicine, it was through a friend who was introduced to it through an eastern Indian "guru" type of fellow. I thought it was interesting but a wacky kind of idea and I never thought about it again - until I came across a book. The book is entitled, "Your Own Perfect Medicine" by Martha Christy. She has an interesting story to tell.

Ms. Christy was sick. Very sick. For a very long time. Pelvic

inflammatory disease, ulcerative colitis, Chron's disease, chronic fatigue syndrome, Hashimoto's disease, mononucleosis. She had severe kidney infections, two miscarriages, chronic cystitis, severe candida, endometriosis, adrenal insufficiency, serious chronic ear and sinus infections, food and chemical allergies. And that wasn't the half of it. She had every conceivable medical test, her share of surgery, and drugs - plenty of them. Then she tried all forms of alternative therapy. Homeopathy, herbs, mega-vitamins and liv-cell treatments in Mexico. After traditional medicine failed to work, she and her husband spent over \$100,000 trying to get her well with alternative approaches. Nothing worked.

And then one day, her husband brought home a little book that told of how individuals had been cured of even the worst diseases with a seemingly strange and little-known natural therapy. Soon afterwards, she began the therapy herself. From the first day she began, she received almost instantaneous relief from her incurable constipation and fluid retention. Within a week, her severe abdominal and pelvic pain was gone.

The chronic cystitis and yeast infections (internal and external) soon disappeared and her food allergies, exhaustion, and digestive problems all began to heal.

After a few more months, her colds, flu, sore throats and on again off again viral symptoms disappeared. Her hair which had fallen out by the handfuls after her fifth surgery became thick and lustrous. Her weight normalized, and her energy and strength came back. After nearly 30 years of non-stop illness, Martha Christy was whole again.

What was this therapy that she had discovered? What was this therapy that has helped seriously ill patients gain complete remissions from their afflictions? What was it that she actually did?

Well, here it is. She orally and medicinally re-consumed her own urine.

Whoa! Gag! She did what?

That's what I thought when I first heard about this. But I also absolutely needed to know more. What I discovered is that urine is not the substance we think it is. In her book, Martha Christy

explains what urine is....

In Layman's Language

Urine is not, as many believe, the excess water from food and liquids that goes through the intestines and is ejected from the body as "waste". It is much different and much more. When you eat, the food you ingest is eventually broken down in the stomach and intestines into extremely small molecules. These molecules are absorbed into tiny tubules in the intestinal wall and then pass through these tubes into the blood stream.

The blood circulates throughout your body carrying these food molecules and other nutrients, along with critical immune defense and regulating elements such as red and white blood cells, antibodies, plasma, microscopic proteins, hormones, enzymes, etc., which are all manufactured at different locations in the body.

As the blood circulates, it passes through the liver where toxins are removed and later excreted from the body in the form of solid waste. Eventually, this now purified "cleaned" blood makes its way to the kidneys. When blood enters the kidneys it is filtered through an immensely complex and intricate system of minute tubules called nephron through which the blood is literally "squeezed" at high pressure. This filtering process removes excess amounts of water, salts and other elements in the blood that your body does not need at the time.

These excess elements are collected within the kidney in the form of a purified, sterile, watery solution called urine. Many of the constituents of this filtered watery solution, or urine, are then reabsorbed by the nephron and delivered back into the bloodstream. The remainder of the urine passes out of the kidneys into the bladder and is then excreted from the body.

The function of the kidneys is to keep the various elements in your blood balanced. When your body doesn't need something at a particular time, it is excreted - not because it is toxic or poisonous or bad for the body, but simply because the body does not need that particular element at the time.

Medical researchers have discovered that many of the elements of the blood that are found in urine have enormous medicinal value,

and when reintroduced to the body, they boost the body's immune defenses and stimulate healing in a way that nothing else does.

A Nutrient Rich Powerhouse

In 1975, one of the founders of Miles Laboratories, Dr. A. H. Free, published his book *Urinalysis in Clinical Laboratory Practice*, in which he remarked that not only is urine a sterile body compound (purer than distilled water), but that it is now recognized that urine contains literally thousands of compounds. Among the urine constituents mentioned in Dr. Free's treatise is a list of nutrients that will knock your socks off. Here's just a few...

Alanine, Arginine, Ascorbic acid, Allantoin, Amino acids, Bicarbonate, Biotin, Calcium, Creatinine, Cystine, DHEA, Dopamine, Epinephrine, Folic acid, Glucose, Glutamic acid, Glycine, Inositol, Iodine, Iron, Lysine, Magnesium, Manganese, Melatonin, Methionine, Nitrogen, Ornithane, Pantothenic acid, Phenylalaline, Phosphorus, Potassium, Proteins, Riboflavin, Tryptophan, Tyrosine, Urea, Vitamin B6, Vitamin B12, Zinc/

Stories have been told of individuals who have both lived and died by being trapped in places without food and water for days. Those that survived did so because they drank their own urine, those that perished did not. The ones that died probably could not overcome the mis-informed thoughts that urine is a waste product of the body. It's not. It's just a substance the body secretes that contains elements not needed at the time.

Despite what you may have been led to believe about urine, pharmaceutical companies have grossed billions of dollars from the sale of drugs made from urine constituents. Research is happening every day in labs attempting to isolate specific elements of urine so they can create new drugs and patent the substances. For instance, Pergonal is a fertility drug made from human urine. 1992 sales of this drug were reported at \$855 million while it costs a patient \$1400 a month to consume. Urokinase, a urine ingredient, is used in drug form and sold as a miracle blood clot dissolver for unblocking coronary arteries. Urea, medically proven to be one of the best moisturizers in the world, is packaged in expensive creams and lotions. Take the M out of Murine eye drops and what do you have? Yep. It's made from carbamide - another name for synthetic urea.

A Powerful Healer

To get some understanding of how urine can be such a powerful healing substance in and of itself, let's take a look at how urine therapy has been known to completely eliminate allergies.

We read where researchers have discovered that allergic responses are caused by "renegade" white blood cells that inappropriately attack substances even when they may be no threat to the body. So it is the activity of these renegade white blood cells, called antigen receptors, that needs to be corrected in order to cure the allergy.

In 1982, studies published by Dr. William Linscott (in *Basic and Clinical Immunology*) showed that when these antigen receptors (or renegade white blood cells) are reintroduced into the body, the body actually developed antibodies to these antigen receptors, and the antibodies then stopped the allergic response.

Realizing that the urine of allergic individuals contains the allergy causing antigen receptors, researchers thought that to re-introduce the urine back to the allergic individual would mean antibodies would be produced which would then stop the allergic response. And that is exactly what happens. Allergies have been completely turned around with urine therapy.

Using urine in this way to cure the allergy, is one form of isopathic treatment. You're using the same substance that is causing the allergy, to be reintroduced to the body to have the body manufacture its own antibody to it. If you grasp this point, you may be able to see the ability of this therapy to be used in just about any illness the body may experience.

More Electrons for Your Body

Most of the time when a measurement of any given urine sample's oxidation and reduction reading (the ORP value) is taken, it often shows the urine in a reduced state. Chemically this means that there are more electrons (the charge is reduced in the negative direction). We like to say that the flow of life moves on the flow of electrons. If there are a lot of electrons in the urine, then where are

they coming from? Yep, from you. So if your papa ever said, child, you're pissing your life away--might there be more to that statement then meets the ears? Free electrons can be given to free radicals to fight oxidation so perhaps urine therapy also works along these lines. Something to think about. Or maybe it is just that things are better the second time around - they've already been processed somewhat once.

Concepts From the Isopathic Thinkers

To take this isopathic idea a bit further, let's come back to the theories of Guenther Enderlein and his biological perspective. As you'll recall, Enderlein developed remedies that were based on his observations that how we get sick is a function of the blood pH getting thrown off causing microbes in the blood to grow into pathogenicity. His biological remedies involved re-introducing the small colloids of life, or the protits, back into the body to mate with the pathogenic forms so they would de-evolve back into a non-pathogenic state. Mmm....

Now let's take this idea in relation to urine therapy and expand it to meet this biological framework. Urine therapy has been able to cure seemingly incurable disease states. Why is that? Well here's an idea. The colloids in your blood that are the protits/somatids, are very small particles. In fact they are so small as to be unfilterable by something like the kidneys. Though researchers haven't been looking, perhaps one of the invisible constituents of urine are these colloid particles that naturally just get passed through the kidneys out of the blood. When one consumes their own urine through the process of urine therapy, they are receiving a dose of these pure colloids. These biologically proceed to support the immune function, and possibly lead to taking the pathogenic microbes in the blood back down to apathogenic states. In this way, urine truly becomes the body's own perfect medicine. Now Enderlein's theories have never been proven using modern scientific procedures to verify his ideas, and at some levels has been completely dis-proven, but nevertheless people still believe them. Maybe the power of belief in this instance overcomes what factually may not be real.

Open Minds Can Open Doors

Don't take this therapy lightly. Multiple sclerosis, colitis, lupus, rheumatoid arthritis, cancer, hepatitis, hyperactivity, pancreatic insufficiency, psoriasis, eczema, diabetes, herpes, mononucleosis, adrenal failure, allergies and so many other ailments have been said to be relieved through use of this therapy. After you overcome your initial gag response (I know I had one), you may realize that there might just be something to this and if you are searching for health, this is an area to investigate. There are numerous reports and double blind studies which go back to the turn of the century supporting the efficacy of using urine for health.

The recurring points to all of the medical research done to date on urine indicates that it is completely sterile. If it becomes contaminated it happens after it leaves the body. Urine is a by-product of blood filtration, *not* waste filtration.

Urine contains compounds that are very specific to the individual from which it comes. It is antibacterial, antifungal, antiviral, antineoplastic (anticancer), anticonvulsive, and antispasmodic. It is totally non-toxic.

With research that could fill volumes, you may be wondering why you haven't heard of this before. Well, urine is abundant (everyone has their own supply), it's free, and it can't be patented. Reasons enough?

How to Do It

Very briefly, here are two main ways that are suggested to do urine therapy. This is in no way a complete discussion of how to use the therapy, but simply an introduction.

1) Use your own urine in a homeopathic fashion.

First, collect midstream urine in a clean cup or container. This should be a clean catch, meaning the genital area (important for women in particular) has been cleaned beforehand. To 1/6 ounce of distilled water in a sterile bottle, add one drop of fresh urine. Cap and shake 50 times. Take one drop of this mix and add to another 1/6 ounce of distilled water and shake 50 times. Take one drop of this mix and add to 1/6 oz. of 80 to 90 proof vodka which acts as a preservative.

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.

2) Begin with oral drops then increase dosage as needed.

Use fresh urine drops direct. For some cases, sub-lingual drops work well.

(Should always use fresh urine immediately upon collection. You should not boil or dilute the urine in any way. You must use it in its natural form)

Start by taking 1-5 drops of morning urine on the first day. On the second day, take 5-10 drops in the morning. On the third day, take 5-10 drops in the morning, and the same amount in the evening before you go to bed.

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. It may be that you'll work up to actually drinking an ounce or two at a time.

Note: We do not answer any questions about urine therapy. This is only here for informational purposes. For answers to any questions you may have, get the book entitled, "Your Own Perfect Medicine" by Martha Christy.

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Urine Therapy

If health is what you *urine* for, try this..

by Michael Braunstein

"Welcome aboard. Coffee, tea or pee?"

When Ferdinand Magellan's fleet of five set out to circumnavigate the globe in 1519, the manifest gave each ship "50 casks of water, fresh and pure." It wasn't enough. Of course his crew knew they would have to locate water along the way. Unfortunately, finding themselves in uncharted waters and out of water 18 months into the voyage, they became desperate. With no hope of a fresh water source, they took what was the only recourse. They drank their own urine. Wrote one crewman, "It was surprisingly not unsavory, having no worse a taste than a flagon most foul with rancid port, as many I have tasted before." And after all, it did save their lives.

Already the astronauts on the International Space Station are experimenting with the self-generated liquid and if NASA ever launches a manned mission for Mars, the ship won't carry enough water for the 18 month voyage. Like their preceding explorers, they will have to find water along the way. This presents a problem since rainfall outside the Van Allen Belt is pretty rare. NASA's answer? If it worked for Magellan it can work for Mars. Drink urine. Though filtered, purified and recycled, it will probably take a little getting used to psychologically. But there are millions of people throughout history who have actually swallowed the idea of urine as medicine. It is often called urotherapy.

"Drink waters out of thine own cistern"

- Book of Proverbs

Given a choice between "a flagon most foul with rancid port" and drinking their own urine, most will probably

Though we have been conditioned to think of urine as "dirty," quite the opposite is true. Urine fresh from the "spigot" is actually sterile, devoid of any pathogens at all, (except in the case of a urinary or kidney infection). Urine is 95 percent water. The other five percent of our urine is made of dissolved and suspended solids, none of which are toxic. The two main components are simple salt and a compound called urea. In addition to salt and urea, other elements include hormones, proteins, antibodies and other beneficial pharmacological agents. So far from being harmful, urine actually does have known healing agents. Furthermore, if urine has a bad taste or smell, it is generally from the diet or habits of the contributor. Poor diet, poor habits and you will get a rank and smelly urine. The point is that urine components

choose the rancid port. Surprisingly though, many would not. The belief that urine has powerful healing properties existed even centuries before the Bible extolled its virtues. Cultures throughout all time have used urine for healing. Many practices have included the use of urine from other species such as cows or horses. But most common is using one's own "Golden Fountain" as the source. And a scientific analysis of urine would find it healthier than a "flagon most foul."

Though we have been conditioned to think of urine as "dirty," quite the opposite is true. Urine fresh from the "spigot" is actually sterile, devoid of any pathogens at all, (except in the case of a urinary or kidney infection). Urine is 95 percent water. The other five percent of our urine is made of dissolved and suspended solids, none of which are toxic. The two main components are simple salt and a compound called urea. In addition to salt and urea, other elements include hormones, proteins, antibodies and other beneficial pharmacological agents. So far from being harmful, urine actually does have known healing agents. Furthermore, if urine has a bad taste or smell, it is generally from the diet or habits of the contributor. Poor diet, poor habits and you will get a rank and smelly urine. The point is that urine components reflect the provider.

Usually the suggestion follows the Bible, to drink only our own "waters"; though there are times when urine from a select group is recommended. Sometimes, as in cases of wishing to enhance fertility, one would drink urine high in hormonal content of the right kind. This understanding led to a modern-day application. Serono Laboratories in Italy used the urine of post-menopausal nuns to prepare the pharmaceutical extract Pergonal, prescribed to stimulate fertility. And many women receiving hormone replacement therapy right now are receiving doses derived from horse urine.

Though fresh urine is sterile, left standing it will provide an excellent medium for bacterial growth. Therefore it is always advisable to use fresh. Don't try to keep it in the 'fridge overnight or for when guests drop in. Ancient texts that describe the practice tell us to drink the middle of the flow. Presumably this would eliminate any trace bacteria from the urethra in the first part or leftover from bladder walls in the last spurts. After all, even with a fine red wine, you still don't drink the dregs.

For thousands of years, nearly every culture in recorded history has included urine therapy for all manner of disease or injury. Hindu yogic practices have noted the benefits of drinking our own urine. Ancient Chinese medical texts record specific ways to use urine and even describe how it can be purified into a powdered crystal to satisfy any squeamishness on the part of the patient. Indigenous Americans encountered in 1806 by Lewis and Clark's expedition to Oregon had the custom "of bathing themselves all over with urine every morning," according to Lewis. Saharan Bedouins use urine to cleanse burns and wounds. When British officers during World War Two observed the practice, they were shocked. But actually it was the same medical practice described in the Ebers Papyrus of 1500 B.C, one of the oldest surviving documents of

~~that urine components~~
reflect the provider.



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Egyptian history. The Aztec civilization also used urine to heal wounds. Various other cultures recommend drinking urine to increase fertility and stimulate sexuality. It is historically used to break down blood clots. It is used as a sleep aid, to cure yeast infections, fever, oral infections, diabetes, cancer and of course, bladder problems! As a topical medicine, it is used to heal wounds and rashes; to cleanse and tone the skin. And the claims continue. The list of maladies that urotherapy is used to fight is long and varied. Recently, urotherapy is used in the fight against the complex of conditions that make up AIDS. Perhaps because the substances believed therapeutic in urine are many and varied, advocates say it has a broad-spectrum effect on the multiple symptoms presented in AIDS.

In the ayurvedic tradition of yoga, drinking one's urine is called amaroli. Because extensive Vedic texts exist from at least 2000 B.C., this practice provides us with much of the most thorough guidance available. Yogic techniques tell us exactly how to go about drinking or applying amaroli. One of the most famous users of urine therapy was Prime Minister of India from 1977 to 1979, Morarji Desai. On the occasion of his ninety-ninth birthday in 1995, Desai attributed his longevity to drinking his morning urine on a daily basis.

Admittedly, there is very little Western science evidence to support the historical claims. After all, how would a researcher fare in submitting a grant proposal for such funding? "We are asking for five million dollars to investigate the health properties of pee cocktails." Or even more difficult, how would one find a test group to drink their own urine? And what would you give the control group? Apple juice?

Despite the paucity of modern scientific substantiation, there is some common-sense evidence that explains why some of these beliefs exist. Let's start with using urine to sterilize and cleanse wounds.

Remember a major component of urine is urea. Urea is commonly recognized as an effective antibacterial, antifungal and antiviral agent. Its mechanism is simple. The presence of urea in the urine is the result of the body's chemical balancing of sodium chloride and water ratio. When used on a wound, urea causes an osmotic imbalance that kills bacteria and fungus. It is so effective it is used in many topical ointments and creams sold pharmaceutically, both prescription and over-the-counter. Urea is found in a broad range of medicines used to treat inflammation. It is a main ingredient in the medicine Herpigon, used to treat herpes infections.

Urine also can smooth and moisturize the skin. Your face cream or wrinkle remover most likely has urea or a derivative in it. Check out the ingredients. Each time you use it you are effectively smearing urine on your face. According to John Armstrong's 1971 book, *The Water of Life*, expensive and elegant European facial soaps often contain human, cow or pig urine.

Historical anecdotes have said that drinking urine can prevent strokes and help break down blood clots and scabs. This lore was applied when investigators in the nineteenth century found that some component of urine could digest proteins, specifically fibrin, the key in clotting. In 1952, G.W. Sobel isolated the enzyme in urine that the folk lore claimed. He named it urokinase and it is now used in preparations to break up clots in heart disease and stroke. Apparently folk lore was right. Did modern medicine make it better or just more expensive? Certainly it's easier to sell.

HOW DO YOU MAKE A HORMONE?

Urine contains a number of different hormones. Fertility drugs contain estrogens from human urine that stimulate ovulation in women and sperm production in men. Maybe the Zimbabwean

tribe that drinks baboon urine in beer as an aphrodisiac has reason to do so. (I'll stick to a scotch and soda.) If you're taking Premarin, it's prepared from mares' urine and other natural sources, including human.

Several references recommend drinking urine for sleeplessness. And it's a well-known fact now that melatonin is a natural hormone that helps regulate sleep. So guess what? Melatonin is present in significant amounts in the urine, especially morning urine. And not only melatonin is present. There is a compound known as muramyl dipeptide. Simply put, it mirrors the action of serotonin, another well-known calming hormone. These may explain why Vedic texts recommend that yogis practice amaroli to enhance the ability to meditate more deeply.

Often there are broad, sweeping claims made by proponents of almost every therapeutic modality. To entertain the possibility that urine therapy can cure everything from canker sores to cancer seems to be one of those claims. There is no therapy, massage therapy to chemotherapy, aromatherapy to heart surgery, that can hope to meet claims of 100 percent success. And honestly, I don't think most proponents of urine therapy intend such claims. But despite the first impression that the Western mind often has of seeing the modern practice of amaroli as antiquated at least and revolting at most, its value need not be dismissed out-of-hand.

There is plenty of information on the internet about urotherapy. Not all of it is placed there by people trying to sell a product. After all, the best source is one's own "cistern" according to the Bible. Whether it's the ingestion of urine or its topical application, there seems to be scientific reason, if not scientific testing, that says it makes sense. The best advice is the advice you can give yourself. Know it exists. Find out more about it. Make your own decisions.

If Magellan had gotten some melatonin into a native chieftain in the South Pacific, he might have made it back to Spain. As it was, Ferdie interfered in a tribal dispute and was slain by a warrior who was ... pissed.

Be well.

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[Michael Braunstein](#) is Executive Director of Heartland Healing and certified by the [American Council of Hypnotist Examiners](#) in clinical hypnotherapy. He graduated from the Los Angeles Hypnotism Training Institute and was an instructor at the UCLA Extension University for 11 years.

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Drinking Pee

From: Quintal (xavier22_at_PASLATETEclub-internet.fr)**Date:** 03/10/05

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Date: Thu, 10 Mar 2005 18:20:20 GMT

"In point of fact, the Greek physician Hippocrates (for whom the Hippocratic oath is named) actually encouraged a variety of natural remedies and preventative practices, including urine therapy."

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Drinking Pee

Right up there with choking down roasted human flesh, pee drinking makes the top ten list of things most people would only do if forced by extreme circumstances. To such persons, sipping the salty nectar is merely the last wretched resort of the desperately dehydrated -- i.e. shipwrecked sailors adrift at sea and desert travelers lost amidst the burning sands.

Although inaccurate, the popularity of this image is understandable. After all, here in the U.S. we rarely hear of urine drinking outside the context of survival tales -- prisoners of war, villagers beset by drought, residents of besieged cities. Equally compelling are the stories of those too squeamish to drink the "waters of their own cistern". Too principled (or foolish) to sip their own nectar, they found their end swiftly, usually in two or three days. If a person was unusually strong and in excellent health (and hydration), they might live as long as a week. For children, the survival time was even shorter.

Not surprisingly, in such circumstances our notions about what is and is not appropriate behavior can change abruptly. In the face of pain and suffering, or the death of our loved ones, we find ourselves ready to do whatever is necessary. And regardless of whether the necessary deed is drinking urine or eating bugs (or our own dead friends and relatives), this sudden shift of priorities has the power to transform our deepest held beliefs -- sometimes permanently. That is, once we've crossed the threshold of our inhibitions, we may find there is little reason to return to our previous standards of behavior.

Which may go to explain why, in some cultures, urine drinking is considered perfectly acceptable. At some point in these cultures' development need led to acceptance, and acceptance opened the door to popularization and, ultimately, to ritualization. Thus it was that the indigenous Siberians used their own urine for washing and bathing (see Practical Uses of Pee), native Alaskans used urine as an antiseptic for wounds, and in India and East Africa, tradition-minded people washed (and still do wash) themselves in cow urine (which can be more sterile than some water supplies). Among the 19th century Zuni, the consumption of urine and feces was, at times, elevated to the rank of religious ceremony (see Religious Pee).

Clearly the kinds of "need" that have caused people to tap their own stream is far more varied than our popular image would suggest. In

fact, even among those who drink their urine, avoiding death from dehydration is not always the motive. For example, in a diversity of harsh climates, both very hot and very cold, people have historically turned to urine drinking to recoup not only moisture, but also other nutrients that the body depends on for vital functioning (such as salt, magnesium, calcium, potassium, vitamin C, and various B vitamins). And so basic is this behavior that the body will sometimes signal a distinct craving for substances rich in that nutrient. (Meaning that in some circumstances your pee might taste rather yummy.)

If this sounds a little too bizarre to believe, consider that animals too will turn to urine to satisfy similar cravings. Domesticated reindeer, subsisting in the harsh habitat of the arctic circle, happily permit their keepers to urinate directly into their mouths, appreciatively guzzling down the warm, mineral and vitamin-rich moisture. And butterflies, those graceful beauties of park and garden, sip a great deal more than flower nectar. Urine (human and non-human) is actually an important part of their nutritional intake.

Because certain nutrients are so vital to the body's healthy functioning, their lack unavoidably leads to disease and even death. But since these same nutrients can also be found (squandered) in our urine (the body can only take in so much at any one time), it should not surprise us that human beings eventually made the connection between urine drinking (running the nutrient back through the system until all had been absorbed) and recovery from certain ailments. We can only wonder at ancient peoples hit upon this discovery, but we do know that in modern China, India, Southeast Asia, and various other parts of the world, many people loudly praise the curative powers of urine.

While some urine drinkers use it only as an occasional tonic -- to correct temporary imbalances or diseases -- there are actually many others who down a glassful of urine every day as part of their daily health regimen. Just how wide spread is this practice? Hard figures for most nations are, understandably not available. However, in June 2001, Chinese news feeds reported that more than 3 million Chinese drink their own urine to stay healthier. That's 3 million cups of pee a day, every day -- just in mainland China alone. If you can figure out how many gallons that is, you win a prize. (No, not really.)

Meanwhile in India, pee drinking has a long and noble lineage. It dates back at least 5,000 years to an ancient spiritual text known as the Damar Tantra. Part of the teachings of Yoga and ayurvedic medicine, the practice of drinking one's own urine (a.k.a. Amaroli or Shivambu) is believed to accelerate one's progress toward samadhi, or spiritual enlightenment. Naturally, the spiritual aspirant must do more than drink his own piddle every day. He must also follow a regimen of daily yoga and meditation practice, he must eat healthy foods (preferably vegetarian), and he must follow the whole Ayurvedic lifestyle (a complex system of knowledge that dictates what and how individuals should eat, drink, exercise, and etc, based on their temperament and physical type). But in addition to all these practices, when the devoted aspirant arises each morning to meditate, he must also collect his first morning urine and drink it down, steaming fresh, following it with a chaser of plain water. (It is also prescribed that he must collect the urine midstream, after the first flow of pee clears away the bacteria and etc. lurking in the urethra and external genital area).

This tonic of first morning urine is prized not only in India, but in a variety of pee-drinking cultures, many of which believe that because the deeply resting body (during its routine nightly sleep) uses a lesser quantity of vital nutrients than during the daytime, it therefore releases the unused excess into the morning urine. It is further hypothesized that if the body is experiencing a deficit of these nutrients on the whole, then drinking the morning urine (so rich in the unused excess) will plug these nutrients back into the system, making them available for the body's use during the rigors of the day.

Just what are these alleged nutrients? Certainly there are the vitamins and mineral alluded to above. But in some more esoteric versions of the theory, what is being released and recaptured is not so much a physical substance as it is an etheric substance -- life force (a.k.a. prana or chi). In fact, in both India and China there have historically been those individuals (including emperors and alleged magicians or sorcerers) who sought to obtain immortality through drinking their own urine. Urine has even been claimed to be the mysterious soma alluded to in the great Hindu spiritual texts known as the Vedas -- which, when drunk by the spiritual adept, would confer

godlike levels of awareness and vitality. (Some modern supporters of this theory add the idea that the urine was spiked with a psychedelic, similar to the mushroom *amanita muscaria*.)

But more conventionally minded supporters of urine therapy, focus more on the biochemical make-up of human urine, describing its vital ingredients as:

vitamins, minerals, proteins, enzymes, hormones, antibodies, and amino acids -- estimated to be thousands of compounds in all. For example, urine, which is also the primary component of amniotic fluid, contains DHEA (the wonder steroid heralded with anti-aging, anti-cancer, and other benefits), allantoin (added to creams and ointments to promote wound healing), factor S (used to naturally induce sleep), gastric secretory depressants (combats ulcer growth), urokinase (an enzyme known to dissolve blood clots), and of course, urea (a key constituent in many antibacterial substances). Some scientists even suggest that uric acid, the most touted property of urine, may be one of the things allowing humans to live longer than most other mammals. (Blake More, "Drink To Your Health", *Yoga Journal*)

Such claims rest easy with inhabitants of oriental East, where urine has long been viewed as the body's own pharmacy or medicine chest. But in the occidental West, urine therapy is currently in vogue only with the more adventuresome followers of yoga and with a smattering of others seeking alternative ways to prolong life and improve health. Some of these individuals came to urine therapy as an eventual extension of their adopted Eastern philosophies (Hindu, Taoist, etc.), while others came out of sheer desperation -- seeking the "urine cure" purely on its own reputed merits, with little or no interest in exotic Eastern belief systems.

Popularized in the works of John W. Armstrong (*The Water of Life: A Treatise on Urine Therapy*) and Dr. Beatrice Bartnett (*Urine-Therapy: It May Save Your Life*), the urine cure has attracted a broad spectrum of individuals seeking relief from illnesses that failed to respond adequately to conventional medicine. Sufferers with everything from HIV to cancer, gout, Brights disease, gangrene, heart disease, malaria, bladder ailments, and asthma have found themselves willing to try anything that might help -- no matter how seemingly absurd or repugnant. And to their astonishment, many of them have found incredible success.

But despite the mounting anecdotal evidence, such claims still receive extreme skepticism and ridicule by the general public. The standard response runs: "We already know urine is a waste product and nothing more. If it were actually good for something we would have heard about it from our doctors." The funny part here is that plenty of doctors and pharmaceutical companies do know that urine is good for something. It's just that they don't talk about it with their patients.

In fact, even as skeptics laugh themselves silly at the expense of pee drinkers everywhere, urokinase, an enzyme extracted from human urine, is being used to treat victims of heart attacks. So as the blood clots quietly dissolve all over America, it is worth pondering the fact that our glorious medical establishment sees fit to hand us a pill and keep fairly silent about the source of this useful little enzyme. Of course in all fairness, it could just be that they know we'd all be more than a little disgusted if we knew what was in that particular pill -- and possibly even resistant to taking our medicine.

Still this curious silence over the scientifically proven merits of urine has prompted pissed off UT enthusiasts to declare an all out pee conspiracy. Drug companies, they claim, are afraid of the money they would lose if people sipped their own nectar rather than popping their pricey pills. But is this the true?

Well certainly nothing has been proven (i.e. no smoking memos have been uncovered), but it has already been established that certain pharmaceutical companies have a rather dirty reputation when it comes to ensuring that their products both reach and stay on the market. For example, Eli Lilly, maker of Prozac, conveniently forgot to mention that certain test subjects were throwing themselves out windows. How surprised should we be then that they might prefer to sell us back our own pee rather than educate us on the value of swallowing it, au naturel, for free?

Of course most of us would agree that if we have to swallow our pee, we really would rather do so in a convenient, easy to swallow (and hopefully tasteless) pill form. And pills after all can deliver urokinase (or anything else we choose to derive) in a much more concentrated form. Which could definitely save us one heck of a lot of wee swilling (and the accompanying potty breath that goes with it).

When one considers that it takes about 14 million gallons of pee to yield a mere 4.5 pounds of urokinase, this seems an especially important point.

Yet at the same time there is a certain irony here that must be pointed out. That is, as we consider issues of repugnance, and the idea that a pill would be relatively more appealing to swallow, we must ask ourselves one critical question -- just where is all this medical pee coming from? According to an old article in *Hippocrates* magazine (May/June 1988), it is being quietly collected by a company called Enzymes of America, in association with Porta-John. That's right, pill pee is collected from those reeking, filthy portable toilets that we all hate to use. When you hold your nose and take a porta-pee at your favorite concert or neighborhood festival, you may actually be making a donation. The Porta-john features a special filtering system that collects the pee proteins (which are what actually make a urinal stink so bad) ultimately manufactured into pharmaceutical grade urokinase.

But once it's processed it's sterile, right? Right? Can someone please get Porta-john on the phone?

At this point it might be worth considering the relative merits of skipping the pill and simply quaffing one's own urine. After all, it's fresh, it's relatively sterile, and you know exactly where, and whom, it came from. But before you belly up to the bar, or more accurately the bathroom, you'll probably want just a little more information about taste and hygiene.

Anyone who's accidentally taken a swig from a beer or soda can filled with somebody else's urine can readily testify that the taste of pee ranges from disgusting to simply odd. And while some pee is highly alkali (akin to soap), most is mild and somewhat salty. Additionally, fresh pee tastes better than stale pee. One's own pee tends to taste better than someone else's. And of course a person's diet also plays a huge role in flavor. Certainly garlic, asparagus, and certain other foods (beans and peanuts, animal flesh, dairy products, eggs) can give the pee a strongly unpleasant taste and aroma. Finally, drinking too little water will concentrate the urine, intensifying the odor and flavor, usually unpleasantly -- which is but one reason why urine drinkers should drink plenty of fresh water. (The other being that no one can survive indefinitely on urine alone.)

Regarding hygiene, let's return to the phrase "relatively sterile". While many sources will tell you urine is "sterile", end of story, this is not entirely accurate. Urine can actually pick a variety of bacteria as it exits the body through unwashed or infected genitalia. While this probably won't hurt you, it is rather icky, so the solution is to wash the area thoroughly and then collect the urine mid-stream. If you've ever had to give your doctor a urine sample, you've already practiced this technique. The moist towelette provided was to remove external bacteria, while the first flow of pee that you let go uncollected was to clean away anything lurking in the urethra itself or at it's opening. As long as the pee you are drinking is your own, this is probably as much as you need to concern yourself with. However, if the urine belongs to your sexual partner or another person (see Water Sports), consider that there are certain viruses and bacteria that can be carried in and transmitted through the urine (such as Cytomegalovirus [CMV] or Hepatitis B Virus). In essence then, if you drink someone else's golden shower, you may be guzzling down a great deal more than you bargained for. More importantly, do remember that even tiny abrasions or tears on the inside of your mouth or on your lips (or on any external part of your body) could allow the virus or bacteria to enter your blood stream and thereby infect you.

The bottom line? Know your donor well or stick to your own pee. (Note that if you enjoy golden showers and other Water Sports you may want to ask your doctor for a list of illnesses that can be contracted from urine.)

Finally, despite the positive buzz over urine therapy among Eastern traditionalists and Western adventurers, it is important to note that urine's ability to concentrate substances is not always a beneficial one. The concentration of salt which may be a blessing to the individual with a salt-poor diet can be a curse to the average American glomming down his daily fare of salty fries, sodium rich soda pop, canned veggies, and frozen entrees. The problem here is that a diet high in salt leads in turn to urine output that is high in salt. And slurping down urine that is high in salt leads to diarrhea.

In a similar but more deadly vein, arsenic and other toxins can become harmfully concentrated in the urine. In fact, urine drinkers with

arsenic creeping into their diet (either through environmental contamination or intentional poisoning) will soon find themselves on a much faster track toward illness and death if they reingest this same arsenic through drinking their own urine.

Be aware also that consumption of illegal drugs or birth control pills will leave traces in the urine, traces which can affect the person drinking it in potentially harmful ways. That is, taking a drug test after drinking the urine of someone taking illegal drugs could lose cost you a job, while there is some concern that drinking the urine of a woman on the pill could impact your body's hormonal chemistry -- especially problematic if you are male.

Clearly there are both risks and benefits to urine drinking. For true urine aficionados, careful navigation of these risks is well worth it and should provide little barrier to their pursuit of health and pleasure. But for most of us however, urine drinking will likely remain at the top of our list of icky things we would only do if we really had to. After all, it's hard to embrace a practice that runs counter to our already ingrained ideas of cleanliness and reasonable behavior -- even if it might be good for us. And even if those ingrained ideas are just made up bull*** passed down from one generation to the next.

But our inherited bull*** is powerful. Which is why it might be worth considering that, but for a few cultural detours our inheritance might have been rather different indeed. After all, urine drinking has had its champions even among our Occidental forbearers.

In point of fact, the Greek physician Hippocrates (for whom the Hippocratic oath is named) actually encouraged a variety of natural remedies and preventative practices, including urine therapy. Fast-forwarding about 2300 years, we find that in the 18th century a revered medical reference book, *Lamery's Dictionnaire Universelle des Drogues*, recommended drinking two or three glasses of morning urine each day to cure gout, hysterical vapors, and obstructions of the bowels. A French dentist practicing within this same century, touted the value of urine as an antiseptic mouthwash. Which although not specifically touting urine drinking, comes close enough.

In the 19th century, the popular reference, *One Thousand Notable Things* described the use of urine to cure scurvy, relieve skin itching, cleanse wounds, and for many other treatments. In England in particular drinking of one's own urine was a common cure for jaundice. And in France, chemist Antoine de Fourcroy, after investigating deeply into the chemical properties of urea and other compounds wrote that the "urine of man...has furnished the most singular discovery to chemistry,...as well as to the art of healing."

And in our modern era, urine therapy has been embraced by the likes of Jim Morrison, Keith Richards, and John Lennon (the latter of which may have been emulating fellow pee drinker Mahatma Gandhi). Of course most people were way more familiar with the LSD and marijuana these guys were taking. Which leaves us to ponder whether -- if these icons of pop culture been more forthcoming about the virtues of their golden libation -- young people might have been hosting pee parties in the 70s rather than dropping acid and listening to the Beatle's Revolution Number Nine backwards. Unlikely perhaps. But it would certainly have added a new twist to the concept of pissing on the establishment.

Related Trivia

Inhabitants of the Kamchatka Peninsula, in Northeastern Siberia, traditionally drank the urine of individuals who had ingested the psychedelic mushroom *amanita muscaria*. It is believed to be the only hallucinogenic substance that does not alter its chemical structure upon being passed through the human body. Only well-to-do individuals could afford to purchase and consume the potent fungus. But they generously shared the prized intoxicant with poorer friends and relations by letting them drink bowls of their drug-laced urine. These individuals then shared their urine, and so on, and so on -- ensuring that everyone shared in the high. The intoxicant would also drink his own urine, thus keeping his high going for a few days at a time, without any additional expense.

In a 1978 interview with 60 Minutes reporter Dan Rather, India's former Prime Minister Morarji Desai stunned Rather and the American public by openly praising the benefits of drinking urine. Desai went on to explain how pee drinking could help bridge the health care gap that afflicts India's poor.

A prime source for the estrogen used in post-menopause hormone

replacement therapy is horse urine.

Timeline

Feb 1996 More than 600 delegates from 17 nations gather in Panjim, India for the first World Conference on Auto-Urine Therapy.

Feb 2000 Dermatologist Dr. Bruce O'Dell is charged with pederasty and drinking the urine samples of teenage boys in Show Low, Arizona.

2001 Holly Jones pleads guilty to urinating in the coffee pot at her workplace, Robinson Aviation in Whitestown, New York. She receives a 30-days jail sentence.


13 Mar 2003 Urbain Olanguena Awono, the minister of health in Cameroon, warns his countrymen to stop drinking piss: "Given the risks of toxicity associated in the short, medium and long term with ingesting urine, the health ministry advises against the consumption of urine and invites those who promote the practice to cease doing so forthwith or risk prosecution."

Jul 2003 David Shippentower beats his friend Leonard Strong to death on the Umatilla Indian Reservation after Strong hands him a beer can filled with urine. Shippentower later pleads guilty to involuntary manslaughter.




21 Aug 2003 Indonesian maid Yuliana Tukiran pleads guilty to mixing her urine into her employers' coffee and tea. She receives a 10-week jail sentence.

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Urine therapy:
The simple use of ones own urine



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Introduction:

"In February 1996 the First World Conference on Urine Therapy took place in India (in May 1999 the second world conference took place in Germany).

The fact that a number of allopathic doctors also visited these conferences shows that this remarkable and sometimes despised therapy, which for a long time was almost forgotten, is coming back to the forefront. And rightly so.

Urine therapy is very effective, and it is always available and quite inexpensive, to say the least, which is absolutely wonderful in a world which sees itself confronted with increasing health- as well as financial problems.

But what is this urine therapy? How does it work? What are its roots? What has the medical world to say about it? And, not the least important, how do you go about it?

Coen van der Kroon covers almost all questions concerning urine therapy and its history in his book *The Golden Fountain; The Complete Guide to Urine Therapy*. (The book recently appeared at Amethyst Books/Gateway Books; ISBN 0-944256-73-2; 152 pages; illustrated; £8.95 or \$14.95).

In the following article connections of urine therapy with the yoga traditions are explored.

Also practical tips are given for the application of urine therapy in daily life.

You will find more [detailed application programs](#) here. Meanwhile, the below is a reasonable starting point.

If you haven't done it yet, you might be convinced, after reading this article or *The Golden Fountain* book, to take a sip from your own golden nectar... If not, it's definitely worth reading anyway!

What is urine therapy? How does it work?

Urine therapy means using (your own) urine externally or internally as a way to promote or maintain your health.

The first question that probably comes to mind is whether urine is not a toxic substance and how a toxic waste product could ever be of any benefit for your health.

Well, urine is NOT a toxic waste product and this has been scientifically proven.

95% of urine is water, 2.5% consists of urea and the remaining 2.5% is a mixture of minerals, salt, hormones and enzymes. Toxic substances are being removed from the body through the liver and intestines, through the skin and through the outbreath.

The main function of the kidneys is to keep the composition of the blood in optimal balance. When there is too much water, the kidneys will remove it. But that doesn't make

water into a toxic waste product.

Only the substance urea can be poisonous when present in very large amounts in the blood. However, this is irrelevant in the practice of drinking urine, as urine is not immediately put back in the bloodstream. In the small amounts urea gets back into the body, it is purifying, clears up excess mucus and has a number of specific, very useful effects. Moreover, it has a wonderful healing and tonifying effect when applied to the skin.

You can find urea in many skin products as one of the main components- specifically in many woman cosmetics.

Furthermore, urine is entirely sterile after secretion and has an antiseptic effect. We are talking here about urine from the point of view of somebody who follows a reasonably healthy diet, and who does not use chemical drugs or allopathic medicines. Urine therapy is a method based upon the principle of 'natural cycles'.

As long as we do not interfere chemically with the body's natural cycle, the body produces urine which is perfectly suitable for re-cycling. If you ingest a great deal of chemical substances - and these days all kinds of processed food contain chemicals - part of this will end up in the urine, in which case the composition of the urine changes. Normally, however, urine is a healthy substance which contains healthy, harmless and nourishing components.

Some natural cycles take place more quickly than others, but the cycle in general is the foundation of all life. If we let nature run her course, there will be no waste, and a disturbed equilibrium will always come back into balance. Just as we are capable of disturbing a natural equilibrium, we can also do our part in helping nature recover her balance. In order to support such a recovering of balance, we are equipped with a wonderful, natural 'house pharmacy': our own urine provides us with a swift and safe method for using the powers of the natural cycle.

What exactly are the effects of urine therapy?

Briefly, if urine is ingested and/or rubbed into the skin, it purifies blood and tissues, provides useful nutrients and sends the body a signal about what is in or out of balance. This last effect is called (oral) auto-immunization. This brings us to a last important feature of urine. Urine itself is, as said, not a toxic waste product. It does contain however minute particles connected with possible disease processes in the body. These minute particles are mainly antibodies, which upon re-ingesting can help the body to react on specific pathological situations.

Urine therapy has proven helpful in a great number of various diseases, ranging from a simple cold and a throat-ache, to tuberculosis and asthma, from minor skin problems such as itching, to more serious skin diseases such as eczema, psoriasis and even skin cancer.

Urine therapy in the East: therapy or way of living?

Urine therapy has been practiced for thousands of years and has merely fallen a bit into obscurity in the last century.

However much urine therapy may seem to be unorthodox and perhaps revolutionary, it does not introduce anything new or original. It has been known throughout the centuries both in the West and in the East. Especially within yoga and tantra tradition the use of urine has been kept alive. It served partially as a real 'therapy', a method to cleanse the physical body of impurities, but also as a way to further spiritual growth. As such it should be considered more as a spiritual practice or lifestyle. Very illustrative in this sense are the following remarks:

Swami Satyananda Saraswati states in 'Amaroli - The Way of the Yogi', the preface to the book Amaroli (Amaroli is the practice of ingesting ones own urine):

"I am fully acquainted with the topic of amaroli and have had personal experience with its use. Of course, I did not use it for therapy but in order to perfect vajroli kriya, and I am convinced that those who want to perfect vajroli will have to go through the process of amaroli.

Since 1943, right up to 1978 (date of publication of the book Amaroli), I have never seen bad results from the use of amaroli, either in therapy or for vajroli. Just recently a very ill gentleman approached me and asked me my opinion on amaroli. I suggested that he try it for himself and see what happens. Now, two months later, he has recovered completely.

From the healing point of view, if amaroli proves to be less dangerous than the therapeutic use of drugs, synthetic hormones and various other assorted chemical substances, if it proves less corrosive and nutritionally harmful than Coca Cola and 7-Up, if it is less dependence-producing and intoxicating than alcohol, less distasteful than eating gelatin,

manufactured from the hooves and tendons of animals, then I am sure it will be a boon to humanity.

I personally feel that we must state the facts on amaroli in as straightforward, clear and direct a manner as possible. Then mankind may just possibly find that there are many other benefits hidden in the science of amaroli than originally believed." (From: Amaroli, S. S. Saraswati, Bihar School of Yoga, Bihar 1978, out of print)

Some time ago, my attention was drawn to an article in the reputable English weekly journal The New Scientist. It was about the research done by two Australian scientists into drinking morning urine by Indian yogi's and its possible positive effect on meditation practice. The hypothesis is that this might be due to a hormone found in morning urine called melatonin.

 E-MAIL TO A FRIEND

Urine therapy in the West

Apart from these effects within meditation context, the use of urine is very practical as far as curing all kind of ailments and diseases is concerned. This practice has been known all over the world and in many cultures. The Greeks and Romans were acquainted with the use of urine as a medicine. But also later in history there are many references to urine as being helpful to combat illnesses. A good example can be found in a major German encyclopedia (Johann Heinrich Zedler's Grossen Vollständigen Universallexikon, 1747), in which the author offers the following tips concerning the use of urine as medicine:

"Useful substances can be found in human as well as animal urine... Human urine has strengthening and curative characteristics concerning many deficiencies:

"For example, 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 (calf's gall can be added if necessary).

"One can best heal injuries to the eyes with honey dissolved in the lightly boiled urine from a young man. One should wash the eyes as often as possible with this fluid.

"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.

"In the beginning stages of dropsy, one should drink one's own morning urine on an empty stomach for a prolonged period of time. This also helps against jaundice."

In this century it was the Englishman John Armstrong who was the urine therapy pioneer with his work and with his book The Water of Life, famous both in West and East. Armstrong realized that the powerful medical world entertained other ideas about the usefulness of urine.

Even so, he was exceptionally persistent in his conviction and enthusiasm concerning urine therapy, probably because through urine therapy, he cured himself of tuberculosis which had been declared 'incurable'.

Armstrong began urine therapy after a long and agonizing journey in which doctor after doctor proved unable to cure him of his TB symptoms. On the contrary, his condition only worsened. He decided to try urine therapy for two reasons. First of all, a quotation from the Bible stimulated his curiosity: "Drink water from your own cistern, flowing water from your own well." (The Book of Proverbs 5:15) Secondly, he had childhood memories of his mother smearing urine on his face which was swollen from a bee sting, and of his grandfather treating animals with urine. Recently, a lot of books have been published on urine therapy, especially in Germany, and some of those books have been written by regular doctors. This shows that there is a development towards a little bit more understanding and acceptance from people working within the regular medical field.

The authors of these books show, just like Armstrong did, how versatile the application possibilities of urine are. It works wonders in many minor problems and diseases such as ear- and eye infections, burns and bruises, allergic conditions (hay fever), fungus infections of the skin, warts, etc.. But it also can help the immune system to cope with more serious conditions such as chronic colds, flu, stomach problems, bronchitis, etc.. Furthermore it has proven very helpful in the treatment of a number of very serious, immune related diseases, such as chronic and severe allergies, asthma, cancer, M.E. and AIDS. In these cases it did definitely not always lead to long term healing results, but it often alleviated symptoms to considerable extent and sometimes indeed resulted into remarkable improvement of the dis-eased condition.

Urine therapy and yoga tradition

Let's go back to the Indian history, where even much older texts describing the practice of urine therapy are available. A presumably 5,000-year-old document has been found which describes the practice of urine therapy in different respects. In this document, there are many references to herbs and medicines still used in present day Ayurveda. This document consists of 107 verses (slokas), is called Shivambu Kalpa Vidhi ('the method of drinking urine in order to rejuvenate'), and is part of a document called Damar Tantra. (The entire text can be found in Chapter 7 of The Golden Fountain) Shivambu literally means the water of Shiva, the highest god in the Indian pantheon. The name Shiva means auspiciousness. In India, at least among urine therapists, one often speaks of drinking Shivambu, which simply means drinking the water of auspiciousness. They also sometimes jokingly refer to it as 'Morarji Cola', as India's former prime minister Morarji Desai used to practice urine therapy. He openly advocated this therapy and said India would be well off when more people would use this extremely inexpensive and effective way of treatment. These are the opening verses of the Damar Tantra text, in which the god Shiva begins to speak with his wife Parvati:

Verses 1 - 4:

"Oh Parvati! (The God Shiva speaks to his wife Parvati.) Those who practice this method can enjoy the fruits of their meditation and this method. For this, certain actions have been recommended along with certain types of utensils. The Shivambu is to be drunk from pots made of gold, silver, copper, brass, iron, tin, glass, earth, bamboo, bones, leather, or a bowl made of plantain leaves. The urine should be collected in any one of the above mentioned utensils and should be drunk. However, earthen pots are the best for use."

Practical instructions are given on how to collect and ingest urine, and advice on what is best to eat if you drink your own urine. It has to be kept in mind, however, that this document was written for those who practice yoga, work intensively with their body and soul and adapt their food to this lifestyle. Nevertheless, the following verse contains some helpful general guidelines for everyone who uses urine therapy.

Verse 5:

"The follower of the therapy should avoid pungent, salty ingredients in his meals. He should not over-exert himself. He should follow a balanced and light diet..."

Urine was equated with a divine drink which had the power to exterminate all kinds of illnesses and ailments. The following verse suggests that physical purification is connected with a life of meditation.

Verse 9:

"Shivambu is a divine nectar! It is capable of abolishing old age and various types of diseases and ailments. The follower should first ingest his urine and then start his meditation."

As said before, drinking urine is not the only way to apply urine therapy. A number of verses discuss the importance of massaging with urine. For example:

Verse 48:

"Shivambu should be applied to the whole body. It is exceptionally nourishing, and can relieve all ailments."

Verse 87:

"Oh Parvati! If he massages his body thrice a day and night with Shivambu, his countenance will be shining and his heart will be strong. His body and muscles will be strong. He will float in pleasure."

This last text is special because it connects physical purification with purity of spirit and state of mind. Verse 87 is an especially good example of this belief. The hormonal component seems to have a positive effect on the state of mind. Various people with whom I have spoken felt noticeably more emotionally stable, high-spirited and vital after they started urine therapy. Probably this partly has something to do with the aforementioned hormone melatonin.

Other ancient texts which are part of the religious and spiritual heritage of India also contain fragments about and refer either to urine therapy or to 'amaroli' ('nectar of immortality'). A few examples:

Hatha Yoga Pradipika 3;96-97:

"In the doctrine of the Kapalikas, amaroli is the drinking of the midstream, leaving the first for it is too pungent (too much bile) and the last, which is useless. He who drinks amari, snuffs it daily, and practices vajroli, is said to be practicing amaroli."

Gyanarnava Tantra, Chapter 22:

"After realizing the exact knowledge of dharma and adharma, every aspect of the world becomes holy - stool, urine, ovum, nails, bones, are all holy things in the sight of that person who has explored mantra. O Parvati, different deities are living in that water from which urine is made, then why is urine said to be contaminated?"

Harit, Chapter 1 on Urine:

"Human urine is basic, bitter and light. It destroys diseases of the eyes, makes the body strong, improves digestion and destroys coughs and colds."

Bhawa Prakasha, Verse 7, Chapter on Urine:

"Human urine destroys poison, properly used it gives new life, purifies blood, clears skin troubles, is sharp in taste and contains many salts."

Yoga Ratnakar, Mutrashtakam Verse 11:

"Human urine controls bile in the blood, destroys worms, cleans intestines, controls cough and calms nerves. It is sharp in taste, destroys laziness and is an antidote to poisons."

How to apply urine therapy?

Below you will find internal and external applications. Please also review our [practice programs](#) page for more information.

Internal application

Drinking - Morning urine is best. Take the middle stream. You can start with a few drops, building up to one glass a day. Good as a tonic, as a preventative and in minor illnesses.

Fasting - Drink all the urine you pass, except for the evenings, otherwise you won't get any sleep. You can also take some extra water. The urine will quickly change its taste into almost neutral. Fasting on urine and water cleanses the blood. Toxins are removed through liver, skin and outbreath.

Gargle - Gargling with urine works wonders when having a throat-ache. Also good for toothache and generally when having a cold.

Enemas - Urine colonemas and enemas work very well in cleansing the colon and in providing a direct immune stimulant.

Vaginal douche - Helpful in e.g. yeast problems, white discharge, etc..

Ear- and eyedrops - Ear infections; conjunctivitis, glaucoma. For the eyes, dilute the urine with some water.

Sniffing urine/Neti - Sinusitis and other nose problems. Very good preventative for colds and to clean the subtle channels in the head.

External application

Massaging/Rubbing - You can use either fresh or old urine. Old urine (4 to 8 days) is generally more effective, but it has a strong to very strong smell. Massaging the whole body is a very important complementary treatment when fasting. It nourishes the body through the skin and helps against increased heartbeat. You can leave the urine on or wash it off after an hour or so, just with water or with a mild, natural soap. Fresh urine as an after shave gives you a beautiful soft skin. But it is also very helpful and healing in all kind of skin problems: itching, sunburns, eczema, psoriasis, acne, etc..

Gentle rubbing of urine into acupressure points (e.g. on the ears) - very useful when reactions are otherwise too strong, e.g. with very heavy allergic reaction.

Footbaths - Any skin and nail problems of the feet (athletes foot, ringworm, etc.)

Compress - When rubbing is not appropriate, this is another way of applying urine on the skin.

Hair- and scalp massage - Renders the hair soft and clean. Sometimes stimulates new hair growth.

Some guidelines and warnings:

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.

If it is not possible or safe to stop the use of certain medicines, start with taking a few drops of urine internally or use a homeopathic tincture or gently rub fresh urine into the acupressure points of your ears. Keep looking and feeling very carefully how you and your body are reacting on the treatment. When suffering from a serious illness or, generally, when in doubt, consult a good natural doctor.

 E-MAIL TO A FRIEND

Transmutation and the healer within **[By Coen Van der Koon]**

"It has always been a kind of vocation for me to connect East and West, ancient and modern, spiritual heritage and science. So with urine therapy: it has a rich history, certainly here in the East. It is connected with spiritual practice as well as with modern scientific research. A good example is the research project at the University of Newcastle, England, into the effect of drinking morning urine by Indian yogis on their meditation practice. This paper is meant to make another such a small connection.

Over the years, urine therapy has proved to be an effective tool for healing. Most urine therapists, some of whom have been practicing urine therapy for decades, have never sought an explanation for why it works: their own experiences were sufficient proof. For some time now, however, there has been increasing interest in the search for a scientific explanation. This is because urine therapists believe it is important for urine therapy to be acknowledged as a valid method of treatment: doctors should be well-informed about the effects of this therapy so that as many people as possible can benefit from it. Since members of the medical world demand an explanation, the interest in scientific research has grown.

Another reason for this growing interest is that a number of 'mainstream' doctors have also had positive experiences with urine therapy, which is reason enough for them to investigate how and why it works. This is not a recent development: in the 1930's, for example, the German pediatrician Martin Krebs successfully treated many patients with urine therapy, and subsequently published the results

As a physician, he was convinced that urine therapy was an effective method of treatment, but he also realized that other doctors would not readily accept this fact since it conflicted with the scientific dogma which formed the foundation of their profession.

A good deal of research has already been conducted within the medical world into the composition of urine and its separate components. The researchers Free and Free published a report listing two hundred substances found in urine. They point out that these are only the most significant substances, and that urine probably contains thousands of components.

Several substances found in urine seem to be of value as medication, some of which have already been processed and used as such. The fact that certain individual components of urine are effective does not prove that urine therapy is effective. Conversely, however, it can be assumed that the components which have a particular effect as an individual substance, have the same effect when taken as a component of urine. In certain cases it could be imagined that the combination of these substances with other components of urine reduces or cancels out the effectiveness, but this is not the most obvious conclusion. We can, therefore, reasonably assume that if an individual substance displays a certain characteristic, it will also have this characteristic as a component of urine. The more individually effective substances found in urine, the stronger the argument that urine as a total entity has a therapeutic effect. A condition of this argument is that urine as a total entity does not contain substances with an obviously harmful effect: as yet there is no evidence to suggest that such substances have been found in urine. The small amounts of possibly toxic substances which can be found in urine largely seem to have a positive effect on the immune system. If urine did contain extremely harmful substances, it would be difficult to explain how many people (myself included) who drink their own urine every day for years could still be in exceptionally good health. So research has not yet been conducted on urine as a total entity which can be therapeutically applied. Still unanswered are questions regarding how and why urine therapy works, since urine is used here as a total entity.

A number of hypotheses have, however, been suggested which can serve as the basis for further scientific research. One of those hypotheses I would like to propose here. This hypothesis deals with the immunological effect of urine therapy and its deeper energetical dynamics. It deals with the so called 'healer within'. Urine therapy has often been associated with spiritual practice which might make it seem a bit magic. But, as science is

discovering today, ancient spiritual ideas come very close to today's most recent discoveries in the field of quantum mechanics and vibrational healing methods.

But back to the basics: Urine therapy (using self-produced urine) can be considered to be an extension of the methods of Jenner and Pasteur.

An important task of the immune system is to rid the human body of diseased or unusable substances that have developed during the course of an illness. When these substances reach healthy tissue, the serum or blood becomes stronger, the activity of leukocytes (white blood cells) increases, and the patient probably recovers. This phenomenon is known as auto-inoculation or self-vaccination and can be seen as mother nature's method of healing an illness without external intervention. Urine therapy can 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 re-introduced into the body in small amounts. These substances are re-absorbed 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. The doctors Remington, Merler and Uhr have demonstrated that a particular part of urine-protein is able to eliminate certain pathogens.

This discovery supports the assumption that urine therapy can be used to treat or prevent certain illnesses. 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 gonorrhea) 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 gonorrhea to disappear. Auto-therapy is based on the principle that the body can use all fresh, self-produced, unaltered diseased 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. The results of Dr. William D. Linscott's research suggest that auto-therapy strengthens and stimulates the immune system, in particular with regard to the T-cells. The T-cell population of several patients who initially displayed a low T-cell count increased after treatment with urine therapy.

 E-MAIL TO A FRIEND

The Transmutation theory

Most of what has been said here will be valid from a strictly mechanistic point of view. The transmutation theory, though, needs a new, holistic paradigm which is based more on the dynamics of energies.

In recent scientific research, a shift is visible from reductionism to holism. It is beyond the scope of this paper to go into this matter. I nevertheless want to take the new paradigm fully into account here in trying to find explanations for the effectiveness of urine therapy. Urine can be considered to contain an exact holographic picture of the body fluids and tissues. The biofeedback of this holographic information by re-ingesting the urine may well inform the energy system in a way which helps restoring a disturbed balance. The medical doctor and urine therapist Abele cautiously discusses the possible effect of urine as holographic feedback: "The question rises as to whether urine could possibly be considered to be a sort of liquid-hologram. Once the body has been made conscious of urine in an unconventional way (such as it being reintroduced into the body by intramuscular injection) the whole organism evaluates it and subsequently updates its own regulating mechanisms (at least in specific cases)."

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. It could possibly go as deep as to restructure disturbed DNA. This would specifically apply to fasting on urine.

An important aspect here 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.

It is scientifically proven how water in biological systems becomes more organized. Water

also becomes more organized through exposure to sunlight and through close contact with crystals. The body is both a receptor of sunlight and it contains a high amount of solid and liquid crystalline like substances. Also body fluids themselves form fluid crystals.

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. Re-ingestion might give the body valuable vibrational information needed for two things. 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.

Seeing urine as a liquid crystalline like substance containing a high amount of structured water may help understanding its healing qualities on the more subtle levels.

This is just one little step in trying to explain the energetical effect of urine therapy on the human organism. This way of thinking should be considered as a kind of scientific, modern 'alchemy'.

There is nothing wrong or scary about this terminology and the way of thinking that goes with it. It is nothing new and at the same time highly modern. It provides a chance to scientifically explain urine therapy in its fullest potential, while at the same time taking into account its rich, spiritually associated, history.

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 electromagnetical fields of the emotions and the mind, up to the subtler genetic vibrational information of the soul. In this sense urine therapy can be verily seen as one of the divine manifestations of cosmic intelligence.

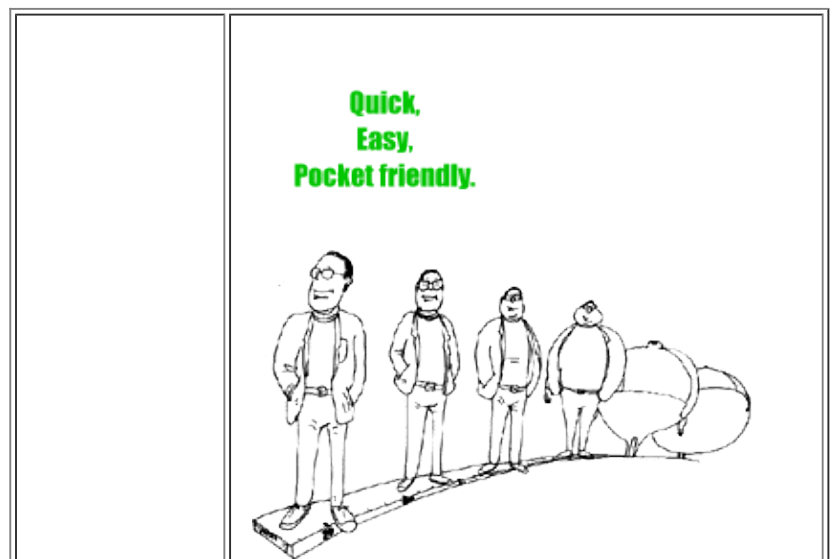
Thus the ancient name Shivambu Kalpa, a name and a therapy to be treated with appropriate respect.

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