

The Golden Secret for Health and Longevity

Uroopathy - Shivambu - Urine Therapy

UROPATHY IS A DIVINE THERAPY. URINE IS A UNIVERSAL MEDICINE

Thousands of medicines are available in the market for various diseases. Every medicine has an individual effect on body organs & its various systems. Stomach medications cannot be put in eyes. Eye medicine is not used for the ear & ear medicine is not suitable for the mouth. But Urine is the only medicine prepared in the human body which provides a universal remedy as well as prevention and cure of almost every kind of disease, whatever may be its name, its cause or its stage.

Also it needs no doctor for diagnosis of disease. God has given such a golden precious gift right from our birth which is capable of curing diseases whether it is Acute or Chronic as per modern health science. This fact has been described in Scriptures of various Religions and Ayurveda. Urine is one of the unpolluted things in this polluted world. Just like nature has provided milk in the mother's breast for nourishment of the infant child, similarly nature has also provided urine in the human body for preservation of its health and for cure of various diseases.

Uroopathy is the method of healing disease by the application and use of one's own golden elixir known as Urine Therapy. Uroopathy was originally a spiritual practice rather than a method of treatment. They termed it as a holy liquid i.e. Shivambu. According to ancient texts, Urine is more nutritious than even Milk! We are not only physically benefitted by its practice, but we can be spiritually advanced, because it is an elixir for body, mind and spirit! There are stories of olden times and even recent ones of travelers and explorers who were often put into hardships and seclusion while in desert and sea and when water got exhausted, they survived for days by drinking their own urine and successfully completed their journey.

Tibetan lamas are known to use their own urine profusely for preserving their health in isolated, cold dry plateaus of Tibet. They live a very long life (more than hundred years) with the grace of nutritious ingredients of urine. By the same means they can also traverse deserts inaccessible to ordinary mortals! (G.C.C. Chang: Milarepa in Ragma, The Hundred Thousand Songs of Milarepa, Boulder and London, 1977.)

INFLUENCE OF URINE ON EMOTIONS, STRESS, ANXIETY, DEPRESSION AND HUMAN ATTITUDE: Due to the presence of various hormones, the drinking of urine properly changes the attitude of a person from negative to positive. It reduces tension. develops confidence, improves memory, removes fearfulness. Non vegetarians get self-intuition to become Vegetarian. Persons having habits of taking alcohol, drugs or tobacco in any form changes within a few months. People become experts in their profession and human qualities develop in a true sense. Mental peace is achieved; concentration of mind and memory is also improved. Thus we are not only physically benefitted by its practice, but also we become spiritually advanced.

Even in western countries, the efficacy and fabulous medicinal values of urine were known to the people, which is evident from old records. In a book “ONE THOUSAND NOTABLE THINGS” published in the beginning of the Nineteenth Century there are many important and useful references of Urine Therapy available. Similarly in another book Solomon’s English Physician published in 1695, we find valuable knowledge of properties of Urine.

It is written that urine prevents decay and rotting. By drinking Urine, diseases of Kidneys, Liver and Gallbladder, Dropsy, Jaundice and other poisonous conditions are cured. Many people believe that Urine is a toxic, poisonous and dirty excretion of their body. If this belief is true, why during war times governments of several countries are recommending to their soldiers to drink their own urine in case of shortage of drinking water.

Opinion of few Prominent Doctors on Urography

1. Dr. Vasant P. Mehta M.D. M.S. F.C.P.S.F.I.C.S. of Mumbai who was teaching medicine & surgery in the medical college for more than 15 years had expressed that Urine Therapy has played a major role in his recovery from Throat CANCER.

2. Late Dr. Jivraj N. Mehta M.D. (London) former chief minister of Gujarat writes, "Urine is an elixir of life, gifted by nature for the purpose of healthy living and for the use as a main therapeutic measure for almost the WHOLE RANGE of human disease including Cancer, T.B. Leprosy and many other negative health conditions. If it could be substantiated by human experiments undertaken and planned on a scientific basis, it would be a great boon to human beings, more so in the modern age of space travel.

3. Dr. C.P. Mithal M.B.B.S., M.D. Ex. House Physician N.F. Medical College (W.B.) India who has written a wonderful book titled "Miracles of Urine Therapy" writes in his book that he used to ask his patients suffering from Chronic and deadly diseases to bring their urine for a test on each visit. He coloured and flavored the same and would return it in another bottle to the patients as medicine. After a few days when satisfactory improvement was noticed he would tell the truth to them with the advice to drink their own waters in purest and most unadulterated form. He got amazing results even in several chronic and deadly diseases. During four years of his deep involvement in Urotherapy he has come across several, thrilling recovery stories of patients who recovered from deadly and incurable diseases like Terminal Arthritis, kidney failure, Cancer, Varicose-Veins, Varicose Ulcer, epilepsy, nervous breakdown, piles, fistula etc.

4. Dr. Rabagilati of Bradford, a renowned surgeon of England admitted that the surgical treatment of cancer was a complete failure. He had performed over 50 major operations for Cancer and rarely any patient survived after the operation. Regarding the success of Urine treatment in diagnosed cancer cases, he testified: "I have examined a number of women who

according to orthodox treatment would have been operated on and got one or both of their breasts removed. These brave and fortunate mortals declined my advice and started urine therapy. When they consulted me again I did not find, even a scar to suggest the healing of incurable malignant growth. Some of them found that lumps disappeared within a fortnight and others even in four days.” The so-called king of terrible disease can be easily cured if tackled promptly by Urine Treatment. (The same is the case with the horrible deadly disease AIDS, in my personal opinion.) Urotherapy is Scientific. Mr. J.W. Armstrong of England, Mr. Ravji Bhai Patel & Dr. P.D. Desai of India are the pioneers in the re-establishment of Urine therapy.

The Ex. The Prime Minister of India, told people in a press conference in the U.S.A. that the reason for his good health was regular drinking of his own urine, the news spread all over the world and people have developed faith in Urine therapy. Ex Prime Minister Shri Morarji Desai started drinking urine at the age of 68 years & as a result got rid of 45 years of chronic constipation. He could stop cataract formation by using his own Urine as Eye Drops.

Since he was using urine as a shaving cream as well as after shave lotion. Still he had no old age wrinkles on his face or body even at the age of 98 years but still his skin was silky, soft like a small child.

Dr. S.R. Burzynski M.D. isolated Antineoplastons from Human Urine, which is non toxic and an anti-tumor agent, capable of making malignant cells revert to normal. This was published in the July-Aug. 1990 issue of Oncology News (Vol. 16 No. 4) which is a publication of Academy Professional Information Services.

In some medically advanced countries Doctors give urine injections before & after operations which will improve the vitality of patients. Dr. Maganbhai Salaria of Ahmedabad gives injections of the patient's own urine in place of other commonly used drugs while preparing his patients for different types

of surgery. In the opinion of Dr. Salaria helps in maintaining the efficiency of the patient's heart, and prevents postoperative complications.

A study done by Lars A Hanson and Eng. M. Tan at the Rockefeller Institute New-york showed urine contained antibodies for Cholera, Salmonella typhi, Diphtheria Tetanus toxoid & Polio.

An extract of human urine shows great promise for the treatment of Pulmonary and Cardiovascular diseases as well as certain deadly diseases caused by formation of blood clots. The Research Physicians said at the scientific sessions of the American Heart Association that the extract in urine is called Urokinase. Urokinase activates substances in the bloodstream that dissolve clots. Experience has been obtained with about 200 patients with Pulmonary Embolism, the most common of serious Lung diseases, Dr. Sherry pointed out". In the "Science Digest" of July 1958 "Normal human urine has been found to contain a powerful Artery dilating agent resembling Nitroglycerin in its ability to increase the coronary blood flow to the cardiac muscle, used for the relief of Angina Pectoris".

Another report presented at the annual meeting of the "Federation of American Society for Experimental Biology" in Atlantic City U.S.A. in April 1966, under the heading "BRINGING CANCER CELLS INTO LINE." Gives the account of research showing the effect of human urine on cancer cells... The two Researchers found unexpectedly last year that the urine extracts, which they call DIRECTIN. When added to the culture medium, caused all the cancer cells on which it has so far been tested, to align themselves end to end into straight rows?" The researchers have found that the normal Human urine contains valuable ingredients or elements which are capable of curing deadly or killer diseases.

Dr. Beatrice Barnett of the U.S.A. who is practicing Urine Therapy has written a book namely Miracles of Urine Therapy in which she has written a special section of treatment of AIDS and given details for the successful treatment of many AIDS Patients with urine therapy. Mr. Quique Palladino of New York who had been cured from AIDS by Uropathy. He had not only

recovered from AIDS but had become much healthier than ever before, so he became a researcher, Propagator & Advocate of urography.

In the month of December 1988 in the Sunday Edition of Gujarat Samachar (a leading newspaper of Ahmedabad, Gujarat State). Thirty three cases of complete cancer cure, by urine therapy with names and addresses of the patients were reported.

Late Shri G.K. Thakkar in his book Wonders of Urography narrated an interesting case for the treatment of kidney failure “Mr. B.C. Desai aged about 45 years staying in Kandivali, Bombay. About 4 years before he had kidney trouble and on investigation it was detected that God had forgotten to give him a second kidney. Yes, since birth he was living with one kidney only and that too had failed and was kept on dialysis for some time and was told to arrange for a kidney donor and huge amount of funds for the operation and hospitalization charges. He had no means to undergo a Kidney Transplant hence he opted for urine therapy very easily, because his wife had been drinking Urine for more than 25 years to keep herself healthy and fit. So he already knew the fabulous medicinal values of Urine and hence started U.T. sincerely in right earnest under the guidance of a Urine Therapist. When his urine was examined after the treatment of one month the report was absolutely normal and his kidney was regenerated and normal.

Mr. Ken Hashibara, President of Hashibara Laboratories of Japan in his letter dated 22.11.91 addressed to the former P.M. of India, wrote; I discovered that Cancer and other incurable diseases can be treated with Leukocytes found in Urine. AIDS and Hepatitis can also be successfully treated with Urokinase, an enzyme found in Urine, while thrombosis can be completely cured by it.”

A report published on 6.3.1992 from an issue of New Scientific Magazine states that Two Australian Scientists M. Mills and T. Faunce of researching at the University of Newcastle have discovered that morning Urine contains large amounts of Melatonin, a Hormone that has a calming effect and is

believed to function as a regulator of the built in clock in the human system. The hormone, moreover, also acts as a painkiller.

Dr. K.K. Date, the renowned heart specialist, has stated in the March 1978 issue of the journal "Auto-urine Therapy" that the adventurous mountaineers climbing the mountains of the Himalayan Range drink their own urine as a means of developing the capacity to negotiate steep climbs and to resist adverse atmospheric conditions. Auto-urine helps them maintain their energy and vigor. The famous mountaineer Morris Wilson testifies to this fact with a certain sense of pride".

After innumerable clinical & laboratory tests carried out all over the world, it has been conclusively proved that urine contains Enzymes, Vitamins, Antigens, Antibodies, Amino acids, valuable salts & minerals, Carbonates, Bicarbonates, Pigments, Carbohydrates & Hormones which help the recovery from even incurable and deadly diseases. It is a watery part of Blood.

Whether it is Chikangunia, Degnu, Polio, Plague, AIDS or any other diseases spreading from different kinds of viruses, Uropathy provides protection against such diseases because it improves the immune system of the body. Advantage of Urine Therapy can be practiced by anybody whether he is young or old and even a child without any expenditure and with a little basic knowledge. It does not produce any side effects, after-effects and ill effects which are generally unavoidable with the use of modern medicines.

The treatment is very fast, in-expensive, harmless, safe & simple and easily adopted even for chronic & acute diseases without the help of any Doctor. A healthy person can remain healthy & diseased persons can get rid of his diseases very promptly. No Medicine or Surgery is necessary in Urine Therapy. Hence it makes the patient self reliant in the treatment of his or her illness.

Variations in the intake of solids and liquids as well as variations in the weather cause corresponding variations in the colour and taste of urine.

The following are the average quantities of various substances listed below, in 100 milliliter of urine as reported in Introduction to Biochemistry by Dr. Pharon: Substance mg./100ml. 1. Urea nitrogen 682.00 2. Urea 1459.00 3. Creatinin nitrogen 36.00 4. Creatinin 97.20 5. Uric acid nitrogen 12.30 6. Uric acid 36.90 7. Amino nitrogen 9.70 8. Ammonia nitrogen 57.00 9. Sodium 212.00 10. Potassium 137.00 11. Calcium 19.50 12. Magnesium 11.30 13. Chloride 314.00 14. Total sulphate 91.00 15. Inorganic Sulphate 83.00 16. Inorganic phosphate 127.00 17. N/10 acid 27.80 Some other important constituents of shivambu are as follows: (1) Enzymes: (a) Amylase (diastase) (b) Lactic dehydrogenase (L.D.H.) (c) Leucine amino-peptidase (L.A.P.) (d) Urokinase (2) Hormones : (a) Catechol amines (b) Hydroxy-steroids (c) 17-Catosteroids (d) Erythropoietin (e) Adenylate cyclase (f) Prostaglandins (g) Sex hormones (3) Miscellaneous (a) Copper (b) Urobilinogen There is a strong possibility of there being several other beneficial substances not yet known to science, in addition to the above substances present in urine.

The urinary composition depends far more on the character of the foods and drinks consumed than on any fancied or real disease condition. The idea that urine contains poisonous elements, which the body is trying to eliminate, is based upon so-called theory only and is not endorsed by facts. Research and abundance of practical experience have proved beyond a doubt that human urine is not waste or poison (as repeatedly taught to us) but the most effective remedy for restoration of health.

Commercial interests, which have dominated modern medical science, have discouraged the use of urine therapy by the common man. The criticism offered and objections raised by medical men against urine therapy are academic and Unrealistic. Just like magnetized water the 96% of Urine is charged by the electromagnetic energy of the human body. It is a live solution capable of curing almost all diseases, a panacea or nectar of life. It stimulates the defensive mechanism of the body and increases its resistance power. Its antibodies provide the most effective and harmless substitute for all preventive vaccines without producing any of their harmful after effects. It acts like a tonic or elixir and gives a long and healthy life. It

is antiseptic. It is disinfectant. It is the best purifier. The urine cure is not temporary but is permanent.

How Urine Works? Auto-urine cures the illness by dissolving the waste products and toxins accumulated in the body which is the root cause of most of the illnesses or by removing the same from the body through mouth, nose, anus or skin. Thus the patient may have vomiting, cough and cold, diarrhea or skin eruptions. The patient need not worry about such reactions, which are helpful in curing the illness. They will disappear automatically within a few days. Therefore, no other medicine should be taken for treating these symptoms. For skin reactions old urine should be rubbed on the eruptions.

Urine cleanses unwanted toxins, then makes free life energy flow after removing obstructions & finally rebuilds the vital organs & passages which have been damaged by the ravages of disease. In fact it rebuilds tissues of not only the lungs, pancreas, liver, brain, heart etc., but also repairs the linings of the brain & bowel and other linings. This has been proven in the case of many killing diseases, such as the worst form of colitis. Uropathy helps the self healing mechanism of the healthy body, and strengthens or encourages positive thinking.

Urine also provides nourishment to the body. Moreover, as the nutritious contents of urine are present in minute quantities, they are easily assimilated in the body system. Thus not only malnutrition is easily overcome, but vitality also is quickly restored. The anti-toxic property of urine eliminates toxins produced in the body due to any cause and also counteracts against their evil effects. Due to its antiseptic and disinfectant properties, urine provides an effective cure for injuries, burns and skin diseases.

When externally applied on the affected part, it stops bleeding, stops pain and promotes speedy healing. In some allergic patients drinking of urine may cause severe itching of the whole body and skin eruptions. In such cases the patients should stop drinking urine and continue only external

application (rubbing) of the old urine. Urine is, therefore, not a specific remedy for any particular disease, but it is a one remedy for total health.

Curable Diseases: Cancer (of all types), Osteoarthritis of all types, Kidney failure, Heart disease (all types), Varicose veins, Varicose Ulcer, Gangrene, all skin diseases named or unnamed including leucoderma and leprosy. All types of ear troubles, mouth and throat diseases like stomatitis, tonsillitis, dental diseases like gingivitis, pyorrhoea, gumboil, shaking teeth piles, fistula and fissure etc. For female organs, leucorrhoea, excessive menstruation, tumor in uterus. It acts wonderfully on insect and other poisonous bites.

All sorts of pregnancy problems are remedied by its use. It works fabulously on fevers, headaches, migraine, constipation, paralysis, slipped discs, and even mental disorders. Urine also works fantastically on Impotency and sexual debility. It is one of the best anti-aging tonics discovered so far.

Mr. Arthur Lincoln Paul a Canadian author has, in his book 'Shivambu' kalpa, reported the following interesting case. A young 27 year old Anglo Indian male got married to a girl of 18. After a few years of marriage it was detected that he was not fertile and his semen lacked active sperms, and hence his wife could not conceive. Both of them drank each other's Urine daily and also their own Urine on alternate days and they both anointed each other's urine on their genital organs. He became more potent and his sperm count increased. In two months his wife conceived and now they have two sons.

Diseases may be many and their names are numerous but the remedy is only one and that is one's own Urine, which cures the illness by removing the waste products and toxins from the body and also by stimulating the defensive mechanism of the body. Preferably no other medicines should be taken while doing this therapy.

Urine can be safely and beneficially used as: A conditioner for hair, shaving cream, after shave lotion, Tanning lotion, antiseptic lotion for cuts and wounds, complexion improving lotion, eye washes for all eye troubles, astringent lotion for pimples and acne, mouthwash for all dental problems, nasal passage cleaner for all sinus troubles, rheumatic and muscular pain killer, soothing and healing lotion for burns and treating piles and fistula, antidote for snake and scorpion bites, can be used as aphrodisiac, on impotency, for leucorrhoea and other menstrual diseases, and last but not the least, as an instant energizer.

FOOD DURING UROPATHY TREATMENT "FOOD IS LIFE" is a fundamental principle of the science of health. Food itself has medicinal value. Most of the diseases of the present generation have spread throughout the world because of wrong food habits, adulteration in food and a wrong way of living. Our body health has a direct relation with our diet. Tasteless, Odorless first morning urine is an indication of good digestion.

During the treatment with Urotherapy one should follow these guidelines:

1. Avoid white sugar, refined oil & chemical ghee totally during Urine Treatment for prompt results.
2. Avoid bread, biscuits, jams, pickles, dried and spicy foods.
3. All intoxicants like wine and tobacco in all forms are to be stopped.
4. Only simple, light, sensible organic food should be eaten. Overeating should be avoided, as well as eating within 2 hours of bedtime.

It is not required to examine urine before starting urine treatment. Sometimes urine passed may have some deep colour, strong taste, or it may appear thick & foul, it may have sugar contents or even pus in urine, but it is to be consumed as it is, ignoring its appearance.

No evil effects are produced by such urine. It will be found that within a few days treatment urine becomes odorless and has agreeable taste, as it gets filtered and purified in the course of treatment. For drinking purposes urine must be FRESH.

Normally no other prescription medicine should be taken during Urine Treatment. However, even if medicine cannot be discontinued due to any reason, the interval between urine intake and other medicines should be of few hours, if the combined treatment causes some conflict, which happens very rarely the interval should be suitably increased.

Urine in a Neti Pot is very good for respiratory problems. If urine is sniffed through the nostrils, Asthma. T.B. & other chronic respiratory problems can be cured in very short duration.

How to Collect and Drink: Collect the midstream urine to allow clearing of the urine passage. To begin with, take a small dose (1 ounce) once or twice daily and gradually increase the dose to 4-8 ounces every time you urinate. No food should be taken preferably for a minimum half an hour after drinking urine.

The following guideline may be observed under different disease conditions. The urine dose has to be repeated a number of times depending on the type of disease, its stage and the patient's condition. The quantity of a urine dose is not fixed but variable and such a variation is not harmful. The patient has to be aware and watchful during the treatment and if required, has to ascertain his own dosages which are comfortable and adequate.

As a preventive general tonic the dose varies from one tea spoon for infants to one glass according to age. For drinking, first morning urine is the best because it has good hormones produced during calm & quietness of sleep. The persons who do not drink anything during night may take their first urine without eating or drinking anything in the morning.

Any person that wants to lose weight or is suffering from obesity can utilize urine therapy because urine helps in burning of extra fats.

For sore throat, tonsillitis, hoarseness, pyorrhea, gumboil, spongy and bleeding gums, the fresh urine may be used for gargling. The severest and even excruciating tooth pain disappears within 10 to 15 minutes, by rinsing the mouth with urine continuously. By repeating this process a few times a day over a week, even the loose and decayed teeth become firm and serve for the lifetime. Even infected gums from which blood and pus come out become healthy within a few days by repeating the above process a few times daily.

TREATMENT OF CHRONIC & ACUTE DISEASES In the event of chronic, long standing and serious diseases, a long and complete water/urine fast is a must. Fasting gives complete rest to the digestive system. We must remember that to eat during sickness is to feed the sickness. During the fast, the energy required to digest the food and to carry out the manual labor is saved and is thus available for curing diseases. Urine when taken internally passes through all digestive organs and gets itself filtered. Urine removes poisons and accumulated waste matter from different organs of the body and thus purifies the body. Urine also re-energizes the glands, nerves, arteries, veins and all other organs affected by diseases.

The period of fasting will vary depending upon the nature and stage of the disease and the condition of the patient. The patient may drink water freely according to his need. During urine treatment the lungs, the skin and other organs absorb more oxygen than normal. The process of metabolism gets faster. For the assimilation of urine and the subsequent cleansing process the heart has to exert more pressure of work. Hence palpitation of heart is likely to go up. Urine massage improves the blood circulation and thereby eases heart palpitation. This is why daily urine massage of the whole body is essential during fasting. As urine massage and intake provide nourishment to the body, no apparent weakness due to hunger is felt by the patient during a long fast. It has been found that a urine fast of 7 to 9 days is equivalent to a 21 day fast on water and fruit juices. This shows how urine is fast, effective, simple, advantageous and superior.

During fasting, toxins are washed out from the body through the anus in the form of frequent stools. Through the skin in the form of oozing eruptions,

through the mouth in the form of vomiting and by discharge through the nose. Generally toxins are expelled through stools and in the beginning the patient may have some flushed watery stools in addition to the normal evacuation. If any skin disease has been suppressed in the past, it may erupt through the skin in the form of oozing pimples, eruptions or boils. In such cases apply fresh boiled urine to the skin and the trouble will subside soon. When urine treatment is begun, the symptoms of a disease or diseases may get aggravated for the time being. Pains may be felt anywhere in the body. Some sort of discomfort such as giddiness, headache, uneasiness etc. may also be experienced. These are indications that urine therapy is working and has started its healing action. These are the signs of the cleansing process at work in the body and the patient or the persons around him should not be alarmed and lose heart at this stage because such reactions are in no way harmful. The urine treatment should be continued further without a break and when sufficient toxins are expelled from the body these reactions will subside.

If a complete fast is not endurable then a partial fast may be undertaken with fruit juices, green juices, and vegetable soups according to the need of the patient. This is necessary to maintain his/her strength and confidence during the treatment. Partial fast may take more time to achieve sufficient improvement but the patient will be saved from the troublesome reactions and discomfort.

After breaking the fast, great care should be taken in resuming food intake. The return to solid food and normal diet should be gradual. For acute illnesses such as dysentery, fever, vomiting and so on, complete urine fast for 2 to 4 days is normally sufficient. The fast must be continued for 24 hours after the fever has subsided. Here again the return to normal food should be gradual. During the period of fasting the patient must take complete physical and mental rest. Light reading and writing is permitted.

Great Videos:

Dr. Ames Interview about Urine Fasting

<https://www.youtube.com/watch?v=sT9wyy03VRs&t=261s>

All about Urine Therapy

<https://www.youtube.com/watch?v=kbL0q523KFM>

Urine Therapy:

~ [The Miracles Of Urine Therapy – Beatrice Bartnett & Margie Adelman \(83 pages\)](#)

~ [Urine-Therapy: It May Save Your Life! by Dr. Beatrice Bartnett \(47 pages\)](#)

~ [MANAV-MOOTRA-Dr-Patel](#)

~ [Your-Own-Perfect-Medicine-by-Martha-Christy-with-Testimonials](#)

~ [The Water of Life – Treatise on Urine Therapy by John W. Armstrong – 1971](#)

~ [The Golden Fountain – Coen van der kroon 1994](#)

[Shivambu-Shastra-Natalia-Perera](#)

[Shivambu-Gita-GK-Thakkar](#)

[Personal-Pharmacy-by-Gary-Ward](#)

[Autotherapy-by-Charles-Duncan](#)

[The End of Disease by Tony Scazzero drinkyourownwater.com \(25 pages\)](#)

[Liquid Gold Flyer by Carol Steinfield](#)

AUDIO BOOK: 'PERSONAL PHARMACY' BY GARY WARD

"Personal Pharmacy" by Gary Ward Tape 1 Track 1 and 2

<https://www.youtube.com/watch?v=BOAURYWqXil>

"Personal Pharmacy" by Gary Ward Tape 2 Tracks 1 and 2

<https://www.youtube.com/watch?v=nz8gS35pujE>

"Personal Pharmacy" by Gary Ward Tape 3 tracks 1 and 2

<https://www.youtube.com/watch?v=tRQ2IHPycPg>

"Personal Pharmacy" by Gary Ward Tape 4 tracks 1 and 2

<https://www.youtube.com/watch?v=mUwISqJhDfU>

"Personal Pharmacy" by Gary Ward Tape 5 Track 1 and 2

<https://www.youtube.com/watch?v=gRodEJ6SsPw>

"Personal Pharmacy" by Gary Ward Tape 6 Tracks 1 and 2

<https://www.youtube.com/watch?v=GqZhKbXo6-Y>

Female authors tapes which were included in the binder by Gary Ward called, 'Personal Pharmacy'...

Abbie Breit

<https://www.youtube.com/watch?v=p33B6vZj1JU>

Margie Adleman

<https://www.youtube.com/watch?v=hl3f86QNG30>

Dr. Beatrice Bartnett

<https://www.youtube.com/watch?v=QX62i-QFNhY>

Dr. Alvenia Fulton N.D.,Ph.D.

https://www.youtube.com/watch?v=Yp_b-fHk7J0

Martha M. Christie

<https://www.youtube.com/watch?v=88sj8XI9t7s>

Gary Ward interviews Martha Christie

https://www.youtube.com/watch?v=9_gp6AT0W_0

Urine Therapy Testimonials

<https://aquariusthewaterbearerblog.files.wordpress.com/2013/08/testimonials-1-oct-2013-pdf.pdf>

Stem Cells in Urine

<https://www.sciencedaily.com/releases/2013/07/130731093250.htm>