

THE MOST POWERFUL
UROPATHY
HOLISTIC THERAPY

Martin J. Lara

Advanced Treatise on Auto-therapy

UROPATHY
THE MOST POWERFUL
HOLISTIC THERAPY

by

MARTIN J. LARA
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Title of this book in Spanish
UROPATÍA, La Terapia Holística Más Poderosa

In honor of my best friend

Fanny

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599 Rogers Av. Brooklyn, NY 11225-3807 718 774-1167**

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**Without her support I could not have written
this book and all my other volumes.**



I, Martin Lara, author of this book, did not study medicine the traditional way, therefore I am not a physician nor a medical doctor and I have no academic credentials besides my New York City Master Plumber's licence. If you were expecting to find a formal background, do not continue reading this book. However, if you want to know about wholistic and prophylactic remedies that are all natural, are easy to prepare, cost no money, are very effective, and have no side effects, then you definitely must read it.

I have been studying medicine on my own since 1987 because of a long history of recurrent ailments that doctors could not cure by my 35th birthday. This book tells you how my research was done, how experiments were conducted, and how you can improve your own health naturally. I was able to determine what was the actual cause of my ailments and then I achieved great health by eliminating the conditions that made me sick. I enjoy great health since 2001 by satisfying the basic needs of my body, by maintaining it properly every day, by supporting it and by assisting its own "self healing / regenerating instinct" which is after all, the greatest physician that ever lived.

However, many of the claims I make have not been confirmed by medial studies, and many of my suggestions have not been approved by medical authorities. Hence, you must consult with and get the approval of your doctor before experimenting on your own. If you choose to experiment without medical supervision, you do it at your own risk.



Martin J. Lara

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**No drug can cure disease.
Lasting results can only be attained when a wise
doctor educates his patient, and then they both
work together to assist and support the body's
own healing forces until health is accomplished.**

Hippocrates
Father of Modern Medicine

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To thine own self be true.

This adage is the foundation of this new and revolutionary book written by Martin Lara, a pioneer in self-directed health care. "Uroopathy, The Most Powerful Holistic Therapy" is an extensively investigated treatise on human health that guides the reader through a process of self discovery devoid of presumptions, dogma and confusing terminology. This book explains what is and how to use urine, a substance that although considered a toxic body waste, is a priceless elixir for human beings. Everyone urinates, but very few people know that their urine can be used to determine the level toxicity in their bodies, the quality of the food eaten and the consequence of an individual's lifestyle.

Very few people know that reintroducing their urine into their bodies is the perfect stimulation for the body to purify itself, strengthen its defenses and even regenerate deteriorated organs. Very few people know that they can cure their own health problems or prevent them all together using a little urine.

Uroopathy is not a myth or an obsolete remedy as many are lead to think. A plethora of celebrities and international leaders serve as living testimonials that urine can prevent and heal just about every known disease, including the common cold, impotence, athlete's foot, AIDS and cancer. In this book, Mr Lara points out that the use of urine is not encouraged by the medical establishment because profit can not be derived from it. Uroopathy works very well, but there is no way to charge for it, sell it or control its use. The author carefully details ancient references to the healing properties of urine found in ancient scrolls, in the Bible's Old and New Testaments, in the Hippocratic texts and hieroglyphics from Egypt. References are also found in the Dead Sea Scrolls, in the Damar Tantra and the sacred Sanskrit books originating from India. You will also find in this book part of the scientific history of Uroopathy as the simplest and most powerful of all known remedies. Mr Lara artfully combines scientific and historical evidence with simple and easy guidelines to help even the most skeptical of readers overcome all fears and preconceptions about Uroopathy.

This text provides updated applications that breathe new life into this ancient yet powerful procedure. You will find technical, expansive yet simple chapters on the psychology of health and nutrition to prevent

developing, and dealing with "Apocalyptic plagues" such as AIDS, antibiotic-resistant and flesh-eating bacteria and EBOLA.

The secret of this therapy, explains Mr Lara, is its simplicity to use, its infallible auto-analysis and biofeedback that automatically compensates for imbalances in the body while activating the body's own healing process. When a person poisons his body, neglects nutritional needs, water intake and rest, a self analysis of ones urine will show the extent of the damage done. However, the body is the ultimate healer and those who become aware of their deteriorating conditions can reverse them by using UROPATHY. They only need to trust their own healing abilities and start using their urine while following the body's instincts and simple guidelines.

Uropathy, The Most Powerful Holistic Therapy, is more than just a treatise on the uses of urine. This book provides its readers with natural and simple techniques that educate and guide each person toward self reliance. This book guides the reader through an exploration of his own physiology and to inspire a better and healthier lifestyle. Uropathy, was written to help sick people recover their health and to help healthy people live and function happily. Once informed, you will overcome the conditions that make you susceptible to disease and the endless cycle of medicine and drug dependency that often promotes a worst condition than the one it was supposed to alleviate.

Martin Lara discovered the science of Uropathy when his own health problems compelled him to analyze his diet and lifestyle. He has researched and used Uropathy since 1987 and this second edition of his book is an updated and revised summary of his discoveries. In this book he presents uropathy to the world as a universal panacea and nature's most effective healing protocol. He has instructed thousands of people through monthly workshops since 1989, interviews on national radio programs and alternative-medicine expos. His selfless efforts to help HIV+ individuals was recognized by NEWSWEEK Magazine in the August 21, 1995 issue.

The reader should understand that the treatments explained in this book are not mere theories; on the contrary, their efficacy has been proven through the centuries. These procedures are based on innate instincts, common sense, natural medicine and practical care that was indispensable to the Pharaohs and has become indispensable to our generation. Mr Lara provides the most basic and comprehensive challenge to our intimacy, our perspectives and our social biases by

pointing out that, to move forward in health and in life we must know where we are starting from.

"To thine own self be true"

Alex Maurice

WARNING

Martin Lara is not a physician and has never studied traditional medicine. For several years he investigated and researched natural and holistic medicine until he found a natural and foolproof method to stimulate the body into detoxifying and build up the natural defenses needed to stay healthy. In this book, Mr Lara shares the discoveries he made during his personal search for well being.

This book was not written with the intention of replacing your physician. None of the applications explained herein are to be taken as medical advice or used to replace medical care. The therapies outlined in this book are not approved by the medical establishment in the United States and many other countries . Those who wish to experiment with uropathy do it at their own risk. It is strongly recommend that you consult your doctor before using this holistic approach.

WARNING

Those who occasionally use recreational drugs, narcotics or liquor, should be aware of the fact that after eight to 10 weeks of urine therapy, you must stay away from those substances. The body may tolerate a half ounce of liquor, but one ounce can bring on a severe headache. Narcotics can bring on a headache with three times the intensity of a migraine. Pain killers are useless against such pain. The only way to calm down this agony is to drink a lot of fluids so that your body can wash away the harmful substance.

1

SOME EXPERIENCES

Several years ago, Mas Caicedo was in Puerto Rico visiting his family for what he believed was the last time because doctors had given him a month or two to live. Caicedo was dying from opportunistic infections caused by AIDS. He had been taking medication for several years and was close to death. He was very weak and needed a wheelchair. A loving niece in New York had faith that he would recover, somehow. She recorded a lecture I gave on radio in New York and rushed the tape to her uncle. There was no time to lose, Mr. Caicedo had lost faith and had already paid for funeral services and a cemetery plot. Mr. Caicedo listened to the tape and decided to try it since he had nothing to lose. He threw away all medications and started to drink his urine as suggested. This is a decision that he will never regret because it saved his life. Within three days, he had eliminated more excrements than in the previous six months. All his aches and pains were gone by the first week and his appetite and desire to live were back 100 percent. Within 10 days he had no need for the wheelchair and was gaining weight. Six weeks after the radio interview, he attended one of my monthly lectures to describe his positive experience with uropathy. Caicedo was a new man who had gained 30 pounds. Six months later, he had visited Mexico, Miami and was on his way to Spain. He visited his doctors occasionally to make sure everything was okay and to see the baffled looks on their faces when they saw how healthy he was.

Quique Paladino had full-blown AIDS in 1985 with ulcers of the mouth and sores in the esophagus and stomach. He also had Kaposi's sarcoma on his face and inside his mouth, and a terrible case of athlete's foot that was reaching his knees. Paladino was a pharmaceutical drug salesman with access to all kinds of medications, but every medication he tried was useless against his health problems. One night he attended a conference on uropathy, but the idea of drinking his own urine or applying it to the skin repulsed him. Paladino could not sleep at night because the ulcers on his legs were frantically itching and driving him insane. He would scratch in a frenzy causing more injury and bleeding. In an act of desperation he applied urine to his legs ignoring his education and

medical training. Urine stopped the itching in minutes and for the first time in months he slept more than six hours. A week later the ulcers that tormented him for more than three years were almost gone. A few weeks later the ulcers in his mouth disappeared and several months after that the Kaposi's sarcoma lesions he had on his face were gone. His quick recovery motivated him to do some research and he was stunned when he discovered close to 800 references to urine as a therapeutic agent. He was so fascinated with the information discovered that he organized "The Water of Life" monthly meetings at the Gay Lesbian Community Center as a support group to share his positive experience with other AIDS patients.

On a recent trip to Bogota, Colombia, to spend Christmas with my wife's relatives I had an opportunity to test the power of the ultimate universal remedy with a 13-year-old boy who had been suffering with asthma and epilepsy for 10 years. Even though the boy was on medication all along, he had at least one epileptic seizure every day and some times three or four. The family had seen all the specialists the family could afford, and he took every type of medication available for this problem without any sign of relief. He tried drinking his urine the previous year, but he did not use it long enough to see any results. On Christmas day, the boy stayed in the same house I was staying in and had three seizures in the early morning hours and when his mother came out of the room going crazy when she came to me asking for help. I pointed out that the child had been sleeping in a closed room with no fresh air and that may have precipitated the condition. I instructed her to collect the boy's first urine immediately upon awakening and used it to prepare the ultimate universal remedy. The boy's mother was told how to prepare it and out of desperation agreed to apply it under the tongue, but she had no faith in such a seemingly simple concoction. The epileptic seizures stopped since the third day the boy started using it. We found out about his recovery a month later when we offered to send some medication to the boy. His mother happily declined it after assuring us that the ultimate universal remedy would be the only medication she would ever use from now on.

Fireman Michael Maloney was concerned about the smoke that he was breathing daily and the effects it could have on his health. He heard a radio interview I gave in 1992 and attended one of my

lectures. To test his endurance, he would time how long he could hold his breath, which was usually about a minute. To clear his lungs he decided to breathe the vapors of boiling urine five to ten minutes every day after work. Four days later, he developed a severe "healing crisis" that forced him to stay home three days. Two weeks later, he started breathing vapors again, but this time he had no healing crisis. Uropathy had increased his oxygen absorbing capacity so much that he held his head under water for more than three minutes to show his coworkers what urine had done for him.

In October 1995, I received a letter from Mr. Maloney who was vacationing in India. He had been very careful with the water and food there because tourists often developed malaria, cholera, dysentery and food poisoning due to lack of toilet paper and poor sanitary conditions. During a religious ceremony he was compelled to drink water from a sacred well and developed dysentery since the water was contaminated. By the time he had the first symptoms he was on a train to a city 48 hours away. Vomiting and diarrhea started a few hours after departure and he started to drink an abundant amount of urine hoping to control or eliminate the problem. (He should have used diluted urine under the tongue). Although the condition improved some, he started to worry because there was no medical attention available for more than 40 hours. He had a copy of the first edition of this book with him and he started reading the chapter on AUTOTHERAPY. I explained how Doctor Charles Duncan prepared vaccines using the pathological discharge caused by the disease, feces in this case. Maloney prepared the vaccine in a couple of hours and administered it to himself. Relief was almost instantaneous. He felt a warm feeling come over his intestines and he gradually started recuperating. A few hours later it was all over, and except for some intestinal gas the next day, there was no other problem. He was very appreciative to have read about the vaccine because he feared what could have happened if he had to be admitted into a hospital in India. He had no other problems during the rest of the trip and in his letter he thanked me for including this life-saving information in my book.

Jose Martinez had a bad infection in a tooth that needed root canal or extraction. The infection caused his face to become inflamed and he had a lot of pain. He obtained temporary relief with pain killers, but he was getting desperate. He remembered reading in the urine

therapy book that holding a mouthful of urine for a few minutes was an excellent treatment for this type of problem. He used the remedy every four to six hours as recommended just as if he was taking medication. He was desperate and wanted to see if this simple remedy would work before going to the emergency room at a local hospital. He recalled the taste of urine being repulsive, but the pain was unbearable. Besides holding urine in his mouth, he also put a rag soaked in urine on his face. Within minutes, the pain started diminishing and two hours later the inflammation started subsiding. He prepared the ultimate universal remedy and used it as instructed, every three hours, for a few days before seeing the dentist and all the while the pain and the infection were under control. His dentist could not believe Martinez's story and though she will never admit it in public, she now mentions the application to patients who are allergic to, or do not like using antibiotics.

While visiting Palmira, Colombia, one of my students described what happened one afternoon when the 11-year-old child of a friend had an epileptic seizure. While the family hysterically looked for medication for the child, my student quickly went to the bathroom and put 10 drops of his urine in a dropper and immediately applied it under the tongue of the sick child. He activated the chronometer in his watch to see what happened since this was an experiment to see if the urine could help in this case. Within 30 seconds the epileptic attack stopped and two minutes later the child was back to normal. By the time the family obtained the medication the child was out of danger. They were baffled to see how quickly he recovered and wanted to know what on earth was so effective that the child recovered so miraculously fast. At first they thought my friend was joking, then they thought he was trying to poison the child. They could not believe that all this time they had been powerless to deal with the situation when they always had the treatment at hand. Six months later the child has not had another epilepsy attack after learning to drink a little urine (two to four ounces) every morning.

Ms. Angy, 70, had been in a hospital for three months with ailments associated with old age. Her friend attended one of my lectures and told Mrs. Angy to start drinking some urine mixed with juice every time she went to the bathroom. She remembered her grandmother using urine to treat ailments when she was a child and decided to

give it a try. She quickly recovered her appetite and within a week, she was out of the hospital. She attended one of my conferences soon after and increased her intake to about three ounces of urine every day. A month later, she discontinued her medications and was very active in church. She was eating very well and gained about 20 pounds. Three months later, I saw her at a New Year's party. She had dyed her hair and she was dancing happily. A year later, she was doing fine and was very happy to be able to take care of herself. She explained that what motivated her was the thought of going to a nursing home and not been able to be on her own.

Margarita Reyes, 70, had gangrene in one leg and doctors wanted to amputate it. She was directed to apply a urine-soaked towel to her leg three or four times a day, and to drink seven to 15 ounces of urine per day. Although skeptical, she started to follow the instructions and noticed an improvement by the second day. Her condition improved every day and her leg was almost normal two weeks later.

Mery Garcia, 55, was without apparent health problems. She began to drink urine out of curiosity, and after two weeks she had labor pains. She discharged an ugly-looking, egg-sized blood clot. She was not aware of any previous problem before the discharge. A week later she had a healing crisis in the form of a strong cold that lasted about three weeks. During this time she was discharging phlegm and mucus through the mouth and nose. I recommended that she eat raw garlic to accelerate the cleansing process. She wondered where all the phlegm was coming from, to which I replied that since she had been using antibiotics for more than 10 years, that phlegm had accumulated in her body. It took four weeks to cleanse her body.

Andrew Douglass, 60, had prostate problems and 10 specialists had recommended surgery as the only means to alleviate the problem. Although the chance of impotence was slim, he still chose to try alternatives before submitting to surgery. There was also the emotional problem of an orgasm without ejaculation as a side effect of the operation. He was advised to apply rectal implants using pure urine every day along with the ultimate universal remedy. At the time, he used a douche bag like the one women use. Two months later, he

visited all the specialists who examined him before and they were all shocked to find him recovering without surgery or medication. His doctors wanted to know how he did it, yet he was reluctant to reveal the protocol followed. But, knowing that they would never reveal the information to other people, he told them how he used his urine. Of course, they did not believe that urine could be so effective, but Douglas gradually recuperated and a year later had no more problems. He enjoyed seeing the doctors so baffled.

Pedro Alvarez' body was invaded by amoebas 10 years earlier and he was suffering the corresponding discomforts since then. Alvarez collected his urine one night and kept it in the bathroom for about 15 hours, then drank it the next day. By misunderstanding the instructions of a friend, who told him to drink fresh urine, he accidentally discovered a new application of urine therapy for amoebas and tape worms. Surprisingly 15-hour-old urine did not taste that bad, he explains, but he immediately drank a tall glass of juice because he felt strange. Within 10 minutes or so he had abundant diarrhea. Alvarez was forced to stay close to the bathroom for the next two days. The diarrhea was so bad that he feared dehydration, but he knew to drink a lot of water with a pinch of sea salt. He spent the weekend at home drinking water and diluted fresh fruit juice. Monday morning he went back to work almost completely recovered. Three years later he hadn't had any more amoeba-related problems. Apparently the fermented urine of a person with parasites is so effective that it even removes the eggs of these parasites.

Mr Tavarez, 17, had his first asthma attack when he was one year old. His breathing was very difficult and it sounded as though he was asphyxiating. The asthma attacks usually lasted several hours. Their physician recommended the family relocated to another, less polluted city, but the child continued suffering daily asthma attacks. Amongst other problems, the disease caused asthmatic deformation of the thoracic box.

On the first visit he was given a 2 cc (cubic centimeter) injection of his own fresh, unfiltered and unprocessed urine and this application was so effective that the child had no asthma problems for a month. The next asthma attack occurred four-and-a-half weeks later while playing football in school. The problem lasted several hours until a second injection was applied. Within five minutes the

youth was completely calmed. There was irritation, inflammation and a burning sensation localized where the injection was applied. The reaction lasted about 30 hours. There were no complications for the next two-and-half months until the fall when he developed the flu and a mild asthma attack. The youth had several mild attacks until the end of April. That is when the third and last injection was applied. He had a mild localized reaction for 24 hours, but never again suffered from asthma.

Note: The injections were applied only when symptoms reappeared because that is when anti-allergenic substances are present in urine.

Mr. Vazquez, 44, suffered twice a year from hay fever or pollen allergies. With one injection of urine applied on the buttocks he remained allergy-free for over six months. A second injection kept him allergy-free for the rest of the year. During the following season he successfully used the ultimate universal remedy instead of the injections.

Socrates, 4, had weekly asthma attacks, eczema and constant eye infections since he was one year old. When he received a small urine injection there was localized irritation. The child recovered by morning and he was good enough to go to school. His excrement was somewhat liquefied and he urinated frequently, but he did not have an asthma attack for several weeks. He then began to cough a lot and vomit. There was a whooping cough epidemic in town. A second urine injection was applied. The child had localized pain in the area of the injection. At night he continued coughing and expelling great quantities of phlegm and mucus. He felt weak and had a lot of gas. This condition improved little by little as the child continued expelling phlegm and mucus. Three days later the child was much better. He had a little cough, but that was nothing compared to the whooping cough or asthma the other children in the neighborhood had. His excrement was normal and the child had no more gas. A month later, the child's mother told the doctor that he was doing very well. He has not had an asthma attack since the first injection. When a doctor examined the child the eczema and the infection of the eyes had disappeared completely.

Jim had multiple sclerosis since 1981 and had tried everything to fight the disease. He heard about urine therapy and attended a lecture in 1992. The next day, he drank one ounce of urine. He felt a burst of sublime energy that made him feel very good and energetic for about three hours. During this time he did several things he wanted to do around the house. After the three hours, his wife asked him to take her out to run some errands, but he was feeling a little tired. Then, she suggested that he take another ounce of urine. He did and off they went. He had the same burst of energy the second time around. He has been drinking his urine ever since and doing fine.

Lourdes V. had a fever of 104 degrees two days in a row. She did not want to go to the emergency room because during a previous visit to get treated for food poisoning she ended up getting three operations. The standard procedure hospitals use turned a simple problem into a life-threatening condition that nearly killed her. By the time her mother was notified of the situation, Lourdes was desperate. Her mother insisted on taking her to the emergency room at the local hospital, but she refused. If you don't want to go to the hospital, her mother replied, then you must do something else: You must drink a glass of urine right away. Crunching her teeth she complied by drinking all the urine she passed the next time she had to go. Within 20 minutes, she started sweating and the fever started going down. Four hours later her temperature dropped to about 85 degrees and she slept for six hours. Upon awakening she had diarrhea and her temperature was normal. Now that she has seen first hand how powerful this treatment is, she uses her urine regularly.

Maria K. started drinking 2 - 4 ounces of urine two to four times a day, she used pure urine rectal implants, vaginal douches and the ultimate universal remedy because she wanted a baby. However she had fibroid tumors in the uterus and the chances of conceiving and having a baby were slipping away at 29 years of age. She was desperate by the time she heard about UROPATHY, but she had tried all other options. Though she was single at the time, she wanted to be healthy just in case things worked out with her boyfriend. She started drinking a spoonful of urine with orange juice and three days later was taking urine straight and chasing it with the juice. She started hemorrhaging two weeks after she started the UROPATHY

procedures, but she knew this was part of the healing crisis she would have to go through before regaining her health. Her conditions became gradually worst until she started delivering fibroid tumors with labor pain and other discomforts associated with having babies, though not as intense. She had read the book and was familiar with the healing process and since her periods usually lasted two weeks she did not get too scared when going through the healing crisis which lasted about 10 days. Now she promotes UROPATHY to all her friends and sends me people to the lectures.

John used to get up 3 - 4 times every night to urinate because of an enlarged prostate gland. He had been reluctant to use UROPATHY because of his orthodox Christian background, however his condition was deteriorating even though he was taking medication when he started drinking half an ounce of urine in the morning. By the second week he was getting up once every night and four weeks later there was no need to get up at all unless he drank too much fluids.

2 CURIOUS ANECDOTES

Immigration authorities stopped a man from India at Kennedy airport, New York City, for suspicion of traveling with a false passport. The incident happened because according to the birthday on the passport the man was supposed to be 68 years of age, but the agents did not think he was a day over 35. Once the validity of his documents and his identity was verified, the customs agents asked him how he stayed so young looking. The man said, "I am vegetarian, and I only eat fresh and natural foods. And I drink a glass of urine on an empty stomach every day." After revealing this information he was allowed to continue his trip.

A friend who lives in New York, told me that he was once bitten by a poisonous snake in the African bush. He knew that the bite of that snake was fatal and could kill him in a few minutes. He was so terror stricken that he could not control himself and started urinating. In that instant he was inspired to collect the urine in his hands and drink it. A few minutes later he started to feel pain and his leg became numb. He slept a few hours, had fever for two days, but did not die and had no permanent damage to his limb. "Drinking urine saved my leg and my life," he beamed.

In the May/June, 1988 issue of Hippocrates Magazine an interesting article explains the nature of an enterprising young company that deals in urine extracts. Enzymes of America, a company whose stock is traded on the New York Stock Exchange, has a \$500 million a year market selling extracts collected from human urine. Trying to eliminate an odor problem they designed a baseball-sized filter that collects proteins, hormones, enzymes and other medically useful ingredients from the urinals serviced by Porta John, its subsidiary firm. The ingredients the filters collect from urine are usually manufactured through expensive processes, but Enzymes of America gets them for free. One of the ingredients in urine is urokinase which is used to make Abbokinase, the first medication listed in the Physicians Desk Reference. The 14 million gallons of

urine flowing through Porta John privies contains 4.5 pounds of Urokinase which is enough to unclog 260,000 coronary arteries and to dissolve blood clots. Each treatment costs more than a \$1,000 and one possible side effect of using this substance is that the patient could bleed to death if too much is used, according to the PDR.

Serono Laboratories of Aubonne, Switzerland, has annual sales of \$900 million dollars a year selling this product and many others prepared with urine ingredients.

On the television program "60 Minutes" aired on June 4, 1978, the former Prime Minister of India, Morarji Desai, was interviewed by Dan Rather, Mike Wallace and Morley Safer. Excerpts include:

--Rather: Tell us how are you able to run the government of India, working 12 hours a day or more, horseback riding in the countryside, talking vigorously in public at the age of 82 years young. Tell us your secret.

--Desai: My diet consists of fruit and vegetable juices, fresh and natural milk, plain yogurt, honey, fresh fruits, raw nuts, five cloves of garlic every day, and I drink five to eight ounces of urine every morning on an empty stomach.

--Rather: Yack! You drink your urine? That is the most repulsive thing I have ever heard.

--Desai: Don't be alarmed, it is a very natural treatment. If you observe the animals, you will see that they drink their urine to stay fit. Observe them. In my country mothers used to give babies their own urine when they were suffering from stomach ache. And in the Hindu philosophy, in the Hindu customs, cow's urine has been considered holy, and it is prescribed in every ceremony. People must drink it. So they drink their urine. That is not considered in any way wrong.

--Rather: I guess you don't consider this a strange practice?

--Desai: No. It is not a strange practice. In America scientists are preparing extracts from urine for heart trouble. You probably don't know that.

--Rather: No, I didn't know that.

--Desai: They are doing it. So your people are drinking other people's urine, but not their own. And it costs dollars, thousands of dollars, while their's is free and more effective. Many medicines are worse in color, worse in taste, worse in smell, still people take them. I think it is much worse to take them. You should taste it to find out.

--Rather: I guess so... I could.

--Desai: If you drink all your urine (urine fast), in just a few days the body becomes purified. By the third day your urine is without any color or any smell or any taste and it will be pure almost like water. You will feel very good because your system is improved and cleansed considerably. Drinking urine fights the cause of all diseases and it cost you nothing.

--Rather: Respectfully Mr. Prime Minister, I am not ready to try that.

The following paragraphs are part of a document that appeared on the Internet.

On Friday, February 23, 1996, hundreds of scientists and doctors began a global conference devoted to what organizers say is a potential free cure for a host of killer diseases including AIDS — human urine.

Nearly 600 delegates from 17 nations gathered in the capital of the western Indian state of Goa for the first World Conference on Auto-Urine Therapy.

The three-day meeting, organized by the Indian chapter of the Water of Life Foundation, brought together leading proponents of a 5,000-year-old therapy considered taboo in much of the world because it involves drinking one's own urine.

Delegates came from Austria, Australia, Britain, China, Dubai, France, Germany, India, Iran, Italy, Japan, the Netherlands, Pakistan, South Africa, Sri Lanka, Switzerland and The United States of America. More than 70 came from outside of India.

A conference poster depicted a young boy urinating into a glass.

A frantic mother called me because her daughter had ingested rat poison accidentally. The child was vomiting and she didn't know what to do. I advised the mother to pee in a glass and give the child eight ounces of urine immediately. Meanwhile I called 911 to get the poison control center and an ambulance to her. It was difficult convincing the child to drink the mother's urine, but by the time the paramedics arrived, the child was out of danger and they baffled.

DID YOU KNOW THAT...

3

Did you know that on average a person who drinks a glass of morning urine lives 15 - 30 years longer than the average person? This happens because, besides purifying the body, strengthening the immune system and reactivating the lymphatic system, urine contains substantial amounts of nutrients and specific ingredients which sustain the proper level of nutrients in the body and that prevent deterioration of cells and organs.

Did you know that one of the secrets of military survival training is that a soldier can live one month or longer drinking his urine when there is no water or food available? A soldier can survive biochemical weapons by covering his mouth and nose with a rag soaked in urine.

Did you know that with respect to longevity and nutrition you are better off asking advice from a bus driver than from the average doctor? says Dr. Joel Wallace in his audio tape "Dead Doctors don't Lie." Doctors know very little about nutrition and prevention of diseases. The average life span of a doctor is 58, compared to the life span of the average American which is 75. In the 20 or more years it takes for a person to become a doctor, he is not required to learn much about nutrition. I don't know about today's curriculum, but a few years ago the only thing they were required to learn was basically the same as looking at the four food groups and the nutritional pyramid posters. And even that was not mandatory.

Did you know that the type of bra a woman wears has a lot to do with her chances of developing tumors in the breasts that could become cancerous? The problem arises from too much artificial support that interferes with the lymphatic system vessels and nodes within the breast. Some bras are too tight or have metal rods under them which choke the lymphatic vessels and stop the flow of lymphatic fluids (cellular feces) out of the breasts. Tumors do not develop in the breasts per say, but within the lymphatic system nodes that have stagnated cellular feces within them. The bra women wear must be loose enough to allow some bouncing as a lady walks which is the natural way to activate the lymphatic system into discharging cellular

waste out of the breasts. A woman can also massage herself to prevent accumulation of harmful fluids that could cause problems in the breast.

Did you know that our bodies are equipped with a membrane that is a “**Reverse osmosis**” filter capable of purifying sea water to prevent dehydration when lost at sea? This membrane can absorb water from the sea while filtering out the substances that are toxic to humans. The only problem is that this membrane is part of the large intestine and sea water has to be introduced rectally the same way an enema is applied. I know that this is an unpleasant experience to a lot of people, but this information might save a life in case of an emergency. Perhaps it should be mentioned to boat owners so they include a rectal implant syringe in their boat’s first aid kit or some type of instrument that could be used to introduce sea water rectally, just in case.

Did you know that activating the lymphatic system is one of the most important benefits derived from exercising? The lymphatic system is to the body what the sewer system is to any city. The lymphatic system is the most important part of the immune system because it is connected to every cell in the body. Its purpose is to drain toxins from every cell, but it does not have a pump to circulate the lymphatic fluids out of the cells. When we exercise regularly the whole body works better because we activate the lymphatic system and eliminate a lot of waste, and in addition, we absorb more oxygen, we sleep profoundly and we enjoy a more natural way of life. The conduits of the lymphatic system are hidden within the muscles of our body alongside the major veins and arteries. The lymphatic fluid circulates only through physical activity. That is the reason why active people remain healthy much longer than sedentary individuals.

Did you know that antibiotics are useless against the common cold, the flu and ear infections? Even though doctors know this, they continue prescribing antibiotics because their patients don’t know any better therefore they would take anything their doctors give them. What most people don’t realize is that indiscriminate use and abuse of antibiotics weakens you and strengthens microbes. The devastation they cause can lead to an even worst infection called

“**Antibiotic Related Colitis.**” I discovered this problem in “The Merck Manual” recently while researching the health problem a close relative developed while in a hospital. So many antibiotics had been used on her that all the benign bacteria in the intestine had been wiped out completely. Aside from all the other things the benign bacteria do for us, they also control the harmful bacteria in the guts of every living insect or animal on earth. Without control, harmful bacteria causes deadly infections in the colon resulting in a build up of pus around the rectum. The standard medical treatment for this type of infections is a stronger antibiotic. My suggestion for this problem is on page eight.

Did you know that many diseases considered hereditary are simply the result of behavior patterns in families? New research shows all diseases are linked to mineral deficiencies. The same diet, habits and lifestyle can lead to the same diseases. Vitiligo, epilepsy, cancer, high blood pressure, diabetes, arthritis and other common ills are the result of dietary patterns in a family passed on from generation to generation. Improve these nutritional deficiencies and you will eradicate many of these hereditary diseases from your family.

Did you know the main ingredient of the amniotic fluid is the urine of the fetus who starts urinating about eight weeks after conception? The amniotic fluid is 80% urine and a fetus must breath this fluid to develop its lungs properly. The lungs and other parts of the body can not develop without urine and the fetus dies before birth or soon after birth, according to an article in The New York Times 8/16/88. Science has a new and very delicate procedure to correct the problems described above which demonstrates the unlimited healing virtues of human urine, even fetal urine. Once the fetus is able to urinate it continues developing, survives birth and heals the surgical wound.

Did you know that many asthmatic or hemophilic women who become pregnant generally experience alleviation or cessation of those diseases during pregnancy? Though science has no explanation for this, I think that it has something to do with the abdomen of the mother being filled with the urine of the fetus for about six month. During this time the fetus’s urine helps to purify the

body of the mother, which leads to temporary or permanent recovery from her illnesses. This is one of those wonderful things about nature: the mother protects the seed of the life, which at the same time protects the mother so that it ensures a healthy seed.

Did you know that all the vitamin and mineral supplements needed to live healthy must be processed by bacteria we have in the intestines before we can absorb them? These bacteria are better known as the intestinal flora and the best thing to do to keep it healthy is to eat natural products (preferably organic) with the least processing or refining (sprouts, vegetables, fruits and salads). It is important to take vitamin and mineral supplements, but it is more important to maintain healthy the benign bacteria in the intestines to process the foods we consume. These microbes restructure most of the products the cells in our bodies need.

Did you know that any medicine designed to kill a virus or bacteria will also destroy a thousand times more of the benign microbes we need to live healthy? The devastation caused by certain medications (antibiotics and chemotherapy) can be compared to the damage done when using a shotgun to kill flies. You will probably kill the fly, but the damage done to the surroundings is much worse than the damage that the fly could have ever done by itself. Although short-term use of antibiotics can be life-saving during emergencies, it is not convenient to take them regularly because the pathogenic microbes in the body can mutate very quickly and develop immunity to the medicine in five percent of the time required for the body to recover from the damage done by them according to the book "Beyond Antibiotics." It is a lot healthier to activate the lymphatic system, into eliminating all the toxins accumulated in the body and strengthen the body's own defenses by eating a healthy diet, using diluted urine, garlic, colloidal silver, and other natural antibiotics.

Antibiotic resistant viruses and bacteria are causing such serious problems in American hospitals that doctors are using new guidelines to prevent spreading this new epidemic. Antibiotic resistant viruses and bacteria are responsible for the death of 60,000-80,000 hospitalized patients in American hospitals according to The New York Times 9/12/95. Medical science has no solution for this problem. However, nature has many natural antibiotics to deal with this problem, but though they are extremely effective, medical science does not use these approaches because they are very inexpensive and they do not pay a tribute to the pharmaceutical companies. There are

You can make five parts per million colloidal silver using three nine-volt batteries in series (27 volts DC) and two pieces of 14-gauge, pure-silver wire. Connect wires to batteries and place them apart in an 8 ounces glass of water for about 5 minutes. Bingo, very cheap colloidal silver. If milk-like cloud does not appear in a few seconds, add a pinch of sea salt to increase conductivity. Clean silver wires with non-metallic sponge.

no microbes resistant to the healing virtues of an injection of the patient's own urine or sublingual applications of diluted urine. For those repulsed by urine there is a powerful substance called **colloidal silver**. Before refrigeration, a silver coin in milk was the preferred preservation method. Colloidal silver is an ancient antibiotic used to wipe out viruses, bacteria, parasites, and fungi, in the swimming pool and blood stream.

While the discussion on which came first, the hen or the egg, has not been resolved, there is a more important discussion: which came first, man or his urine? And to solve it we should investigate the writings of Fourcroy, who is considered the father of modern chemistry. He said, "Human urine is not (the) product of the evolution of man, on the contrary, the evolution of man is the product of his urine." The pituitary and Pineal glands develop quickly in an embryo and these glands secrete certain hormones that affect the developing fetus in very subtle ways not yet understood by science. This process plays a very important role in the development of every human being.

Did you know that in 1801 Fourcroy published his "System of Chemical Knowledge"? A work that in the English edition (1804) ran to 11 large volumes. It was the first work of its kind. Urine was and still is such a complex and interesting substance that almost one entire volume was dedicated to its composition. Fourcroy said, "Here indeed is a profitable approach to the study of the nature of man, the most intricate mechanism that exists on earth." He proclaimed, "In great measure man is what he is because his urine is what it is." In the book "Analyze Des Harns" by Neubauer and Huppert (1910), there is a list of over 100 ingredients found in urine.

Did you know that our scientific community knows that urine therapy is a very powerful therapy? But the pharmaceutical and medical cartels cannot make money on a person who uses his urine. In the United States organized medicine generates over \$1.4 trillion dollars a year with thousands of hospitals, laboratories and millions of health care workers. They do not want people to find out how powerful urine is because of the millions of jobs and enormous sums of money they would lose if each of us were to begin preventing and eliminating our health problems with something so simple and abundant. Their wonderful business would be in danger of collapsing since they would not be able to control the use of urine. They are safe for now because so many people do not know enough about uropathy to accept and use their urine.

Did you know that urine has been the most investigated substance in the history of modern science? But this has not been done to help humanity. Research is done, instead to find and isolate the specific urine ingredients that fight disease. Once isolated, they are mass produced chemically, given a strange name, encapsulated and sold to the affected person. Abbokinase, Urokinase, Cortisone, Pergonal, Genistein, Urea, DHEA, Allantoin and many other substances are urine ingredients. However, isolated, refined and concentrated substances can produce very adverse and even deadly reactions. These substances were not meant to be used in high concentration. These substances can save your life when very ill, but they are very expensive and have side effects, besides it is better to use whole urine to prevent these problems. Besides, whole urine contains more than 2,000 ingredients and its composition varies according to the individual's state of mind, diet, physical activities and other

circumstances that influence the body. Medical science will never be able to create the perfect combination of ingredients and such a powerful elixir, nor will they have it ready for you first thing in the morning.

Did you know that the general health of people is worse today than it was 50 years ago? It is true that some people live longer lives, but that probably had nothing to do with the advances of medicine. On the contrary, it is due to the advancement of our engineers who have designed better systems of filtration and distribution of drinking water combined with more efficient sewer systems. Though it seems strange, our engineers are more concerned with preventing problems than solving them. They are the ones we should thank for the purified water, purified air and food processing plants which have extended the lives of the average person. Some people may be living longer lives, but the quality of life of the average American deteriorates rapidly just before the age of retirement.

Did you know that genetically, a man is capable of living to the ripe age of 120 - 140 years of age? Most people die at half that age and according to research by Dr. Wallach that results from nutritional deficiencies, the most pronounced being mineral deficiencies. In 1936, the US Congress wrote a memo stating that American farmlands were depleted of minerals and that would cause many mineral-deficiency-diseases in most Americans. Plants are capable of producing vitamins, enzymes and amino acids, but they can only absorb minerals if the minerals are in the soil. And since the land was depleted of minerals more than 60 years ago, the vegetables, grains and fruits we have been eating are not supplying the necessary minerals we need. Without minerals, vitamins, enzymes and amino acids cannot be processed and assimilated properly, therefore mineral depletion plays a big role in the overall health of Americans.

Did you know that urine is a living, organic substance that is more powerful than antibiotics or chemotherapy in the fight and prevention of cancer? In urine there are more than a dozen ingredients known to science for the treatment of cancer. The urine of healthy people contains ingredients that prevent damage to cells by free radicals, the early stages of cancer. While the urine of people who have

cancer contains powerful ingredients that destroy the cancerous tumors the person may have.

To realize why medical science does not promote the use of urine, visit a drug store or supermarket and see all the products that you would not need if you drank one to four ounces of morning urine every day. Modern medicine has so much influence and control over our lives that we build a medicine cabinet into each bathroom in our homes.

Did you know that in the July, 1958, issue of Science Digest Dr. Sames, of the National Heart Institute, reported that urine contains artery-dilating substances which are able to increase the blood flow to the heart. As compared to tablets of nitroglycerin, a half-ounce of urine under the tongue produces three times more relief to a person with coronary thrombosis.

Did you know that cholesterol testing is one of the most profitable myths medical cartels have ever created? Cholesterol testing cost Americans 117 billion dollars a year by 1995, and according to Dr. Wallach, this money is completely wasted because it does not improve the health of American citizens. The brain is 80% cholesterol and a high or low level of it does not shorten or extend your life by a single month. In fact, consuming foods with no cholesterol can cause many health problems because the body needs it for 25 different functions every day. Cholesterol is a necessary nutrient and if you do not consume enough of it, your body will produce it. Impotence and multiple sclerosis are among the many problems associated with a low cholesterol diet and these problems can be reversed with a high cholesterol diet. The inability of the liver to process and digest foods is the actual problem affecting cholesterol levels in the body. Therefore, drink a little urine, use the homeopathic preparation, or take a full spectrum nutritional supplement that contains colloidal minerals to take care of your liver. Forget about cholesterol testing and a low cholesterol diet and use that money to go out and enjoy all the beautiful things life offers. Cholesterol testing is just another scheme to create anxiety, generate a lot business and exploit our ignorance.

WHY MAINTAIN A TOXIN-FREE BODY? 4

Why maintain a toxin-free body? Because the genetic potential of humans is 120 - 140 years of healthy living. Longevity of United States citizens is 75.4 years, but perhaps we could live 50 years longer than the average citizen and we could rejoice and celebrate every day of our lives with some adjustments in our lifestyles and eating habits.

Dr. Alexis Carrel, at the Rockefeller Institute for Medical Research, demonstrated in 1912 that it is possible to live many more years than we are living now. He used small pieces of heart tissue from a chicken embryo to produce one of the most remarkable experiments in medical history. He chose chicken embryo's heart because life and vitality can be determined with the naked eye since it will wiggle as if it were beating. Doctor Carrel wanted to demonstrate that under suitable conditions, the cell could live a very long time, perhaps indefinitely.

The chicken heart tissue was immersed in a solution that contained all the necessary nutrients and oxygen required by the cell. Likewise, the cell secreted its biological waste materials into the same solution. Every day the solution was changed, taking away waste substances and providing fresh nutrients. It is amazing to report that this chicken heart tissue lived for 34 years until the university decided to end the experiment. The average chicken lives 10 - 11 years in ideal conditions.

When the experiment was terminated, Dr. Carrel concluded:

"The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at regular intervals. Give the cell oxygen and something upon which to feed and, as far as we know, the pulsation of life may go on forever."

When you stop to think about the details of this experiment, you realize that it is so easy to use urography to monitor and improve your diet, health and quality of life. Your blood is the fluid, the cells that make up the body are the chicken embryo heart and urine is a

sample of the fluid to help monitor the internal conditions. We can be our own technicians and we can monitor the level of contamination of the blood stream by analyzing the color, smell and taste of our urine. Who knows how long and useful our lives can be if we applied to our internal environment the same hypothesis Dr. Carrel used.

We have been conditioned to reject urine, therefore have difficulty accepting the idea of drinking it. But you cannot accurately monitor the internal conditions in the body without drinking pure urine. Other urine applications do benefit everyone, but they do not auto-educate each person. You could be consuming an excessive quantity of salt and sugar, or monosodium glutamate (MSG) which is very harmful to your health and you would not be able to tell how toxic a candy bar or a diet soda is unless you observed, smell and drink one to four ounces of pure morning urine every day.

You could become a centenarian by monitoring the consistency of your urine and using that as a guide to choose the nutrients you eat, improve lifestyle and lower internal pollution.

Under normal conditions the average life span of body cells is:

Lining of the stomach	1-2 hours
Skin cells	1-2 days
Heart cells	3 months
Red blood cells	4 months
Pancreas, spleen, thyroid, liver, adrenal glands, kidney and lung cells	3-5 months
Muscle cells	14 months
Bone cells	3.5 years

When conditions are ideal, the life expectancy for some of these cells can be extended considerable. It can also be shortened drastically when cellular waste, environmental and food-related toxins accumulate in the body while being deficient of oxygen, nutrients and water. Many doctors want you to believe that diseases are genetic or result from exposure to viruses or bacteria. But they are either trained improperly or they are knowingly deceiving you,

because you are not susceptible to the wrath of microbes as long as you do not allow the internal conditions to become favorable to malignant microbes.

It is important to realize that internal conditions do not deteriorate overnight, it happens gradually. The body gets contaminated little by little with each glass of diet soda, each hamburger, each hot dog, each order of french fries, each cigarette, each beer, each ounce of liquor or narcotics that you put into your body. Having an occasional fast food meal will not pollute the body, however doing it every day does. Consuming all these products, all of the time, quickly contaminates the body, making you susceptible to all the diseases afflicting people throughout the different stages of life. Diseases and longevity have little or nothing to do with your ancestor's genes, viruses, bacteria, fungi or parasites. Although genes and microbes do influence health and vitality, they do not affect you when the body is receiving the nutrients and oxygen it requires every day. When you are sick, your doctor will make you spend tens of thousands of dollars doing all kinds of tests and analysis while giving you placebo tablets and painkillers. Yet he will not bother asking about your diet and lifestyle during the past five or 10 years. That is your responsibility, and if you are concerned with good health and well being, you are the only one who can take care of that aspect of your life.

Until reading this book there was no way for you to determine:

- The quality of the food you consume every day.
- How toxic a can of diet-soda or a cigarette is.
- Your state of health and/or susceptibility to disease.
- If you are drinking too much or not enough water.
- Which fast foods are healthy to eat and which ones are a burden to the body.

Until you read this book you had to wait for a physical exam, and your doctor's forecast about your state of health. But instead of warning you about potential problems associated with your diet and lifestyle, your doctor probably calculated the potential profits. You could be dying, yet they always say that everything is okey, just cut

here or there and come back if you get sick. They are counting on your ills.

Urine makes it easy for you to put in practice what was learned in Dr. Carrel's experiment. By analyzing your urine every day and making small changes in your diet and lifestyle you can stop consuming contaminated foods to control the accumulation of toxins in the body. Once you understand that aspect of being healthy, then all you need to do is consume the required nutrients (see chapters on nutritional supplements and diet), increase the oxygen content of the blood, and establish the proper intestinal flora. These basic steps can help you eradicate the conditions that promote deterioration, disease and premature death. We all have to die sooner or later, but our lives can be quite different if we participate actively in being healthy.

Until reading this book there was no way for you to determine:

- Your state of health and/or susceptibility to disease. —The quality of the food you consume every day.
- How toxic a can of diet-soda or school chocolate is.
- If you are drinking too much or not enough water.
- Which fast foods are healthy to eat and which ones are a burden to the body.

COMMON QUESTIONS

5

Isn't urine a toxic body waste?

The kidneys are part of the circulatory system, therefore urine is a blood byproduct. Although urine contains toxins, these toxins constitute a very small percentage of the total volume of urine. The main purpose of the kidneys is to maintain the pH balance of the blood in the body. The kidneys filter all the blood 60 times a day constantly removing those ingredients which alter the pH balance of the fluid within the body.

Wouldn't it be harmful to put those toxins back into the body?

The toxins found within urine are not enough to be toxic to the body from which it came. Remember that your urine comes from the blood and anything that was in your blood cannot be harmful to the person where it came from. Had it been that harmful, that person would have been dead. Besides, the urine you drink does not go directly to the blood stream, first it goes into the digestive system where its ingredients are sorted out. The useful ones are used again (recycled) and the toxins get rejected. When the level of toxins is too high, the toxins stimulate the intestines into flushing themselves out to eliminate any excrements accumulated in the colon.

What about doctors claiming that drinking urine will cause cirrhosis of the liver, and harm or paralyze the kidneys?

They have a misconception with respect to drinking urine and what role the intestines play in urine therapy. Remember the answer to the previous question and keep in mind that the organ that removes cellular feces from the blood is the liver. The liver removes this waste, bile, and it dumps it at the beginning of the small intestine to aid in the process of digestion. The urine a person drinks goes into the same spot where the liver discharges the cellular waste, but the toxins urine contains are a very small amount in comparison to what the liver dumps at the same site.

Could we filter the toxins out of urine before drinking it?

I guess the toxins could be filtered out, but those toxins are necessary to stimulate a cleansing reaction in each individual. Those toxins are also necessary to vaccinate and protect the body from future illnesses. The amount of toxins found in the urine of each

person is directly related to the amount of stagnated excrement in his colon. Sometimes these toxins are related to certain foods which are difficult to digest requiring very strong acids that later on find their way into the blood stream. The amount of preservatives a piece of meat has determines the type bacteria required to digest it, that is why it is not healthy to eat too much meat, preserved meat products and cold cuts. This type of bacteria produces very strong acids to decompose flesh which is laying in the colon for too long while being digested, but those acids are toxic even to the intestines therefore the body absorbs them and circulates them in the blood where they cause much less harm.

Is there a way to purify the body to improve the taste of urine before starting to drink it?

Ten percent of the people who start drinking their urine will find it too sour and bitter, even when diluted, and may experience nausea, headaches and other strong reactions before they get used to it and start seeing any results. And again I ask not to despair or give up. Remember that urine is a sample of what is flowing through your veins and repulsive urine should be a motivation to improve the internal conditions, rather than an excuse for not using uropathy. When your internal conditions are too polluted, you need to purify the body before using uropathy. The following is perhaps the most convenient way of purifying the body to improve the taste of your urine until it becomes easier to start drinking it.

For **one or two weeks**, eat raw, natural, unprocessed foods such as fruits, vegetables, salads and sprouts. Also, drink fresh-squeezed fruit and vegetable juices, and drink a lot of water. Seltzer is highly purified water, therefore, it is a very good alternative. During this time, eliminate beef and its byproducts, pork and its byproducts, chicken, turkey, ham, salami, bologna and other cold cuts. Avoid baked sweet snacks such as cakes, cookies, candy, doughnuts; also potato chips, cheese doodles and other junk food. Avoid frankfurters, hamburgers, cheeses, tacos, pizzas, and other fast foods. Avoid fried foods or any food cooked at or above 119 degrees, because all the enzymes are destroyed at that temperature. Also avoid sodas, diet sodas and other carbonated drinks. Avoid beer, liquor, wine, champagne, and other alcoholic or fermented beverages. Avoid canned foods and other processed and preserved foods. Remember that you will be on this diet for a maximum of two weeks just to cleanse and detoxify the body.

After the first week on the cleansing diet, try drinking one to three ounces of morning urine. Repeat the cleansing diet if you feel the strong reactions again. I am not a fanatic and I am not asking you to give up these things forever, my intent is to make you aware of the internal conditions in your body because repulsive and rancid urine indicates very contaminated conditions which probably resulted from eating too much fried food and junk food. If two weeks on the cleansing diet is not enough to improve the taste of your urine, then you may have to deal with those reactions for a few days until your urine clears the body enough not to have the same initial reactions. Besides those reactions only last a few days when you first start.

Can a girl drink her urine during menstruation?

Yes, you can drink your urine during menstruation. The urethra and the vagina are two different organs. Furthermore, I can assure you that there is nothing in your menstruation fluid that can harm you if you accidentally drink a little of it mixed with urine. With a little care, you can keep your urine separated from menstruation if you decide to continue drinking your urine during the menstruation cycle. If you are fasting, you must continue drinking your urine during the menstrual cycle. If you drink urine to remain healthy and you have reservations about drinking it during menstruation, then don't do it. The protection that urine offers you, will last a couple of weeks, if not months. Your immune system would not get weaker if you do not drink urine for a few days each month.

Can a person drink his urine while on medications?

For all intents and purposes the answer is no because there is a remote possibility of overdosing on medication when you drink back the portion of it discharged in urine. However, you need to differentiate between medications and hormone supplements because you should continue taking hormones supplements when you start drinking your urine. I suggest you frequently monitor your hormone levels two weeks after you start drinking your urine because the amount of supplementation you need may have to be reduced as the affected organs improve (see chapter 22).

How come urine appears to be ineffective for some problems?

Sometimes health problems are associated with mineral deficiencies and they are corrected when you recycle traces of the specific minerals found in urine. But there are times when there is a

chronic deficiency of one or several minerals. In this cases there is none of that mineral in your urine, therefore the problem remains the same, although 20 other conditions may improve. A diabetic person, for example, may need to take chromium for the cells to use blood sugar and vanadium to produce insulin. These supplements may be necessary to eradicate diabetes or any other sugar problem that did not improve with uropathy.

Can UROPATHY help a child who wets the bed while he sleeps?

Yes, UROPATHY can help with this problem because the condition is usually associated with a virus that relaxes the sphincter, the muscle that closes the urethra. The ultimate universal remedy is one of the procedures I would advice to use. Mixing a little urine with the morning orange juice is another application that will help improve this condition.

ABOUT THE AUTHOR

6

Throughout life, I had several health problems that were beginning to concern me as I approached maturity. Traditional medicine offered surgery and support stockings for one problem. And for the other surgery and an endless cycle of antibiotics, but I instinctively felt this was not the appropriate way to go. Therefore, I started looking for options. I was a 35-year-old, self-employed New York City master plumber when I was introduced to urine therapy. My wife had an old copy of the book "The Water of Life" by J. W. Armstrong and she recommended I read it. Reading the book I discovered and tried several options that were simple, yet effective and very cheap. This new approach helped me solve several of my health problems, it also changed my life and gave me a global goal to accomplish.

My wife Fanny had shown me the book because every four or six months I used to get a throat infection, which I suspect was caused by cigarette and alcohol abuse and too much partying when I was younger. My body used to complain by developing tonsillitis, which prompted my doctor to apply the typical mega-doses of antibiotics, instead of telling me that perhaps the nightlife was not for me and that I should not abuse my body so much. After a few years of abuse, my tonsils were removed. This is a medical procedure that should not be done to anyone under any circumstances because the problem can be alleviated and completely eliminated with a little urine. In my case, the problem was not eliminated because I continued my abusive lifestyle. And of course, I continued having throat infections. After so many years of overdosing on antibiotics, I became allergic to them which made it more difficult to temporarily alleviate the symptoms of the problem. I had no idea that it would be so difficult to rebuild the immune system once it was weakened.

With an open mind, I read the book and found it fascinating. Armstrong had tuberculosis and he nearly died of it. He had enough money to visit all the doctors, clinics and specialist of his time, but they were unable to help him. Some medications made him feel better for a while, other medications made him feel worst. As the disease worsened he decided to look for alternatives. One day, after many years of suffering, he remembered some folk remedies using

urine. Once a man cured his daughter of Diphtheria in three days by forcing her to drink her own urine. He also remembered that his father used to cure sick animals on the farm by starving them and forcing them to drink their own urine. Armstrong also remembered reading in the Bible a verse that says, "Drink waters out of your own cistern and running waters out of your own well" (Prov. 5-15).

Armstrong figured that if it worked for the animals it might work for him, too. He tried it and sure enough, after a couple of days of drinking his urine his condition improved remarkably, making him feel much better. Armstrong fasted for 45 days, drank water and all the urine he produced, and applied urine skin rubs. He eliminated the disease condition completely with the fast and when it was over he looked 10 years younger than other men his age. Meanwhile he started telling others about the healing power of urine. Many of the people he helped initially had been sent home to die because, according to their physicians, there was nothing any one could do for them. But Armstrong proved to everyone that doctors give up because they can't do anything else, but there is plenty other people can do. Armstrong found that urine therapy worked every time for everyone. That is why his book "The Water of Life" became a classic. After realizing the potential of this therapy, he spent the rest of his life telling everyone about the therapeutic values of urine. He successfully treated many diseases afflicting some 40,000 men, women and children using urotherapy – urine therapy.

Although I didn't have a terminal disease, from all the magazines and books I had read I learned that a person does not develop a disease overnight. First you get the usual minor health problems and as the abuse and neglect continues over decades – compounded by a nutrient-deficient diet– you work your way up to a deadly disease in 25 or 30 years. I had also noticed that those who took better care of their health and diet lived longer and better lives. A wild night of fun and intoxication every weekend not only takes away a few years of decent living, but also gives us diseases, pain and suffering the next day and at the end of our lives. I noticed that individuals who were concerned about their health and diets, who also had an organized lifestyle, lived longer and had better quality of life. I understood that the nightlife and abuse I was subjecting my body to not only shortened my life by several years, but it also guaranteed that I

would suffer agonizing diseases in the future. I suspected that all my health problems could be solved if I took control of my life, my health and my diet. The difficult part was finding the right information and guidance that was convenient to use. I was looking for my own urine.

It was very disappointing when I discovered that most doctors actually believe that lifestyle and diet have nothing to do with our health. They blame it all on genetics and, do not bother to learn enough about a proper diet and disease prevention. What is worst of all is that they do not consider diet important. They tell you eat healthier things, but never ask what your diet consists of. In a way, it is not their fault. The system that educates them does not teach about nutrition or requires them to learn about the proper diet to prevent disease and live healthy. They learn that diseases are hereditary, caused by inherited genes or by a harmful microbe. They also learn that their medicines are the only thing that can cure a disease by killing the offending pathogen afflicting you. Doctors and the medicines they prescribe have not and will not be able to produce an immortal human being, in fact the longest living humans have never been to a doctor. The medical system is always killing microbes, but they have never been able to completely eliminate a single virus, and instead they lie to us to conceal the truth. In many instances a particular disease is never heard of again and they claim that it is eradicated from the planet when in fact, what really happened is that they changed the name of the disease, which is a dirty trick. For example: Polio is now called bone degeneration.

The varicose veins I have in my legs started rejuvenating themselves after 9 months of taking a full spectrum nutritional supplement containing colloidal minerals, all vitamins, enzymes, omega oils and adequate amounts of sea salt.

Before asking for advice, see that your advisor lives by his teachings. When it comes to physicians, it is disappointing to learn that they are victims of their own educational system which does not teach them prevention or health maintenance. On average, doctors die at the age of 58, while the average citizen dies at the age of 75. They die of the same diseases as the rest of us, but 20 years younger.

Another problem is that instead of eliminating health problems doctors are trained to temporarily alleviate the illnesses of the people they are supposed to protect. I don't know what you call it, but to me this is exploitation. In addition most medications alleviate a problem, but create two or three new ones. Organized medicine is in business to make money, and keeping us ignorant insures that they will continue making money exploiting us when we get sick. They are not even interested in educating themselves. That is why we have to investigate and experiment ourselves with respect to proper diet and nutrition to prevent deterioration and the diseases associated with it.

I learned that being healthy was simply a matter of taking control of my life style and diet. Urine therapy had all the options I needed to improve my diet, water intake and lifestyle guided by the taste and consistency of my urine. I discovered that sublingually applied diluted urine was an excellent, readily available antibiotic that builds up the immune system. The last time I had the throat infection I used urine therapy. That was in 1987 and I have not had a throat infection since then. I went through several healing and regenerating experiences to repair damage done in my teenage years. I also discovered an auto-therapeutic and universal vaccine using a 1-cc pure urine intramuscular injection. That was it. No more health problems. It is good to know that no matter how many times the weather changes or how many days I spend working, my immune system is stimulated and strong to keep me healthy thanks to a little urine.

"The Water of Life" inspired me to experiment, investigate and research all information on urine therapy. I found more than 1,000 references at the New York Public Library and the Medical Research Library. Many of these references are from "The Journal of the American Medical Association," "Geriatrics," "The New York Medical Journal," "The New York Times" and other newspapers, magazines and books. Later on I discovered additional information from the people who attended my lectures. All the information I discovered motivated me to write this book based on my experiences with urine therapy.

I also discovered books on urine therapy written by authors who are not physicians. A few are written by traditional doctors, such as the book "Auto Therapy" by Doctor Duncan, published in New York in

1915. The former Prime Minister of India, Morarji Desai, himself wrote a book explaining the benefits of urine therapy. Many of the books on urine therapy are published by naturist doctors in the United States, Europe and the Orient. There are ancient manuscripts discovered in the pyramids of Egypt dating back to 3,000 B.C. that explain the therapeutic values of urine. The first medical book ever written "The Hippocratic Texts" (1,000 B.C.) mentions urine 182 times. In the Kings James version of the Bible you will find numerous references to uropathy. Proverbs 13-14 states, "The law of the wise is **a fountain of life**, to depart from the snares of death." John 4-14 says "But the water that I shall give him **shall be in him a well of water** springing up into everlasting life." John 7-38 claims, "He that believeth in me as the scripture hath said, **out of his belly shall flow rivers of living water.**"

Since 1990, I have lectured on the third Sunday of every month at the Lesbian Gay Community Center, located at 208 West 13th street, in Manhattan, New York. I met thousands of HIV+ individuals who are symptom free people because they use urine. I also offer private lectures to open-minded people who are willing to listen to this revolutionary idea. I tell everyone about urine therapy because I feel a moral responsibility to share this priceless, life-saving information about urine therapy. I urge you to share what you are reading in this book because great rewards await those who help a human being who is suffering. You would be doing God's work.

Just in case it crosses your mind, I do practice everything I preach. If it is mentioned in this book, I have done it and used it. Before I started talking about urine therapy, I had been drinking my urine and using it for two years. Some of the new applications described in this book are my own personal discoveries, others are the experiences of daring pioneers who wanted to try something that had never been done before. Hundreds of people have directly or indirectly contributed to make this one of the best books on self help through UROPATHY or urine therapy.

Breathing vapors of urine for illnesses associated with sinuses, bronchial tubes and congested lungs is one of them. Pure urine rectal implant is another and powerful discovery. Urine has also been used fermented to expel tape worms, amoebas and other parasites

from the intestine. The ultimate universal remedy or diluted urine applied sublingually and urine injections are simple, yet powerful vaccines for all allergies and infections. These new applications and discoveries were not mentioned in any book up until now. These applications – especially the rectal implants – reactivate the lymphatic system cleansing and healing 10 times faster than just drinking urine.

These great discoveries motivated me to compile all I have learned and perpetuate it by writing “UROPATHY, The Most Powerful Holistic Therapy,” as my contribution to the evolution of mankind. I hope you use it wisely and share it with others.

7 WHY DOES IT HAVE TO BE URINE?

Why does it have to be urine? Because to prevent and fight all diseases it is necessary to:

- Reactivate the lymphatic system to purify the body.**
- Increase blood-oxygen levels.**
- Auto-vaccinate and stimulate the immune system.**
- Strengthen the body's defenses.**
- Minimize nutritional deficiencies.**

And uroopathy satisfies all these approaches to health and healing by using your own urine. The body can heal itself with the precise stimulation and your urine that contains the specific ingredients needed to stimulate the body's own healing mechanisms. Your urine is the perfect biofeedback stimulator your body requires to overcome the conditions that make you susceptible to disease. The body is also capable of regenerating itself when minute amounts or certain nutrients are provided, and your urine is the only substance readily available that contains substantial amounts of such nutrients. When used properly, urine ingredients activate powerful forces that heal and regenerate the body. When drinking urine or applying it diluted under the tongue, the body is precisely stimulated to overcome the conditions compromising your health and it is all done automatically. No other process in the universe can compare with the efficiency and simplicity of uroopathy.

Why does it have to be urine? Because your urine contains substantial amounts of an oxygen byproduct known as hydrogen peroxide, one of the most powerful healing substance in the world. White cells protect the body by producing it and releasing it into the bloodstream to keep out, control and kill virus, bacteria, fungus and parasites. As the kidneys filter the blood they remove and accumulate in the bladder some of the hydrogen peroxide in the blood. When you drink your urine, you increase the level of protection just enough to keep out the potentially harmful microbes therefore you remain healthy. These organisms are anaerobic which means that they stay out of, and cannot live in an

hydrogen peroxide rich environment such as the bloodstream of a healthy person. Urine is the world's best medicine because all this happens naturally and safely every time you drink your urine and it doesn't cost you a dime.

Why does it have to be urine? Because, according to Ralph Naders, 300,000 Americans die every year because of medical negligence while in American hospitals. Uroopathy, on the other hand, has never harmed anyone who practices it regardless of how the urine is used¹. Uroopathy works and it works extremely well. Physicians are supposed to be health experts, however drinking one ounce of urine and using the ultimate universal remedy is more beneficial to the average person than a fully staffed multi-billion dollar medical center. Positive results are guaranteed and there are millions of people all over the world who can testify to that. It will help anyone who dares to use it. Its healing effectiveness has been demonstrated in hundreds of scientific studies done throughout the history of mankind. In this century alone there are dozens of reports published in medical journals all over the world.

The only problem with Uroopathy is that no one can make any money on you once you accept it and use it. No one can charge you for using your urine or victimize you when you learn from using it. You simply recover your health and live healthy

Why does it have to be urine? Because you don't need to spend thousands of dollars visiting doctors or specialists to diagnose your condition before you start using your urine. Therefore you don't need to do exploratory surgery, biopsies, blood cultures, urine tests, blood tests, X rays or barium enemas. You can forget CAT scans or MRI's which require drinking more than a half gallon of a liquid that tastes worst than urine. It is a really nasty and expensive experience doctors use just to look at your insides. When your annual exam reveals that your

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The only exception is intravenous application of pure and untreated, first morning urine which a daring pioneer tried used once. When he applied the IV there was a very sharp and intense pain in his kidneys, the vein collapsed and the skin ballooned which were signs of rejection. There was no harm done and he never tried this invasive procedure again.

health is deteriorating and your doctor starts smiling while explaining that you need any tests, get away from him and start using your urine. Then go back to him two months later and have him do the basic tests all over again and watch his jaw drop in amazement. Using your urine for biofeedback and a full spectrum nutritional supplement that contains colloidal minerals can detoxify, heal and regenerate of all the organs in your body without any risks to you or your savings.

Why does it have to be urine? Because everyone can benefit from using it regardless of age, sex, race, social status, geographic location, and regardless of the illness afflicting each person. Urine therapy is the ultimate holistic therapy because urine is available to everyone, it is a natural, simple, cheap and effective procedure that will guide those in good health to stay healthy. But in addition this therapy will help those who are ill to regain their health with multiple applications available to suit the individual needs of everyone, even those for whom medical science has nothing to offer. Many bedridden patients, people with cancer, and hopeless cases have recovered using urine therapy as a last recourse. Many sick people dying of AIDS or cancer have recovered their appetites and strength in one week and regained almost perfect health in less than two months using only urine therapy. They accomplished these miraculous recoveries without specific instructions or knowledge of how it works. All that is required is just a little faith and, or desperation to start using it.

Why does it have to be urine? Because you have no idea how toxic it is eating processed foods all the time. Many other foods seem healthy and natural when they are not. My friends let me tell you, tasting your urine in the morning is the only way to know for sure whether or not the food you eat is healthy for you. Urine does not smell bad all of the time and it is not always dark yellow. That only happens when the body is polluted and, or dehydrated. You assume that the taste of urine is really awful, but it is not always that way. It tastes bad when you are eating foods that pollute your internal environment such as: coffee, doughnuts, Danish pastries, bagels and cookies. If your snacks consisted of apples, grapes and bananas the color, taste and smell of your urine would be, as I call it, rather pleasant. If you drink plain water, fruit or vegetable juice

regularly, the color taste and smell of your urine would be completely different. And if you should fall to temptations one day and eat a few cookies or a Danish pastry, the color, taste and smell of your urine will remind you, the next morning, why you should not eat those things regularly. Remember that your morning urine is only a sample of what is circulating through your bloodstream. Do you really want to shorten your life by maintaining your internal environment so polluted?

Why does it have to be urine? Because your urine will prevent any kind of exploitation and unnecessary suffering once you start using it and become educated by the reactions it produces. A doctor's license requires tremendous sacrifices during more than 20 years of a person's life and costs more than a quarter of a million dollars. That license makes him an instrument of exploitation that pays tribute back to the pharmaceutical companies and the powerful people who control the education system he went through. Any one who becomes a medical doctor has get back money to pay his student loans and that can only be done by playing along with the system. Any doctor caught using urine therapy, promoting urine therapy or supervising a person using urine therapy risks losing his medical license just because of using a procedure that does not pay tribute to the system, regardless of whether or not it helps the patient. I recommended being monitored by a doctor, but keep him 10 feet away from you at least during the first few weeks of using urotherapy.

Why does it have to be urine? Because all diseases are associated with ignorance with respect to the bodies needs. After performing 17,500 autopsies in animals and humans Dr. Joel Wallach discovered that all diseases are directly associated with mineral deficiencies. In his research Dr. Wallach discovered that without minerals the vitamins, enzymes and amino acids cannot be properly utilized, ultimately causing many

VITAMIN E, SELENIUM and BETA-CAROTENE dropped the mortality rate of people who had different kinds of cancer by 13%. Of those who had stomach and esophagus cancer the most prevalent type in Henan, China, the mortality rate dropped by 21%.

health problems throughout the body. Since the level of ignorance and malnutrition is increasing, organized medicine is preparing for us with more doctors and more hospitals to take care of the millions of people who would be getting sick because their ignorant minds are easily manipulated into eating non nutritious foods.

Why does it have to be urine? Because in a polluted body urine contains ingredients which will force the body to detoxify, while in a healthy body it will only make you pee soon after. The urine of a very sick person will stimulate the body into expelling stagnated waste from the rectum, colon and intestines. The same urine will activate the lymphatic system to drain all cellular waste stagnated within or near the cells. Once the waste is removed from the body the liver, kidneys, lungs and other organs work much more efficient attend the needs of each cell and bring you back to health. When the internal conditions improve then, these organs proceed to finish removing the cellular waste contained within the blood stream and within every single cell in your body. Urotherapy stimulates the removal of kidney and gallbladder stones. It also removes obstructions in the urinary tract and blood vessels and in a short time it re-establishes normal blood circulation in the body. All this is accomplished with 2 - 4 ounces of urine every morning. How difficult is that? How much does it cost? Can anything else compare?

Why does it have to be urine? Because modern medicine is not an exact science and chances are this guy in a white suit will end up experimenting with you. Most doctors have no idea how the body works, what the body needs to stay healthy or recover from an illness. They think all diseases result from virus, bacteria, fungus, parasites and, or defective genes. If they had any idea of what goes on within the body, they wouldn't die at 58, the average age for doctors. If they had any idea of what is going on in the body, they would live to their genetic potential of 120 to 140. Do you really want to follow the advice of an institution whose members die 20 years younger than their patients (the average life span for an American is 75.5). Meanwhile the longest living humans, those who live to 100 years of more, have never been to a doctor in their lives. On average people who drink their urine regularly live to see their great, great grand children. That is close to 100 years of age and it does

not require you to be a rocket scientist to accomplish that. You take your choice.

Why does it have to be urine? Because you can't drug (contaminate) yourself to health. Remember that intoxication is one of the main causes of diseases and you cannot expect to regain your health using substances that pollute the body and represses the body's innate cleansing and healing instincts. Urotherapy stimulates your body into detoxifying, which is one of the most important process to regain optimal health when you are ill. Once you discover UROPATHY, you will find that it works extremely well for anyone who dares use it. Many of you will have doubts about this statement, just as I did. But if you took the time to research the public library, Internet and medical journals, you could easily confirm what I am telling you.

Why does it have to be urine? Because the medical system takes caring people with humanitarian feelings who want to help alleviate the pain and suffering in our society and turns them into instruments of exploitation who take advantage of your ignorance by dealing with symptoms of disease only leaving the actual problem intact as a way to make sure that you come back. That is why you should do whatever you can to take care of yourself instead of living carelessly and believing that all you need is medical insurance. To explain better what I am saying I will share a simple true story. While inspecting a job I met a doctor who spent 40 years in the best medical schools in the world. He had several PHD degrees from very prestigious schools. At the time he was the head of an immunology hospital in New York City, yet his 3 year old son was suffering from asthma. How do you like that? The system which educated him was exploiting him. I told him about urine been an excellent treatment for asthma since the 17th century and I even gave him references to find documents in the medical journals. One document explained that in 1947 a college professor was curing asthma with simple urine injections. His jaw dropped to the table where we were sitting and bounced back into his face. He was too baffled and confused when I left his house that day because I showed him another report which explained that a psychiatrist who used urine injections was treating 20 allergies and dozens of other diseases with simple urine injections. I was very proud to help

eliminate all the restrictions asthma puts on a 3 year old kid. But can you imagine a plumber telling an immunology expert how to deal with asthma.

Why does it have to be urine? Because this is the simplest and most effective therapy to use. The person practicing urotherapy will see results immediately and he will be able to monitor his own progress. You can see the difference right away just by paying attention to the color and taste morning urine. Urotherapy is the only procedure that has all these advantages and options to stimulate and build up the immune system. The results obtained with urotherapy are simply outstanding. When you apply urine drops under the tongue an asthma attack stops in a couple of minutes and the condition completely eliminated in two to 4 weeks by drinking four ounces of urine every morning. I had people with chronic yeast infections for 20 years and others with venereal diseases who were healed in a couple of weeks. Some types of tumors healed in two to eight weeks. High blood pressure became normal in three to eight weeks, gangrene was alleviated in a week and healed in three to five weeks; chronic athlete feet healed in three to seven days; Kaposi's sarcoma (Cancer of the skin related to AIDS) in one to four months; chronic pneumonia alleviated in a couple of days and healed in six weeks. These and many other surprising cases have been reported. All that a sick person needs to stop most diseases and start recuperating is a little faith in his own ability to heal.

Gabriel from Africa is the perfect example of the ultimate power of urotherapy. Gabriel is a wealthy businessman who travels to the United States at least once a year. When I first talked to him, his health was deteriorating to the point where he had no energy to walk more than 30 yards at a time. That short walk took a lot out of him requiring 10-15 minutes of rest. He had no sex drive, no appetite, and no desire to do anything. He was willing to spend whatever it took to recover and tried to find help in New York, the purported cradle of modern medicine. A friend of Gabriel living in New York asked me to talk to him because he was desperate. Doctors made him spend a fortune in tests and medicines, yet he felt no improvement at all in the two weeks he was under medical treatment. It wasn't the money spent, but the fact that he did not improve.

On a Wednesday afternoon I had a phone conversation with Gabriel during which I convinced him to start drinking one ounce his urine to see what reaction he would have. And, if the reaction was positive, I suggested he drink as much as he could because his case was so advanced. He crunched his teeth, just as the general in the Bible story who was told by Jesus to bathe three times in the Jordan river (with his own urine) if he wanted to cure his leprosy lesions. When I asked him what did he have to loose? he promised to think about it.

The following Saturday, when I met with him for the first time, he told me he felt such a powerful stimulation within minutes after drinking urine that from that moment on he drank all of it. On the day I met him, he had been to the doctor for a final checkup before leaving the country. His cholesterol was down 100 points and his blood pressure was normal in three days of drinking most of his urine, water and eating fruits when hungry. The doctors were completely baffled. They asked him if he and his twin brother were playing a trick on them. Dozens of the doctor's patients were on the same predicament and medications as Gabriel, yet they saw very little or no improvement. The doctor knew something different had happened and Gabriel confirmed that by effortlessly walking 20 minutes of the treadmill while being monitored. Later that day he was elated to walk three-quarters of a mile to his hotel room. He bought a dozen books, hugged me and promised to organize a lecture in Nigeria anytime I wished it.

Why does it have to be urine? Because urography is recognized worldwide as a way to control cancer and prevent it. When I participated in the Pasadena Whole Life Expo in April, 1996, a woman approached me to share her experience. She had lymphoma and she refused to submit to surgery, radiation and chemotherapy. She told me she was cured with urography. When I asked her what procedure was used on her, she replied that she was injected with urine in the buttocks every other day along with the ultimate universal remedy.

Why does it have to be urine? Because doctors learn very little about nutrition and prevention, especially in the industrialized countries. The only thing the average doctor learns about nutrition consists of looking at the four food groups and the nourishment

pyramid. That is why on average they die at the age of 58 while we die at 75.5, yet they want to tell us what to do to be healthy. Officials tell us we get all nutrients needed to stay healthy from the four food groups. That may have been possible 100 years ago, but not in 1996. After 100 years of industrialized farming American soils are 85% depleted of minerals therefore any produce and grains obtained from that soil can no longer sustain anyone consuming it. Through television, our children are misguided into consuming non-nutritious food that will cause malnutrition and numerous mineral deficiency diseases. Those diseases will eventually benefit the medical establishment, the grinding machine at the end of the ignorance belt. But you can educate yourself with a little information and urography to avoid the grinder.

Why does it have to be urine? Because the medical establishment is not interested in preventing diseases, it is only interested in alleviating symptoms of disease after we are sick. The medical establishment knows we are not eating the proper foods. As far back as 1936, United States Senate document 264 explained that our farm soils and field crops were depleted of minerals. As a result of the mineral deficiency all the crops, grains, fruits and vegetables grown in these fields would also be mineral deficient. Without minerals the body cannot process and absorb vitamins, enzymes and amino acids. Because of the poor soil, people who eat these products will develop mineral deficiency diseases explained document 264. The memo explained that the only way to prevent and cure these diseases was with mineral supplements.

Calcium deficiency alone is associated with 147 different illnesses and in 85% of cases a deficiency of this mineral is responsible for hypertension, insomnia, pre-menstrual syndrome, all post-menopausal problems and arthritis just to name a few. The medical establishment knows this, but they never give a calcium supplement to a sick person, they give him a diuretic pill instead.

Selenium deficiency is responsible for most heart attacks and cancers, but they never give a selenium supplement to a person who has these problems. They rather wait until that person needs a heart transplant which generates \$750,000 dollars. Urine contains 25 milligrams of calcium and a little selenium everyday however there is very little profit in keeping people healthy.

Why urine therapy? because you just can't trust anyone to take care of your health and educate you and your family. In the United States medical science has been investigating cancer therapies for 50 years hoping to find a cure. But it seems that science is not interested in preventing cancer, they are only interested in taking advantage of your suffering after you get it. Each cancer patient represents \$200,000 to them and in 50% of the cases the person dies anyway. They are always promoting testing for cancer, but that is a waste of time and money. We need to avoid creating the conditions that make us susceptible to developing cancer, but that approach does not generate any money. And worst still is the prediction doctors make that by the year 2050, two out of three people on the planet will develop the dreaded disease. But this will happen only if we remain ignorant about nutrition and proper diet. Your urine contains more than 15 ingredients that fight cancer at all the stages of development. A lot of us will develop cancer if we continue letting the so-called experts take control of our health.

Why does it have to be urine? Because the medical establishment has found a protocol to prevent and deal with cancer, but does not want to reveal that information to the public. There is a combination of 3 nutritional supplements that, when taken together, can prevent and cure many types of cancers. In September 1993, the National Cancer Institute and the Harvard Medical School did a study in Henan province, China. They chose Henan province because it is one of the most contaminated places in the world therefore, they have the highest incidence of cancer. Several groups of people received double the recommended daily allowance of certain nutritional supplements. One group was getting **VITAMINE, SELENIUM and BETA-CAROTENE** and in this group the mortality rate dropped by 9%. Of the people who already had different kinds of cancer in this group, the mortality rate dropped by 13%. Of those who had the most prevalent type of cancer in Henan, stomach and esophagus cancer, the mortality rate dropped by 21%, reports Dr. Joel Wallach, a mineral supplement advocate who was not involved in the study. As expected this information was circulated amongst cancer therapists and it was never released to the media or the general public. The results of this fabulous study remained hidden in medical journals and the wastebaskets of the cancer specialists who received copies of it.

If they revealed the cancer treatment found, all their labs will have to shut down and all their scientists would be out of work. Moreover, all the cancer treatment centers would have had to close down because of a lack of cancer patients and all the pharmaceutical companies that produce drugs for cancer treatments would also have to close down. The medical establishment would lose the \$200,000 per cancer patient it normally gets per person and hundreds of thousands individuals would live 20 or 30 years longer, which would create more headaches for the Social Security Administration.

Why does it have to be urine? Because it's free and abundant. In the health food store you can get enzymes, minerals, antioxidants, vitamins, hormones and other food supplements, but how many people can afford to spend \$50 to \$100 every month on food supplements? And what can poor people do? What about poor countries? In many countries it's difficult for people to obtain food supplements, vitamins, minerals and medicines necessary to maintain and regain health. Urine, on the other hand, is free. There are many powerful medicinal herbs in nature to fight disease, but who knows these herbs? And where do you get them? And if you can find them, can you afford them? Looking for a herbologist who has the herbs you need is difficult. But, how do you know which herb you need? You still need human intelligence to guide you and there is always the chance of someone making a mistake or you being allergic to one of the herbs. Urine is always available for free and it is always the most specifically synchronized medicine for your needs. With urine therapy what you have to learn can be learned in a few minutes. And your medicine is always with you and with the precise ingredients you need to regain health or remain healthy.

Why does it have to be urine? Because when the emergency light turns on you should investigate the disturbance that activated the system, but organized medicine wants you to unscrew the bulb and ignore the potential problems. They take a child with arthritis and start giving him pain killers at the age of five or six and since, there is no cure according to them, that person ends up taking painkillers for the rest of his natural life. Or they take a constipated teenager with migraine headaches and instead of prescribing an enema or more fiber in his diet, they give him painkillers to exploit that pain. Is that what a doctor is supposed to do

with your pain and agony? Those individuals who like to take painkillers and medicines that repress the body's cleansing reactions should learn that those signals are warning lights in the body. Every time you take a painkiller you are unscrewing the bulb and continuing to grind down that joint if you have arthritis. What do you learn by taking a pill for your ailments? What's the purpose of ignoring the pain? The pain will come back sooner or later and it will be worse every time if you don't take care of the real problem. You have to learn from your pain and improve your diet and lifestyle to live healthfully. There is no other way to achieve true health. That is why I recommend urine, because you must learn from your ailments how to improve your diet and lifestyle if you want to rejuvenate and purify your body.

That is the reason why I like to talk about urine instead of the many other healing programs available that are quite powerful, but only within reach those who have money or live in areas where it is easy to obtain the required products. Some of the therapies that I know include intravenous liquid oxygen, food-grade hydrogen peroxide therapy with ozone, intravenous liquid vitamins, including vitamin C, hypothermia and heating of the blood, Chinese bitter melon and shark cartilage. What I want to emphasize is the idea of preventing deterioration. If you think that it is not necessary to care so much for the body because with money you can recover your health, it is possible that you won't worry about maintaining your health while you are healthy. If you can buy something to feel good, chances are that you will learn nothing and accomplish nothing because most medicines only achieve temporary relief. Urine, however, teaches you by stimulating cleansing and letting the body heal itself.

Why does it have to be urine? Because in the United States the Food and Drug Administration is trying to enact laws that will require a prescription to purchase vitamin C and other supplements. This is absurd.

We ought to be thankful that urine is abundantly available and very effective against most diseases. The fountain will never dry up. It can't be sold or controlled by any government, institution or medical

agency. Those concerned with the spread of this knowledge, those who have the most to lose, say that urine is toxic human waste. Some ignorant individuals even say that urine is poisonous, but they spread this rumor to stop discourage curious and desperate individuals from using it and discovering its potential as a powerful healing art.

Why does it have to be urine? Because medical scientists study urine constantly in their laboratories in an effort to decipher which are the effective and powerful ingredients urine contains. Once isolated they reproduce them chemically and sell them to us as a new and grandiose discovery. Regrettably, all refined and concentrated products can be very injurious to the person who receives them. And the bottom line is that the patient does not learn anything from been sick because these substances only alleviate the symptoms and manifestations of the actual problems.

I like to emphasize that urine therapy should not replace good medical advice. I may be somewhat of a fanatic, but I am not stupid. If needed, I would not hesitate to seek a diagnostic and recommended treatment from a qualified physician or an emergency room. But, I think that more emphasis should be placed on prevention. It takes 10 years or longer to develop the conditions that make you susceptible to getting sick. Urine therapy offers a choice to those who want to stay healthy. It is very simple to drink a few ounces of urine mixed with juice every morning on an empty stomach. That is enough to live healthy. You should not wait for symptoms of a disease to start taking care of yourself because once the body suffers permanent damage it is very difficult to recover. The ideal thing to do is to tell your doctor what you have decided to do and ask him to observe the body's reactions. You are the one who hires and pays a fee to the doctor. If you want to hire him to monitor your health he should do it and if he doesn't want to, you can always hire another doctor to do it.

Did you ever wonder what your health will be like five or ten years from now if you continue your current lifestyle and diet?

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WHAT IS URINE AND WHY DO WE PEE IT OUT?

All the blood in the body passes through the kidneys 60 times every day. Through this process the kidneys control the total volume of blood in the body and balance the acid/alkaline (pH) level by removing the excess water, salt, medicines, vitamins, toxins and other organic compounds. All these excreted ingredients make up what we know as urine. Many people think urine is a toxic body waste, but the kidneys are part of the circulatory system, therefore, urine is a blood byproduct. Contrary to what most people think, urine is a vital fluid for humans. I tell you this because human fetuses develop in their own urine which is 80 percent of the amniotic fluid. Without urine the fetus does not develop and dies.

Urine is mostly water plus thousands of other ingredients that are essential to life. Everyone's urine contains:

- All known vitamins
- Hundreds of proteins
- Hundreds of hormones and steroids
- Hundreds of enzymes
- Hundreds of amino acids
- Dozens of antioxidants
- Traces of most elements in the periodic table.
- Significant amounts of 7 major minerals and tiny quantities of 65 trace minerals
- 1,000 toxins and their corresponding antibodies to vaccinate and protect all the cells in the body from 1,000 different species of viruses, bacteria, fungi and parasites that colonize our body and constantly threaten our health.
- Numerous organic compounds specific to the body they come from.
- Cellular waste and other impurities that sick, asphyxiating and dying cells produce throughout the body.

Even though urine contains toxins, it is not harmful to the body it comes from regardless of its condition. Whatever was in the blood cannot be that toxic, or the person would have been dead. The cellular waste and other toxic elements urine contains are the precise ingredients necessary to reactivate the lymphatic system to expel whatever stagnated waste there is anywhere in the body. Those toxins are necessary to vaccinate, strengthen and stimulate the immune system.

Because of its ingredients, urine is anti-bacterial, anti-fungal, anti-viral, anti-cancer, anti-convulsive, anti-spasmodic and anti-tuberculin, among other things.

The amount of water you drink, the quality and the type of food you consume everyday determines the taste and consistency of morning urine.

The kidneys are very complex organs that work like a reverse osmosis, double filter. The filtration unit of the kidney is called a nephron and each kidney contains about a million nephrons. Plasma is forced through the first part of the nephrons as delicate capillaries expand with each heart beat, red and white blood cells remain in circulation in the blood. In the average person 50 gallons of plasma are forced through the nephrons each day. In the second stage of filtration, the nephrons reabsorb 49½ gallons of plasma leaving behind what we know as urine. Urine is a sterile substance which can get contaminated after it leaves the body.

The ingredients in urine vary from person to person according to their state of mind, health, nourishment, quantity of water ingested, lifestyle and age. The urine of a newborn baby is practically pure water and the toxins it contains are minimal. However, the urine of an adult is completely different. Sometimes the urine is concentrated and other times it is clear as white wine and without smell. The urine of a diabetic person is sweet. In a healthy person the impurities that urine contains depend on the time lapse since the last time that the person urinated and on the quantity and type of liquids ingested. When we drink a lot of fluids, the first urine is always darker than the second because it contains more impurities. While we sleep, the kidneys filter the blood, balance the pH level and control the amount

of blood in the body by removing the substances that urine contains in the morning.

There are cases in which urine is practically acid. That is the urine of a person who is dehydrated, drinks liquor, beer and eats junk food. I speak of the person who eats all refined, processed, cooked foods without fiber. This is the urine of a person who drinks fermented products loaded with stimulating drugs, artificial sugar, artificial flavors and colors and other chemicals. This urine is common in people who don't sleep enough, smoke, and constantly uses drugs and narcotics. This urine is also common in people who are in a hospital and dehydrated, starving and dying because of medical negligence. I am speaking of a person who gets intravenous medication, no water and the garbage hospitals call food.

The average person who requires hospitalization must get at least a gallon and half of water every day to purify his toxic blood and to remove all the medication he gets. Dehydration is what paralyzes the kidneys, blocks the blood vessels and stagnate the lymphatic vessels in the liver, the pancreas and throughout the body. Dehydration causes auto-intoxication and that compounds the health problems affecting most hospitalized patients. That is why many of them do not recover and get worst.

Urine with a pH value of 3 or 10 is so toxic that if the person drinks it, instantaneous vomiting and diarrhea usually occur however, these are cleansing reactions.

In the average person, the impurities urine contains are a sample of the waste products from the cells that make up the body, the chemicals the body produces to digest food, and the excrements stagnated in the colon and throughout the lymphatic system. If a person's diet satisfies only his taste buds, lacking nourishment, filtered water and fiber, the level of toxins in his urine will be very high. Or very low when coming from a person who eats products that contain 80% water and fiber such as fresh fruits, vegetables and drinks purified water, fruits and vegetables juices.

IF URINE IS SO IMPORTANT WHY DO WE PEE IT OUT?

Urinating is not just a way of relieving pressure in the bladder, it is also a very important bodily function. The body is 70% water and the consistency of the internal environment must be maintained at the optimal levels required by the cells and microbes that make up and inhabit the body of a human being.

We urinate because living conditions constantly alter the consistency, pH balance and water-blood ratio of our internal environment. We can dehydrate and die from not having enough water, but we can also drown in too much of it. It is crucial for the body to maintain a pH level of 6.5 - 7 because viruses and bacteria cannot thrive in this type of environment. As we satisfy our water intake and nutritional needs the body monitors and constantly balances the amount of water and the pH of the fluid in which we live.

When we drink water or consume food with a high water content, the internal environment becomes diluted. The internal environment can also become polluted in hot weather, stressful conditions or when consuming processed, dried-out food products. Either condition is unhealthy and that is why the kidneys are always monitoring the bloodstream to compensate by removing the excess water, salt, vitamins, minerals, medicines, toxins and other substances. Diluted or concentrated urine will help you monitor your internal conditions and serve as a guide for you to assist the body in maintaining the ideal conditions that will keep you healthy and prolong life.

Natural foods produce good tasting and clear urine the morning after.

9 TIPS TO HELP YOU GET STARTED

Some of you will have no problem drinking your urine, but for the average person this is a very difficult first step. The biggest obstacle is overpowering your mind into accepting and using your urine after being conditioned all your life to think of it as a toxic body waste. Once you use it the first time, you will realize that it is not as bad as portrayed and perhaps you will continue using it. I urge you to overcome your fears and take a leap of faith because this simple procedure will help you prevent and improve numerous health conditions. Your urine is priceless to you, but you are the one who must discover its healing powers by using it.

The urine of the average person can be quite repulsive with a bitter taste that is very difficult to swallow, therefore I don't suggest drinking it pure the first time you try it (unless you have a strong stomach). As mentioned before, this condition results from eating and drinking foods that

Get into the habit of peeing into a clear glass container to analyze the consistency of you urine every day. This way you will be able to monitor and improve the conditions in your internal

contaminate the body keeping you partially dehydrated. Whatever you decide, do not analyze it's consistency, do not smell it or taste it the first time you plan to drink it, because if you think about it, your stomach may discourage you. Practice bringing juice to the bathroom and adding a little urine to it before drinking it. If you do not want your spouse or relatives to wonder about you bringing juice to the bathroom, dilute the urine with water or drink it pure and brush your teeth or use mouth wash quickly to eliminate the after taste and any trace of evidence that could reveal what you are doing.

I want to remind you that the condition of your urine results from the internal conditions within your body. Therefore, disgusting and repulsive urine should be a motivation, rather than an excuse for not trying this therapy. If for some reason you cannot do it, ask yourself: What do I have to loose? Did it not come from my own body? Is my health improving or deteriorating? The last question is: How healthy will I be five years from now if I do not improve my internal condition?

This is your decision and what you choose to do will determine the type of health and life you will have from that moment on.

Although the urine of some individuals is not too bad, repulsive urine is very common and those who have it can improve the condition of their urine just enough to make the first step easier. This can be accomplished by drinking a gallon of plain water every day and improving your diet for about two weeks.

Some individuals go slowly, wetting their hands with urine and applying it to the skin of the legs at night. Others apply it on the face as an aftershave or use it on the face as a base for makeup. The skin absorbs urine very quickly and this is an ancient secret to moisturize and beautify the skin. Discovering that most soaps, shampoos, and beauty products contain urea, a urine ingredient, helps you accept it. Knowing that numerous medicines are made with urine ingredients will also help you to take the first step. Some people apply a couple of drops under the tongue or gargle with it when they feel throat irritation. When they notice their conditions improving quickly, everyone continues using it.

Some individuals put urine in a wine glass and take it out of the bathroom to disassociate their urine with the things the bathroom represents. Others say that it helps to use a straw the first few times. Others bring juice to the bathroom mix a little urine with it and drink it. Others take a quick gulp and chase it down with the juice. Eventually you get tired of playing games, skip the juice and take it straight and that is when the fascination and education begins. You will notice that drinking fruits and vegetable juices, plain water and eating fruits every day improves the taste of urine. I am sure there are a few other suggestions which might be handy, but I think you get the point.

I takes 20 years of abuse and neglect to development a serious health problem. Most people are 15% sick, but their disease has not manifested yet. How deteriorated do you have to be before you are desperate enough to use your own urine?

Although any urine is good, the best one to use is the first urine you pass after sleeping more than three hours, or when you get up in the morning. That is the urine that contains the greatest quantity and variety of hormones, antibodies, minerals, vitamins, antioxidants and toxins. This is the urine that vaccinates and generates the strongest cleansing and healing reactions. Some individuals discard the first urine and drink the second, this practice is acceptable for a healthy person and it does improve your health. However, discarding the first urine and drinking the second is not enough to overcome the problems of a person susceptible to common maladies, opportunistic infections and terminal conditions. This urine will help, but it is not strong enough to stimulate the cleansing and healing reactions needed to overcome the conditions that make you susceptible to opportunistic infections and terminal illnesses.

When you are using urine for rectal implants, it is best to use it as soon as possible. I don't recommend that you wait more than 10 minutes, since urine ferments and decomposes quickly.

You can drink fermented urine to get rid of parasites however, you should not use it for rectal implants.

For the average, relatively healthy person, the best urine to drink is the first one in the morning. It makes no sense to save it when you are healthy. However when you are ill and you pee more urine in the morning than you can drink at one time, you can save the rest of the morning urine in the refrigerator to drink morning urine every three hours or so throughout the day. When you run out of morning urine, continue drinking fresh urine.

If you are stranded somewhere without food and water, you can survive for more than 6 months by recycling all of your urine. You will just lose a little weight.

When you choose to fast, drinking all of your urine, the best thing to do is to pee only the amount of urine you can drink at one time and while keeping the rest in the bladder. This way you will have a constant fresh supply throughout the day. It is difficult controlling the flow at first, however this is an excellent way to practice fasting. You will pee often, and

drinking your urine often helps you curb your appetite while purifying the body extremely fast since you will be drinking mostly urine and very little water.

If you plan to give the kids a little urine in the morning juice, but don't want them to find out about it, make up an excuse to get their urine and save it in the refrigerator to give it to them later when they do not suspect a thing. A good excuse is to get pH paper and use it to determine the acid/alkaline level of their urine. Remember also, that urine is universal and one's urine is good for everyone else in the same household. When family members go to school, church or work they exchange pathogenic microbes with everyone they meet throughout their lives. Then they bring home those microbes and exchange them with the family as they greet each other and breathe the same air. The individuals who are healthy immediately develop resistance to new microbes, the weak ones may develop some kind of reaction, but in essence, they all have in their urine what is required to protect each other. That is the principle behind all vaccines. Therefore a drop of mom's urine will serve as a vaccine to protect her husband and the children. Before you start though, I suggest to purchase liquid vitamins and get the husband and children used to seeing you brake the seal on the bottle and place drops of something in their morning juice everyday. No one has to know about the contents of the vitamin bottle. Change the fluid in the bottle every five to seven days or add a little liquor to prevent fermentation.

If you don't pass enough urine in a day, just drink more water (filtered or distilled), fresh juice or eat fruits that have a high water content like oranges, pears, mangoes, apples, watermelon or cantaloupes.

The best urine of the year is that of February until the spring equinox. Fasting during this time utilizes the universal life force energy that revives the planet to regenerate your entire body as the spring approaches.

I remind you that depending on your lifestyle, fluid intake and diet for the past few years one to two ounces of urine may bring on different reactions. Those of you who eat little or no junk food, those who drink four to six glasses of water or juice per day, and those who

eat at least 35 percent of their food raw, will have practically no reactions. But, if you have abused and neglected your body by eating, drinking and getting high on the wrong things, then I suggest you cleanse and somewhat purify the body before drinking or using your urine. Otherwise drinking urine will be a big shock that can cause unpredictable reactions. A person can experience headaches, nausea or even vomit the first time urine is ingested. That's why it's recommended that you flush out the body or start with a small amount and increase it slowly.

Don't be afraid of the strong cleansing and healing reactions that sometimes happen after drinking your urine. These reactions do not mean that your urine is making you sick or causing an allergic reaction, on the contrary, these reactions indicate that your body is full of toxins therefore you need to flush them out and take care of your health immediately before diseases manifest.

The skin absorbs urine very quickly and leaves no smell behind, therefore you can apply fresh urine to healthy skin. However your hair cannot absorb urine and it will smell if it dries on it. You can apply urine on your hair or scalp while at home, just cover your head with a shower cap while you do. Shampoo and rinse your hair before going out or getting close to your spouse. Some ladies apply 3 - 4 day old urine to their hair to obtain the fancy hair salon look for nothing. Though it may be an unpleasant experience, it does wonders to beautify and revitalize your hair. In many cases this application can prevent and reverse hair loss.

As a first aid for bruises, burns, cuts, insect bites and other emergencies, urine can be saved for two to three weeks covered in a glass container and stored in a cool dry place. Although it smells a little, two to seven day old urine is better for any type of skin problem such as rash, irritation, acne or psoriasis.

The goal for everyone should be to drink two to four ounces of fresh morning urine every day, therefore when drinking one ounce of urine produces no strong reactions, you should increase the amount to two to four ounces every day. Two to four

If strong reactions occur when you start drinking your urine, reduce the quantity of urine you are drinking.

ounces will extend your life by a minimum of 20 years and it will prevent most simple maladies and life threatening conditions. The best thing to do is to drink your daily dose in the morning, but you could drink a little several times a day. I say two to four ounces because the consistency of one's urine depends on the water intake of a person. Urine is mostly water therefore two ounces of concentrated urine may be equivalent to six or even eight ounces of diluted urine. Learn to listen to your body. Sometimes it wants a lot of urine, yet other times it wants none. The volume of urine to drink is a personal choice and the body will guide you through a subtle indication that it had enough while you are drinking it.

If you frequently have health problems like the flu, heartburn, acid indigestion, psoriasis, menstrual problems and constipation, drink four to seven ounces every day during a few months to stimulate the lymphatic system and clean up the conditions that make you susceptible to these maladies. Once you feel relieved of all toxins, when drinking a glass of morning urine does not cause diarrhea and when phlegm stops coming out, then reduce the amount to two to four ounces per day. However, you can continue drinking as much urine as you want because you cannot overdose with it, the only thing it will do is detoxify and regenerate your body faster.

If your immune system is compromised or weak, if you have or had opportunistic infections, if you know for sure that you have a serious health problem, drink even more urine (4 - 7 ounces) two or three times a day. It may sound like a lot of urine, but when these conditions are present you need to hire a cleaning crew to scrub toxins out of the organs that purify the body and then from all the cells that make up the body. You are the only person who cares enough to do this job, and using your urine makes it a very simple process. The conditions that make you susceptible to common illnesses, opportunistic infections and terminal diseases did not develop overnight, therefore they cannot be eliminated by drinking one ounce in the morning. These conditions cannot be eliminated in a week or two of drinking a little or a lot of urine. To recuperate from these conditions you must use other applications such as rectal implants, urine baths and urine rubs and diluted urine applied under the tongue every two hours. You can not regenerate in a month or two a condition that took 25 years to create. Such a condition

requires a full spectrum of nutritional supplements that contain or combine 60 colloidal minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids every day (call me at 718-774-1167 for the best product available that I know about).

Deteriorated organs can be regenerated, but you need to take a double dose of these supplements religiously every day for six months or a year depending on the stage of your condition. And if you want to continue living healthy, you must continue taking care of your body from then on. You have to take it easy while the

body regenerates and you have to give the body a chance to build up its strength. This may seem too intense, but that is what it takes to regenerate the damaged body parts and organs. When the process is complete, you will have the greatest reward anyone could ever have. You will be healthy again!

Your family doctor, or the doctor in your family can not offer this assurance because many of them do not associate health problems with nutritional deficiencies. Most of them do not believe the body is capable of regenerating itself. Most doctors and hospitals would rather replace worn-out joints or do organ transplants than suggest taking the nutrients needed to stimulate organ regeneration or joint regeneration. Would you rather be healthy, or be the bionic man. Meanwhile your health insurance costs you more than this nutritional protocol and it is guaranteeing that you are going to get sick or worse than you are already. Most people think all they need to live healthy is to have major medical insurance and then, they do nothing to prevent creating the conditions that cause deterioration and premature aging. Get your insurance, but take preventive measures with nutritional supplements to stay healthy or to regenerate your body. And start using uropathy to reactivate the lymphatic system, purify the body and fortify the immune system using urine as a vaccine. This is the only way to eliminate your health problems along with the conditions that make you susceptible to being sick. This is

While you are following these cleansing and regenerating practices, you should also use diluted urine under the tongue every 2 - 3 hours as a universal vaccine to stimulate the immune system and strengthen your defenses.

a worthy investment that will give outstanding rewards. You will be healthy enough to rejoice and enjoy the additional 20 - 30 years of healthy living uropathy plus nutritional supplements can grant you. Call me for the best nutritional supplement at the time you are reading this book and try this protocol for a month or two. I guarantee that you will feel better. Try it. What do you have to lose?

The urine of a relatively healthy person will contain a low level of toxins and it will produce mild cleansing reactions. It will be more like a maintenance cleansing rather than a healing crisis. When a person has an advanced disease that person requires stronger medication and that is precisely how strong his urine will be. If it is available, it is always better to use the urine of the affected person regardless of how bad it is. The cleansing reaction stimulated by strong urine will be perfectly synchronized to the needs of that person therefore urine is the perfect weapon to fight the conditions affecting that person and it will gradually improve with along with his health.

If you need a little reassurance a month later, go for a physical exam to check your progress. After a few weeks of using uropathy and a positive check-up from your doctor, you can gradually reduce the amount of urine you are drinking. I must warn you though, the fact that you feel good after a month or two does not mean that everything is back to normal. Many individuals have had relapses by overworking themselves and getting intoxicated while still recovering. This abuse can have deadly consequences.

Once you discover the benefits of urine therapy, drinking a little of your urine every day should become a daily habit for the rest of your life. It is possible to live a long and healthy life by combining uropathy with a healthy diet, moderate outdoor exercise, a positive attitude and a little respect for your body. Learn to enjoy every day of your life through the art of good living.

There have been cases of people who have helped a sick friend or relative who does not accept urine therapy by giving him or her the urine of another person. What they have done is mix one or two ounces of their own urine in a glass of lemonade, cranberry juice, grapefruit juice or any other liquid to help disguise the taste and smell of urine. This drink filled with love and good wishes has helped many people recover quickly.

By the way, a sick and elderly person should not drink the urine of a child and expect to become healthy again. That is practically a waste of time. The child's urine does not contain the impurities and antibodies a senior citizen requires to reactivate the lymphatic system and stimulate his immune system to start the cleansing reactions needed to remove rotten fecal matter from the colon and other toxins from the rest of the body. The urine of a child is better than nothing and it contains a high dose of melatonin and several other ingredients that protect children while growing up. But it will never be as effective as the person's own urine when it comes to stimulating the body into detoxifying and regenerating itself. A person's own urine is the best one because it contains the specific ingredients required to reverse the conditions affecting that person.

When a person's own urine is not available, then get it from a spouse or person living in the same house. Chances are they have the same diet and possibly the same diseases. For best results, try to get urine from a person of the same age, sex, and with the same bad habits, if any. Use urine from another person until you find a way of the affected person's own urine.

10 RECTAL IMPLANTS AND OTHER WAYS TO USE URINE

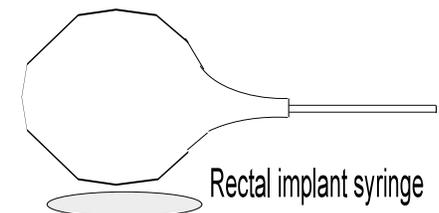
Prior to the 1970's many families in the southern states of north America, in South American countries, and in the Caribbean islands, Puerto Rico, Cuba, Dominican Republic and many other places, mothers knew about, and regularly used home remedies. They knew a stagnated colon was the cause of most common health problems therefore when children and adults had a cold or fever the first thing they did was apply an enema. They did not know about biology. No one knew about the lymphatic system or how to reactivate it to flush out the stagnated waste from the body and the source of most health problems. But they knew that getting rid of the stagnated excrements in the colon helped alleviate the common cold, influenza, tonsillitis and throat infections. The next thing was collecting some urine to massage the body. They did not know that one third of the lymphatic discharge came out through the pores in the skin, but they knew somehow a urine rub would get rid of the conditions causing health

problems. Their children recovered quickly and remained very healthy throughout their youth.

A fresh, pure-urine rectal implant is the most effective application to reactivate the lymphatic system's main organ; **the colon.**

In the mid nineties very few people know about or use home remedies. Now that we know scientifically why home remedies are effective, we no longer used them because we have become civilized. Instead of home remedies, mothers use a pill or a chemical from the pharmacy and if

that does not work, they run to the doctor to get a stronger pill or a stronger concoction. And if that does not work, they allow their children to be hospitalized. Many mothers bark at the insinuation of a home remedy, yet pray on



their knees and bless their doctor when they are conned into authorizing a spinal tap just because their child has a little fever while the body is producing an antibody. Modern mothers need to become familiar with, and use home remedies again because their health and the health of their children is at stake. Medical negligence is the worst plague in the history of mankind. It mutilates and kills hundreds of thousands of American babies, adults and senior citizens who enter the hospitals in the United States of America every year. Three hundred thousand Americans die each year because of medical negligence according to Ralph Nader, and we have to stop treating hospitals as healing centers and doctors as gods. We must take charge of the our health and the health of our children.

A rectal implant is very similar to an enema, but instead of introducing half a gallon of fluid into the rectum, you only use four to eight ounces of pure urine. And instead of using water or coffee, you use pure urine. Instead of the standard enema bag that requires five minutes to clean, you use a rectal implant syringe which you fill and flush in a few seconds. I recommended you apply the implant after a bowel movement because you can hold it longer when the rectum is empty and bring about a more thorough cleansing. The implant is

more effective because your urine is perfectly synchronized to the intensity of the cleansing reaction each person needs. And because it stimulates the colon, the largest organ in the lymphatic system, to flush itself out. The enema and most colonics, instead, flush out only loose excrement.

Home remedies are a thing of the past, but since they are very effective, I recommend that those who want to improve their health and keep their loved ones in good health start using these applications again. In the 1990's mothers should know that Tylenol, antibiotics and penicillin do nothing against the common cold, flu and ear infections. These medicines may bring down a fever, however a fever is part of a process to create antibodies against a microbe that is causing an infection. Every time you lower the fever, you are interfering with the development of antibodies. Until a child develops antibodies he will continue getting sick with the same condition. Many doctors love to prescribe antibiotics even though they know that antibiotics weaken the affected person and do nothing against most of the conditions that promote these common maladies. Implants are a better choice and an absolute necessity if you want the body to overcome the condition that makes a person susceptible to getting sick often.

Today's mothers should discover the ultimate universal remedy to vaccinate everyone and strengthen the immune system. After cleansing the bowel and intestines, rubbing the body, always towards the heart, is the second most important home remedy for a sick child or adult. 35% of the body's waste is discharged through the skin and rubbing it with urine is the best way to reactivate the lymphatic nodes and capillary lymphatic vessels that perform this type of cleansing. These home remedies used to be very popular because they are the best treatments for a child with fever, cold, ear infections, and other common ailments. These remedies are much more effective and inexpensive than antibiotics, aspirin or Tylenol because they attack the actual problem (stagnated waste), strengthen the defenses of the body and promote the development of antibodies against all viruses, bacteria and microbes affecting you or your loved ones. This type of vaccination is always the best defense because there are no risks to the person receiving it. You should always have a family physician to consult. However the best

way to protect your family's health is through prevention, education and self reliance.

I insist on using implants to flush out stagnated waste from the colon because that is the condition that promotes most common maladies that afflict humanity. When the bowel is clean you do not get colds, ear infections, flu or throat infections. And when you keep it clean throughout your life you do not get heart problems, arthritis and diabetes. If a person gets sick, it is because the gut and intestines are loaded with stagnated or encrusted fecal matter, phlegm and toxins. When the colon is stagnated, the lymphatic system vessels cannot discharge the cellular feces coming from all the cells that make up the body. This stuff can be eliminated before it causes any problems by using a rectal implant often. Maintaining the colon clean is important because every organ in the body, every square inch of your skin corresponds to a dot on the colon and there is a lymphatic system vessel draining cellular feces from that area of the body into the colon.

A fever is one of the tools the body uses to place itself at an advantageous position to fight any infection. The average fever of 101 degrees Fahrenheit (40 degrees Centigrade) is a natural defense to strengthen the immune system and produce antibodies against microbes entering the body. There was a time when a physician used to advise staying home and resting for a day or two when having such a fever because it was healthy to give the body some rest and a chance to develop antibodies. An enema and a body rub with urine used to be the standard home remedy for all fevers because the body can strengthen the immune system and produce antibodies very fast once all toxins are eliminated.

It is important to monitor the fever so that it doesn't go over 101, but if that happens and for some reason you cannot get the affected person to a doctor or the emergency room at the local hospital, apply a towel soaked in cold water over the head and neck to prevent damage to the brain of children. That will help while you get medical assistance. Using suppositories, Tylenol, aspirin or other medication to lower the fever is not recommended because the body must be allowed to develop antibodies and until it does the fever will come

back. That is why I advise you monitor the fever to make sure that it does not go above 101, otherwise leave the fever alone.

Remember that I am not a doctor, therefore I advise using common sense. I may be a fanatic, but I am not dumb. If I need medical assistance, I go to a doctor and get it quickly, and you should do the same when facing a persistently high fever or any other difficult illness.

It is often said that an ounce of practice is worth more than a ton of theories, and the following cases are very practical. An excellent example is that of a 10-year-old child named Williams. He frequently had colds, fever and influenza. His

mother was taking him to the doctor at least once a week and she always ended up getting antibiotics or Tylenol for the child, but his health was not improving. The medications prevented the body from developing antibodies. His mother, Ana, called me because she heard one of my interviews on radio. I explained that I am not a doctor, and outlined a few steps as described by chiropractors. Ana recalled that her grandfather used urine, but she didn't know that it could be used for so many things and in so many different ways. Williams had a fever of 101-degrees Fahrenheit on a Saturday evening, and his mother did not want to spend the night in the emergency room, which is what usually happens in the New York City hospitals. The following was advised: She was to prepare and use every two hours the ultimate universal remedy. Then she was to flush the intestines with a rectal implant using an ear syringe to apply urine rectally. She also had to rub urine all over the child's body for a few minutes.

Naturalist doctors and chiropractors also recommended filling a tub with warm water at 105 - 110 degrees Fahrenheit and placing the affected person in it for about 20 minutes. You can add all available urine to the water and rub his body while in the water. That person will recover much faster once the lymphatic system is reactivated and he detoxifies. When the fever is above 102, the head is to be kept cool by wrapping it with a towel soaked in cold water. After 20 minutes in the tub, the affected person will be weak therefore be careful getting out of the tub and take him to bed. He will be cold, so cover him with a few sheets and blankets and put him to sleep. He will sweat abundantly to get rid of even more toxins. This is an

excellent procedure to help anyone who afflicted by a fever. If necessary, the procedure can be repeated the next day.

I explained to Ana that the fever is a normal reaction by the body when it is producing antibodies against a virus, bacteria or toxin. I also explained to her that Europeans use a procedure called hyperthermia, which requires raising the body's temperature to about 120-degrees Fahrenheit. They are using it to deal with cancer, Leukemia, AIDS and many other advanced conditions. By putting the body into warm water, you are helping it by providing the heat the body needs to overcome the problem. Then the body can use its own energy to develop the antibodies necessary to fight the disease while recovering.

The day after using the home remedies, Williams did not have fever or any discomfort. He was expelling a lot of phlegm therefore, he stayed in bed drinking fruit juices and chicken broth to prevent dehydration. It takes a minimum of three days to develop antibodies, therefore Williams stayed home resting until he recovered completely. He was able to go to school the following Wednesday. The child used no medication this time and has not required any medication since then.

The following is an experience of a very determined friend whom I will call Betty. She lives in Brooklyn, New York. This experience emphasizes even more the need for practicing uropathy while you are healthy and not waiting to be sick to start taking care of yourself. Betty is a 60-year-old woman who has diverticulitis. She gets fatigued easily, and when she works too hard she spends days with muscle pains throughout her body. One of her personal friends is mister Bengay (the cream for muscular pains) that she always has at hand. For 20 years, Betty took vitamin and mineral supplements which improved her health a little. However she neglected to use a fiver supplement. Betty though it was normal for a person her age to have body aches and no energy until she attended one of my monthly lectures and decided to try the rectal implants. She applied warm water rectal implants to clean the rectum, and after that she applied pure urine rectal implants three or four times a week. Betty

used the rectal implants to motivate her husband who had problems with his prostate gland, but was reluctant to use them.

Two months later, one of Betty's tenants moved out of the house and to save a few dollars she decided to clean and paint the apartment herself. She thought that all that work would take her a couple of weeks since she did not want to push herself too much. In fact, she finished cleaning and painting the apartment in less than a week. Her husband was watching her with great surprise because a day of hard work for Betty always required three days of rest. But this time, she had the energy of a much younger person. Her husband and Mr. Bengay were waiting to rub her body that day, but she didn't complaint that day or the following day. Her husband was surprised to see her energy level and the progress of her work and decided to ask her how she felt.

This question surprised Betty, who suddenly realized the change in her energy level and the absence of the aches and pains she usually felt after doing so much work. Betty told her husband how she felt and decided to call me to thank me for introducing her to uropathy. Now her husband is using the rectal implants.

OTHER WAYS OF USING YOUR URINE

Drink one to four ounces of fresh morning urine on an empty stomach. The urine can be pure or mixed with juice.

Collect a gallon of urine and pour it into a hot bath to open the pores and activate the lymphatic system into draining waste in the form of sweat. Stay in the bathtub for about 20 minutes and rub the skin while in the water. Although it is better if you don't, you can rinse off with plain water and very mild soap after the bath.

Girls can douche with fresh or stale urine, (excellent for yeast infections).

Wash the eyes or ears with fresh or stale urine or put urine drops in the eyes or ears.

Rub fresh urine on healthy skin all over the body leaving it on the skin for 15 minutes then rinsing it off with water. Do not use soap. For serious skin conditions and problematic areas stale urine (one to eight days old) is better than fresh urine. You can save it covered in a glass jar in a cool and dark place.

Get a glove, boot, plastic bag, plastic wrap or the large leaf of a tree to cover or wrap burned skin, scraped skin or any other injury. This is done to keep oxygen away from the skin because oxygen is what causes the skin to blister and become painful. Fill the glove, boot or bag with fresh or stale urine and leave it on for a few days according to the severity of the injury. Do not apply creams or any other products on the skin. If urine is not available, immediately cover the burned area. That is the most important thing to do for burns. Refill bag, glove or rag with urine when it dries up. For a third-degree burn you may have to leave it on for a minimum of three to five days to give the body a chance to grow a new layer of skin. When you get a blister, the skin over it should be left alone, do not puncture it. The skin over the blister protects the area serving as a temporary incubator for the new layer of skin growing under the blister.

Wet a towel or rag with urine and apply it over the affected area. This is called a compress and it is very effective to clean and moisturize your face, neck and the rest of the body.

Warm two- to eight-day-old urine in a double pot, then wet a towel or rag with the urine and apply it over the affected area (this can also be done with cold urine). Leaving the compress on the affected area for 45 minutes or more makes it even more effective. For benign or malignant tumors and other serious problems place a hot water bottle or small electric blanket over the compress at one hour intervals, which creates an artificial fever that stimulates circulation in the affected area. More circulation means more oxygen, removal of waste and gradual healing. Repeat four or five times a day. This application is excellent for gangrene, liver cirrhosis, lumps in the breasts and skin cancer.

When your throat itches, gargle with urine several times a day or every time you go to the bathroom.

Prepare a mud pack to stimulate circulation in the affected area. (Pancreas and liver for diabetes, hypoglycemia and hepatitis). To prepare it mix urine (stale urine is better) with soil, spread it over a towel and apply it over the affected area. Use a strainer to remove all twigs and stones from the soil and sterilize it in the oven for 20 minutes at 375-degrees Fahrenheit before mixing it with the urine. If an oven is not available, use plain dirt. Spread the mixture over a towel or rag and apply over the affected area of the body with the dirt touching the skin. Leave it on for an hour or two. Apply this preparation once or twice a day for a week. This application is more effective when left on the skin overnight. For serious problems apply a hot water bottle or an electric blanket over the mud pack.

Fast on urine and water for two days every week. It is best to do it on your days off, like Friday afternoon to Sunday afternoon. Fasting during the weekend is great for healthy people. It gives the body an opportunity to regenerate anything that is deteriorated long before it becomes a serious problem. While fasting, try peeing only the amount of urine you intend to drink and hold the rest in the bladder to keep it fresh and try to pee every two hours. The secret to a long is to drink fluids regularly and drinking urine at two hours intervals will calm your appetite and accelerate the healing process. If you do not pee in two hours, eat a high water content fruit, fruit or vegetable juice or drink water. However do not take too much fluid so that you would be able to recycle most of your urine.

Prepare a tall glass of lemonade and add ½ ounce of urine for a loved one who is affected by a serious illness.

Boil fresh urine and deeply inhale the vapors. To do it cover a pot with aluminum foil and cut a hole in it about the size of half a dollar so all the vapors come out at the same spot. Use a paper tube to inhale the vapors while avoiding getting burned if you get too close to the pot. Breathe the vapors deeply into your lungs for about 15 minutes once or twice a day for several days until the condition clears up. The same procedure can be used as a facial to clean the pores and moisturize the skin.

11 POPULAR URINE INGREDIENTS

In the book "Analyze Des Harns" published in 1910 by Mr Huppert and Mr Neubauer there is a list of 100 ingredients in human urine. With all the sophisticated and computerized equipment today the list of ingredients has increased into the thousands. We will not mention all the ingredients only the most popular and important ones. Although not specified, urine contains all the antibodies that our body produces against all types of viruses, bacteria and fungi with which we come in contact day after day. We also find in urine small quantities of all the hormones and enzymes produced by our body.

Abbokinase / Urokinase: The first medication listed in the Physicians Desk Reference. It is an enzyme produced by the adrenal glands. It is a powerful artery-dilating agent resembling nitroglycerin in its ability to increase the coronary blood flow to the cardiac muscle. A tablespoon of urine placed under the tongue, increases blood flow to the coronary arteries. "Enzymes of America" collects urokinase and hundreds of other organic compounds from portable latrines throughout the country. Every year they collect 4½ pounds of urokinase which is enough to unclog 14,000 coronary arteries. Urokinase is also used to dissolve blood clots in cases of thrombosis.

Adrenaline and Cortisol: These are the stress hormones that give you a quick burst of energy to act on impulse or in response to emergency situations. People with too much stress produce high quantities of adrenaline and cortisol which is very harmful to your health because they intoxicate the body very quickly causing heart attacks and many other problems. People who eat meat frequently people who eat everything cooked, those afflicted by malnutrition, and auto-intoxication produce more of these hormones and that is what gives them bad temper and anxiety. These substances are also known as the ingredients that poisons the blood making you act irrationally. Adrenaline and Cortisol make urine taste bitter and cause diarrhea to flush toxins out of the body which calms down most people with short temper.

Allantoin: a nitrogenous crystalline substance which promotes wound healing. It is the oxidation product of uric acid and a very popular ingredient in expensive beauty products, skin creams and cosmetics.

Agglutinins and Precipitins: Neutralize the virus that causes polio.

Amino acids: Your urine contains substantial amounts of all the amino acids you require every day. It is a good idea to purchase a supplement to keep you healthy, but there are over two grams of amino acids in your urine.

Ammonia: Is an ingredient derived from fermented urine. As urine decomposes its ammonia content increases. This ingredient opens the pores on the skin and facilitates sweating and lymphatic fluid discharge. This ingredient prevents and eliminates skin problems.

Antineoplaston: Selectively inhibits the growth of cancerous cells without significantly affecting the growth of regular cells in the body. This is the ingredient isolated by Stanislaw Burzyinski, a Polish scientist who has gained respect and popularity in the United States by curing terminal cancer in hundreds of hopeless patients that other doctors refer to him from all over the country. The Food and Drug administration in cooperation with the American Medical Association have been trying to close his clinic for decades because he has proven them wrong by saving the lives of people who were supposed to have died of cancer. Every time Burzyinski goes to court, hundreds of his patients fill the courtroom to testify on his behalf.

There are dozens of medications made with concentrated urine ingredients.

Anti-toxin: An antibody or antidote produced by the body in response to a new toxin in the body. This specific anti-toxin is a vaccine that immunizes the body making it capable of neutralizing the same toxin that stimulated the body to produce it.

Anti-poison: Antidote against poisons that is produced by the body seconds after poison is ingested. This antidote is available in your urine and it can save your life if you drink your urine quickly.

Ascorbic Acid: Better known as vitamin C. Your urine contains about 30 milligrams per day of this ingredient.

Beta-indol acetic acid: Is a cancer fighting ingredient that inhibits somatic growths, carcinoma and sarcoma. Helps control Kaposi sarcoma and other types of skin problems and cancers.

Birth Control Pills: Most of them are made with ingredients of urine collected from pregnant mares (female horses) through a very inhumane process. The horses get a hose surgically implanted into their bodies and are forced to stay in a small cell to prevent damaging the bag collecting the urine that sold for \$17 a gallon in 1993. According to the New York Post 65,000 young horses are slaughtered to get the mares back on the assembly line. The pills contain hormones from horses, that is why they are so harmful to the women who take them. There was a time when some companies purchased urine from pregnant women to get the hormones produced to prevent ovulation during pregnancy, but that was not too practical and very healthy for the women who took these pills.

Cadaverin: Is known as Pentamethylenedram. It is a substance derived from undigested and rotting meat that stays more than 12 hours in the intestine. It is very common in the urine of people who eat preserved meat products. When ingested, it causes temporary diarrhea to expel undigested food products and stagnated feces from the colon.

Calcium: Is the most abundant and most important element in the body. This mineral is essential for our bones and many vital functions and a calcium deficiency is associated with 147 different diseases including: heel spurs, low back pain, kidney stones, receding gums, tooth decay and osteoporosis just to name a few. People afflicted with high blood pressure, premenstrual problems, menopausal problems and insomnia have a calcium deficiency and in 85% of the cases these problems can be corrected by taking a calcium supplement. Chelated or colloidal calcium are assimilated better. Your urine contains 25 milligrams of calcium every day.

Natural Cortisone: A very well known and potent healing substance produced by the adrenal glands. It is a very effective

healing agent in urine that heals skin problems while moisturizing and beautifying the skin. Cortisone helps the body cope with stress and doctors use it internally for asthma, allergies and other conditions. The synthetic version has terrible side effects. Sometimes it leaves ugly scars or promotes retention of excessive amounts of water.

DHEA: Also known as Androsterone and Ethiocholanolone these are the most abundant steroid compounds in the body. DHEA is produced in large quantities by the adrenal glands, over the kidneys. On average, men produce more DHEA than women which may be the reason why men tend to be thinner. In laboratory tests DHEA demonstrated to have anti-cancer, anti-obesity and anti-aging properties. It also stimulates the bone marrow to produce more blood components such as red and white blood cells, platelets, lymphocytes, monocytes and macrophages. Low levels of DHEA are associated with cancer and premature aging.

Directin: Is an ingredient of urine that guide or direct cancer cells into becoming healthy cells again.

Endo-toxin and Exo-toxin: These are highly toxic substances virus and bacteria produce regularly and when released into the body cause most of the diseases that affect humans. When malignant microbes invade the body they release exo-toxins into their surroundings causing soreness, irritation, infections or diseases. It all depends on how fast they are able to multiply and contaminate the infected area. Endo-toxins are released when the microbes disintegrate within a killer T-cell or white-cell defending the body. Endo-toxins are a defense weapon microbes use to protect themselves from white blood cells that are not immunized. Pus results from un-immunized white cells that died defending the body and they actually compound the problem. These ingredients are in your urine and when using them under the tongue, a small amount of these toxins vaccinate the white cells in the body.

Your urine contains more than a dozen ingredients that fight cancer at all its stages of development. Some fight cancer tumors and others prevent the formation of free radicals. Most importantly urine reactivates the lymphatic system to eliminate all cellular feces from lymphatic nodes, the birthplace of cancer.

Once vaccinated white cells can destroy the invading microbes rapidly before any problem develops.

Entero-toxin: Is another toxic substance produced by microbes (staphylococci bacterium) and released into digestive system. This toxin is responsible for the gastrointestinal symptoms of some forms of food poisoning, malaria, cholera and dysentery. When using diluted urine under the tongue a small amount of this toxin is an effective vaccine that immunizes white cells which rapidly develop antibodies against the virus or bacteria allowing the white cells to clean up the infected area and eliminate the disease quickly. If you don't get results in three hours, prepare the vaccine using the method described in chapter 20.

Factor S: Is an ingredient of urine that naturally and safely induces sleep. In the United States 10,000 citizens die each year because of complications associated with sleeping pills, but those who use their urine do not have this problem or need to worry about side effects.

Folic Acid: This ingredient is also known as vitamin C and recycling the portion discharged in urine has numerous beneficial effects.

Genistein: Is a cancer fighting ingredient of urine that is more abundant in people who eat a lot of vegetables and soybeans. Genistein fights cancer by preventing the process of angiogenesis, or the development of blood vessels within benign or cancerous tumors. Without these veins and arteries the tumors stop growing. When you start drinking your urine before these problems manifest, you control these masses, if you have them, and gradually eliminate them from the body.

Gastric secretory depressants: Antacid ingredients that control the growth of peptic ulcers.

Gonadotropin: Is a fertilizing hormone obtained from the urine of women who have had menopause. **Pergonal,** Is the name of the medicine that contains this ingredient. Mothers who can pay for a fertilizing

You may not recognize it as a priceless elixir, but your urine is a valuable commodity.

protocol (more than \$1,000 per month) frequently have twins or triplets. Serono Laboratories of Aubonne, Switzerland, has annual sales of \$900 million dollars a year selling this and many other products prepared with urine ingredients.

Hydrogen Peroxide, (H₂O₂): This oxygen byproduct is also an ingredient of urine. It is a very powerful oxidizer and the most powerful cleansing and healing substance produced by white cells in the body. Hydrogen peroxide controls and kills viruses, bacteria, fungus and parasites or any other anaerobic organism it comes in contact with. Hydrogen peroxide keeps out anaerobic organisms or pathogens because they cannot enter, live or thrive in an oxygen and hydrogen peroxide rich environment such as the blood stream of a healthy person. When you have enough white cells in the body, they produce 25 - 40 drops of hydrogen peroxide every day and that is what keeps out and controls malignant microbes. The white cells in the body hold on to invading microbes and shower them with hydrogen peroxide to neutralize or kill them. When you drink your urine, you build up your immune system by increasing the level of hydrogen peroxide just enough to control and keep out the potentially harmful pathogenic microbes.

H-11: Is an ingredient that inhibits (slows or stops) the growth of cancer cells and decreases the size of cancerous tumors in the body.

Indican: Is one of many toxic substances derived from encrusted fecal mater in the colon and rectum. (see chapter 30). Indican and similar toxins are present in the urine of people who suffer from chronic constipation or have a cycle of elimination every three to seven days. The tiny quantity of indican urine contains produces immediate diarrhea that removes this stagnated fecal matter from the intestines. In chronic cases, the decaying matter is removed little by little. As long as there is rotten fecal matter in the colon there will be indican in the urine and it will produce diarrhea to continue cleansing and eliminating the stuff. This a perfect example of a biofeedback process that can only benefit you when you drink your urine.

Interferon, Interlukin-1: White cells produce these substances to fight advanced diseases in the body. They are also known as Sideacams. These substances are produced naturally in the body

because they are powerful tools for fighting all kinds of diseases including AIDS and cancer. Scientists are doing a lot of research using these substances, but they have not had much success with the synthetic version of this or any other urine ingredient.

Magnesium: Is one of the mayor minerals the body needs every day and one of the most abundant in urine. Magnesium is essential for our health and a deficiency of it is associated with 100 different diseases. Your urine contains about 100 milligrams of magnesium every day.

Melatonin: it Is a hormone the pineal gland produces at night, however it is produced only while you sleep in a very dark room. Traces of Melatonin are available to you in morning urine. Melatonin decrease the vibrational frequency of the brain and consequently calms down those with short tempers while helping others achieve a deeper state of meditation. Melatonin also strengthens and stimulates the immune system, controls obesity and slows down the aging process. This ingredient of urine was discovered recently. Who knows how many other ingredients scientists will discover in the future? Those of you drinking your urine are getting them already.

3-Methyl glyoxal: Is a substance that destroys cancer cells.

Pantothenic Acid: This is another vitamin C-like ingredient of urine.

Peptides and polypeptides: These substances offer protection against tuberculosis.

Phosphorus: It is considered the second most important element for human metabolism. Phosphorous is very abundant in urine (see next chapter).

Phenol: An organic compound obtained from the urine of herbivorous animals (horses). It is used, among other things, to prepare aspirin according to the 1986 Webster's Third New International Dictionary.

Lung problems are associated with stagnated cellular feces within these organs because of stagnation of the lymphatic system that drains waste out of them. A pure urine rectal implant is the best application for lung problems such as bronchitis and pneumonia.

Potassium: A mineral essential for health.

Premarin : Is the name of an estrogen substitute regularly prescribed to postmenopausal women to prevent osteoporosis and all the problems associated with an estrogen deficiency. The raw material is obtained from the urine of pregnant horses through a very inhumane process. The women taking this hormone supplement could avoid 85% of the menopausal problems by taking a calcium supplement and using their own urine.

Prostaglandin: Is a contraceptive ingredient in urine and the main ingredient of the French abortion pill RU-47 that ends a pregnancy in the first 10 weeks. Prostaglandin is also used to help control and reduce arterial blood pressure. This is another birth-control substance that is a byproduct of urine collected from pregnant mares.

Proteins, Proteoses and Globulins: These ingredients are defense weapons or antibodies specific to certain conditions and allergic factors found in the blood. When you use the ultimate universal remedy these ingredients help you control and eliminate all kinds of allergies infections and growths.

Renin: Maintains vascular tone, therefore it has a positive influence on blood pressure.

Urea: Also known as *Carbamide*, is a compound formed in the liver as proteins are metabolized. Urea stimulates the osmotic qualities of the membrane of cells, which facilitates the passage of fluids, cellular waste, nutrients and oxygen through the skin of the cells that form the body. Urea is a very powerful and natural diuretic and there are several diuretic pills whose main ingredient is urea. Cells tend to retain water to dilute the impurities held within and urea facilitates the elimination of excess fluids and toxins in overweight individuals. On the other hand, urea can help increase body weight in thin people. Urea also normalizes blood pressure and helps reduce intra-ocular pressure (inside the eye) associated with glaucoma. Urea is also known as the best and most effective skin moisturizer ever discovered. It is used in many skin creams, soaps, shampoos and cosmetic products. It is one of the ingredients that gives urine its antibacterial qualities since it paralyzes the development of the

bacillus that causes tuberculosis. Your urine contains 25 to 30 milligrams of pure urea every day.

Uric acid: Is an ingredient that helps control free radicals, which are cells that lose contact with the collective consciousness and could become cancerous. Uric acid controls the aging process and the virus that causes tuberculosis.

Urogastrone: A gastric-secretory suppressant (antacid) that protects against irritation of the stomach lining which leads to ulcers.

12 WHAT IS PHOSPHORUS?

Next to oxygen, phosphorus is probably the second most important element all animals require to live. The body collects and processes relatively large quantities of phosphorus in the form of phosphoric acid because this mineral is essential for the normal operation of all the cells in our bodies. The average adult eliminates relatively huge amounts of phosphorus² every day in his urine and excrement which can be used to stay healthy or re-gain your health.

Phosphorus exists in all body tissues in the form of phosphates:

- Potassium phosphate in the brain, spinal cord and nerves.
- Calcium phosphate in the bones.
- Iron phosphate in red blood cells.
- Sodium phosphate in plasma and blood.
- Magnesium phosphate in muscle tissue and the rest of the body

It is of vital importance to consume adequate quantities of the type of phosphorus the body needs, because...

- ① The brain and the nervous system cannot operate normally without an adequate supply of potassium phosphate.
- ② No new bone cells can grow without an adequate quantity of calcium phosphate.
- ③ The body cannot produce new red blood cells without iron phosphate and the red cells in the blood can not eliminate carbon monoxide and absorb oxygen without it.
- ④ The body cannot grow new muscular tissues without magnesium phosphate.

²Advanced Treaty in Herbology" by Doctor Edward E. Shook

- ⑤ Without magnesium phosphate, the body cannot neutralize lactic acid and break it down into its basic components: water and carbon monoxide.

If lactic acid cannot be neutralized, it cannot be expelled and it starts accumulating rapidly in the body. An acid environment makes humans susceptible to deterioration, arthritis, diabetes, premature aging, high blood pressure and opportunistic infections. Therefore it is recommended you eat natural products such as fruits, vegetables, salads and other greens that contain the type of phosphorous supplement needed. Meat and fish are also a good source of phosphorous when steamed or boiled. However, they increase phosphorous levels too much. When you eat meat or fish often you need to triple calcium intake to maintain the optimal calcium / phosphorous ratio.

Why is it important to talk about phosphorus in a urine therapy book? Because four ounces of morning urine contain the amount of phosphorus you require to compliment your diet every day. And when the levels of lactic acid are too high, four ounces of urine will produce a strong cleansing reaction.

The other day I was looking at a bottle of shark cartilage from *SOLGAR*, a vitamin company. It turns out that this product is nothing more than a calcium and phosphorus supplement. Solgar recommends a daily intake of nine capsules of shark cartilage which supply 60 percent of the daily requirement of phosphorus. In March, 1995, each capsule cost about 60 cents which is kind of expensive for the average individual. This is a big surprise for those who have been drinking their urine and getting their free phosphorous supplement.

Commentary:
Many people suffering from opportunist infections like those associated with AIDS, gangrene, enlarged prostate, breast cancer, tumors in the breast or advanced cancer have recovered miraculously fast using urine therapy. Some of these people were given less than six months to live and they recovered their health and strength in a few weeks of using UROPATHY. The miraculous recoveries left their doctors baffled. In these cases, the lymphatic

system, liver, pancreas, colon, spleen and other organs in these people had slowed down or practically stopped working because of dehydration, auto intoxication, malnutrition and critically low levels of oxygen. Their recovery of these individuals can be attributed in part to the high phosphorous content of urine that reactivates the lymphatic system to expel cellular waste out of the body and many other bodily functions. in ways medical science does not yet understand (or does not want to acknowledge because it is too effective and cheap).

Urine contains hydrogen peroxide which slightly increases blood oxygen levels when recycled. That alone stimulates the body into detoxifying and building up the body's defenses. Urine also helps reestablish the intestinal flora while flushing out malignant microbes from the intestines, but in addition, the phosphorous urine contains reactivates all the organs which start performing vital functions in the deteriorated bodies of those who are sick.

WHO CAN BENEFIT FROM USING **13** UROPATHY?

Uropathy has many applications that can benefit all animals and human beings who use it regardless of their state of health. Those who are healthy, will go through a minor detoxification process and become healthier. Those who are ill will go through a more intense cleansing that is necessary to overcome the conditions that make them susceptible to being sick.

Many people go 30-40 years without health problems and they think they are healthy, but if they don't take good care of the equipment that keeps them alive (the body), it is only a matter of time before that equipment deteriorates and breaks down. Taking care of the equipment means regularly taking the nutritional supplements the body requires to live to its genetic potential of 120-140 years of age. It also means eating fresh vegetables, salads, fruits and fiber to keep the largest organ in the lymphatic system (colon) scrubbed clean and functioning properly. On average, most people go through life ignoring all these requirements and by the time they reach one third of their lives the emergency lights on the control panel start flashing.

The warning lights I am talking about are the common problems affecting our bodies when we start deteriorating. If we interpreted these warnings correctly, then we

would understand what the body is telling us when have bad breath, allergies, asthma, lethargy, weakness, skin irritation, acne, acid indigestion, heartburn, frequent headaches, diarrhea, flu, nasal discharge, constipation, nasal congestion, insomnia, athlete's foot, yeast infection, fever and pains throughout the body. We suffer these reactions after years of neglecting our bodily needs. We suffer these reactions when we overload the lymphatic system to the point were it cannot eliminate the body's waste fast enough to prevent

A ¼ - ½ cc intramuscular urine injection is the perfect vaccine against the flu, lyme disease, chronic fatigue syndrome, hepatitis, herpes, opportunistic infections and many other viral diseases.

accumulation. If you seem to be affected regularly by one or several of these common problems, symptoms and ailments, you desperately need some kind of holistic therapy and you can benefit greatly from using urography the most powerful of all holistic therapies. Nearly all these problems can be eradicated and prevented all together by drinking plain water, eating fresh fruits and vegetables, taking nutritional supplements and using urography to reactivate the lymphatic system.

Minor health problems manifest when waste and excrements start accumulating in the body and interfere with circulation, physical activity, digestion and sleep. More serious problems manifest as the lymphatic system malfunctions and excrements accumulate and stagnate throughout the body. I recommend that you try to identify the deficiencies or toxic conditions causing your health problems and resolve them before a serious illness develops. Or use urography instead to allow the body to monitor itself through the process of biofeedback. Through this process the body activates its own innate healing mechanisms which is a very effective, yet simple and inexpensive way to have the body do it automatically.

I know it is a lot easier to calm down a headache with an aspirin or acid indigestion with an antacid, but sooner or later you will have to ask yourself:

- Why am I getting all these symptoms of disease?
- How many years will I be popping pills?
- How much damage are those pills doing to me?
- What will happen if I do not resolve the actual problems?

When the oil light comes on in your car, do you stop the car and put oil in the engine or do you unscrew the annoying bulb and continue driving?

Billions of dollars are spent on advertisement to brainwash you into thinking that calming the signals is the right thing to do. However, every time you take a pill to alleviate the signals I mentioned before, you are ignoring the problem and causing a lot of damage to the body. A humongous industry has been created to exploit you while pretending to help you. Organized medicine alleviates the symptoms,

but that aggravates the actual problems you are ignoring every time you pop a quick relief pill or liquid and continue doing damage to the body. We have been conditioned to think that the warning signals the body sends are a nuisance, when in fact, these warning signals are a loud cry for help your body send when neglected and abused.

This is the only book that tells you of a procedure that requires nothing more than fashioning a cup with your hand to catch a little of the flow. It is not going to get any easier, cheaper or more effective than urography. I am not inviting you to my church. I am not selling you anything. On the contrary, I am trying to educate each and every person who reads this book to help you discover an autonomous healing process so that you become self reliable. The truth will set you free, but you have to see it, recognize it and use it. The knowledge you will find in these pages is not available in any school or college because those institutions do not want you to be informed. They know that once you are informed they will not be able to manipulate and exploit you. It costs 250,000 over a 20 year period to become a physician and it would be impossible for a doctor to recover the time and money invested if they cured all your health problems on the first visit. This book took ten years to write as a part-time free lance researcher and I had a one track mind all along to investigate what you are reading in this book. I don't mind sharing this information with you because I did not spend any money in educational institutions learning what they want to teach you.

I am a scientist who researches everything, I follow my own convictions and I have my own way of interpreting scriptures and manuscripts. I believe in being prepared to face any possible threat to my well being. If you recall, it was not raining when Noah built the ark. Noah started building the ark 30 years before the flood. If you compare the ark to the body, and if you compare the flood to all the diseases that will eventually destroy you, then you will do just like Noah did in the past. The time to start taking care of yourself is when you are still healthy. The time to start taking care of yourself is not when you are sick. It is absurd to wait until after the results of a general checkup to start caring about your health; by then it may be too late to undo the damage done in a lifetime of neglect and abuse. Nearly all of us ignore these symptoms through which the body has been trying to notify us of present and future health problems. Before

reading this book, many of you didn't know what these symptoms meant, what to do when these symptoms appeared, or how to care for yourself to prevent a recurrence. However after reading UROPATHY, The Most Powerful Holistic Therapy you have several options available to get rid of the symptoms and the actual problems. Think about it and start drinking clean water, start taking your colloidal minerals and fiber supplements. Start eating 4 -5 tangerines every day, eat your vegetables, salads, fruits and practice UROPATHY every day. You have nothing to lose and a your whole life to gain. You will have a lot to live and rejoice about once you learn all the simple intricacies of living to the body's genetic potential of 120-140 years of age.

If you are concerned about the new varieties of antibiotic-resistant viruses and bacteria that are causing tuberculosis, influenza, cholera, hepatitis, chronic fatigue syndrome and Lyme disease, you should know that urine offers you the best protection available anywhere against these diseases. By using your urine regularly, you will be vaccinating yourself against microbes as you are exposed to them and you will develop resistance to their toxins long before any problems manifest. Remember also that the victims of any epidemic or plague are those who allow themselves to become susceptible to getting sick and you can avoid those conditions by using your urine regularly. Read this book carefully and don't dismiss the information in it until you do some research on your own, or experiment with it. Remember that the best things in life are free, if you know what they are.

I remind you that no one has ever been harmed by using urine. There are no negative side effects, it costs you nothing, it will extend the number of useful years you live, and no one has to know that you use it. This is a great time to be alive!

PSYCHOLOGICAL PREPARATION 14

Mankind fears the unknown and often surrounds it with taboos and superstitions. However, when we study what we fear and discover its intricacies we often embrace and cherish what we used to be afraid of. Wise men of all ages often said "The truth will set you free." He who investigates the unknown and discovers the truth cannot be intimidated, manipulated or exploited because he is no longer ignorant. Psychological preparation means to educate yourself to overcome the social and cultural prejudices learned as a child. Once informed, you will have no problem accepting urine for what it is: "The most individualized and powerful substance available to any person to prevent and deal with most of the diseases that afflict mankind." As you study and experiment with urography you will discover that your urine is a panacea, the ultimate universal remedy and the philosopher's stone.

During the first 50 years of the twentieth century, practically everybody used urine for wounds, cuts, stomach problems, fevers and insect bites. Many doctors promoted using it because penicillin was not yet available. Many people 40 years or older recall having used urine or heard of people who used it. Many used it to prevent infections and survive famine in wars and during the Holocaust. Urine saved many people lost at sea or trapped in mines. But with the advances of science after World War II, organized medicine discovered that it was more profitable to sell urine extracts than to promote using whole urine. Since then, urine has been associated with disgusting, repulsive and unhygienic things. Students of modern medicine learn that urine is a toxic waste. Many are told that urine is poisonous and using it will make you sick. This repulsive concept toward urine is simply the result of a conspiracy of silence and negative propaganda in which the truth is concealed while a lie is promoted. What urine represents to us, can change quickly when we learn more

A premature baby can urinate. Did you ever stop to think about what happens with that urine when a baby remains in the abdomen for nine months?

about it and discover its healing potential.

As I mentioned before, urine is not body waste, on the contrary, it is a blood byproduct and a powerful and effective tonic to prevent and heal most conditions that afflict humanity. Urine is so important to life that it makes up 80% of the amniotic fluid in which a fetus develops. Aside from being in the amniotic fluid for nine months, the fetus needs to breathe and swallow the amniotic fluid (80% urine) to develop the lungs, stomach, intestines, liver, kidneys and other organs. By recycling its own urine the fetus removes from within the waste produced by all the cells in its developing body. Before the baby is born nature has to be sure that the lungs and the digestive system are working properly so that the baby can survive birth. The lungs have to absorb oxygen on the first breath. The digestive system must be able to absorb nutrients from its first meal at birth in order to sustain the nutritional needs of the new being. If the fetus is unable to pee, it cannot purify its body and its organs cannot develop properly, therefore the fetus dies before birth or soon after birth. This information was published in the New York Times. Doctor Harrison worked with babies who could not pee. In a very delicate operation he removed the fetus from its mother's abdomen and surgically removed the obstruction preventing the fetus from urinating. And then he returned the fetus to the abdomen to continue its development. Once the fetus was able to urinate, its development continued and the baby was capable of living on its own at birth. This article was published because there was no scar where the surgery had been performed on the fetus. Scar-less surgery opened up tremendous possibilities in the field of prenatal surgery for thousands born with cleft lips and other facial deformities.

Think about it, an otherwise doomed, deformed baby being able to regenerate its organs when urine was available again. If urine is so crucial to human life and it is not harmful to a fetus, then it is also crucial for any adult who is ill. If urine does not harm a fetus, it will never harm any person who uses it regardless of age or health condition. This is only one of many startling reports you will find when you research this subject in the public library or any computerized data base. There are dozens of books available on urine therapy and a lot of information on the Internet. There are hundreds of studies published in medical journals that validate and

support uropathy. If you have doubts and you are looking for proof, there is plenty of it available. You will find that uropathy is as old as life. There are millions of people who use it all over the world with wonderful results. This therapy has no harmful side effects and no one has ever been injured using it. If you had been looking for an alternative therapy, look no further for this is the one. Other than a good nutritional supplement and perhaps a way to increase the blood oxygen levels you may not need anything else.

If you are having difficulty thinking about using this therapy, think about being able to rejoice every moment of your life when you are healthy. Remember all the changes and aggravation a person goes through going from doctor to doctor, going to the emergency room or while going through surgery, chemotherapy or radiation. Remember how painful, agonizing and expensive it is using the traditional way that keeps you ignorant and make you feel like a fool having an expert give you products to relieve symptoms while leaving the real problems intact. If you are still not convinced, read this information over again and read other books on the subject to help you decide. You need to build a strong character especially when the cleansing reactions begin and you are confronted by your family and friends. Remember that most people ignore how the body works. Doctors are the worst ones. When it comes to detoxifying and purifying the body most physicians are nothing more than programmed minds who will destroy you with the best intention to help. It is not really their fault, they were trained that way and they must follow the standard procedure set by the American Medical Association.

However you don't have to follow any one's advise. You just have to become familiar with the cleansing reactions the body may have to go through to recuperate your health. When you start using your urine you will go through a minor or severe cleansing reaction and when your body starts eliminating waste your family and doctor will contend that "you are sick because you started drinking urine." When in fact, urine simply stimulated a cleansing reaction in a body whose lymphatic system is not eliminating waste therefore it is overwhelmed with toxins. Most people don't understand that simple ailments are nothing more than a necessary cleansing process the body must go through regularly in order to remain healthy or regain health. Simple ailments are part of a process during which the body builds

resistance and produces antibodies against new strains of viruses. Your best defense and protection against disease is the type of information you will find in this book.

You can train a monkey to fly a simple airplane and regretfully the medical system trains caring people to follow the standard medical procedures which wait until you get sick and then exploit your suffering by treating only the symptoms of your disease. How many times did you hear about a person whose abdomen was blown up like a balloon and the doctors at the emergency room ignored the obvious, took an X ray, urine and blood for a test and perform an electrocardiogram. Then they waited eight hours for the result of the blood test while the patient was dying in pain and a high fever. They were simply following the standard procedure and if the patient died no one could accuse them of malpractice because they were following the set guidelines.

While reading this section of the book close your eyes and think of the emergency rooms in hospitals. Think about drinking half a gallon of a special solution every time you need a CAT Scan or an MRI. That liquid you have to drink tastes worst than your urine and it is not part of the treatment, you drink it just so they can take a look at your insides. Also, think about drawing blood two or three times a day just to do some tests. Think about biopsies and surgery. Think about how uncomfortable hospital beds are and the disgusting food they serve there. All that can be prevented once you get informed and take care of your health and diet. Remember that no one has ever been harmed by using uropathy. Remember that it is free and very effective. Also, remember that once you are aware of the internal condition and the healing crisis, using urine is not such a difficult thing to accept and use. In fact it is a pretty good choice to have as Ira Cohen discovered.

A burning sensation caused by a bladder infection did not improve in a few days of antibiotics. Yet, it disappeared in 5 hours after drinking one ounce of urine before bed.

When I first met Ira Cohen he was:

- About 60 pounds overweight,
- His cholesterol was reaching 300.
- His blood pressure was 160/90.
- His blood sugar was 180, and he had a blood-sugar test kit.
- He also had some irregularities with bowel management
- He had minor arthritis and colds that lasted through the winter.
- He had to get up and urinate three times a night because of an enlarged prostate gland.

He learned of these conditions when an annual physical was done because of a burning sensation when he urinated. It was difficult convincing him to try uropathy because the doctors in his family and his daughter, a registered nurse, did not approve anything other than mainstream medicine. What helped him get over his resistance was the physical exam which highlighted his poor and deteriorating health. The doctor had prescribed two weeks of the usual antibiotic for the burning sensation and I will never forget how proud he was when his doctor call to ask if the antibiotics had given him any relief and later slammed the phone when Ira told him that instead of the antibiotics he was drinking his urine. The burning did not go away after a couple of days on medication, yet disappeared overnight after one ounce of urine. Since then he has been drinking one ounce of urine every day. A quick medical check four weeks later revealed that his cholesterol was down more than 100 points and his blood pressure and sugar level were normal. Six months later his prostate gland had shrunk, he was not getting up to urinate at night and he had lost 30 pounds. The other problems had practically disappeared. The colds he used to get in the fall that would usually last through the winter did not bother him in the winter of 1995-96. His wife and daughter think he is crazy, but Ira believes they are the crazy ones for not believing a miraculous result when they see it.

All of these benefits were obtained absolutely free of charge, without invasive tests, medicines, doctor visits, specialists or hospitalization. He did all those tests because he could afford them. It is true, he says to his family, that the best things in life are free.

A good testimonial is the experience of my friend Ana M. who lives in Manhattan. She has been drinking her urine since 1982 and has had wonderful results. She used to suffer from chronic yeast infection for more than 20 years, but cured herself within the first two weeks

of drinking two to four ounces of urine every morning. Her doctor confirmed that she was cured and recommended that she continue doing whatever she was doing. Can you believe that her doctor never asked her how she did it or what she took that worked so well?

Four years later, Ann decided to tell her gynecologist that she was drinking her urine and he responded with hysterical rage. "Urine is very toxic. Urine is a poison and if you drink it you will be sick. You must be a crazy woman," said the doctor, as he emphatically raised his hands. Ann just looked at him and smiled, which left him even more baffled. When he finally calmed down, Ann explained to him that her chronic yeast infection was cured accidentally two weeks after she started drinking her urine. Before that, he had been treating her for 20 years and he could not get rid of it with all his credentials and medications. Ann explained that she healed herself simply by drinking her urine. The doctor was baffled for a few minutes and since he was not satisfied, he recommended a complete physical exam. When he saw the results of the exams, he concluded that she definitely was in excellent health. She was much, much better than he had ever seen her and he recommended that she continue drinking her urine since she had such good results with it. Ann was happy that her doctor approved what she was doing.

Another example is the case of my friend John, a doctor who attended school in another country. He works in a hospital in New York while he studies to get his license. One day he told me that he was allergic to the powder on the latex gloves he uses while working with patients in the hospital. I recommended that he apply fresh urine on his skin and let it dry and of course he immediately refused. He was fearing reprisals from his supervisors if they knew he purposely put urine on his hands and did not wash it off. However, one day the irritation was so overwhelming that he used the urine in an act of desperation. A couple of weeks later, he came to visit me and said, "Almost every doctor suffers from this kind of irritation. We have tried everything in vane until the day you told me to use urine. The hospital does not have an effective treatment for this problem yet, urine is so effective that one application protects my hands for a whole month" explained

A 20 year case of chronic yeast infection disappeared in two weeks of drinking 2 -

John. He described that in the hospital there were dozens of doctors applying urine to their hands for allergies to gloves.

I know that in the beginning it is going to be difficult to put aside all that you know and take a chance. I had difficulty grasping the concept of drinking urine when I first heard of it. But a voice inside kept me going and I reached my goal of being in charge of my health. Anyone can obtain similar results by doing the same thing I did.

HOMEOPATHIC PREPARATION 15

AND SUBLINGUAL URINE

The homeopathic solution, prepared with urine, is the most effective of all urine therapy applications. I call it THE ULTIMATE UNIVERSAL REMEDY because it can help you fight every known disease from the common cold, flu, AIDS-related opportunistic infections and even cancer. This application is also a very effective vaccine for every person. When diluted urine is applied under the tongue, it instantly immunizes and stimulates all the organs, glands and cells of the immune system strengthening all the defenses of the body. As you will learn in the AUTOTHERAPY chapter, the minute amounts of toxins your urine contains are the perfect vaccine to immunize all white cells against viruses and bacteria and the toxins they produce that create all kinds of diseases in the body. The body reacts quickly to diluted urine, especially when treating allergies. The homeopathic solution is a more acceptable application for those who will not drink their urine.

The formula to prepare the homeopathic solution is as follows: In a one-ounce glass (or plastic) bottle add one drop of urine to a teaspoon of distilled water and shake it vigorously for five minutes holding the bottle in a fist and pounding it into the other hand. Take one drop from this solution and mix it with another teaspoon of water and repeat the process a total of five times using some liquor in the last preparation to preserve the mixture. This is the homeopathic solution.

A child afflicted with asthma and epilepsy for ten years improved 95% in three days of using diluted urine under the tongue every 2 - 3 hours.

Since I like to simplify things, mix one tablespoon of water with 2 drops of urine, regardless of the condition of the urine, and shake it vigorously for five minutes. You can mix the ingredients right in the bottle you are going to use therefore get one that has a built in dropper. Although the next ingredient is optional, I recommend adding 20 - 30 drops of vodka, rum, gin or any other white liquor because it stimulates absorption and preserves the mixture. You may

want to prepare it with much less, or no liquor at all for a baby. This preparation is equally effective for a new born baby or a centenarian and it will last you about two weeks, but I recommend preparing it every week. Apply 3 - 5 drops of the mixture under the tongue every 2 - 3 hours when the affected person has any type of infection, tumors or cancer, or 3 - 4 times a day when healthy.

In cases of an allergy attack (asthma, epilepsy, hay fever or pollen) apply five (three for children) drops of the mixture under the tongue every hour until the allergy attack stops. Once the person feels well, apply the drops at longer intervals of two or three hours. After three days, stop applying the drops to avoid going into a healing crisis, unless the person affected wishes to obtain the healing, regeneration and rejuvenation available through that experience. When fighting cancer, tumors or any other severe condition, apply five drops of the homeopathic solution under the tongue every 2 - 3 hours for several months or until you overcome the disease.

For allergies such as epilepsy, asthma and hay fever, obtain one or two ounces of urine while the person has the allergy attack or soon after. Prepare the ultimate universal remedy and mix the remaining urine with liquor (to preserve it) and save it in the refrigerator to prepare the homeopathic solution with this urine every time you need it. If the affected person has another attack, collect fresh urine again following the same procedure and discard the old specimen. During an allergy attack or soon after, urine contains the specific anti-allergenic substances the affected person needs to develop resistance to if he is to overcome the allergy. For illnesses other than allergies, the ultimate universal remedy should be prepared every week with fresh urine. Some viruses mutate every 36 hours and the body may need to develop resistance to the new mutation and the toxins it produces in order to overcome the disease.

This application is very useful because you can take the bottle with you anywhere you go, and it is easy to conceal it even while in a hospital. The amount of urine and liquor (if you used liquor) is so small that it will not interfere with any medication the affected person may be taking. This application is especially effective for very weak patients. It is especially good for children. Furthermore, it can be prepared easily to help individuals who are not responding to

conventional treatments. I suggest you go back to page 14 to read the story about a 13 year old child who had asthma and epilepsy for ten years and was subsequently healed after the third day of using diluted urine under the tongue every 2 - 3 hours.

SUBLINGUAL URINE

Urine drops under the tongue is another application that is very effective and offers an alternative to the person who has difficulty accepting the idea of drinking his urine. Obviously it is easier to prepare than the homeopathic solution since you just wet one or two fingers and put them under your tongue when you are urinating. This method is almost as effective as the ultimate universal remedy and it may be enough to keep a healthy person in good shape. But this application only stimulates the body every time you urinate and if you are ill you need to be stimulated more often than 3 - 4 times a day, therefore I recommend diluting it and using it every 2 - 3 hours. Pure urine can be repulsive to carry around because it will smell in a few hours, but if there is no other choice, then use it any way that is convenient until you recover.

Although the two previous applications are very effective and perhaps even more effective than just drinking urine or even urine injections, drinking pure urine is always considered the best way to practice urography. We have a lot to learn about diet and lifestyle and the consistency, taste and smell of urine is the best way to determine our weaknesses and positive customs. Upon drinking urine, part of it is absorbed under the tongue and acts as a vaccine to stimulate the immune system, and the urine that is swallowed produces a cleansing reaction faster than with any other application. The additional benefit comes from being able to identify the nutritious foods in your diet that should be eaten frequently and the toxic food that should be avoided all together. You must understand that it is a lot healthier to reduce or stop the intake of toxins, rather than introducing them into the body and then having to go through the trouble of removing them. Ask yourself what is more important, satisfying your taste buds or being healthy? I know that most junk food tastes good and it is addictive, but there are a lot of natural foods that taste good too, if you are willing to invest the time to find these foods and learn to prepare them.

This is perhaps the most important lesson to learn from urography. Especially for people who live in industrialized societies. I say this because most of the toxins that enter our bodies are hidden in the processed products we call food. When you start using urography, you will be able to tell the difference between nutritious food and junk food, and modify your diet accordingly.

16 HOW TO INTRODUCE UROPATHY TO A SICK FRIEND?

Getting anyone to talk about urine is difficult. Telling them to dilute it with water, juice, liquor and placing it under the tongue is like asking them to eat dirt, but convincing a person drink his urine is even more challenging. Seventy percent of the people out there would not shake your hand if you insinuate anything about using urine. It can be very embarrassing when a person starts yelling that someone is trying to convince him to drink his urine, therefore be ready to give up at the slightest sign of rejection. There is a ten percent of the general population who will accept uroopathy and drink their urine without a struggle and they will thank you for mentioning it. And then there is that 20% who are opened minded and can be convinced to use it if you present the subject in a diplomatic and private way. The 20% is the group I am trying to help you convince in this chapter.

When I meet a stranger or a person referred to me who does not know about my hobby, I usually start a conversation on any subject and gradually drift into alternative medicine. An excellent subject to start a conversation with is resent facts about traditional medicine and how bad they screw-up. This is a good introduction specially after you have seen it on television or on the newspapers. Somehow, I casually tell them some of the testimonials I know of without telling my audience about the secret ingredient used. A few minutes into the conversation I would mention some of the miraculous recoveries I have witnessed using homeopathic urine and see if the person I intend to convince is receptive to using that. It also helps to say that you heard about it on the radio or that a friend invited you to a lecture or that someone told you of a book being sold somewhere. You can also mention the global conference held in India every year with 600 delegates from all over the world and all the information available at the public library or on the Internet. If you start the conversation this

Forget about fighting individual diseases and use your urine to fight the conditions that promote all allergies and illnesses.

way, you can determine if the person you are trying to educate is open minded. If he is not open minded, you should forget it.

The most convincing part of this book is the testimonials therefore you may want to mention a few of them to the affected person. Of all the facts that can influence a opened minded person, scientific information in writing is the most effective way to show a person that you are not just having fun with him, but there are no guarantees. Having a book or two at hand is also very effective and convincing. Remember that a person who knows the facts is more likely to accept uroopathy. Therefore, it will help to provide some information to read, or if you care enough, read it to him. It is easier for a person who is sick and confused to make a decision with scientific information at hand. If they do not appear receptive at first, remember that you probably reacted the same way when you first heard about uroopathy.

There will be some questions from the intended target, therefore it is important to read this book a couple of times to answer questions quickly using logic and simple explanations. If you just tell them to drink urine, in most cases the affected person will be repulsed and will never do it. Remember that their urine may be too strong and repulsive, therefore remind your audience often that no one has to drink pure urine. Insist that it has to be mixed with any kind of juice, beer or even honey

Remember the old saying “the truth will set you free.” Someone sick ignores proper eating habits and lifestyle and what you are trying to do is educate him. I would tell him that there are many alternative to choose from. Some are cheap and accessible (hydrogen peroxide), others cost a little more (bowel tolerance vitamin c), some are expensive (intravenous ozone or vitamin drips), and others yet are invasive and not available in the country (hyperthermia). You are mentioning urine because it is simple, easy, self regulating, private and a completely automatic. Ask them if the traditional methods or medicines are doing any good. Ask the affected person not give up, tell him to seek an alternative procedure to achieve health.

Remind him (or her) that when a doctor claims a disease is incurable, what he really means is that he cannot help the person who has the problem. However in-cure-able mean that you can deal

with the problem from within by using other alternatives. Tell him that other persons have recovered from many diseases using their urine. Explain that doctors do not promote it because most of them don't know about it, however uropathy it is more effective than all their stuff, but there is no way to make money promoting it or using it. If you visit anyone dying of AIDS or any other disease, explain how easy it is to recover by drinking a little urine in the morning, or preparing and using the ultimate universal remedy using two drops of urine per tablespoon of water. Diluted urine is a lot easier to accept for skeptical people. Explain how urine reactivates the lymphatic system to eliminate all stagnated waste in the colon and throughout the lymphatic system. Explain that it is necessary to eliminate feces from the colon and all the cells in the body before health can be restored. Ask him what he has to lose or how healthy he thinks he is going to be five years from now. Explain how the healing process takes place automatic, and explain the principle of biofeedback.

Drinking 2 - 4 ounces of morning urine every day helps you more than a fully staffed medical center. They have to recover the money invested and cover all the expenses of the place and they do it by performing numerous tests and analysis that generate revenues.

Explain the beauty of urine therapy. No complicated laboratory tests are required, no intricate scientific explanations are necessary and no diagnosis is needed. Explain that there are no risks or negative side effects to worry about other than immediate cleansing and healing.

Mention that it all happens automatically once a person starts drinking it or using it diluted. Mention all the scientific reports that validate this therapy. Explain that many people with conditions like breast cancer and gangrene have improved considerably in a couple of weeks and recovered in a couple of months.

I usually don't give them a two hour lecture when I talk to a person, I rather they interact and ask a few questions to indicate whether or not I am achieving my goal. Remember that you can take the horse to water, but you cannot make him drink. Therefore be patient and remember that, it is his decision.

Other details are in pharmacies and supermarkets that sell hundreds of products without a prescription to alleviate all the calamities that affect humanity. But all those products put together cannot compare with the preventive and curative properties that one to four ounces of morning urine can provide. Especially when taken on an empty stomach.

Doctors tell us that cancer, high blood pressure, diabetes, arthritis, and other diseases are simply the result of old age. However, that is not true for everyone, and you do not have to accept that lie. Our bodies do not get old, per say, our bodies simply deteriorate. Everyone should know that genetic diseases don't really have much to do with genes, they are rather the behavior patterns in a family that awaken an illness in a predisposed person. The same food, home environment, and a similar job will do it. But doctors don't want you to believe that, because if you get informed and make a few changes in your family's diet and lifestyle your health will improve and that will hurt their business. We all have to die sooner or later, but it is supposed to happen from natural causes not from ignorance, auto-intoxication and disease. The heart stops one night and that person simply does not awaken. For others, the heart stops while jogging or dancing. For the majority of people, it happens in a hospital, under the knife, with hoses in and out of their bodies.

When you finish reading this book, I hope you will appreciate all the powerful new options. Uropathy is a simple and logic alternative for those who want a natural and simple process to live long and healthy lives. This option is fabulous and it is within reach of everyone who accepts it.

1 table spoon water,
2 drops urine and
25 - 30 (optional) drops white
liquor; Vodka, Jim, Rum etc.

This formula is the most effective substitute for all antibiotics, allergy medications. This preparation is very effective because it vaccinates the body against all pathogenic microbes that could cause diseases.

17 HOW DOES UROPATHY WORK?

You are the perfect creation and your body is your most valuable possession. Unfortunately the body does not bring a manual to indicate how to use it, how to protect it, or how to perform repairs. To live healthy you must become familiar with the body, how it works and what it needs to serve you for a lifetime. Longevity cannot be achieved accidentally and there are several health issues which must be addressed regularly to achieve your genetic potential of 120 - 140 years of age. This information will help you understand your body's own healing process and what you can do to help and support it.

No one gets sick overnight. Before a person becomes susceptible to disease one or several conditions has to become critical and remain at critical levels for several years. You can monitor and improve some conditions, however 95% of the body's functions can only monitored by the body itself.

Some of the conditions that need to be monitored are:

- ❶,- Bowel regularity and proper drainage of cellular waste through the lymphatic system's vessels, glands and nodes.
- ❷,- Proper (water) irrigation to every cell in the body and maintaining the P/H level of all fluids within the body.
- ❸,- Ability to absorb nutrients from the foods we eat and identifying nutritious and healthy food products to consume.
- ❹,- Ability to respond quickly against invading microbes.

❶ The most common condition affecting any society at any time is stagnation of excrements in the intestines and stagnation of cellular feces in the lymphatic system. But this intestinal and lymphatic disorder is impossible to diagnose in the early stages and since it is not life-threatening doctors do not pay much attention to it or mention how important it is to prevent or eliminate this condition and all diseases associated with it. This is a forbidden subject for most people. No one likes to talk about their feces or excrements, however we must address the issue of proper bowel and lymphatic fluids

management. To live healthy you must have a bowel movement once or twice a day, but if you tell your doctor that you have one every three or more days he will say that is normal. I don't know if they are naive or mislead you purposely so that you do get sick. Eliminating waste is part of living and anyone who ignores waste management will live sick all his life and he will bare sick children. Such a person will live just to pay medical bills and all his life he will be a doctor's guinea pig. Such a person will go through multiple surgical procedures and eventually will have a slow and miserable death. I tell you that, because ninety five percent of all diseases are associated with stagnation of feces in the gut and stagnation of cellular-feces in the lymphatic system's vessels, glands and nodes. As I said before, this condition is impossible to detect, but you can tell when you have it because in the initial stages you will be afflicted often with common maladies. As the condition gets worst you will be afflicted by more serious problems and finally terminal diseases.

As I said before, this condition is difficult to monitor and by far the most effective, easiest and cheapest way to keep an eye on bowel regularity and most other conditions is by drinking a little urine. This action allows the body to monitor, regulate and stimulate itself accordingly. I say that because biofeedback, or recycling the discharge, is the ultimate self healing process. When there is a change in one of the conditions you monitor (water intake, stress, quality of food), you will know about it immediately after tasting your urine, and you will have ample time to deal with it before it becomes a problem. When there is a change in one of the conditions the body itself is monitoring, then the body reacts accordingly to compensate for the imbalance and makes the necessary adjustments to correct that condition. Sometimes it cannot correct a certain situation because it is missing water or a specific nutrient in which case it will produce thirst or a craving. You just need to become familiar with the signals the body uses to communicate to its occupant what it needs to carry out its own healing process.

When you are constipated, your urine contains laxative ingredients that flush the stagnated excrements out of the colon, the main organ of the lymphatic system.

The first indication or manifestation of having bowel irregularity is the common cold and dry skin. According to medical science there is no cure yet for the common cold, but that is because doctors deal with it as a phlegm problem coming out of the throat, lung or nasal cavities when the actual cause is stagnation of waste in the colon and the rest of the lymphatic system nodes and glands. To eliminate the common cold you need an enema instead of cold medication. All the other health problems result from gradually increasing levels of stagnating waste that poison and deteriorate the entire body one cell at the time. If this condition remains long enough it will cause a hundred different diseases including: arthritis, tooth decay, eye and ear problems, menstrual problems, diabetes, heart disease, susceptibility to opportunistic infections, tumors and eventually cancer. Cancer is a disease that generates \$200,000 per patient in 1996.

No one develops cancer in the breast, prostate gland, ovary or liver per say, the condition that ultimately leads to cancer first develops in the lymphatic system's nodes within the breast, prostate gland, ovary and liver with stagnated feces within it. One node may be really bad, but by the time a bad one is detected, hundreds more are afflicted with similar conditions. The tumor that shows up on the X ray film, CAT scan or MRI is a lymphatic node that is filled with rotten, stagnated cellular feces. This benign or cancerous tumor may be in the breast, prostate gland, ovary or liver, but it is a lymphatic system node, not a cluster of cells from the affected organ. Removing the affected organ does not cure the cancer because, when one lymphatic system node is rotten, there are a thousand more in the same condition throughout the body.

Doctors deal with this problem with several types of antibiotics or chemotherapies, but you can deal with it by stimulating the lymphatic system into discharging its filthy cargo. This can be done with pure urine implants, massages, rubs, hot water bottles or an iron over the affected area to create an artificial fever. I also suggest using garlic, hydrogen peroxide and ozone and any other alternative.

Having medical insurance is important, but it cost so much and yet it does nothing to educate and protect you from getting sick. Organized medicine promotes having insurance to make sure the

bills get payed when you do get sick, but this is a form of exploitation because doctors know that you will get sick. Did you ever wonder why no one makes sure that you manage properly the body's waste? Organized medicine does not tell you about waste management because that is their insurance to protect the billions and billions of dollars they have invested to provide you with the medical care they know you are going to need later on. They purposely misguide and completely ignore what you do and eat, meanwhile they make sure you have medical insurance in case you do get sick. But if you don't manage your waste disposal properly, it is guaranteed that you are going to get very sick even if you have medical insurance. If you spent some time every day to ensure waste disposal, if you spent 10% of the cost of medical insurance in a full spectrum nutritional supplement and consumed sufficient fiber, chances are that you will not get as deteriorated as they expect you to and you will live several decades past retirement age.

When you are sick traditional medicine does a blood and a urine test to see if there are microbes to blame for your sickness. If they do not find a pathogen to blame, then they do an X ray or do more tests to see if there is a hormone imbalance. If the X ray shows nothing, then they do a CAT scan or MRI. If the tests show anything then they want to do a biopsy or exploratory surgery and so on. After that they start asking about the family's history to see if your problem can be blamed on the genetic code, Meanwhile you are getting megadosages of antibiotics and God knows what else. You may think this is advanced medicine, but that is not what they are doing. They are simply getting a 40 - 60% kickback for all these tests and analysis performed on you. Meantime they are doing nothing against the actual problem and the reason most people feel frustrated is because their inner self knows their suffering is being exploited. Their medicines make you feel good temporarily, but they never address the real issues and the actual cause of the problem which is stagnation of waste. Health care prices are increasing constantly because medical science is looking for answers in the jungles of the amazon forest while completely ignoring the rotten latrine conditions within you. And you will continue being a victim of their marketing plan until you stop the masquerade and realize what is going on. The exploitation of your suffering will not stop until you realize that all these diseases happen because our society is not concerned with

bowel management and that creates decaying internal conditions within most of its citizens.

There are many home remedies and products to deal with these common problems. My mother used castor oil or cod liver oil which were very effective, however it is a lot easier to test for stagnated waste and get rid of it, if you have any, by drinking two to four ounces of urine in the morning. It can easily become an every day habit. By drinking your urine you allow the body to monitor itself and react accordingly. There are many ways to reactivate the lymphatic system, but by far the cheapest, easiest and most effective of all methods is urography because it is readily available, it is fully automatic, and its intensity is self adjusting. A serious stagnated condition in a body creates very strong urine that is almost pure acid and when you drink it (diluted of course) it causes diarrhea very quickly. What is actually happening is a quick reactivation of the lymphatic system to get rid of all stagnated waste. As the condition improves mild stagnation will produce mild urine and finally clear urine. Using urography will make sense as soon as you realize that the toxic conditions in the body produce the specific substances required to reactivate the lymphatic system through a procedure called biofeedback. Remaining healthy can be very simple using urography.

When you drink your urine, those priceless toxins flush out the lymphatic system starting out with the largest lymphatic vessels in the body, the sigmoid section of the colon, the colon itself and the small intestine. Once these organs are cleaned out, the toxins in your urine continue working backwards cleaning up the lymphatic vessels in your kidneys, liver, pancreas, spleen, gall bladder, and other organs in the abdominal cavity. These organs process most of the body's waste and as they become purified, they expel more of the body's waste while the toxins in urine continue working backwards cleaning out all

You can live 125 years or longer by drinking 4 - 8 ounces of urine every day and taking a full spectrum nutritional supplement that contains or combines 60 colloidal minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids.

the other lymphatic nodes, lymphatic glands and microscopic size lymphatic vessels in the eyes, ears, brain, pituitary and pineal glands and throughout the rest of the body. As you continue using your urine all cellular waste will be removed from every single cell in the body and you will feel very well.

Elimination of waste from the cells in the body is very similar to the path the garbage in your kitchen takes to get to the garbage barge in the river (in New York City). That barge represents the sigmoid portion of the colon where excrements accumulate and wait to be discharged every time you have a bowel movement. The garbage compactor, the garbage trucks and the route to the barge are the same as the lymphatic nodes, glands and microscopic lymphatic vessels in the body. How clean your city remains depends on sanitation workers, how healthy you live depends on how well you manage your internal sanitation.

2 Reactivating the lymphatic system is a great step towards maintaining or regaining your health, however that is only half the job. I say that because having someone pick up the garbage from the street is great after a strike, but you still have to collect the garbage from your own garbage can and place in the compactor to be taken out to the street by you or a maintenance person in your building. Cleaning the kitchen, the basic unit in every home of a society, is the same as cleaning the cellular waste from every cell, the basic living unit in your body. Until you clean out the cells, you are only half way to your goal of living healthy or recuperating your health. The second issue you should be concerned with is proper (water) irrigation of every cell in the body.

Most people think they need to drink six to eight glasses of water every day, but that is not necessarily healthy because most of the water available in the United States is polluted. Polluted water contains numerous chemicals, pesticides, fertilizers and heavy metals, but the average person does not really know why this contamination is bad to our health. A relatively new hypothesis explains that the smallest water unit available to living organisms is a water cluster. Pristine water, or the condition of water before it became polluted, contains clusters of seven or eight molecules of

water. The cells in the body need water clusters of seven to eight molecules because that is the biggest size cluster that can penetrate through the skin of the cells. Polluted water is bad for us because contamination forms much bigger clusters that cannot penetrate through the skin of the cells. It is not the pollution per say, it is the ten to fifteen molecule clusters that become a problem because they cannot enter the cells. If the cell does not get water through its skin, they become auto-intoxicated with their own waste which is the same as being constipated and going to the bathroom every three to five days. That condition causes deterioration, multiple diseases and premature death to the cells and ultimately to you. This type of contamination also creates huge blocks of waste that clog-up the lymphatic vessels, glands and nodes.

The lymphatic system eliminates most of the waste from the body and when it becomes stagnated every group of cells or organ in that part of the body start malfunctioning and you become an encyclopedia of diseases. If the lymphatic ducts remain stagnated for any length of time, the cells die or try to adapt by mutating into cells capable of living in very toxic, low oxygen conditions. This is how cancer develops. Drinking the average bottle of filtered water does not help the problem³ if that water cannot penetrate the skin of the cells. In fact drinking that much water can be harmful because it ends up removing necessary nutrients, hormones and electrolytes from your bloodstream and that can add malnutrition to all the other problems you have. If the internal environment within your body is allowed to become polluted by not drinking purified water, not sleeping enough, by eating processed food stuff without nutrients or fiber, or if you pollute it purposely by getting drunk often, getting high on drugs or taking medicines that are very intoxicating, the water within your own body becomes too polluted to enter the cells that make up your body. This polluted internal environment is the biggest health problem affecting the cells and you.

3

90% of all bottle water is contaminated tap water and spring water is also contaminated. Water samples from all over the world contain traces of the chemical "Agent Orange" that United States armed forces used to wipe out vegetation in Vietnam.

There is a special computerized unit, much more sophisticated than a water filter, that restructures polluted water clusters and transforms them into clusters of five to seven molecules. This micro water unit neutralizes all known chemicals pollutants, heavy metals pesticides and even radiation. But this filter sells for (\$1,200)

twelve hundred dollars and it is not widely available in early 1997. If you can find it and afford it, I suggest you buy it because it is priceless in respect to the rewards it will give you. But if the price is too high for you, purchase micro water at the local market. You can also drink fruit and vegetable juices that contain restructured water that was processed by plants in nature. Juicing is very healthy because plants restructure polluted water clusters into a size the cells in our bodies can assimilate. This water purified by plants has the seven molecule clusters we need to purify the body and it also contains many vitamins, enzymes, fiber, antioxidants and amino acids that are required to live healthy.

Uropathy can help you deal with these problems because your kidneys can take polluted water in the body and restructure it into the seven molecule cluster the body needs to irrigate all the cells. The kidneys process regular water in the body and restructures it into micro water regularly, but when the body is loaded with toxins the water

becomes contaminated all over again and until you flush out the toxins, the problem will persist. The only difficulty with uropathy is that you have to drink your urine, but as you have learned in this book the unpleasant taste of urine is only temporary until the internal conditions improve. You also need to improve your diet and the taste of morning urine will help you determine which are the best foods to

If you are trying to purify the body, substitute part of the water you drink every day with fruit or vegetable juice which is 100% restructured, purified micro water (also known

Your urine also contains numerous combinations of special salts that dissolve all obstructions in the lymphatic system and in the circulatory system reestablishing the conditions that will greatly improve your health.

eat in your favored restaurant or the market in your area. Your urine is free of charge therefore you can use as much of it as you want and it is much healthier than drinking plain water. In addition your urine contains twenty to thirty milligrams of urea which enhances the osmotic quality or the ability of the cells to exchange fluids through the skin therefore your urine serves several purposes at once.

3 The third important issue I will address in this chapter is the ability to absorb nutrients from the foods we eat and identifying nutritious and healthy food products to consume.

Genesis explains how God took dirt and fashioned a man with it, what that means is that our body is made up of the same ingredients found in the soils all over the planet and the same microbes on top soil. The body is made up of seven major minerals and traces of all other minerals known to man. All these elements are necessary to live a healthy life and they should be part of your diet. Some of these trace minerals are like the switch that turns on a very sophisticated computer that is capable of doing wonderful things, but without the switch it is useless. Urotherapy can help with this problem by influencing you towards improving your diet and eating products that contain less toxins and more nutrients. But improving your diet can be very difficult sometimes because of the type of microbes that inhabit the intestines. For example, if you regularly eat an excessive amount of meat, the type of microbes you promote in the gut are very harmful because of the acids they must produce to digest meat, preserved meat byproducts, cold cuts and junk foods. When you improve your diet and stop eating meat and the other meat byproducts, you will get headaches because the microbe's acid is not being used therefore it goes into the bloodstream. These acids also get you nervous and irritable because the microbes are attacking your own intestines and poisoning your body. This condition happens because bad foods are addictive therefore those reactions are similar to the withdrawal symptoms you will get any time you give up any addiction. When you have addictions, your urine contains special laxative ingredients that flush out the microbes you created when you became addicted. You just need to drink your urine to start eliminating them. When you get rid of the microbes, you also get rid of the addiction. That is how simple it can be.

Another problem a person can have is cravings for junk food and sweets. Those cravings are associated with mineral deficiencies that drive anyone crazy as the body instigate you into eating constantly to satisfy your deficiency. No one explains what those cravings mean because those cravings can be exploited forever. Eighty percent of all fast food places serve food almost completely devoid of minerals. There is very little nutrition in them, except for sugar, fat and other good smelling and good tasting addictive substances that will calm your hunger, but half an hour later you are hungry again even before you finish digesting what you ate.

Once you start cleansing your digestive system, you will be naturally attracted to fruits and vegetables and you will even find pleasure in eating them because they are our ideal and intended diet. This does not mean that you cannot eat meat, meat byproducts or other addictive foods ever again. There is no harm in having a portion of beef, cake or a glass of soda once in a while, but you will not crave that food product so often. And every time you eat something that is not very healthy, your urine will remind you, the morning after, why you are better off not eating certain things. However, although we are supposed to be vegetarians, unless you are taking a full spectrum nutritional supplement that contains 60 or more colloidal minerals and 7 major minerals, you do need a piece of lean beef once a week. I don't mean burgers, but real beef that contains some of those nutrients.

Urotherapy helps with food problems because drinking your urine stabilizes the level of minerals and trace minerals in the body. The soils and farm lands where our foods are grown are 85% depleted of minerals which means that there is very little left of the trace minerals we need, but drinking your urine can help you retain the little you have and whatever you are getting in your diet. In addition urotherapy improves so many other conditions in the body that people who follow this way of life report calming down, sleeping better, improved memory, disappearance of irritability and short temper and been able to concentrate better in whatever they do.

4 Eighty percent of the oxygen we breathe in is used to sustain life and the remaining twenty percent (actual figures may vary) is used

to neutralize and eliminate toxins and cellular waste from the body. This hypothesis holds true for the average person who remains relatively healthy because the relatively high amount of oxygen circulating in the bloodstream controls and keeps out of the body all virus, bacteria, fungus and parasites. When the level of oxygen is high, producing antibodies is not that urgent and the number of white cells required to protect and clean up this ideal environment is minimal. However when conditions deteriorate toxins and cellular waste accumulate in the body requiring a higher percentage of oxygen for cleaning up and that leaves much less oxygen to sustain life. When a person drinks liquor the state of drunkenness results from a low oxygen level because the body temporarily uses all available oxygen to neutralize and eliminate the toxin that threatens life. Low oxygen is responsible for the hangover the next day that gradually disappears as the level of oxygen gradually stabilizes the next day. A similar, but much worst condition, exists when the internal environment of a person is constantly polluted with its own waste because he has a constant low level of oxygen in the bloodstream. That condition allows more microbes to penetrate the body which sets off a chain reaction whose final outcome is multiple diseases, deterioration and premature death.

Urography can help you regain the optimal oxygen / toxins balance because your urine also contains food-grade hydrogen peroxide and drinking it is like drinking a hydrogen peroxide supplement. Again, you find that urine serves several purposes at once. In addition to hydrogen peroxide it also contains the toxins that cause diseases in the body. Every time you drink a little urine you vaccinate yourself against the microbes in the body. The body can develop antibodies on its own, although it usually takes three days and during that time you feel miserable, but when you practice urography antibodies are produced very fast. There are many other ways to boost the body's defenses or immune system with garlic, golden seal and hydrogen peroxide. However urography is the best one because of the price and availability.

Dr. Duncan discovered around the turn of the century that viruses, bacteria, fungus and parasites do not cause diseases directly. They make us sick by producing very toxic substances that contaminate the internal environment and that is what makes you sick. Through a simple, yet relatively long process Duncan used to isolate those toxins from phlegm, puss, saliva, genital discharge, pimples and even feces from a person with dysentery, cholera or malaria. The isolated toxin is the perfect vaccine to deal with the specific disease affecting that person. A few years later he discovered that those toxins were in urine and they were already processed and ready to use immediately after peeing. That is one of the reason urography is so effective to control pathogens.

By the third day of a urine fast your body becomes so purified that your urine comes out clear like water, has no offending smell and a rather pleasant taste.

Urography is ideal because it is the perfect vaccine against all present and future flu virus strains as well as, lime disease, chronic fatigue syndrome and all allergies, including epilepsy and other cerebral allergies. Drinking your urine fights all the conditions that make you susceptible the getting the common cold, flu, pneumonia and many other maladies. Your urine is already prepared to drink or use either injected or under the tongue. Your urine is the perfect medicine because it is free and it is pure healing with no side effects. You may not believe that it is that powerful, but before you submit to complicated blood tests, X rays, CAT scans, MRI's and other tests you should try using the ultimate universal remedy and drinking a little urine every day. It can reverse most conditions at once and you won't have to go through all those test for nothing.

There are many other issues to address, but the idea is to realize that nature always had an answer for us. Every time science discovers something great to improve communication (fiber optics) or to help humanity (micro water) or to help fight disease (antibiotics), science later discovered that nature had been using that same technology for a million years. No one knows how many other great discoveries are filed in a safe somewhere hidden from the public so that people do not live too long, or get too smart. God only knows what other conditions you can fight with urine, but if you trust in your own ability to heal, eat better foods and have a little respect for your body, the temple of God and your most valuable possession, you won't have to worry about them.

An enema or a pure-urine implant is the best approach to deal with the common cold. The phlegm that accumulates in the throat and sinus cavities indicates that the lymphatic system is stagnated and unable to eliminate all the cellular waste the body has accumulated within. The main organ of the lymphatic system is the colon and that is where all the lymphatic waste is discharged after it is collected from all the cells in the body. If the colon is stagnated, the waste cannot be eliminated and that is the cause of the common cold.

Your urine is the best thing to use to reactivate the colon and the rest of the lymphatic system ducts, glands and nodes to eliminate all cellular feces from the body. I say that because urine only removes the stagnation and malignant bacteria from the colon without interfering with the benign intestinal bacteria.

18 TEMPORARY REACTIONS

All living organisms produce waste, and this waste must be eliminated regularly to live healthy. If a body does not eliminate the waste its cells produce, it will accumulate and start causing numerous diseases and ultimately death. Feeling worn out, tired and lethargic indicates a high level of toxins accumulated within the body, and when that happens it is time to make a decision: Do we want instant yet temporary relief by using a drug? Or do we want to use a holistic protocol to eliminate the actual problem by stimulating the body into detoxifying itself? The decision you make will determine the quality of life you will have and whether you will be spending your last years in a nursing home or enjoying a full life rejoicing every minute of those golden years. Eliminating waste is the right choice, but detoxifying the body requires going through a cleansing process and those are the temporary reactions I will describe to you.

Most of us don't understand the body's periodic cleansing needs which must take place if we want to live healthy lives. Instead of educating us or helping the body when we have a common malady, health experts are too eager to promote ignorance so they can take advantage of us and keep us sick while they sell us several dozens feel-good-instantly products that keep us sick. You have to understand that you are not sick when you have a cold, you are just going through a cleansing reaction. Call me radical, but I think their approach is "premeditated deception." Health experts use the term "being sick" to describe the healthy process of eliminating waste accumulated in the body. Since they believe we are sick when cleansing, doctors create thousands of chemical compounds to repress the necessary cleansing our bodies must go through every moment of our lives. Dumping waste is part of being alive, and when we interfere with that basic function we deteriorate, get sick and die.

Toxins accumulate in different parts of our bodies, therefore we will have different symptoms as we expel them when we start using our urine. And since we have different diets and lifestyles, each of us will have a different cleansing reaction.

Some very toxic individuals may become nauseous the first time they drink a little urine. If the condition is really bad, they may even vomit. Your doctor might say "You see, I told you drinking urine would make you sick." But, by the time you finish reading this book, you will know better than that. As disgusting as it sounds, if you vomit, you really needed to cleanse and detoxify your body. If you know a little bit of anatomy, it is easy to understand that vomiting is a much better way to detoxify than sending that toxicity through 30-40 feet of intestines.

When you start using urine and the body needs to eliminate stagnated feces from the colon and rectum, you will get loose bowel movements, similar to diarrhea. Others may get a little constipated for a day or two. These temporary reactions may happen 20-30 minutes after drinking your urine. Depending on the

Your health cannot improve until you give the body a chance to get rid of all the waste stagnated within.

person's age and the level of toxicity and deterioration, eliminating this waste will take a while. A 30-year-old individual may need six months of temporary diarrhea after drinking urine to clean up the toxins accumulated in his body. A 60-year-old person may need to put up with this inconvenience for up to nine months. I suggest allowing the body to continue the gradual elimination of toxins for as long as it is necessary. This is one reaction that should not discourage you, on the contrary it should motivate you. Once the body finishes this intense cleansing, drinking urine will have no effect other than making you pee soon after.

If you have pimples, when you start Uropathy the condition may appear to get worst at first, but once the skin is stimulated to release all those toxins, you will end up having naturally beautiful skin.

Ladies who have tumors in the breast, may get a furuncle or abscess with pus discharge, swelling and inflammation until the condition is eliminated. To accelerate the process, place a towel soaked with urine over the abscess and then a hot water bottle over the towel to create an artificial fever. This process stimulates circulation in the area which promotes healing. When a tumor or abscess starts discharging pus, you may have to take a tranquilizer and help the

body by squeezing the area. It may be a painful experience, but it is a much better choice than having a breast surgically removed.

When you start using urine and the body needs to eliminate phlegm and mucus from the bronchial tubes, lungs or sinus cavities, the reaction will be like a cold with abundant mucus discharge. But contrary to a common cold, you will be able to sleep at night. When this happens do not take any medications or herbs to stop the cleansing reaction. On the contrary I would advise to take raw garlic, golden seal, wheat grass juice, ozone, hydrogen peroxide or any other product to accelerate the elimination of phlegm and get it over with quickly. After this type of deep cleansing you will not get colds for the next few years.

If there is a high level of toxins in the blood, when you start using your urine, you might get night sweats or even develop a temporary skin rash. For that condition I recommend rubbing fresh or stale urine on the skin to accelerate the cleansing process.

If you are afflicted by kidney or bladder stones, when you drink two to four ounces of urine every day, they will get dissolved and the urine will be cloudy with a little sediment at the bottom of the container you urinate into. Gall bladder stones may require some other uncomfortable reaction, but it is all temporary and nothing when compared to surgery and the problems you will have after that. The gall bladder is crucial to aid digestion and when it is removed you will have a lot of problems with that basic function. Naturist doctors use a cup of hot water with Epson salts every hour for a day and then a table spoon of olive oil with lemon juice every hour to expel the stones when they are too big. Consult your physician or alternative practitioner for more details.

The wax accumulated in the ears will fall out by itself in big chunks unless you remove it yourself regularly.

When the liver is stagnated, you may develop a fever and swelling for a few days while you recover.

These and many other reactions may occur anytime they are needed. But remember that these reactions do not mean that

uropathy is making you sick. On the contrary, these reactions indicate that you are detoxifying and this is the process you must go through to achieve health. When any of these reactions happen, combine Uropathy with garlic, herbs, take a steam bath, take an ozone shower, drink wheat grass juice, drink food-grade hydrogen peroxide, go on a fast or use any other way you can find to stimulate the body into cleansing faster rather than suppressing these cleansing reactions. This is the only way to achieve good health.

Those worried about the cleansing and regenerating reactions of Uropathy should go to the public library and read about medication side effects in "The Physician's Desk Reference." And while there,

also check the books "Worst Pills Best Pills," by the Public Citizen Health Research Group, "Poisoned by Prescription" and "AIDS by prescription," just to name a few. These books have important facts to inform yourself about the effects and side effects of medications prescribed to you. Find out about the long-term effects of medication before you and your family become drugstore junkies.

As described Doctor N. Dunne report in chapter 20 urine injections have been very effective to deal with or completely eliminate the following diseases:

Overwhelming Sleepiness,	Hallucinations,
Aggressive Outbursts,	Clumsiness,
Epileptic-like seizures,	Migraines,
Acute Depression,	Catatonia,
Unconsciousness,	Dyslexia, Autism,

During the treatment of his psychiatric patients, Dr. Fife reported that other diseases his patients had were also relieved, including:

Inflammation of the colon,	Eczema, Herpes,
High Blood Pressure,	Multiple Sclerosis,
Rheumatoid Arthritis,	Deficiency Of The
Mononucleosis, Diabetes,	Pancreas,
Hyperactivity, Migraines,	
Psoriasis, Hepatitis, Lupus,	

Conversely, when general practitioners used urine injections for the diseases listed their patients recovered from mental problems afflicting them.

19 THE HEALING CRISIS

In the previous chapter we discussed some of the temporary and mild reactions a person goes through when using his urine to stimulate the body into self cleansing and healing. Those reactions were relatively mild and may be enough to deal with most health problems, but there will be times when a more intense and severe cleansing and regenerating process is required. That is what I call a "healing crisis". Some people do not practice urotherapy because they are afraid of a severe healing crisis, but when compared with a lifetime of agony and suffering that comes with most diseases, or the misery, expense and left out feeling you experience being in a hospital the healing crisis is a piece of cake. The severe healing crisis is true healing from the inside out.

The healing crisis is a necessary step before the regeneration process starts. The body's natural desire is for perfect health and it has the infinite wisdom to remain healthy or to work its way back toward that state. But in order to achieve good health the body must go through this elimination process to get rid of old tissue and replace it with new tissue as the

Being at home during three to seven days of self-healing associated with fever, body aches and joint pain are nothing compared with the agony, discomfort and frustration associated with staying in a hospital for weeks or months at a time.

body rejuvenates itself. There will be ups and downs during the healing crisis as every cell, organ and muscle in the body goes into a cleaning frenzy. All toxins accumulated within, all diseased and unhealthy cells, all phlegm, mucus, tumors, abscesses, and even cancers will be eliminated. This intense process offers many rewards, but it also requires cooperation and sacrifice on your part. If you are relatively healthy the reactions will be mild. But if the body's cleansing instinct has been repressed too many times, if the body has been neglected and abused the reactions can be severe according to the individual's condition. When your health is not as good as you would want it to be, you should work towards a healing crisis. I say that because you will not achieve optimal health until

after experiencing the type of healing crisis you personally need. No one can tell if there is some type of illness within you that is not causing any symptoms yet, but if there is your body will heal it. By the way, truly healthy people need not worry, for they won't get a severe healing crisis. However if you do get one, you should rejoice because after the healing crisis you will be truly healthy.

The reactions you might feel during a healing crisis could include one or more of the following: headaches, unusual fatigue, diarrhea, nauseousness, dizziness, pain, hemorrhaging of poisoned blood, skin eruptions, sleepiness, head or chest colds, boils or any other process the body needs to use to loosen up and discharge stagnated waste, toxins and tumors. This general feeling of uneasiness will last two or three days until the elimination and regeneration process is completed. During this process there will be ups and downs because the body cannot repair in one week the damage done in a lifetime of neglect and abuse. One healing crisis may not be enough to repair everything.

The healing crisis will usually bring about past conditions in whatever order the body is capable of handling them. During the crisis you will be reminded of injuries and diseases you have had in the past. Especially those illnesses repressed with medication. Remember that, common illnesses you had in the past were cleansing reactions, therefore if you often repressed any of them with medications your healing crisis will manifest as a more intense cleansing reaction affecting the same organ or gland whose cleansing process was put on hold with medication.

I recommend physical and mental rest during the healing crisis so that the body can use all its energy for the massive job it has to accomplish. Stop eating cooked foods during the healing crisis and if you must have some food, eat a vegetable soup or fruit juice. If discarding phlegm, I strongly recommend you use an implant to flush out the colon and stimulate the lymphatic system, eat raw garlic or take medicinal herbs to help eliminate the toxins, phlegm, and mucus from the body. If pure garlic is too much for you, prepare it in fruit, vegetable juice or raw garlic tea. You should drink an abundant amount of filtered or distilled water to help wash away the toxins the body will be eliminating. You can mix and drink colloidal or trace

minerals with water or juice to help maintain the proper level of electrolytes lost during the healing process. This is a good time to apply a body rub with urine (from anyone) or water with sea salt, always toward the heart to stimulate drainage of the lymphatic fluids. Massages are extremely important for a person going through a healing crisis because the lymphatic system will be loaded with cellular feces and toxins. Get a Reflexology (foot) massage twice a day and apply an enema every 12 hours because most of the toxins and dead cells will be eliminated through the colon.

The bad news is that the healing crisis is unpredictable and it usually comes at a time when you feel very good. And depending on the individual's needs, one healing crisis may not be enough to repair all the damage done in a lifetime of abuse and bring about optimum health. Learn to trust your own healing instincts. The body knows what it can handle at a time, and it will prepare itself to deal with each individual healing crisis. The body's strength and health status will determine the severity of each crisis. Although medications should not be used, plain aspirin is acceptable because it liquefies the blood and helps circulation. But in most cases, diluted urine under the tongue is all you need.

Do not drink your urine during a severe healing crisis. That urine is very toxic. Use that urine for implants and skin rubs instead.

You should know that a uropathy induced healing crisis cannot be stopped once it starts and there have been cases when a well intentioned physician has made a situation much worse by giving medication to a person going through a healing crisis. If you have doubts, explain what you have done to an open-minded physician and ask him to monitor the condition of the affected person. However, penicillin, antibiotics, chemotherapy and surgery should be absolutely out of the question. I am not a doctor, but I will not use those products or procedures. They are useless during a healing crisis and will be counterproductive because they place an additional burden on the body by increasing the level of toxins the body has to remove. As far as I know, even a most severe healing crisis does not last more than 3 - 5 days and a doctor's intervention may cause

more harm than good. Therefore, when it happens, I recommend you to stay home for a week to ensure a full recovery. By selecting urine therapy, you stimulated the body's own way of healing and you should give it a chance to complete its job. It was easy to start using urine, but going through a healing crisis takes courage, determination, perseverance and faith in the unknown. I commend your faith. The reward that awaits you is great health for years to come. Everyone who has gone through this experience testifies that they feel better than ever after recovering.

If you have concerned relatives who want to help or insist in bringing a doctor to take over the healing process, make sure he will use procedures that increase the blood oxygen levels, stimulate the lymphatic system to eliminate waste, applies enemas and massages, reflexology, pranic healing or any other procedure that helps the body and promotes life. Otherwise he is not a good ally to have. You have survived a thousand cuts, bruises, insect bites, the flu and other potentially harmful conditions that could have turned into gangrene and threaten your life. When you started using urine your body detoxified and built up the strength to face the repairs it had to do. You felt good when you started using urine and the reward that awaits you is very good health. Chances are that you will survive again. When you need healing, you will be much better off working with and supporting the body's own ability to heal. There are no risks to you and a world of benefits to gain from this experience.

I know I am asking you to take a leap of faith, but I do it because I know you are the ultimate creation in the universe and your body has the infinite wisdom to heal and rejuvenate itself. You just have to nurture it and support it going through the recuperation process and it will overcome just about any disease.

Remember that the severe part of a healing crisis usually lasts three days, and while you are going through this uneasy feeling many doubts will cross your mind. The experience of a healing crisis may sound unappealing, but if it happens, it is because your body needed to recover from some type of illness that had not manifested any symptoms yet. When it happened to me, I was glad to know about a way to help my body heal itself and I was grateful that my body could stop it before it became a serious illness that required hospitalization or surgery.

Some people don't practice urography because they are afraid of the healing crisis, but remember that a healing crisis only happens when you need it and it is nothing when compared with the traditional procedures that require hospitalization, biopsies, surgery, radiation chemotherapy and a lot of money. I think that those procedures are too invasive and drastic, and if you survive then, recovery takes months or even years and then you have to pay the bills. A healing crisis and its recovery requires 3 to 9 days without scars or potential threats to your health. Traditional medicine's approach harms millions of people who end up emotionally and economically bankrupt after the treatments and in most cases the condition of the patient ends up been worst than before. Remember that the healing crisis is nature's way of taking care of the health problems that could compromise your life. The healing crisis is non-invasive, it is true healing from the inside out. It is a very good option when compared to the other alternatives. By following this path, by looking to nature's model we realize that the path chosen has the best potential for a long life full of health and happiness.

The body knows what it has to do and how much time it needs to complete its cleansing and regenerating cycle. **Do not drink your urine during a severe healing crisis associated with 102° fever, swelling and joint pain because it will have a very high concentration of toxins during that time.** If it is not a severe healing crisis then it is ok to drink your urine.

The testimonial from Mr. E. R. is an excellent example of a severe healing crisis. He was getting chemotherapy for eight months because of cancer in the stomach. After eight months he wasn't sure which was worse, the disease or the medication. He had no appetite, was feeling lousy and he was losing weight when he heard of urography. Since he felt there was nothing to lose, Mr. E. R. decided to drink a glass (seven ounces) of urine to see what would happen. The immediate relief he felt was so surprising that he requested all the information available regarding urography. He chose to do a fruit and urine fast combined with skin rubs with fresh urine. In four days, he had a healing crisis in which the chemicals doctors polluted his body with came out through the skin, causing a severe skin rash all over the body. This rash was similar to diaper rash, but much more intense. He knew that this was part of the cleansing he would have to go through. Therefore, he continued rubbing urine on the skin while

fasting. Within three days, most of the rash was gone. About 25 days after he started, Mr. E. R. awoke in the early-morning hours with pain in the abdomen, fever of 103-degrees Fahrenheit and slight swelling over the stomach. He also needed to go to the bathroom to relief what he thought was diarrhea. To his surprise he was expelling very dark and smelly blood. This hemorrhage lasted about four hours, after which the pain gradually diminished and the fever was gone 24 hours later. Five weeks after starting urography he was in complete remission, with no sign of the cancer. Two months later he had gained back most of his weight.

His doctors still claim that the chemotherapy cured him, although they have never seen a case as unusual as his. There were more

The blood stream is a hydrogen peroxide rich environment that is deadly to all the cells that make up the body and all anaerobic microbes that live in and on the body. If it wasn't because all the aerobic cells in the body produce, and cover themselves with, **catalase** they would die oxidized by the wrath of hydrogen peroxide. Catalase is the most abundant enzyme in the body. When a hydrogen peroxide molecule comes in contact with catalase it is neutralized into its basic components: water and a single atom of oxygen. When the oxygen atom touches cell, it revitalizes it, however when it touches an aerobic organism it kills it on contact. T-Cells protect the body by producing the equivalent of 40 - 50 drops of food grade hydrogen peroxide 35% every day which keeps out all the pathogenic microbes we come in contact with everyday.

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months or the ones done on hundreds of other stomach cancer patients in the hospital.

20 URINE VACCINES FOR THE FLU, HEPATITIS, LYME DISEASE, ALLERGIES...

The following information is offered to expand the knowledge of the reader who has basic medical knowledge and also for doctors who may not be aware of the potential benefits these procedures can offer a person when a specific medication is not available or when the person affected is not improving with traditional protocols. This report is not a medical guide and should not be used as a medical advice to practice this procedure. If the information on this chapter is interesting, show it to your doctor, and ask him to consider using this procedure on you.

The reader should know that an injection is a very delicate surgical procedure that must be applied by professionals only. I have to inform everyone that in the United States there are doctors whose licenses have been suspended for using urine injections which is a procedure that is not approved by the American Medical Association and the Food and Drug Administration. For health problems, you should always go to your doctor. Another reason why this procedure should not be used is the ultimate universal remedy that has produced equally outstanding results. Dr. Dunne had very successful results with urine drops and the homeopathic solution for the same illnesses that responded well to urine injections.

There have been many published scientific reports in the twentieth century on urine injections as an effective alternative for all types of diseases. I will mention three reports that are very popular.

The first report is by Dr. Charles H. Duncan, discoverer and founder of a new branch of science he called "AUTOTHERAPY." Because of his engineering background, Dr. Duncan looked for the actual cause of disease and then he studied nature's way of dealing with most health problems. Once he discovered these facts, he created the formula to prepare an elixir that was perfectly synchronized to deal with and solve the health problems, not the symptoms, of his clients.

He discovered that viruses and bacteria do not cause diseases directly, what causes the symptoms and the disease is the toxic waste from these microbes. Therefore he did not use medications to

kill these microbes, he prepared a vaccine using the discharge of the disease. His theory was that disease produces within its pathological discharge the substance required to stimulate the body's defenses into developing resistance and curing the disease. All one has to do to eliminate the health problem (get cured) is to isolate the discharge and reintroduce it into a healthy part of the body. For example, the treatment used by Doctor Duncan for patients with gonorrhea was the discharge of the disease (a spoonful of the first morning urine) applied under the tongue. He also used the patient's own filtered urine to apply urine injections to cure many diseases. That is where the name auto-therapy comes from. A byproduct of the disease in the body is diluted and filtered to prepare the medicine (vaccine) to cure the disease affecting the body. A few years later he discovered that the required toxins were processed by the kidneys and ready to use any time. In his book "Autotherapy" NY 1915, Dr. Duncan explains all the aspects of this new science and the process to prepare his universal vaccines and remedies. He also describes the fantastic recoveries his patients experienced when they drank their urine, applied under the tongue or received a urine injection. These applications helped them recover very quickly from a variety of illnesses. In his book there are many case studies of persons with kidney, bladder and prostate infections. Some of his clients suffered from hepatitis and venereal diseases which responded very quickly using auto-urine applications. He also mentions a case of bloody dysentery that responded very well to a vaccine prepared in his office.

Duncan was not very popular amongst physicians of his time because he did not use the standard vaccines or medications. He knew that in many cases the recipient ended up in worst physical condition after receiving vaccines or medications. His methods are so simple and easy that he always prepared auto-therapeutic vaccines or medications for his clients using a byproduct of their own conditions. Almost a century later his formulas are as effective today as when he first developed them.

The second study was published in the British journal "The Medical Press" of London, by Professor J. Plesch. M.D. in 1947. The title of the study is "URINE THERAPY." In a previous publication in 1927, Professor Plesch explained that recurrent herpes could be cured by applying a subcutaneous (under the skin) vaccine on a healthy portion of the patient's arm. To prepare the vaccine, the tip of a sterilized pin or needle is soaked with the liquid from a herpes blister or ulcer. Then the skin was pricked with the needle so that the tip penetrated below the skin (1/8 of an inch). This procedure is the same as the one used for small pox vaccine and it has been used extensively because it is very simple, yet effective.

Upon discovering that hepatitis infectiosa is a disease produced by a virus and transmitted via the excrement, Plesch tried the same auto-vaccine therapy against this disease too. **But he used the patient's own urine injected in the buttocks as a vaccine.** According to Plesch, upon going through the urinary system, the pathological agent (virus that causes the disease) is weakened or killed (by hydrogen peroxide in urine), leaving the vaccine ready to use each time we urinate. Plesch explained that the procedure of auto-urine injections is no more than an extension of the methods used by Jenner and Pasteur, who invented the first vaccines. However, auto-urine injections are much simpler, and since urine is sterile it does not require analysis or preparation therefore it can be applied immediately. To keep urine sterile all one has to do is wash the genitals thoroughly before collecting a midstream sample.

Plesch explained that in one of the first experiments a patient was suffering from hepatitis. He had abdominal pain and intestinal irregularities caused by a swollen liver which was putting pressure on the intestines. Professor Plesch injected one cc of the person's own fresh urine in the buttocks and waited to see what happened. The result of the experiment was that in a few days all the hepatitis symptoms disappeared as the liver returned to its normal size and operation. All of the nuisances and intestinal irregularities caused by the enlarged liver were gone. In other experiments Plesch obtained the same results, even in cases of chronic liver infection a patient had for more than ten years.

Naturally, after having such an excellent result against hepatitis (**modern medicine does not have an available treatment for hepatitis**), Plesch decided to experiment with other virulent infections with auto-urine injections. Months later, he reported that he had obtained extraordinary results against whooping cough, gout and asthma injecting the person's own urine.

In one of his early cases, a patient was suffering from asthma. **Immediately after the first urine injection the patient's daily asthma attacks disappeared** (asthma is an allergy). The asthma attack was alleviated before the body could develop antibodies. Plesch reported that a patient who suffers from anaphylactic allergies (asthma and epilepsy) can be helped using simple urine injections. This discovery convinced him that the same procedure could be used against all type of allergies, early gangrene, cholera, migraines and epilepsy.

Plesch decided to publish the results of his discovery after applying hundreds of auto-urine injections. During three years of testing, none of his patients developed infections or required hospitalization as a result of the pure urine, intra-gluteal injections.

Plesch reported that to vaccinate a person $\frac{1}{4}$ to $\frac{1}{2}$ cc (cubic centimeter) of urine should be injected slowly in the buttocks. Larger quantities, up to 5 cc, were injected in cases of severe allergies. The injections were applied at intervals of seven days or whenever there was a relapse. (Two to four weeks on average).

In isolated instances auto-urine vaccines produced mild fever, pain in the joints and irritation of the throat during 36 hours or less. His clients generally reported a slight burning sensation where the injection was applied. These problems were alleviated easily with aspirin. Some very sick patients had inflammation localized at the site of the injection therefore, he recommended using less than $\frac{1}{4}$ cc for very weak patients. Plesch reported that localized irritation, joint pain and any other inconveniences disappeared in a couple of days, or as soon as the body develops immunity.

Note: A pregnant woman had a spontaneous abortion after an injection therefore he cautioned practitioners to inform their clients about this risk when a woman is pregnant.

The third study was also published in the British journal "The Medical Press" of London, by Dr. Nancy Dunne in 1981. The title is "THE USE OF INJECTED AND SUBLINGUAL URINE FOR THE TREATMENT OF ALLERGIES." This report was also presented at the Oxford, Medical Symposium held in England, that year. In it Dr. Dunne outlined a simple yet effective technique that is been recognized in the United States and in the rest of the world as an ideal procedure to deal with and eradicate all allergies. The technique is known as AUTO IMMUNIZATION or injected allergy vaccines prepared with the urine of the affected person. The application is so simple that it may become the preferred procedure in the future according to Dr. Dunne.

Diagnosing an allergy can take a few hours to a few weeks or even months. It requires exposing the affected person to the specific substance to which he is allergic. The substance can be common like wheat or caffeine, however it can also be a perfume, a cleaning agent in the lobby of your building or antibiotic a farmer uses sporadically and comes in milk.

One of the advantages of auto-immunization is that it eliminates the need to identify the substance or substances producing the allergic reactions in a person. Instead it uses a fool-proof identification system that is individualized and infallible for each person. There is no need for laboratory tests or sophisticated equipment and the procedure is so extremely simple that it can be learned very quickly. Another advantage is the quick inoculating response that allows the affected person to eat and drink just about anything without allergy symptoms. These advantages put this therapy within reach of all physicians and alternative practitioners. By using the patient's urine they don't have to purchase any equipment or invest the time required for the complex therapeutic techniques and the different diagnostic methods ordinarily used for allergies.

Dr. Dunne discovered this procedure through Dr. Fife, a neurological psychiatrist for four decades who years earlier had been forced to resign from a prestigious practice due to ill health. Numerous medical investigations showed no disease and no way to deal with the problem. When he accidentally discovered auto immunization with urine injections, he immediately used them on himself. In a matter of days he recovered health and vitality which he had not enjoyed for several years prior to getting sick. Dr. Fife was able to resume his lifestyle and went back to work directing a psychiatric hospital. His recovery was so swift that he decided to experiment using the same technique with his psychiatric patients.

Adverse reactions to auto-urine injections are practically unknown according to Dr. Fife. He reported applying or supervising over 100,000 auto-urine injections without a single complication to patients. Some of the schizophrenic patients reacted with hyperactivity or depression that lasted one to three days. In some instances the reaction was localized swelling in the area of the injection. Other people reported discomforts such as joint pain, slight fever and other reactions which are similar to those associated with vaccination and subsequent development of antibodies. The sicker the patient, the greater the possibility of a strong reaction. These problems generally disappeared in two days and responded well to plain aspirin.

This applications proved to be effective even in cases of cerebral allergies such as: epileptic-like seizures, clothes stripping, aggressive outbursts, hallucinations, overwhelming sleepiness, unconsciousness, clumsiness, migraines, catatonia, dyslexia, autism and acute depression. A suicidal client who was afflicted by crippling migraines for eleven years was subsequently cured of the condition after 8 urine injections according to the study.

During the treatment of his psychiatric patients, Dr. Fife reported that other diseases his patients had were also relieved, including multiple sclerosis, Inflammation of the colon, high blood pressure, lupus, rheumatoid arthritis, hepatitis, hyperactivity in children, deficiency of the pancreas, psoriasis, eczema, diabetes, herpes, migraines, mononucleosis and many others. Conversely, when general

practitioners used urine injections for these diseases their patients recovered from the mental problems afflicting them.

The number of treatments required to render a person asymptomatic varied with individuals. Some needed a single injection while others required them weekly for three to 4 months. In 80 percent of the experiments done by Dr. Fife and his colleagues, auto-urine injections offered relief for many years without requiring additional treatments. The statistics demonstrated that 92.66 percent of the patients had at least a 50 percent improvement in their conditions. The patients themselves reported a 70% overall improvement of their problems.

The procedure used by Dr. Fife and Dr. Dunne is the following: After obtaining the patient's personal and family history and after the usual tests and analysis, the patient was told to eat the foods or products to which he was allergic. Urine is always collected while the person is having an allergic reaction or soon after it. After washing the genitals, a sample of midstream urine is collected and filtered through a 0.45 and 0.22 micron paper filter. The quantity is calculated according to the weight of the patient and an intra-gluteal (in the buttocks) injection is applied slowly in one to several minutes. They are generally applied weekly. For better results Dr. Fife recommended that the patients stop eating or using substances they were addicted to such as: narcotics, drugs, alcohol, cigarettes, sugary snacks, coffee, milk, wheat, cookies, carbonated drinks, and other substances considered junk food.

Dose	Body weight
2-CC	Infants
3-CC	10-69 lbs
5-CC	70-114 lbs
6-CC	115-159 lbs
7-CC	160-199 lbs
8-CC	200 + lbs

Dr. Dunne's personal experience was the following: for 25 years she had many health problems caused by multiple allergies which were more aggravating each day as her condition worsen. She had allergic reactions to wheat products, chicken, beef, pork, milk, eggs, aerosols and cleaning products. She had allergies to the sun, auto emissions and could not use her wedding ring or other metal objects. Insect bites caused ulcers, eczema, edema and other reactions that

lasted for weeks. She needed two hearing aids to compensate for lost of hearing. Pollution forced her to live and shop outside big cities. When she had allergies, tension and fatigue at the same time she would get so weak that she could only attend to her immediate priorities.

Dr. Dunne injected herself once every week for four weeks. Depression set in for two days four hours after the second urine injection. After the fourth and last injection, she regained the degree of health she had 25 years earlier. Although careful with her diet, she could eat small amounts of products that used to make her very sick. Her allergies to sun rays and metals disappeared and she could travel in the city with a clear head. Her deafness disappeared and she didn't need hearing aides anymore. The real bonus was in concentration, memory and other mental activities that used to be slow and required great effort and they became spontaneous. Her handwriting became clear and manageable when her signature was so undecipherable at times that it used to confuse bank tellers who often asked her to see the manager.

"After 25 years of living in shadows, I could see with clarity, and I am glad to have a full life again," wrote Dr. Dunne after the treatments. Eight months later her life continued normally and without allergies, and she did not require any more booster injections.

Shortly after her experience, she modified the procedure for a 5-year-old child who had numerous health problems. His skin was covered with eczema since birth. His eyes were swollen shut, his nails were black and some had fallen off. His skin would get severe infections from a simple scratch discharging pus all over the body. He could not walk or use his claw-like hands. His appearance was revolting. He had constant ear infections, frequent hysteria and asthma. In desperation the child used to bang his head against the walls. He could not sleep more than half an hour at a time even though he was taking sedatives, antihistamines and antibiotics. His relatives tried everything: hospitalization, specialists and even alternative-medicine specialists who recommended relocating. But nothing improved the child's condition.

Dr. Dunne collected the child's urine and applied three drops under his tongue, then instructed the family to do the same four times a day. The first time she placed urine under his tongue, the child was having a screaming fit that usually lasted half an hour. Within a minute, the hysteria subsided and the child relaxed. Four days later, the child began to sneeze and spit out a great quantity of phlegm. His mother became concerned until she was assured that this was a cleansing reaction. She was told to discontinue all medicines and continue applying urine drops under the tongue as instructed. Water and pus were oozing out of his ulcers and patches of normal skin began to appear. On the sixth day, the skin began to clear up and the child was able to sleep four consecutive hours at a time. After two weeks, he could use his hands and walk by himself. He had no asthma again even when playing outdoors, on grass or with cats. The family was instructed to apply the drops eight times a day which produced an excellent reaction accelerating the healing process even more. The child was urinating frequently and there was a white sediment in the urine. The child's hair was thicker and he was growing healthy fingernails. All the hyperactivity, eczema, asthma and hysteria were gone. Two months later, the child had recovered almost completely, which allowed mother and child to sleep quietly six hours or more every night.

Dr. Dunne discovered that urine drops applied under the tongue were more effective than injections in treating allergies and mental problems. Some of the mental problems treated were schizophrenia and depression, along with asthma, epilepsy, diseases of the liver, allergies, eczema, arthritis, water retention and numerous digestive complications. Urine drops are more effective because urine under the tongue passes directly to the blood stream where it immediately stimulates the immune system.

When this report was published, Dr. Dunne announced that she was having equally good results with homeopathic urine solutions.

In one of my own experiments I prepared the ultimate universal remedy (pg 8) for a child who was suffering with epilepsy, asthma, mental retardation and clumsiness for more that 10 years having at least one epileptic seizure every day. I instructed the family to apply

the 4 drops of diluted urine under the tongue every two to three hours while the child was awake. I also advised them to open the window a little while he slept and that he be given trace minerals. He started improving immediately and after the third day he had no more epileptic seizures. I checked back with the family in South America and a few months later the child was doing great.

WEAPONS TO FIGHT CANCER 21 AND OTHER TERMINAL CONDITIONS

Urography will help you prevent and deal with serious illnesses such as gangrene, jaundice, tuberculosis, AIDS and, cancer just as effectively as it gives you relief from common ailments. Your urine is the ultimate panacea because it has specific ingredients that fight all diseases at the different stages of development. In addition it contains hundreds of other ingredients and organic compounds specifically customized to the needs of the affected person at the moment you use your urine. The best thing about urography is that the body accomplishes all healing tasks at once and it does it in ways medical science cannot even dream of yet. Harmony and balance are a cup of urine away through an automatic process the body itself controls and it does not require specific knowledge of how it is done. The advanced ways to use your urine along with other holistic approaches to deal with cancer and other terminal conditions is the content of this chapter.

The best approach against cancer and other terminal diseases is to become familiar with the conditions that ultimately lead to developing them. Once you understand the process to disease you can work with your body to stimulate the body itself into reversing the conditions that make you susceptible to disease making it possible for you to become healthy again.

New York City has one of the biggest and most sophisticated sewer systems in the world to serve gigantic buildings with hundreds of apartments that are home to 8 million people in the city. New York City also has commercial and public sanitation departments to handle the residential and commercial garbage generated by its people. The body has a combined sewer system and sanitation department known as the lymphatic system that is similar to the sewer system and sanitation departments of New York City. However, the lymphatic system in the body is a thousand times more sophisticated because it processes and eliminates all waste produced by 20 - 50 trillion cells that make up the body.

New York City is broken-up into neighborhoods and buildings with small sanitation and sewer systems. The body itself is broken-up into joints, muscles, bones, organs and glands with smaller lymphatic system within them made up of smaller lymphatic vessels, nodes and glands to collect and process the waste from all the cells within the joints, muscles, bones, organs and glands in the body. Each apartment has smaller sewer pipes serving the toilets, lavatories, bathtubs, showers, kitchen sinks, dishwashers and washing machines to handle the waste humans discard in them. The individual joints, muscles, bones, organs and glands also have smaller capillary lymphatic vessels, nodes and glands to collect and process the waste from all individual cells.

You can tell when the sewer system in your building is clogged-up because polluted or contaminated water remains or spills-over in the toilets, lavatories, bathtubs, showers, kitchen sinks, dishwashers and washing machines. It is easy to tell when the lymphatic system vessels, nodes and glands are clogged-up in a joint, muscle, bone, organ and gland because the condition manifests as a common ailment localized in the affected area. When the garbage compactor brakes-down in a building, the entire apartment house develops an offending odor that gets into all the apartments and makes people sickly. When you do not eliminate all the waste from within the body, the body reacts the same way however, it manifests as constipation, bad breath and offending body odors. Air fresheners or incense can make the house smell good, but that is only a temporary solution. Deodorants, perfumes and mouth wash help temporarily with body odors, however that is also a temporary solution.

When garbage piles-up and raw sewage fills the basement of the apartment-house, the building becomes inhabitable because of the numerous diseases associated with those filthy conditions. No one can live with the infestation of roaches and rats that threaten the well being of those living in that apartment-house. The same thing happens in the body when the lymphatic system vessels, nodes and glands clog-up and cellular feces stagnates within the individual joints, muscles, bones, organs and glands. The only difference is that cellular waste or excrements accumulated in the lymphatic system vessels, nodes and glands within the joints, muscles, bones, organs and glands manifest as crippling arthritis, gangrene, abscess,

benign tumors and cancer. However cancer does not develop in the joints, muscles, bones, organs and glands, they develop within the lymphatic system vessels, nodes and glands with stagnated cellular feces within them. You can move out of a filthy building, but you cannot move out of your body. However you can cleanup the building where you live and you can also reactivate the lymphatic system to cleanup a body afflicted with stagnated cellular waste in the lymphatic system vessels, nodes and glands to eliminate the conditions that made you susceptible to developing common health problems and terminal conditions. You can waste a lot of money following the approach of traditional medicine, however I doubt you will recover your health. Or you can use UROPATHY that is cheaper and much more effective to fight the conditions that make you susceptible to developing simple maladies and terminal diseases.

Medical science claims that there is no cure for cancer or AIDS, but there have been dozens of individuals who recovered miraculously fast from cancer, AIDS, gangrene, multiple allergies, jaundice and many other hopeless conditions using uroopathy. You don't even have to identify the disease or wait for a diagnosis to deal with a problem because the affected person's own urine will help overcome the conditions leading up to most diseases. You just need to have faith in your body's own ability to heal to start using your urine as described in this book to activate within the body the cleansing, healing and regenerating process necessary to recover your health.

I Praise anyone who chooses to take care of himself when facing common problems and terminal conditions. You are much better off actively participating in your own healing processes than letting others do it for you. For them it is a job, for you it is matter of life or death. Doctors must follow the standard procedure set up by the American medical association which requires them to perform multiple tests and numerous analyzes, however you don't need most of them. Frequently they request a \$2,500 test because you have good insurance, but most importantly because of the \$500 kick back the doctor gets from the lab that performed the test. Their approach to advanced conditions leads to chemotherapy, surgery and radiation that have only a 50% survival rate. Your odds of surviving or at least reducing your suffering are better when you educate yourself and take control of your own healing process using your urine because

you value yourself much more than health care providers do. To many of them taking care of you is a job to pay the bills, but to you it is a matter of life and death. When a person dies, doctors lose a patient. However, if you die, you lose everything.

In 1993, Ralph Nader did a 3-year study on the causes of death in American hospitals and he discovered that 300,000 Americans are accidentally killed every year in American hospitals because of medical negligence. You may not understand the seriousness of this study until you compare the figures with the numbers of soldiers who died during the 10 years of the Vietnam war and WWII. In Vietnam 56,000 Americans' soldiers died, in WWII 296,000 American soldiers lost their lives in battle. You may not see the significance of these figures until you realize that these soldiers were in a hostile environment with guns, rifles, cannons, machined guns, bombs, tanks and other weapons and they were doing everything possible to kill or be killed. Yet more loved American citizens die accidentally at the hands of health care providers who are supposed to care for them and improve their health. That is why I suggest you protect yourself and do what you can at home using the many safe and inexpensive alternatives available to you. No one has ever died of a vitamin overdose or any of the urine applications.

Medical science has published many papers praising great discoveries, when, in fact, they were referring to isolated urine ingredients that are very powerful to fight terminal conditions. Scientists have acknowledged in their journals that urine contains 15 ingredients that fight cancer at all the different stages of development. Some of these ingredients are Uric acid, Urea, H-11, directin, 3-methyl glyoxal, DHEA, antineoplaston and genistein. Other toxins urine contains are extremely powerful to stimulate the body into fighting any disease because these substances are the true cause of most diseases. Medical science calls them endotoxins and exotoxins and they are the substances you must use to vaccinate the body and develop resistance to any disease. These are the precise toxins that are making you sick and the precise elixir to recuperate. Your urine contains ingredients that destroy tumors already developed, yet undetectable with an X ray, CAT scan or MRI.

Some new ingredients mentioned in this book are recent discoveries found in medical journals, magazines and newspapers. These reports give detailed information on very effective experiments, applications, and procedures for preventing, controlling or eliminating cancer using concentrated urine ingredients. I believe medical scientists prefer to use these isolated ingredients, not because they are more effective, but because they can monopolize the procedures and charge whatever they want for the treatments.

Besides these miraculous ingredients, the urine of the affected person will contain laxative substances that will reactivate the lymphatic system. This is necessary to drain out of the body the stagnated fecal matter that compounds the disease process and must be removed before any type of improvement can take place. The marvelous fact about uropathy is that all these powerful healing processes take place automatically as the body monitors itself through the process of biofeedback. The body compensates automatically by producing very strong or mild urine to generate the precise reaction the affected person needs at the moment when he uses his urine. Each time you collect and use your urine, it perfectly matches your needs at that moment to keep you healthy or help you recover your health. You just need the proper information and knowledge to develop faith in your own ability to heal and then start activating the body's innate self healing instincts with the ultimate universal remedy, rectal pure urine implants, skin rubs with urine, and drink at least four ounces of urine four to six times a day. In most cases, you will notice some type of improvement in one or two days.

Everyone knows that purified and concentrated substances can be very harmful, and even deadly to some people. These side effects do not happen when you use whole urine. Using whole urine combined with other alternative procedures that promote health allows the infinite wisdom of the body to handle the entire healing and regenerating process. However, parents concerned about a sick child, someone worried about a dying spouse, or anyone in agonizing pain is in no condition to argue with a doctor about medical protocol. That is the reason why I urge everyone to start using uropathy when they are still healthy to avoid that situation before it develops. Do not wait for symptoms to do an annual checkup to start caring for your health when you are falling apart.

When you are healthy, urine contains the ingredients necessary to prevent creating the conditions that make you susceptible to developing cancer long before it begins to form. And if you already have undetectable cancer and don't know it, urine will help the body stop its development and eliminate it thoroughly. You will never know what happened or that you had it.

Uropathy helps millions of people, but there are certain limitations and every one has to die sooner or later. If the affected person sincerely does not wish to live, those who care for him will have a hard time helping him. In advanced cases, there has to be strong faith, and a purpose that can motivate the sick person to fight physically and mentally in order to overcome and defeat the disease. Sometimes the growth is not eradicated fast enough and it may even appear the same after a few months. In some cases a tumor remains in stasis and will be harmless as long as urine is ingested regularly and applied diluted under the tongue often.

Cancer is associated with the lymphatic system that becomes clogged with polluted water clusters that attract globulins and huge protein particles. Blocked lymphatic vessels are the initial stages to develop any disease. You get over it when the lymphatic vessels become unclogged, but if they do not, then you have the perfect environment to allow deadly viral mutations that eventually spread throughout the body and destroy you. But when cancer spreads throughout the body it is not the cancer itself that is spreading, it is the other lymphatic nodes and glands which became polluted and then cancerous because of poor drainage of lymphatic fluids. It does not matter that cancer manifests in the skin, breasts or prostate glands, by the time a bad lymph node shows up there are thousands of them in similar conditions.

I remind my readers that I am not a physician and no one should use this information to treat himself. No one should use this information as a substitute for sound medical advice. Talk to your doctor about these approaches to cancer and terminal conditions and try to get his approval and cooperation for whatever you

This paragraph is for anyone who does not believe in urine therapy and wants to go the traditional way placing himself in the hands of doctors. One medical procedure that Doctor Jensen recommends is a barium enema or an X ray of the colon filled with a radioactive substance which shows the shape of this organ. He recommends that any terminally ill person get it done just in case the real problem is stagnated fecal waste in the colon, but is manifesting as a disease in other parts of the body. In his book "Tissue Cleansing Through Bowel Management" Dr. Jensen describes many conditions associated with putrefactive excrements that cannot be eliminated normally. During autopsies of many individuals who had severe health problems he found up to 40 pounds of dried out excrement in the sigmoid section of the colon that often measured around nine inches in diameter. Barium enemas are not part of the standard procedure doctors must follow therefore you may have to demand this test and fight your doctor to get it done. Remember you are fighting for your life and it is well worth the effort to find out if you have a condition that can be eliminated with several implants or enemas instead of surgery, chemotherapy or radiation.

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implants, enemas or colonics instead of surgery, chemotherapy or radiation.

Here are some procedures I know of or heard about:

Diluted Urine for sublingual use:

Prepare in a small jar with a dropper (pg 9)

1- tablespoon of water, juice or a combination of these.

2- drops of urine as the affected person pees it.

20 - 30 drops of white, clear liquor (Vodka, Gin, white Rum)

Liquor is an optional ingredient that I recommend using to delay fermentation and to absorb the mixture faster. Do not use as much liquor when preparing this formula for babies and infants.

Shake contents for five to 10 minutes and apply 3 - 5 drops of the mixture under the tongue every two hours. Some viruses can mutate every three days. Therefore, prepare this solution fresh every three days until the disease is eradicated. I have witnessed many cases in which this application effectively replaced antibiotics and pain killers.

Fasting while stimulating flow of saliva: Saliva is more potent as a healing agent than your urine, that is why the glands that produce it are placed inside your mouth. When facing a terminal condition you don't have energy to digest any food, but you can benefit a lot from placing anything in the mouth that stimulates the production of saliva constantly. There are many things available to accomplish this task and some of them are: small pieces of raw garlic, hot pepper, chewing gum, candies (tic tack), a piece of ginger, dry fruits such as pineapple or apricot, drops of lemon juice or any other natural product. **Do not** use products that contain artificial sugar because they promote cancer.

Fasting: Fasting is not a simple procedure and unless you are familiar with the procedure a doctor should supervise it. However a urine fast is very simple and effective. In his book "The Water of Life" Armstrong recommended fasting to eliminate any type of cancer or any other terminal condition. He advised the affected person to drink all his urine or water when thirsty or hungry (distilled or purified

if available). Urine contains enough nutrients, hormones, enzymes and amino acids to sustain a person through the healing process and helps control hunger without the need to eat. To get the most out of a urine fast it is very important to drink 6 - 8 ounces of urine every two hours and you can accomplish this in two ways. You can store urine in the refrigerator to drink at the suggested intervals, or you can pee only the amount of urine you intend to drink every two hours. Although it is rather uncomfortable to control the flow of urine, this is the most efficient way to fast since you will be able to control hunger and you won't have to drink too much water except for the fluid you will lose as the body produces diarrhea to eliminate toxins. If you master this technique, you will be able to drink fresh urine every two hours extending the duration of the fast making it more effective.

It is important to determine how much energy the affected person has because that will determine the duration of the fast. Each person is different and some people are too weak and frail to fast at all, especially if they have been in a hospital where most people are starved to death. The most comfortable fast is the eating fast. Which means having some light food or just drinking fruit or vegetable juices to supplement the diet of the affected person while drinking all, or most of their own urine.

When doing a true fast, it is difficult telling the difference between habitual hunger and starvation hunger. Habitual hunger usually drives you crazy during the first three days of a fast because you have to deal with the withdrawal symptoms associated with giving up the addictive foods you normally eat. Starvation hunger is when the body has consumed all fat reserves in it and is beginning to consume itself by taking protein and nutrients out of its own muscles and bones. Starvation hunger leads to death therefore you should start eating at that point. If you are not eating any food at all while fasting, it is important to reestablish the intestinal flora before eating regular food again. To get more details I suggest you purchase a book on fasting. To reestablish the intestinal flora, start out by eating acidophilous enriched plain yogurt or sour milk and whole oranges without the yellow of the skin. Your best bet is the liquid fast.

Injections: There are numerous publications in medical journals explaining how urine injections have been used throughout

this century to effectively eliminate hepatitis, asthma, allergies and venereal diseases. I can't see why it wouldn't be effective to treat cancer as well. Professor Plesch used fresh whole urine injections effectively for numerous conditions. Doctor Duncan diluted it and applied it under the tongue or forced it through a porcelain filter and injected it. Doctor Fife, a neuro psychiatrist, weighed it and compensated if necessary, then filtered it through 45-micron and 25-micron paper filters before injecting it. In essence they used whole urine. Even though these scientists were not always trying to eliminate many of the health problems of their clients, they did eliminate just about every known condition by using urine injections. As you may already know, urine injections turned out to be universally effective against all allergies and most diseases. I believe you have nothing to lose by trying them. The only direct problem is that urine injections burn a little unless the urine is treated with ozone or phenols. Frequency of injections and duration of protocol is determined by complete remission of the disease. While at the "Pasadena Whole Life Expo" in 1995, a woman told me she had been cured of lymphoma by a practitioner who used urine injections every other day.

I warn physicians, alternative practitioners and the general public of the reprisals that could come to a person applying urine injections. A few doctors have lost their licenses because they were caught using them, and a person can be put in jail because injections are considered a surgical procedure. But urine injections are too safe, effective and simple to use not to be mentioned in this book. Injections are an alternative for a person who does not want to use urine any other way. Remember though, that diluted urine applied sublingually every two hours is perhaps more effective than injections therefore I suggest trying them before injections.

Rectal Implants/Enemas: In most cases of life threatening disease, the rectum and colon are full of stagnated feces in a putrefied state, and the patient cannot expel this waste naturally. The rectum and colon are the body's sewage treatment plant designed to handle the body's waste, and these applications ensure a complete elimination of that waste as soon as possible. The rectum and colon are also the final destination of 60% of the lymphatic system fluid discharge. When the colon is stagnated, the lymphatic system cannot eliminate the body's waste and that is when you get

common or terminal diseases. Now that you know where most of the problems start, you can prevent them or get rid of them by using a urine implant or an enema.

An enema flushes out loose waste accumulated in the rectum and colon, while an implant stimulates the entire lymphatic system in the body to flush itself out. An enema requires around 32 ounces of fluid, while a rectal implant requires only four to eight ounces of pure urine. The enema can be done with coffee or urine, while an implant should be done with pure urine. Implants are more effective than enemas because the consistency of the patient's urine will stimulate a cleansing reaction of the precise intensity the affected person needs. Coffee is basically the same worldwide, but urine can be like water in a healthy person, or pure acid in a terminally ill person. Acid-like urine is most certainly the precise substance needed to stimulate a grand elimination of stagnated and putrefactive waste from the colon of a person with cancer or any other terminal condition.

When you start using urine there will be a lot of waste discharged from the body into the colon therefore I recommend using implants two times a day during the first two weeks of application and then once a week every morning. The most effective implants are the ones done in the morning or after sleeping more than three hours. Frequent urine implants do not harm or interfere with the intestinal flora because the consistency of urine is very similar to the ideal environment of the colon.

This procedure may seem too intense, but cleansing while taking a full spectrum nutritional supplement is the ideal, and the only procedure to regenerate any deteriorated organ in the body. When you want to regenerate the colon, you must keep it empty and clean for up to three months to get good results. You can tell when the colon is recovering when the body starts discharging waste on its own. Not everyone requires such an intense approach, but it is better to be safe than having a relapse. Use the implants less frequently when the body absorbs the implanted urine. That is an indication of the colon being in an ideal condition.

Skin rubs: The skin is the second sewage treatment plant in the body and it must receive attention since it handles about one-third of the waste discharged by the body. Skin rubs should be applied at least once a day. If the patient is strong enough, a cool

shower is recommended after the rub, and sheets on the bed should be changed daily. Urine is the best thing to apply to the skin, and since the patient may not be able to produce enough of it, the urine of another person can be used for this application. Having the patient drink more fluids will generate more urine. An herbal essence can be used to minimize the smell, although it should be left on the skin for only about 20 minutes. Rubs should be gentle, but strong and always toward the heart to stimulating circulation of blood and lymphatic fluids. Lotions and creams that block the pores should not be used. Using apple cyder vinegar or lemon juice are excellent substitutes for whole urine if the affected person has a problem with the smell of it. The acid juice helps open the pores.

The following applications do not require using urine, but they are very effective to help a terminal ill person and should be combined with urography.

Stimulate sweating: One third of the waste discharged by the lymphatic system is expelled through the skin in the form of perspiration or sweat. Therefore any procedure that stimulates sweating is recommended to help a person detoxify and overcome his illness. Covering him with a few blankets is one way of accomplishing this task. Remember also that the skin must be allowed to breath, therefore the blankets should be removed periodically and a massage performed to stimulate the lymphatic system throughout the body, especially in the legs, arms and back which do not get much exercise when a person is laying in bed. When the affected person sweats a lot, the underwear should be changed two or 3 times a day and the sheets on the bed must be changed at least once a day because sweat contains a lot of cellular waste.

Create an artificial fever: Heat is one the body's defenses against pathogenic microbes and the infections they cause. When a

A person who is ill must drink about a gallon of liquids every day to flush out toxins, to replace all the liquids lost through perspiration and to prevent dehydration. Micro water, vegetables or fruits juices are the best choices.

person is ill, you can help the body to fight any health problem by placing a hot water bottles next to the affected area. Please use caution to avoid using water that is too hot, but I recommend using it as hot as possible and placing a towel between the bottle and the skin. Placing several bottles filled with hot water on, or near the skin will raise the body's temperature a few degrees which can be quite beneficial because the artificial fever stimulates circulation and sweating. If you know the area where the problem is manifesting such as the breast, leg or liver, place the hot water bottles over that area repeatedly. If you do not have a hot water bottle, use any glass or plastic bottle. You can also use an electric iron making sure the amount of heat reaching the affected person does not become too hot to burn the skin. This application should be used every other hour several times a day according to the severity of the problem.

Deep breathing exercises: The most important factor for cancer or any other terminal condition to develop is low oxygen in the body and an excessive accumulation of stagnated cellular waste in the colon and other parts of the lymphatic system. You can prevent and overcome both of these conditions with deep breathing exercises. When done properly, deep breathing exercises reactivate the lymphatic system increasing the body's capacity to expel toxins 10 - 15 fold and that alone can help you recover when practiced 10 minutes three times every day.

Start with an abdominal breath counting heart beats or seconds required to inhale. Then hold your breath for 3 to 4 times as long as it took to inhale. While holding your breath try to build up a little pressure within the lungs to force air into the body. It should be done gently. Then exhale blowing through the mouth in about 1½ times the amount of time it took to inhale, then hold your lungs in a vacuum to pull carbon monoxide out of the blood and follow it with a deep, but quick breath. Then repeat the breathing exercise. The exercise should be repeated 10 - 15 times, three times a day when you are healthy and even more often when fighting a terminal condition. It is important to drink two or three glasses of vegetable or fruit juices when seriously doing this exercise. Juices contain pure water that can irrigate all the cells in the body to help them eliminate all cellular feces and toxins that will be in circulation.

Drinking micro water to irrigate cells: One of the problems that causes diseases in the body is contaminated water or polluted internal conditions in the body. Water is utilized in the smallest unit available, **a cluster**. The cells have openings on their skin to allow the passage of blood, nutrients and water into the cells. The biggest size cluster of water that can penetrate the cells is made up of seven water molecules and anything bigger than that cannot pass through the skin of the cell. When water becomes contaminated it forms clusters of 10 - 15 molecules that cannot penetrate the cells. Without water the cells dehydrate, auto intoxicate with their own waste and begin to deteriorate. Removing toxins and cellular feces from the body is important because all water in such an environment forms large clusters and becomes unavailable to the cells and that is when you get sick. All water in the planet is contaminated, therefore we need to filter or distill what we drink, but the best thing to do is drink water which has been filtered by nature and transformed into the type of water made up of small clusters that can irrigate all cells and wash out the pollution within them. That is the type of water you get from juicing fruits and vegetables. Juicing is an excellent tool to live healthy or to fight terminal conditions.

Supplement your nutrition: One of the contributing factors that leads to developing cancer or terminal conditions is malnutrition. The body must have a certain amount of carbohydrates, 60 colloidal minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids every day. These nutrients are supposed to be in our foods and we need them to keep our cells healthy, but most importantly, these are the building blocks to create the billions of cells that must be replaced everyday in our bodies. To produce strong and healthy cells capable of performing all bodily functions while you are alive you must have the proper nutrients. Some of these nutrients are necessary to eliminate toxins and cellular feces from the body therefore you need all of them especially when attempting to regenerate a body that is afflicted by a terminal condition.

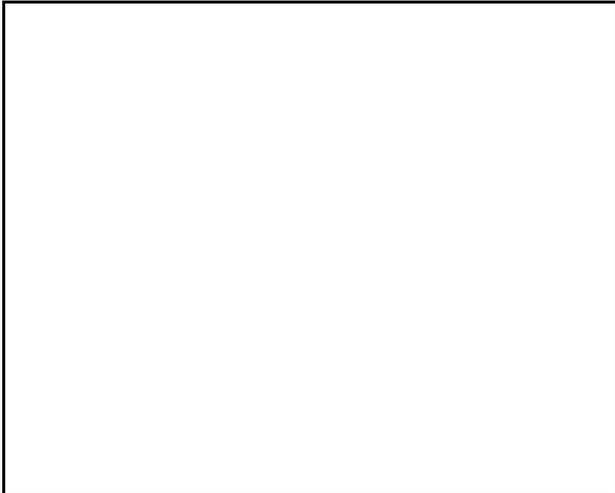
Bowel tolerance vitamin C: As recommended by some practitioners, ingest four grams (5,000 milligrams) of vitamin C the first day and increase the amount by four grams every day. Example, take eight grams the second day, twelve grams the third day, and so on until it causes diarrhea. It might be easier to swallow the pills if you grind them down and mix them with juice or water. Once it

causes diarrhea, cut back two or three grams until it does not cause diarrhea, and continue taking the same dose for 21 days. For best results use enzyme based vitamin C, or time released vitamin C. Do not take all the pills at once, take them in equal doses four times a day. After that, start decreasing by two grams per day until you stop completely. This is a very effective alternative procedure for a person who doesn't want to drink his urine. You just need a few dollars to follow it.

Stretching exercises: When a person is ill he is not activating the lymphatic system and eliminating the waste the body must get rid of to remain healthy or recover from a terminal condition before getting better. Attempting to touch the toes is an excellent idea because 70% of the lymphatic system vessels and nodes are within the abdominal organs and hunching over slowly squeezes these organs forcing them to drain lymphatic fluids and then relaxes them to take in blood or water. This is very similar to the deep breathing exercises, but much more intense therefore more effective. Needless to say, use moderation when stretching to avoid causing more damage. The idea is to activate the muscles because the lymphatic system within the muscles can only be activated through physical activity or massages. And if the affected person is not strong enough to exercise on his own, then those who care for him have to compensate for his lack of physical activity.

Color therapy: This is a relatively new application that is gaining some acceptance. All you need is a blue and a red spot light that can be purchased at the local decorative light store. The blue light is an ultraviolet source that when placed over the bare skin, but not close enough to burn, provides some type of relaxation that is not quite understood. It has wonderful relaxing effects. Hospitals use the blue lamp on patients afflicted with liver problems because it helps eliminate bilirubin, one of the toxins the liver is supposed to process. Another light is the red spot light which hospitals use on cancer patients. For some reason cancer does not like the red light. Cover the eyes of the person when using these lights and alternate them. They should be used for about two hours at the time. For more information purchase a book on color therapies.

Reflexology (foot massage): This is an excellent way to stimulate all the organs in the body and it is relatively easy to learn. If you laid out two pictures, one over the other, the location of the corresponding areas to stimulate will be identified. One picture should be of the torso, from the groin to the head, and the other picture should be the soles of both feet as if you were standing. For problems in the abdomen, massage the bottom half of the feet. Constipation problems require massaging the bottom, outer part of the right foot, up about 2/5th the length of the foot and across to the left foot then down the outer side of the left foot. This is the same way the colon is positioned in the abdomen. The toes represent the head with the pituitary and pineal glands. The heart is in the middle and the lungs in the upper portion. Follow the same layout for other organs.



Remember that advanced diseases require drastic measures. To control or eliminate terminal conditions a well-planned program is necessary. And then it has to be followed properly making sure that all details and procedures are written on a wall chart where they are visible and are easy to follow. A group intervention that includes the patient's doctor, friends and family can be useful. Try to get the family doctor to participate actively in the process. Those who will be following the procedures should learn all about fasting, massages and the other procedures to make the process more effective.

If the patient is too weak, you can feed the patient through rectal implants using liquefied raw sugar with a pinch of sea salt and

colloidal minerals. An implant of baby formula is another alternative because the body will absorb the nutrients through the colon.

It is important to have the affected person in good spirits and in a clean, comfortable room with natural light and fresh air. The room of the convalescent should be a place full of life instead of a funeral home. Don't act as if he is dying, plan trips, parties and family gatherings for him to attend. The affected person should be exposed to sunshine and take a one hour walk outdoors every day, if possible. Tell him a few jokes and show him comedy movies so the patient laughs. Laughter is very important for a recovering person because it stimulates the lymphatic system. Let the patient listen to his or her favorite music. Show the him one of those new video games and ask him if he likes to play it. The light stress that video games generate can work wonders on a recovering person. Ask him what is his favored book and get it for him. If possible, find a person to read to him when he desires it. In other words, make him feel loved and wanted. Make sure he participates actively in his own recovery and encourage any effort he makes.

It is very important that the patient identifies the cause of his disease so that he does not return to the same lifestyle and bad habits that contributed to the disease. Relapses can be deadly and few people get two chances to fight the same disease.

Sometimes, however, the disease is too advanced and uropathy cannot stop or prevent what is unavoidable. Remember that all of us must die eventually, but the patient that uses urine therapy can benefit, even in these circumstances. The patients who have used urine therapy have had merciful and peaceful deaths, with very little suffering for the patient and relatives.

I don't like sounding like a broken record, but the best way to deal with terminal illnesses is to avoid creating the conditions that promote the terminal diseases in the first place. This chapter is meant to offer a few suggestions to help someone who has little hope, but those of you who are healthy can also use some of these approaches to avoid being the center of all the commotion.

WHAT IF YOU ARE ON MEDICATION? 22

Most people use the word medication too liberally therefore the first thing I suggest doing is identifying the type of product you are taking because there are drugs, hormone supplements and nutritional supplements. To differentiate the ones you can take from the others, each time I use the words drug or medication I am referring to antibiotics such as penicillin, ampicillin, erythromycin and other variations. Drugs or medications also means allergy drugs, chemotherapy, all AIDS medications (AZT, DDC, DDI, Protease Inhibitors), and any other products that represses the body's innate cleansing and healing instincts. I will give you some guidelines to help you decide what is best for you to deal with your particular situation.

In general, I do not recommend drinking urine while taking medications because most medications are designed to be eliminated by the kidneys within six hours after taking them and there is a risk of overdosing on medication when you drink back the portion discharged in urine. You can take hormone and nutritional supplements while drinking your urine.

If you are taking one or several drugs, continue following your physician's instructions until you finish prescribed dosage and then start drinking your urine.

Individuals who take drugs for high blood pressure, hormone supplements for diabetes or a thyroid gland problem should continue taking those drugs or hormones as indicated by their physicians. However, they can start drinking their urine half an hour before taking their medication making sure not to drink the first urine after taking the medication. That urine can be used for implants, skin rubs, the ultimate universal remedy or any other application. Anyone who starts drinking urine while taking insulin, diuretic pills or any other drug as indicated by a physician should get regular checkups two weeks later to monitor

A suicidal client who was afflicted by crippling migraines for eleven years was subsequently cured of the condition after 8 urine injections

their conditions. After a week or two of Urotherapy many individuals do not require any or as much medication for the condition they had.

Some people have been taking several drugs during several months at the time they choose to start Urotherapy and they wonder if a cleansing protocol should be followed before starting. Using again all the organic compounds plus the medications the body discharges in urine might be questionable practice for some people, however there is no danger to drinking that urine. Though physicians tell inquiring patients that urine is a very toxic body waste that will make you sick, I have been lecturing every month at the same location since 1989 and I have never heard of, read about or been confronted by anyone who had negative interactions or complications resulting from drinking urine. No one has ever been injured or gotten worse while drinking their urine, even while some of these people were taking medications.

Before taking any medication, I recommend that you read all about that medication in the Physician's Desk Reference to confront your doctor before taking any chemicals, even if you are not practicing Urotherapy. You are the most important person in your universe and there are many people who love you and depend on you. Therefore, you should ask all kinds of questions about the direct effects and reactions medications will produce in the body, especially when you are in a hospital getting them intravenously. There are many diseases associated with an overdose of medications. Paralyzed kidneys, ulcers and antibiotic related colitis are just three of them. Getting worse with medications is such a common occurrence that doctors created the term "**iatrogenic Diseases**" to identify health problems that resulted from taking medications.

Remember that most simple illnesses are the process through which the body eliminates toxins and phlegm, and most over-the-counter, feel-good-instantly, products hide the actual problem. These products force the body to keep inside the stuff that is making you sick and must be eliminated before your condition improves.

For example, when a person has diarrhea, the body instinctively wants to eliminate an excessive amount of waste or toxins from the intestines and colon. Taking the white or pink liquids usually recommended for diarrhea forces the body to keep inside the stuff

that is making that person sick. Instead of taking drugs to stop diarrhea, that person should drink a lot of water to prevent dehydration and stay home to allow the body time to purify itself.

Another example is when a baby has skin irritation that appears to be caused by a diaper wet with urine. Urine does not cause the irritation, on the contrary, a diaper soaked in urine stimulates the skin to expel toxins accumulated in the baby. If you apply creams and lotions on the skin to calm the irritation, the irritation may disappear temporarily, but the problem has not been solved. And as long as the baby's body remains polluted, it will always be susceptible to developing irritation because the body must eliminate those toxins to maintain itself healthy. The irritation is a process through which the body eliminates toxins. When your baby has irritation, rub the wet diaper on the skin of the baby and let the skin absorb the urine. It is possible that the skin will temporarily get worse with more irritation, but once all the toxins are out of the body, the baby will not develop irritation even if he sleeps all night with a diaper soaked with urine. I also advise to use an enema syringe for babies to flush out any stagnated waste from the colon and reactivate the lymphatic system. In addition, I would suggest investigating which of the foods the baby eats is loaded with the toxins that contaminated the body of the child. This way you can eliminate the real cause of the problem instead of just dealing with the symptom.

Although I don't recommend mixing medicines with urine therapy, there have been cases of individuals who were very ill at home or in a hospital -- some dying of AIDS, cancer and other diseases -- who were receiving chemotherapy when they decided to start using their urine. These people had nothing to lose and they took a chance by drinking their urine while they were taking medications. In these cases something truly amazing happened: urine seemed to be such a powerful stimulant to the immune system that medications were completely neutralized and expelled from the body in a matter of days. These individuals reported miraculous improvement over a few days. The headaches, pains in the body, diarrhea, vomiting, lack of appetite and physical decay afflicting them usually improved in a few days. And simultaneously, these people developed a tremendous appetite. Like bears after hibernation, they ate everything offered to them. These people stated that they felt an immediate improvement when they started using their urine. In many cases they recovered so

quickly that their doctors were completely baffled. In a few days, they went home where they could resume their sleeping habits and take control of their health and their lives. After going home, several individuals gained as much as 25 pounds within a month of practicing urotherapy, eating better food and taking good care of themselves.

I really don't know how each person will react and I ask that you be very careful before making a decision with respect to medications. I am not a physician and I cannot tell anyone what to do concerning medicines. There are extreme situations when medicines are heroic and lifesaving, but they should not be abused by taking them when you do not need them. Whatever you decide, it is a personal choice and I hope you inform yourself to get the best of what is available.

For those of you who are practicing other holistic protocols; Although urine is a complete healing system, you can, and should, combine it with holistic therapies that stimulate the body in other ways such as: wheat grass juice, food-grade hydrogen peroxide, eating garlic, vitamins C drips, ozone therapy and many others work great with Urotherapy.

UROPATHY COMPARED TO 23 TRADITIONAL METHODS

This explains the discoveries of naturist doctor, health consultant and historian Dr. Dean Black, concerning a case in The Supreme Court of The United States around 1880. Pg 161

In conclusion, Dr. Black pointed out, what you have is a pure cause: the germ, and a cure: the drug. "Everything else has been absolutely neutralized. According to them, the human mind, the desire to live, full spectrum nutritional supplements, positive changes in diet and lifestyle and reactivation of the body's defenses are completely irrelevant to staying healthy or recovering health." This is the hypothesis that made organized medicine a world wide empire. This is why most doctors treat us like guinea pigs. They do not bother asking what we eat, how much stress we have in our lives or how much rest we get. They don't think these factors are important or that they have anything to do with being healthy. Therefore, undernourished and anemic individuals get a pain killer and toxic medications instead of being motivated to improve their diet and take a full spectrum nutritional supplement. That is why patients in a hospital are usually starved to death while doctors pump in high doses of medications trying to kill the pathogenic microbe that is causing the problem.

Hippocrates, the father of medicine, said "No drug can cure disease. Lasting results can only be attained when a wise doctor educates his patient and then both work together to assist and support the body's own healing forces until they accomplish health." However, Modern physicians seem to have forgotten this wise phrase and the Hippocratic Oath to help heal the sick.

Most doctors think that keeping their patients as ignorant as possible is best for everyone. They do not work with their patients, they perform dozens of tests and analysis and startle everyone with their sophisticated equipment. Then they give their patients pain killers and/or tranquilizers and send them home to wait for the results of their studies. Meanwhile nothing is done for the actual condition affecting their client. Uropathy, on the contrary, is a complete healing system that bypasses the diagnostic and starts working on the real problems producing results instantly. The body knows what needs to be done and it is capable of healing and regenerating itself. You just have to help it a little by providing the nutrients, water, oxygen and sea salt that it needs.

Doctors waste precious time and complicate the healing process while UROPATHY prevents development of the conditions that promote disease and eliminates all types of infections and growths while guiding each of us toward improving our diet and lifestyle. You become self aware through auto analysis, changes in taste and different reactions drinking urine generates in our bodies. UROPATHY concentrates on reactivating the lymphatic system to eliminate stagnated excrements and cellular feces from the body. UROPATHY removes blockages from veins and arteries, reestablishes circulation, flushes out malignant bacteria from the gut and reestablishes the intestinal flora. It strengthens the body's defenses and immunizes the white cells so that they can clean up any infected area with impunity. All these benefits are drink away in the morning to start the true process of healing and regeneration. By using UROPATHY you work with and support your body's own healing instincts which is the correct approach to health.

A hospitalized person affected by advanced disease conditions usually gets high doses of antibiotics, and multiple tests everyday. After a week or two many end up getting biopsies and exploratory surgery just to look inside. While the doctors follow the standard procedure many hospitalized patients are kept in a famine-like condition dehydrated, starved and unable to sleep. This approach compounds the initial problems and makes everything worst for the people who expect to improve, but don't know any better.

A hospitalized person should not drink his urine unless he is ready to fight for his life. The standard procedure doctors follow and UROPATHY oppose each other and using both approaches seriously complicates the healing process by creating a conflict that may be deadly to weak people.

This is what can happen when a hospitalized person who is not responding to medications chooses to drink his urine; the body may choose to reactivate the lymphatic system's main organ (the colon) to eliminate excrements and cellular waste by developing diarrhea. Meanwhile doctors think diarrhea is a bad signal, therefore they will try to stop the diarrhea with medications. This conflict can kill a person. When a person has diarrhea, the body should be allowed to purify itself and instead of trying to stop it those concerned should give the affected person a lot of water to prevent dehydration. The diarrhea will stop when the body finishes cleansing itself.

The problem with modern medicine is that they want to take over the entire health and healing process and they do not give nature its due credit, they will never succeed because no one can monitor one hundred different bodily functions and compensate for all of them simultaneously every single day. The body is the only entity capable of doing a job of such magnitude and it does it because life depends on it. While you are healthy, your body monitors all those conditions without any problems. Many people get sick because they take health for granted while ignoring the body's needs. You are better off providing what the body needs and stimulating it with your own urine to let the body take care of its own healing process as it has always done.

When you are ill modern medicine starts looking for the microbe responsible for causing the disease affecting you and then try to kill

it. When you understand how the body works, it becomes clear that you are constantly exposed to 100 trillion microbes, but they can't cause any problems unless you allow the internal conditions inside your body to become polluted. However most medicines destroy a thousand times more benign microbes than malignant ones and in the process they repress the body's instinct to detoxify, they weaken the immune system and pollute the body even more that it already was. That is why, in many cases, modern medicine's approach to disease and health does not work.

Doctor Jensen describes in his book "Tissue Cleansing Through Bowel Management" how stagnated waste and toxins accumulated in the body play a mayor role in the cause of disease. Though at times medications can be heroic and lifesaving, taking them for common ailments pollutes and weakens the body, therefore you are not getting better, no matter how good they make you feel. Modern medicine likes to give everyone antibiotics for the common cold, flu and ear infections even though they know antibiotics are useless for those conditions and do a lot of damage to the intestinal flora. Common health problems can be taken care of with the ultimate universal remedy. The same preparation also strengthens the immune system because it is an auto-therapeutic vaccine that stimulates the production of antibodies, anti allergens and antidotes against any and all microbes in the body. This is the only way to overcome any disease that is not directly related to malnutrition. Medications do the opposite, they take over the healing process and atrophy the body's own disease fighting mechanisms. Medications interfere with the production of antibodies, anti allergens and antidotes while making you an addict who depends on those products indefinitely.

You may think you recovered from common maladies with medications, however, in most cases, it is only temporary relief that requires popping another pill or inhaling another spray hours later. Before you know, you become addicted to over the counter products or legal drugs. Doctors and their drugs do not cure diseases, they only offer you temporary solutions and it is only a matter of time before you get sick again, and many times with a worst condition. Physicians and pharmaceutical companies do not even attempt to hide this fact. If you pay attention to the advertisements, they constantly tell you that their products are designed for temporary

relief of acid, indigestion, runny nose, allergies or yeast infections. With urography, on the contrary, you attack and solve the real problems therefore most conditions disappear for several months or even years, even with short term use.

Malnutrition and insufficient fiber is the root of most health, emotional and social problems. Lack of nutrients causes all diseases, learning disabilities, hyperactivity, irritability, short temper and short attention span. You can find the actual cause of these problems and the answer to deal with them and eliminate them in two books written by Doctor Joel Wallach and Dr. Ma called "Let's Play Doctor" and "Rare Earths, Forbidden Cures" (800-455-4656). Modern medicine, on the contrary, focuses on identifying the virus or bacteria believed to cause a disease and then try to kill it while leaving all toxins in the body. Taking medicines will not eliminate a compounded mineral deficiency. Instead of helping they do a lot of harm to the intestinal flora one of the body's most important defenses. Without the intestinal flora we cannot absorb nutrients from the food we eat or control the malignant microbes that inhabit the colon. They may temporarily alleviate the disease and make you feel good. However, our bodies remain polluted and weak with their products and that is what causes so many relapses.

Because of ignorance (or premeditated deception) undernourished and anemic children are getting antibiotics and surgery for an ear infection instead of a full spectrum nutritional supplement. And individuals afflicted with consumption are getting chemotherapy instead of healthy foods. Africa is getting AIDS medication and condoms instead of food for millions of starving people. Children in America get cravings so strong that they scrape the walls and eat the paint, cement or dirt from flower pots. Ignorant leaders in the government spend millions of dollars to scrape lead paint off the walls in big apartment complexes instead

The black plague (typhoid fever) killed about half of the people in Europe, however the ones who died were suffering from malnutrition, stagnation of cellular waste and chronic anemia. The healthy ones survived.

of giving children 10 cents worth of mineral supplements every day to stop the strong cravings they get.

Many modern diseases existed hundreds or thousands of years before modern medicine. Archeologists discovered in South America a 1,000-year-old mummified body of a person infected with tuberculosis who had developed resistance or antibodies to the disease. The epidemics we have in the twentieth century do not affect everyone and they did not wipe out entire populations in the past, they only affected those who were malnourished and the weak. Many new-age doctors believe that the only true diseases are toxemia, malnutrition and poor sanitary conditions within the body. An unpolluted, well-fed person usually develops antibodies to microbes without vaccines or medicines. Remember that when you use antibiotics you are trying to kill a virus that only took advantage of the weakness condition of the body.

Did you ever wonder why is it that doctors promote the theory that viruses cause diseases rather than admitting that improper diet and lifestyle could be at fault? The answer can be found in an article by Garry Null published in Penthouse Magazine in January 1994 titled "AIDS is not a Death Sentence." This article explains the discoveries of naturalist doctor, health consultant and historian Dr. Dean Black, concerning a case in The Supreme Court of The United States around 1880.

The first debate was about whether or not ordinary citizens could discover the absolute truth about health and disease and make informed choices for themselves. The Supreme Court stated that certainty existed only within the realm of exact science and, since most people could not read or write, back then, they did not have the capacity to discern the truth. Only the medical scientists did.

The second debate involved disease: Are germs the sole cause of disease, or is the condition of a patient's own body also responsible? The Supreme Court resolved the debate in favor of the idea that the germ is the only cause of disease. As a result, today's established medical system now holds that *"the causes of disease are outside of us and cannot be defeated by the body's own defenses"*

The third debate involved the nature of what exactly is a cure. The medical community managed to convince the Supreme Court that the only way to identify a cure for any disease was to have an absolute unbiased knowledge of the treatment itself unaffected by the mental or physical state of the patient. To satisfy the new criteria they created the double blind study.

In conclusion, Dr. Black pointed out, what you have is a pure cause: the germ, and a cure: the drug. "Everything else has been absolutely neutralized. According to them, the human mind, the desire to live, full spectrum nutritional supplements, positive changes in diet and lifestyle and reactivation of the body's defenses are completely irrelevant to staying healthy or recovering health." This is the hypothesis that made organized medicine a world wide empire. This is why most doctors treat us like guinea pigs. They do not bother asking what we eat, how much stress we have in our lives or how much rest we get. They don't think these factors are important or that they have anything to do with being healthy. Therefore, undernourished and anemic individuals get a pain killer and toxic medications instead of being motivated to improve their diet and take a full spectrum nutritional supplement. That is why patients in a hospital are usually starved to death while doctors pump in high doses of medications trying to kill the pathogenic microbe that is causing the problem.

I know of many patients kept in a hospital for 30 days who received no food at all during their hospital stay. However, these patients were getting their medicines at the recommended intervals. What do drugs really do? In fact, drugs are substitutes for body organs, replacing something the body ordinarily would do for itself, if it had the proper nourishment explained Dr. Black. When we replace a body system—as antibiotics and chemotherapy replace the immune systems—those systems begin to die. So the long term consequence of taking a drug is that the body will produce the same condition the drug was designed to overcome. In the United States and in many other countries, modern doctors do 20 different tests to discover which virus infected the patient, but never ask what lifestyle and nourishment the patient had during the past five or 10 years. I am not a doctor, but I don't think this is the right approach to deal with the conditions that make a person susceptible to getting sick.

The theory that nutritional deficiency has been one of modern society's mayor health problems is supported by an article in The New York Times (May 1, 1995), which states:

"Scientists say they have the first direct evidence that viruses mutate and become deadly because of nutritional deficiencies in the hosts they infect." In their experiments, researchers found that a human virus that is normally harmless to mice mutated and became a heart-damaging agent in mice that had a nutritional deficiency. This is the first time that a nutritional deficiency in a host has been shown to alter viruses to make them permanently more virulent, the scientists said. It is possible, but not proven, that nutritional inadequacies in humans also may aid some viral mutation, according to the researchers who urged their peers to look into this possibility. If true, this could be another reason why an adequate, balanced diet contributes to good health.

The previous paragraph points out that we carry within ourselves the microbes that cause diseases, but they remain harmless to us as long as we maintain the internal environment unfavorable to them. But when malnutrition, drug abuse, low oxygen levels, lack of rest or a stress condition weakens the body, these microorganisms become deadly and cause all kinds of infections. When only the symptoms are treated, as is usually the case, any infection gets progressively worst. The patient gets weaker and eventually dies of infections caused by harmless organisms.

Medical science continually ignores the complicating factors and often states that microbes cause all diseases, but if this statement was true we would all be dead. On average there are 75 microbes for every cell in our bodies. In fact there are 50 trillion microbes in our mouths alone. That is more than the number of cells in the body. According to an article in The New York Times, and there are 50 -100 times more microbes in and on our bodies than cells in the body according to the Times. They are in the water,

A virus doesn't have the intelligence to choose its victims. On the contrary, by neglecting the needs of our bodies, intoxicating and abusing it we are the ones who voluntarily become victims of our own actions.

in the air, in our foods. All that is needed to create a health crisis is a single microorganism because in an ideal environment a single virus can multiply itself 50 trillions times in 24 hours. Healthy people do not get sick because the internal environment in a healthy body does not allow the creation of such a devastating plague. Healthy people develop antibodies quickly, but those whose lymphatic systems are stagnated and have weak defenses get sick often and may even die overwhelmed by the infection. If we continue thinking and accepting the terms modern medicine promotes, we will continue being the targets of modern epidemics. We need to fight nutritional deficiencies, not viruses. And we need to become educated with respect to health instead of getting medical insurance and running to the doctors and hospitals all the time. Going to the doctor can be heroic and life saving at times however, there are millions of different microorganisms and we can't take medicines to fight them all. But we can keep them at bay just by taking good care of ourselves respecting our bodies and supplying what it requires.

When a sick person becomes healthy it is not because the virus that caused the illness was destroyed, it is simply that the body developed resistance and antibodies against it. No one can destroy a specific virus. Your doctor wants you to think that, but the virus is not dead, instead it mutates or becomes dormant until conditions are right for it to strike again. Doctors thought that they had wiped many viruses off the face of the earth, but discovered later that the viruses had mutated into more aggressive forms resistant to the antibiotics used to control them.

Understand that your body is an ecological system. There are 25 to 50 trillion cells in the body that protect and support each other. We also have a lifetime partnership with the intestinal flora which in turn processes the food we eat so that the cells that form our bodies can assimilate the nutrients they need. Our lives depend on the benign bacteria that live in our intestines. We must learn to coexist with all the microorganisms in nature and in our internal environment to survive and achieve longevity because we only become sick when we alter the delicate and harmonious balance within our bodies. Several conditions must be present to weaken the defenses of the person who gets sick. Do not blame it on a virus. The virus is only an opportunist that takes advantage of the conditions you created within.

I would like to explain to you the myth of the common cold. When the body has a cold, it is because it has accumulated phlegm, mucus, smoke, dust and other products and it wants to eliminate them. If we go to the doctor, he tells us that we are sick, and we get a prescription. Yet the antibiotics we usually get are useless against the common cold. These medicines temporarily dry out mucus and phlegm accumulated in the body. However, if the body does not eliminate the phlegm and mucus that it wanted to eliminate initially it would try to get rid of it again a few weeks or later. Meanwhile you accumulate more mucus and phlegm, plus what did not come out the last time. This creates a cycle in which we end up increasingly sicker and weaker. The pollution, phlegm and mucus get accumulated over the years and then we do not get sick with the common cold, we get a more serious condition such as influenza, pneumonia, bronchitis and asthma.

Antibiotics are also useless against influenza, but doctors prescribe them anyway. If we treat the condition with medication a couple of times it gets worst and then we develop bronchitis. By this time, you end up going into a hospital where you get stronger medications to suppress the cleansing your body wants and desperately needs to do. The common cold suggests the need to go through a cleansing reaction, but doctors will not tell you that because they don't make any money when you are healthy. There is not, nor will there ever be a medical cure for the common cold. Whatever they come up with will always be a temporary solution to the symptoms of the problem.

Each person must decide what road to choose. The one that costs you a fortune, weakens the body and promotes diseases or the one that is free of charge, requires some changes, but truly enhances your health. Are you going to choose the system that accumulates toxins and weakens the body making you feel good temporarily while keeping your body sickly and polluted? Or are you going to choose the system that removes the toxins within and stimulates the defenses of the body to produce a healing crisis? Choose health and go for the system that rejuvenates the sick cells in your body and returns you to complete health permitting you to enjoy life to its fullest. One choice is easy at the beginning, but painful and expensive at the end. The other requires a little work on your part and a few changes in your diet and lifestyle. These changes are necessary before achieving true health. One road educates you so

that you take control of your life and health, and the other keeps you an ignorant victim that is easy to exploit, and dependent of the artificial substances that temporarily alleviate your symptoms while compounding the actual health problems. The rewards you will get are well worth the effort.

My friends, think about this and analyze well what you are reading. It is your life, your body and your decision. Once informed, you will be able to make an educated choice that you can live with for a long time. And while you think about it look in the mirror and ask yourself "How healthy am I?" You should also ask "how healthy will I be five years from now?" Do you think that you will be able to retire before you die? Do you think that when you retire you will be able to enjoy your retirement? Or do you continue thinking that to be healthy all you need is medical insurance and a doctor nearby? You must care for yourself, and urography makes it possible without wasting your money. Remember that after you have an advanced disease, no doctor, hospital or pharmacy can return your health regardless of how much money you are prepared to spend. You must understand that health is your responsibility. Remember that our bodies can resist much abuse and most serious illnesses need 20-30 years to develop even when the person abuses his body. With a few minor changes, though, you can prevent many health problems and unnecessary suffering. Don't wait for a heart attack to start caring for yourself. Do it before doctors discover you have diabetes, arthritis, high blood pressure or cancer.

Some diseases can be reversed, but the best approach is to prevent them from happening. Remember the complaints of many celebrities who abused their bodies for 20-30 years believing they could always buy back their health. If Jacquelyn Kennedy could not do it with 260 millions, what chances do you think you have? When they realized they had a deadly disease they wanted to buy their health back at any cost, but for many it was too late. Remember that health is not an item in the supermarket. It cannot be bought or bargained with. Health must be cultivated and maintained daily.

By the way the rumor about salt increasing blood pressure is not true according to a report published in the "Journal of the American Medical Association 1996" v275n20, May 22/29, p 1590-1597. In a study of tens of thousands of patients on restricted sodium intake doctors found that the blood pressure of the average person was not affected not improved by a restricted sodium diet. In fact, the stress associated with consuming tasteless foods was more damaging than eating foods rich in sodium.

The salt that is bad for us is the common salt available at the supermarket. The salt we should consume is sea-salt that contains hundreds of organic compounds the body needs for healthy living.

OXYGEN THERAPIES FOR ENERGY, HEALTH, VITALITY ... 24

Oxygen is the most important element for life. We can live for about two months without food, a couple of weeks without water, but only a few minutes without oxygen. Ounce per ounce we consume more oxygen than food or water. Humans, animals and insects are aerobic environments because each requires relatively large amounts of oxygen to sustain life. Oxygen is also required to eliminate toxins and to control the anaerobic organisms with which we must coexist. As we approach the new millennium the level of toxins is steadily increasing in the environment and in our bodies therefore we require more oxygen to purify our bodies. But because of deforestation and environmental pollution the level of oxygen in the air is steadily dropping making it more difficult to maintain the levels we require. Less oxygen is also responsible for a thinning ozone layer. A thin layer or a nonexistent one ozone layer allows ultraviolet light to reach the surface of the planet causing skin cancer and blindness. In addition, ultraviolet light converts to ozone the oxygen on the surface which we need to breathe making it unavailable to us since we cannot breathe ozone. As we approach the 21st century, we need to become familiar with deep breathing exercises, food-grade hydrogen peroxide, (H₂O₂) 35% and ozone (O₃ - O₉) as oxygen supplements to maintain the optimal level of oxygen our bodies require to live life.

Skin cancer is already the most common type of cancer in the world. The hole in the ozone layer has appeared temporarily in the southern parts of Argentina and Chile causing blindness to many animals which had to be sacrificed. Farmers were forced to fit ultraviolet light protective lenses onto all their livestock.

Hydrogen peroxide is the most powerful healing substance in the universe. The strength of your immune system is determined by the level of hydrogen peroxide in the bloodstream. Your morning urine contains substantial amounts of hydrogen peroxide.

Nature is an ecosystem and all life in it results from balancing opposing forces. All organic matter in the planet is broken down into its basic components by bacteria making all nutrients available again to all living things. We need microbes to decompose what we eat and restructure it into the type of nutrients the cells in our bodies can assimilate. We need their byproducts to live and since birth a thousand species of microorganisms quickly colonize many areas of the body that were specifically designed to be inhabited by them. All surfaces on and in the body are covered by a thick layer of benign and malignant microbes. They are everywhere: on the skin, in the eyes and ears, in the mouth, throat and esophagus, nasal cavities, bronchial tubes and lungs. The largest colonies being in the small and large intestines.

However, there are other areas in the body where microbes are not allowed. These areas are protected by white cells that control and kill viruses, bacteria, fungi and parasites. White cells eliminate pathogens and clean up debris in the body, but until recently, very few people knew exactly how they neutralized and killed other organisms that are potentially deadlier. What makes white cells stronger is the ability to produce a substance that enhances the oxidizing power of oxygen. That substance is hydrogen peroxide and all white cells produce it in specialized glands called peroxisomes. White cells do not really kill pathogenic microbes, they simply hold on to them and release hydrogen peroxide which is deadly to the pathogenic organisms. White cells also release hydrogen peroxide into the blood stream to protect the blood and keep out harmful microbes.

Microbes stay out of the aerobic areas because of the high level of hydrogen peroxide which is a deadly substance capable of destroying anything it touches. Those areas are within the internal and external skin that stops our blood from spilling out and those areas were specifically designed for aerobic cells, the type of cells that make up our bodies. Aerobic cells are immune to hydrogen peroxide because they produce catalase, an enzyme that coats and protects all aerobic cells from the wrath of hydrogen peroxide. Catalase neutralizes hydrogen peroxide on contact and converts it into water and single atoms of oxygen. These single atoms of

oxygen are deadly to anaerobic organisms yet energizing to the cells in the body.

Nutrition is important to maintain the ideal number of healthy red-cells required to absorb oxygen and eliminate carbon monoxide. Nutrition is also important to maintain the number of healthy white-cells required to produce the amount of hydrogen peroxide required to keep microbes out. You become susceptible to disease when the levels of oxygen and hydrogen peroxide drop. The average person sustains the required level of oxygen performing live's daily activities, as long as they avoid substances and conditions that increase consumption of oxygen while interfering with the oxygen intake. These substances and conditions are; stress, malnutrition, alcohol and tobacco products, junk food, drug addition, abuse of medicines, and environmental pollutants just to name a few.

You may wonder why I include this information in a urine therapy book? But your wondering will turn to fascination when you realize that anything in the blood stream is also in urine. Hydrogen peroxide is abundant in the blood where most of it is neutralized by catalase, an enzyme, but all your blood is filtered through the kidneys 60

times every day therefore some hydrogen peroxide accumulates in the bladder were there is no catalase to neutralize it. This is important because your urine contains substantial amounts of hydrogen peroxide which, when recycled, increases the hydrogen peroxide content of the blood stream which helps fight all the anaerobic organisms threatening your health. Hydrogen peroxide is what sobers up a drunk in a few minutes once he drinks it in a glass of water, or drinks a glass of urine which also contains hydrogen peroxide. Hydrogen peroxide is what gives the body the additional strength needed to flush out and eliminate all stagnated feces accumulated in the colon and within all the cells in your body. Hydrogen peroxide is one of the reasons fresh urine is a sterile

Urine is a universal vaccine against all diseases caused by virus, bacteria, fungi and parasites according to a British medical journal. Urine contains the specific ingredients you need to develop resistance to.

substance. Hydrogen peroxide neutralizes or kills any harmful organism in your urine rendering them harmless which creates the ultimate universal vaccine that is ready to be used anytime you need it against any organisms that could threaten your well being. The hydrogen peroxide your urine contains is the special ingredient that makes your urine such a strong panacea to prevent or overcome gangrene, cancer, AIDS, tuberculosis, asthma, hepatitis, and lupus.

A person gets drunk when ingesting alcohol because the body uses the oxygen in the bloodstream to neutralize and eliminate the contaminating substance. However, the body uses a lot of oxygen to carry out this job. As a person continues ingesting alcohol, the part of the brain that controls consciousness gets deprived of oxygen and the person passes out when the level of oxygen drops too low. A similar condition happens when a person uses narcotics, but it happens faster because of the higher concentration and toxicity of drugs. This is also what happens when a person inhales benzine or contact cement. The trips referred to by drug addicts is an out-of-the-body experience that happens when the levels of oxygen in the blood drops too low to sustain life. This causes momentary death and coming back to life remembering the experience. These experiences may be exiting, but during the days and weeks that follow them, the levels of oxygen remain low because it takes days or weeks to eliminate those substances from the body. Individuals who regularly abuse these intoxicating substances are prone to getting sick often because low levels of oxygen allows microbes to invade those critical areas unharmed. This is especially true of a substance abusing person who is also suffering from anemia, chronic malnutrition and lack of sleep. These conditions are always present when a person suffers from opportunistic infections of any kind.

As we approach the 21st century, we are facing numerous new diseases caused by anaerobic organisms. These microbes are thriving now because the low levels of oxygen in the air that has dropped to about 18% which is half the 38% we had 100 years ago. During hot summer days in big cities like New York, Chicago and Los Angeles the available oxygen in the air can drop to 12% causing even more health problems in weak and elderly people. I do not recommend being concerned with these new organisms, instead I

urge you to worry about maintaining optimal levels of oxygen in the body to keep the malignant microbes out, or harmless should you be exposed to them.

Food companies use food grade hydrogen peroxide to preserve carbonated drinks, juices, baby foods, milk, and other packaged products.

Modern medicine blames opportunistic infections on new viruses and bacteria, but if low oxygen, malnutrition and highly toxic conditions were not present, the microbes and the diseases they cause would not be present either. Antibiotics and other drugs used to control these microbes are counterproductive because they destroy a thousand times more benign

microbes than malignant microbes. Any person taking medication for a condition such as AIDS will get worse because these medications do not address the conditions which made that person susceptible to opportunistic infections. Those drugs do nothing to reverse the condition that allowed these harmful organisms to enter and thrive in those critical areas of the body.

Though environmental conditions are getting worse and the oxygen level in the air is dropping, the average person is living longer, but the statistics are giving everyone a false sense of security. Though we are living longer, we are not necessarily living healthier. I tell you that because it is very unusual to hear of any person dying of natural causes in the nineties. We are not living longer because of advances in medicine or how they approach diseases, we are living longer because of engineering advances in sewage treatment plants, better managed garbage disposal, new water and air filtering systems, better sterilization of food in processing plants, wider use of hydrogen peroxide in packaged foods and drinks, refrigeration, and pasteurization. These technological advances compensate for environmental pollution, lower levels of oxygen in the air and in our bodies.

When the level of oxygen drops in the blood stream, another defense is activated within the body, the white cells, to control the microbes entering these critical areas. There are eight types of white cells in the body and since the emergence of the fictitious AIDS plague one type of white cells, T-cells, is getting more attention than the others. The number of T-cells in a unit of blood is supposed to be a marker to determine health and vitality, but when the level of oxygen is high there are few organisms to fight therefore the number or T-cells in the blood is usually low.

Athletes have a consistently low levels of T-cells because of their low levels of toxins and high levels of oxygen in the blood. On the contrary, when the level of oxygen is low the number of T-cells increases to fight and control the pathogenic microbes that enter the blood stream and threaten your health. Physicians claim that a high T-cell count is synonymous with good health, but if the level of toxins is high and the level of oxygen low, T-cells die defending the body because they cannot produce enough hydrogen peroxide to defend themselves and that is what happens to a person afflicted with lupus (pus in the blood).

Food-grade hydrogen peroxide is available in a 35% concentration. Most people don't know it, but this oxygen byproduct is used in all baby foods, bottled juices, milk and milk products to prevent spoiling until the container is opened. Once the container is opened, the hydrogen peroxide dissipates allowing bacteria to enter the container and spoiling the food you don't consume right away. You can purchase pure 35% food-grade hydrogen peroxide in some health food stores and use it to supplement your oxygen intake. The 16-ounce bottle sells for \$16 - 25 which is relatively inexpensive and since you only use a few drops every day the bottle will last more than a year when used by a family of four.

I must warn you though, food-grade hydrogen peroxide 35% is a very dangerous substance that must be treated with the same

Because of its ingredients your urine is:

anti-bacterial,
anti-fungal,
anti-viral,
anti-cancer,
anti-convulsive,
anti-spasmodic
and anti-tuberculin,

respect as acid or poison. Get a small bottle with a dropper, fill the small bottle and use the dropper to measure the dosage you choose to use. This product will burn the skin on contact, therefore I suggest you fill the small bottle in the kitchen sink and flush your hands and bottles with plenty of water immediately after handling it. I must insist that you label the small bottle to avoid any accidents. For more information read "O₂xygen Therapies" by Ed McCabe he explains how to use food-grade hydrogen peroxide and other oxygen alternatives.

Most therapists recommend using food-grade hydrogen peroxide 35% as an oxygen supplement in the following manner; start by mixing five drops in an eight-ounce glass of water and drink it on an empty stomach one hour before eating, or three hours after eating or drinking any food product, including all juices. If you drink your urine in the morning add hydrogen peroxide to it or drink it any time later. For an advanced illness you can drink it three times a day increasing the dosage by three drops per day until reaching a comfortable dose (40 - 50 drops a day). The maximum a healthy person should take is about twelve drops a day or four drops three times a day. It is imperative to increase or decrease the amount gradually, because your body has to increase the production of catalase, the enzyme that protects all the cells in the body from the damage hydrogen peroxide can cause. You can also supplement your enzyme requirements by drinking one or two glasses of vegetable juice every day.

During an oxygen therapies workshop one of the speakers explained that his clients were taking 50 drops of food-grade hydrogen peroxide 35% in a 12-ounce glass of water, three times a day. This was the protocol to follow in order to overcome more than 50 common maladies and terminal conditions from the common cold, opportunistic infections and cancer. This dosage was taken during a three-month period gradually increasing and then decreasing the dosage. To compensate for the additional catalase and enzymes required to protect healthy cells his clients were drinking a 12 - 16 ounce glass of juice made with carrots, parsley, celery and other vegetables three times a day. The juice was also important because cells that became cancerous develop a membrane that protects them from hydrogen peroxide. That membrane has to be dissolved

before any type of healing takes place and the juice contains the enzymes needed to help with this job.

The previous recipe is very hard to get used to therefore it was mostly suggested to terminal clients. Sometimes they mixed 100 drops of hydrogen peroxide into a one liter distilled water intravenous solution which was applied by a registered nurse or a physician two or three times per day. For clients who were not that ill and did not require such high dosages, hydrogen peroxide enriched aloe vera juice was used. That preparation contains about 20 drops of food-grade hydrogen peroxide per fluid ounce which is very convenient to use, especially for children. Hydrogen peroxide enriched aloe vera juice is not as dangerous to use and handle as pure hydrogen peroxide. When a person is facing a terminal condition food-grade hydrogen peroxide can be a lifesaver because the pathogens associated with most diseases are anaerobic, therefore increasing the level of oxygen in the blood kills them. There are several centers in the United States, Mexico and other countries that inject food-grade hydrogen peroxide 35% intravenously for such conditions.

Urine therapy is a very effective supplement to help overcome most disease conditions because, in a healthy person, white cells produce 25 to 50 drops of hydrogen peroxide every day and four to seven percent of that is concentrated in morning urine. Morning urine contains an even higher concentration of hydrogen peroxide because the level of oxygen is higher in the morning. When a person becomes ill the body responds by breathing deeper and faster while creating more white cells to increase production of hydrogen peroxide to overcome the health threat. As you drink more urine you steadily increase the level of hydrogen peroxide in the blood along with all the enzymes needed to dissolve the protective layer of the pathogenic cells and microbes.

Meditation, yoga and chanting are excellent exercises because the person practicing them absorbs more oxygen while reducing stress and consuming less oxygen. These three factors increase the amount of oxygen circulating in the blood which helps fight diseases as the oxygen level increases in the blood stream and the brain. This high oxygen condition is what enhances the psychic abilities of that person and when practiced regularly can maintain a person healthy

or bring about faster healing and recovery when ill. Inhale deep breath through the nose, abdomen first, hold breath for seven times as long as it took to inhale and release it through the mouth in 1½ times the inhaling time. Practice 10 times, three times a day minimum.

Keep in mind that although low levels of oxygen are important, this is only one aspect of health. A stagnated lymphatic system and malnutrition are often a cofactor that must be addressed before obtaining satisfactory results.

In the previous paragraphs I described how white cells evolved and developed the ability to produce hydrogen peroxide to protect the internal environment of the animals and humans they inhabit. However, nature produces an even stronger oxygen byproduct to purify the environment of the entire planet. That product is OZONE and it is made up of three or more magnetized atoms of oxygen that temporarily bind together forming a cluster that allows pure oxygen to reach different targets in its pure state. Ozone is an extremely powerful oxidizer that destroys rubber and dead matter, yet it is relatively harmless to living plants, benign microbes and aerobic organisms once the atoms of oxygen lose the magnetism and become oxygen again 20 - 30 minutes later.

Oxygen becomes ozone when exposed to ultraviolet light or static electricity discharge during lightning or thunder. Ozone created high up in the atmosphere neutralizes some of the ultraviolet light coming from the sun. All living things need ultraviolet light, but too much of it causes blindness and skin cancer. As the level of oxygen drops, there is less ozone to prevent ultraviolet light from reaching the surface and more oxygen is converted to ozone. The environment is cleaned up faster with higher levels of ozone. However, more ozone can be deadly to animals because we

To revitalize all plants, add one tablespoon of drug store Hydrogen Peroxide (3%) to a gallon of water, and water your plants with it.

cannot breathe ozone. When too much ultraviolet light is reaching the surface there is much less oxygen available.

Some scientist believe there were other civilizations on earth, but there are no traces of them because high levels of pollution lowered the level of oxygen which whipped out the ozone layer. So much ultraviolet light reached the surface that all available oxygen became ozone killing all living things and erasing most, if not all traces of their existence.

The ozone created by lightning and during thunderstorms is the most beneficial to plants and animals. The static electricity discharge magnetizes oxygen atoms in the air forming ozone which is then carried down to the surface in rain drops. Water that contains ozone sips into the ground and purifies it by neutralizing chemicals and debris and soon after becoming oxygen which revitalizes the benign bacteria in top soil. Ozone is deadly to anaerobic organisms and any type of garbage, dead trees and other matter that need to be decomposed. On average the oxygen in the air does not reach the bacteria in top soil. We can water the grass and plants in the garden and the growth will be average because the amount of oxygen in tap water is minimal. Rain water, on the other hand, not only contains much more oxygen, but in addition it delivers pure oxygen in ozone containing water that sips three to twelve inches underground where it loses its magnetism and delivers pure oxygen to the bacteria. Healthy bacteria process more of the nutrients in soil that plants need. Ozone is the reason why grass and trees grow three times as fast in a rain forest or after a thunderstorm.

The old wives' tales about the first rain in May being rejuvenating is true because our bodies absorb ozone through the skin when the skin is wet. Some fancy beauty saloons charge \$75 or more for a half hour facial skin treatment using water treated with ozone. They massage the skin while they shower it with ozone treated water. This is an excellent procedure that beautifies the skin by removing the layer of dead cells while revitalizing and moisturizing the lower layers of skin.

One disadvantage of ozone is that it dissipates quickly in 20 - 30 minutes becoming oxygen again therefore it must be generated constantly and cannot be stored.

Intravenous ozone has been used in Germany for 100 years to purify internal conditions and there are several centers in the United States and around the world to go for the applications. There are several centers where a doctor injects medical grade ozone intravenously to eliminate the conditions that make you susceptible to simple and deadly diseases such as the common cold, chronic fatigue syndrome, AIDS and cancer. These centers start with 10 CC of ozone and work they way up to 100 CC applied once or twice a day according to the severity of the condition. For more information consult your physician or alternative practitioner. Intravenous ozone is a very effective treatment, but it is expensive for the average person. It costs \$ 75 to \$150 per application in 1997 and it is not covered by insurance therefore ozone treatments can empty a bank account quickly and the benefits stop a few days after you stop getting it (UROPATHY is cheaper). To get good results you need to be consistent for several weeks or months otherwise the condition affecting you may comeback with vengeance. If the conditions that made you susceptible to the illness affecting you have not been eradicated. Food grade hydrogen peroxide 35% may be a better choice since a 16-ounce bottle can last more than six months for \$ 25 or less.

I mention ozone because there is another way to use it safely and effectively at home. There is a Teflon suit available that you wear and inflate with ozone to allow your wet skin to absorb the gas while you are home, but you need an ozone generator.

A handy, mechanically inclined person can put together an ozone generator, if they can build a closed chamber where a 6,000 volt spark magnetizes pure oxygen flowing through it, but pure oxygen may still be expensive or inconvenient for the average person. A very inexpensive and convenient alternative is to use the 18% of oxygen the air contains. For this purpose, air can be forced through the chamber using a four litter per minute or bigger aquarium air pump. This ozone can be used to purify water before drinking it and it can also be attached to the shower head to take an April-fresh-like ozone shower which revitalizes all your skin every time you shower. If you massage all your skin while in the shower, and then moist the skin with urine, you will feel and look like a million. The same unit can be attached to the bathtub to get similar benefits. This is a great way to increase the level of oxygen in the blood stream and get all the

benefits associated with this condition. This ozone generator will not produce medical grade ozone therefore it must not be used intravenously, but it can be used to inflate a plastic bag with vegetables in it to neutralize chemicals and pesticides in them.

IMPORTANT FACTS ABOUT **25** NUTRITION

The proper diet seems simple to follow when you look at the four food groups and the nourishment pyramid posters, but when you look at a report from the World Health Organization it is obvious that there is something drastically wrong with the health of US citizens and the way organized medicine handles health care.

- 1,- According to the report Americans were # 18 in longevity, which means that there are 17 countries whose people live longer than us.
- 2,- Americans are # 19 in healthfulness, which means that there are 18 countries whose people live longer than us before they start developing diabetes, high blood pressure and arthritis.
- 3,- Americans babies are # 23 in first year survivability. That means that there are 22 countries in which mothers and babies bet better prenatal care therefore babies are born healthier and more of them survive the first year of life.
- 4,- American babies were # 30 in healthfulness, which means that there are 29 countries whose children live longer than ours before they start developing asthma, whooping cough, pneumonia and anemia.
- 5,-According to the report, there are 20 countries whose citizens live longer and healthier than Americans. Yet, if you added the total national gross produce of these 20 countries, their total income is less than what United States citizens spend on health care every year. In 1996 the health care budget is around 1.4 trillion dollars, but this money is not spent on prevention of diseases or keeping you healthy. This money is being spent on high tech approaches to disease turning simple problems into million dollars illnesses that could have been prevented with better foods and a dollar's worth of supplements every day. Through years of research I have

discovered numerous important facts about diet, digestion and supplements and that is the content of this chapter.

The statistics in the previous paragraph prove the food we are consuming does not contain the nutrients we require for sustenance, therefore we need to inform ourselves since the government agencies which oversee farming and food preparation are not doing their jobs. This proves that the department of education in this country is misleading everyone with respect to diet and health as we approach the twenty-first century. This proves that organized medicine is not concerned about protecting our health, on the contrary, they are betting on us getting sick. Organized medicine is investing tens of billions of dollars every year on a system that only deals with the symptoms of your diseases. But they need more sick people than they actually have. To get more sick people every day they simply confuse and misguide everyone, do nothing to promote health and wait like a vulture for the millions of Americans who get sick. It is guaranteed that we are going to become sick consuming the nutrient deficient foods advertised and distributed in America. Since you never recover completely, you are always going back for more sound advise and medications. Then they advertise hundreds of over the counter products to alleviate all the symptoms you develop. As you get worst, you need prescriptions to get stronger medications. And since you are only alleviating symptoms, eventually you get much worst until you need multiple analysis, hospitalization and surgery. Every one of us is an asset that represents \$250,000 to organized medicine during our lifetimes.

President Bill Clinton broke a tendon because he suffers from chronic malnutrition which resulted from using twice as much energy as he consumes and he does not take a good nutritional supplement. Getting surgery is fine to mend the tendon however, if he does not get a full spectrum nutritional supplement that tendon will not heal properly. In fact he may not be able to finish his term in the oval office.

If the president of the United States is not immune to being misguided by his doctor, if the leader of the world suffers from malnutrition, what can you expect from the average American citizen or people in third world countries?

Do you think your doctor will give you and your family the proper advice to prevent mineral deficiency diseases? Do you think a psychiatrist will tell a parent that his trouble children are really suffering from malnutrition?

Promoting a lifestyle and diet that leads to disease is the only way organized medicine can protect their investments. That is the only way to make sure they will recover what they invested and generate the projected profits. Organized medicine does not emphasize enough the importance of good nutrition or care to promote healthy living so that they will be in the best possible position to take advantage of anyone who is in pain, unable to function or faced with the prospects of premature death. The medical system is designed to exploit your family and mine and everyone else including Presidents, First Ladies, famous artists, and even the Pope. Medical statistics prove that no one can escape the curse the medical system, not even doctors themselves. Doctors are an excellent control group and they prove that their system is a failure since, on average, they die at the age of ⁴58 when the life span of the average American citizens is 75.5 in 1996.

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Can you imaging these self-appointed gods telling us what to do and eat? We don't need experts on treating symptoms of diseases, we need people to teach us how to stay healthy and prevent diseases and the best way to fill this void is by informing ourselves to take control of our own destiny. We must develop bullshit deflectors to avoid the subliminal and manipulative information we are constantly exposed to, because the type of information we need is not available through the classrooms of the educational system teaching our children and guiding the average American citizen. It is up to us to get informed and take action with respect to health care, diet and many aspects of education. Because the type of food we consume today is prepared to satisfy our taste buds, rather than the nutritional needs or our bodies.

⁴ You can check these figure by adding the age and dividing it by the number of doctors listed monthly in the obituary section of the Journal of The American Medical Association.

You may think I am exaggerating or becoming a fanatic after reading the previous paragraphs, but what you are reading is only the tip of the iceberg. You would control your rage too if you knew 10% of what has been revealed to me.

For example, the food pellets scientist feed laboratory rats contain 28 minerals. Good quality dog food contains even more minerals, yet the best brands of baby foods contain only 11 minerals. Pet foods contain more minerals than baby foods because there is a federal law to ensure that our pets get all the nutrition they need every day, yet there is no such law to protect the health of future generations. We need to share this information to keep our children safe, smart and well behaved. With proper nutrition children will have no addictions and they will excel in school which will make you a proud parent.

Aside from the fact that nutrition is important to live a long and healthy life, nutrition is also important because without nutrients we literally go crazy. Deficiencies of minerals create cravings in those affected, and those cravings are responsible for addictions to smoking, cocain, crack, sugar, over-eating and a very short attention span in school age children. This cravings are also responsible for school dropouts rates, crime and cannibalism according to "Rare Earths, Forbidden cures" by Dr. Joel Wallach. If you have problematic children in your family, children who do poorly in school and children who are always getting into trouble, it may be that the children are malnourished which causes cravings along with all the other problems associated with this condition. The Board of Education and everyone else may recommend counseling and the Judicial System may put your child in jail, but these actions will not help with the problem. Counseling and jail will not help because these social problems are only the symptoms of another problem which is mineral deficiencies. You can be a good parent and provide counseling or bail money for your problem child, but it is much cheaper and better for your child's future to provide the nutritional supplements he requires. The cost of keeping a person in

Is it not ironic that a senior citizen on a very tight budget who ends up consuming dog and cat foods gets to live longer than others seniors who consume human foods?

jail for one year is more than what it would cost to provide a lifetime's worth of a full spectrum nutritional supplement for two people during 75 years.

The genetic potential of a human being is 120 to 140 years of age yet in America we are living to 75.5 therefore it is obvious that we cannot accomplish that age accidentally. To achieve our genetic potential we must study our body to care for it and to provide what the body requires. But to determine the body's requirements we need to study first each of the individual groups of cells that make up the body. It is also important to compare the results of our studies with studies of cells from other humans and other species of animals as well. In the nineties there are several high-tech places to start researching such as the computerized Public Library or the Internet. We can also check the standard encyclopedias, medical or biology books, although it may be faster to look into the everlasting Bible where Genesis reveals that God fashioned a man from dirt (and the microbes in it) and breathed life into him.

You will discover that each cell, and the fluid it lives in, contains seven major minerals and traces of all other minerals in our planet. It seems that life was built with minerals because they are the raw material that support every living thing. Regardless of whether it is bone, muscle, wood or cartilage, it all starts with minerals and needs minerals to create, and replace, the cells that support the structure required to continue living. The cells also require amino acids, enzymes and vitamins, but amino acids, enzymes and vitamins cannot be assimilated or processed without minerals. I discovered this information in a lecture by Dr. Joel Wallach who testified that, to achieve its genetic potential, each cell in the body of a human requires 91 nutrients every day. These nutrients are; 60 minerals, 16 vitamins, 12 amino acids, and 3 essential fatty acids.

He came to this conclusion after performing 17,500 autopsies on 450 species of animals and 3,000 humans. While performing 10 times more autopsies than most pathologists do in their lifetimes, Dr. Wallach discovered that all diseases, including mental, genetic, prenatal, and emotional ones, are directly related to mineral deficiencies. While performing the autopsies of these animals and humans who died of natural causes he could see certain markers

which, as he suspected, resulted from mineral deficiencies and he later confirmed the connections through chemical analysis. Your bones need calcium; your blood vessels, lungs and skin need copper; your heart needs selenium; your red cells need iron; your stomach and thyroid gland need iodine and so on. Without minerals the body will deteriorate, malfunction and collapse one organ at the time causing multiple illnesses and premature death. Some may say that these problems are genetic, but only because it is more profitable to teach about, study and treat the symptoms of disease rather than to educate, inform and supply the nutrients needed to prevent all these health and social problems.

Remember that this planet is an ecosystem which means that all life is interdependent of each other. This is important because, although the minerals our bodies need may be available all around us, we cannot absorb them while they are in their basic metallic state. You can be working at a steel mill or iron mine and be anemic, which results from an iron deficiency. You can take iron supplements until you pump nails and pellets out the other end, and it will only help a little. Calcium, the most abundant mineral in the body, is widely available in hard water, lime stone, egg and sea shells, and you can consume enough of it to petrify your gut, but it will also help only a little. The only way your body can assimilate, use and store minerals, is when they are in a colloidal form, but our bodies cannot transform them, and we cannot do it technologically. Metallic minerals can only be transformed into colloidal minerals by bacteria in dirt and in the guts of certain animals and humans, but a 35-year-old human being can only process 3 - 5 % or less of the metallic mineral he takes in.

All life on planet earth depends on these bacteria to handle this very complex process of changing metallic minerals into their assimilable colloidal state. The best science can do to process metallic minerals is to oxidize them to reduce the size of the metallic molecules, but rust particles are bigger than the cells and cannot be absorbed until processed by bacteria in the gut therefore we only absorb 3 - 5% of it. The bacteria that most efficiently does this job is the most abundant in the planet and it lives on the top surface of the soil where it can be stimulated by oxygen, water and the sun's energy or in the sea where conditions are favorable for them. Aside from bacteria, we also need plants to take the colloidal minerals out of the

soil and accumulate them in their roots, stems, leaves, grains, fruits, and seeds which are the perfect food for most creatures living in this planet, including humans.

Colloidal minerals are 7,000 times smaller than a red blood cell and they have a negative electric charge, therefore they repel each other and remain separated from each other while they are in a liquid base. That is why colloidal minerals are prepared in a liquid base. Through the process of photosynthesis plants pick up carbon monoxide from the air, minerals from the soil, and energy from the sun to create oxygen, vitamins, enzymes and complex amino acid chains. Plants pull the colloidal minerals out of the soil, combines them with other substances required to sustain life and grow with them. Plants are vital for us because they are the cheapest and most efficient way to process nutrients. Plants have the unique ability to mix colloidal minerals with the necessary amino acids, enzymes and vitamins to be assimilated by all other living animals in the planet, including humans.

Millions of years ago the soil used to contain all the minerals required to sustain life. Plants used to be so nutritious that the largest living dinosaur, about 70 tons, required a mouth comparable in size to that of a cow. You can confirm this by visiting the Museum of Natural History in New York City where three skeletons of dinosaurs are displayed at the main entrance. Although the amount of minerals in our planet has always been the same, the minerals are not evenly distributed throughout the land making some soils more fertile than others. The richest soils in the planet are those on, or near mountains after volcanic eruptions. This is true only in areas with little or no rain because if it rains often, the rains wash away the top soil along with the minerals. The plains, on the contrary were not very fertile because the amount of dust and lava that reached them was minimal, unless there was a river nearby which flooded the plains regularly bringing nutrients in the form of dirt and dust carried by water down from the mountains.

In American history the first settlers who ventured west to live in the prairies taught us a valuable lesson as they faced the hardship of their new life. They would settle in the plain some were and established a farm to grow food, a milk cow, and a few sheep to get

wool for their winter clothes. After three to five years though, the corn would not get high enough or produce any returns, the cow would only produce 10% of the amount of milk, the sheep would not produce wool, and some family members would get sick with consumption which resulted from malnutrition. In a very short time they were forced to move onto another area because the soils could not support life for more than 3 - 5 years. The limited amount of minerals the soils contained was removed quickly by farming and milking and there was no economical way to put the minerals back into the soil. The settlers had to move on, unless they lived in an area that would flood every three years or so, replenishing the missing minerals. Spreading manure around helped a little because the cow would take the grass and minerals out of some other piece of land, extract and use most of the minerals herself to replenish the minerals lost through milking, and the little amount of minerals left over would be on the manure. But, although manure stimulated the bacteria in the soil, it did not contain enough minerals to make a difference. When the soils became sterile there was nothing else to do, but move on. This was farm life until chemists develop fertilizers.

Fertilizers would increase the amount of grass, corn or wheat harvested out of the land, but did nothing to replace the minerals missing in the soil. Fertilizers only contain nitrogen, phosphorous and potassium which plants need to produce maximum yield in tons and bushels. Many farmers who depended on live stock started losing money after three to five years which is how long it took to pull out the minerals in the land. After that there would be no more minerals in the soil to sustain livestock and the animals would not get big enough to generate a profit. Farmers started using fertilizers to increase the amount of grass obtained from the soil and feed that to the cows, but the cows needed 60 minerals. The corn, wheat and whey only contained the three minerals supplied by fertilizers; Nitrogen, Phosphorous and Potassium which is not enough for the animals whose size and weight did not increase, and neither did the farmer's profits. The grass can be tall and beautiful, but if there are no minerals in the soil there would be no minerals in the grass or any thing that grows in that soil for that matter.

Since the land would not support livestock, the farmers decided to use the land to grow human food using fertilizers. Our health is

deteriorating fast because us humans get gorgeous looking foods rich in phosphorous, nitrogen and potassium, but very little else. To compensate for the nutrients deficient foods Americans eat organized medicine promotes consuming lots of medical insurance with the government blessing. What is the point of insuring against the inevitable?

In 1936 the United State Senate, on the Second Session of the 74th Congress wrote Document 264 to explain that it was impossible for any man to eat the amount food required to obtain the nutrients needed for sustenance. Document 264 explained that American soils were depleted of minerals therefore any grain, fruits or vegetables grown in the soil would not contain enough minerals either. It also explained that any person eating these products would develop mineral deficiency diseases that would cost the government and American citizens a great deal of money. According to the document, the only way to prevent all these mineral deficiency diseases was taking a mineral supplement. That created a lot of controversy back then and started a whole new industry of food supplements and health food stores. The only problem with the industry is that the mineral supplements available then and now are mostly metallic minerals which cannot be absorbed by the body. Therefore when doctors claim that taking mineral supplements is wasted money that only produces expensive urine, it is partly true. It is partly true also, that taking vitamins, enzymes and amino acids supplements only gives you expensive urine because, without minerals, most of these nutrients cannot be assimilated either. Since 1936 the conditions have gotten much worst because after world war two America has been feeding the world and in 45 years of industrialized farming the soils are 85% depleted of minerals as revealed during the 1992 Earth Summit in Rio de Janeiro, Brazil. Because of this chronic deficiency of minerals in our food, the health care budget in 1996 is around 1.4 trillion dollars. This is almost double the defense budget. But don't despair, they would want us to think this situation is hopeless, but there is plenty we can do to fight this condition and protect our health. Reading about this situation is this book puts you in the right path, therefore read on and don't despair there is light at the end of this chapter.

Even though the farm products available in the nineties are deficient in minerals, there are still some benefits to eating them because plants are able to make vitamins, carbohydrates and amino acids. Plants still provide one of the best sources of natural fiber to keep the intestines healthy and clean. And they do provide some nutrition, but if you are concerned with health you need nutritional supplements, especially minerals. And as far as supplements is concerned it is recommended to take them, but try to get them in a capsule or liquid base because a lot of the pills available today do not dissolve in the

According to a 1993 press release from the Salt Lake City public works department, it appears that we are getting ripped of. Officials reported that every month they remove two 55 gallon drums of supplement pills that would otherwise clog the sewer system of Salt Lake City. Television is a good way to entice people into consuming certain food supplements, but the most common pills found in the Salt Lake City sewers were the ones most heavily advertised.

intestines.

26 ABOUT NUTRITIONAL SUPPLEMENTS

Even though doctors claim vitamin and mineral supplements only give you expensive urine, most people know they need supplements and according to a government report, in the mid nineties Americans spent 14 billions dollars supplementing their diets. That is a lot of money spent on vitamin and mineral tablets. Are we getting our money's worth?

According to a 1993 press release from the Salt Lake City public works department, it appears that we are getting ripped of. Officials reported that every month they remove two 55 gallon drums of supplement pills that would otherwise clog the sewer system of Salt Lake City. Porta party (portable latrines) businesses report a similar problem with thousands of supplement pills which they have to filter out every time they wash their units otherwise their private sewers will get clogged up and cost tens of thousands of dollars to repair.

That proves that we are been cheated and lied to, for the... I lost count time, which should be no surprise. That proves that the companies producing these rip-off pills are only taking our money. That proves that the government agencies supervising these nutritional supplements are not doing their jobs therefore it is up to each person to determine which supplements are the best ones to take in order to get the nutritional supplements we pay for. The television is a good way to entice people into consuming certain food supplements, but the most common pills found in the Salt Lake City sewers were the ones most heavily advertised. This proves that these company have invested all their money into the marketing plan to sell and distribute indestructible time capsules.

Many people are not really convinced about taking nutritional supplements because they don't know how the body works or what the body needs to stay healthy. The educational systems in the world and organized medicine have done a good job at keeping us and many doctors in the dark with respect to

Uroopathy practitioners save money by taking half of the R.D.A. of nutritional supplements at night and drinking the portion discharged in their morning urine.

nutrition. We know that life starts out with the genetic code of a man and a woman and aside from them being long chains of amino acids we know very little else. The genetic code is made up of a lot more than simple chains of amino-acids. These amino-acids are made up the 75 metals known in our planet, and if there is a deficiency of any one metal or a group of metals in a person, there is a strong possibility of having a defect in the genetic code of that person which could be passed on to a child conceived while having a mineral deficiency. It is not genetics, all diseases are directly related to mineral deficiencies according to Doctor Joel Wallach who came to this conclusion after performing 17,500 autopsies in 450 species of animals and humans who died of natural causes. He started out as a Veterinary and he was able to perform hundreds of animal experiments to confirm his findings. He was nominated for a Nobel price because of this and other extraordinary discoveries. Once you know the true cause of a health problem it is a simple process to correct it and prevent passing it on to your children says Wallach. He explains that people who live in a certain area usually develop a deficiency of the minerals that are not available in the area were they live. This deficiency leads to a mineral deficiency disease affecting the entire family, not because it is genetic, but because everyone has the same mineral deficiency. Genetic problems result from a behavior and dietary pattern passed on from generation to generation.

Nutrition is extremely important, especially during pregnancy because new cells are created while the fetus is developing, but in order to create strong healthy cells, the fetus must have all the minerals and nutrients required to create the different cells. When the mother is well nourished and her body is in optimal state of health the fetus obtains from her the basic substances needed to create healthy cells, but when mother is malnourished those basic substances are not available and certain groups of cells do not develop properly because of deficiencies of certain minerals. As the fetus starts pulling minerals out of its mother, she is going to get cravings for items which contain the ingredients required by the growing fetus, even if it is dirt. Because if those nutrients are not available, the organs that require them will not develop properly and there is a strong possibility of creating an under-developed, deformed or mentally retarded child. Doctors will swear that this a

genetic problem, but this problem is not genetic. This results from not having the basic materials required to follow the genetic plan and build a strong and healthy body.

If you want to give your doctor the benefit of the doubt, by all means do. But if you love your future child, put your money where your mouth is and follow the plan laid out by Dr. Wallach to eradicate all possible birth defects, genetic and congenital problems in your family. He did many animal experiments to demonstrate that it is possible to eradicate birth defects, genetic and congenital problems. The plan is very simple. Give the father and mother a complete, full spectrum nutritional supplement containing 60 colloidal minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids six months before conceiving. This is done to ensure a perfect genetic code at the time of conception and to provide all nutrients the embryo will need during the most important part of gestation, the first 28 days.

That is the crucial time when the brain, spinal cord, heart, lungs, liver, pancreas, kidneys, eyes, and all other major organs develop. Doctors do not tell you how to avoid a child with a birth defect, they usually wait for you to come in after you are pregnant and most women find out they are pregnant when they miss their first menstruation. By the time a lady finds out she is pregnant, the birth defect may have already developed. I urge you to plan ahead before conceiving your children. The money you will spend is an investment into creating a child who has the genetic potential to be a superman, and a prodigy kid that will make you very proud and will have no health problems during his life.

An adult faces a similar condition, but in an adult it is not the fetus that is developing, it is the billions of old and deteriorating cells that are replaced everyday. The new cells require all these minerals and nutrients to develop into strong and healthy cells. According to research done by Dr. Wallach, an adult needs to have 91 nutrients every day to create strong and healthy cells capable of carrying out all of life's activities. Remember the body is made up of 25 to 50 trillion cells and it is not the body per se that gets old and deteriorated, it is each individual cell that is affected because it does not have the basic materials required to live healthy. If the dead cells are being replaced with deformed, underdeveloped and sick cells, that person is only going to be as sick or as healthy as the individual

cells are. That is the reason why adults must take nutritional supplements just as a pregnant mother should, otherwise they will age prematurely, get sick prematurely and die long before reaching their genetic potential of 120 -140 years of age.

Nutritional supplements are not only required for strong bones or muscles, they are also required for brain activities, mind control, social behavior and the ability to learn. The nervous system requires 60 trace minerals because they are necessary to control mood and stress. This is extremely important for school age children who could lose the ability to concentrate and retain information without these nutrients. Those children lose interest in learning because of malnutrition. The rich and powerful do not want you to discover this fact because smart children are a potential threat to their power. With proper nutrition there might be a few more prodigy kids in the average family. School age children are not born troublemakers, they are difficult to control because malnutrition drives them into a frenzy and the excess sugar they usually get makes them hyperactive. That condition is reversible and all you need is a full spectrum nutritional supplement with colloidal minerals.

Organized medicine does not want you to know about malnutrition problems so that our babies get sick at an early age, and we get sick and tired at a young age then they can start exploiting conditions which resulted from not having the right information. It doesn't matter how many masters degrees you have, this type of information is not being taught in school or presented to you in any way shape or form because the educational system and organized medicine benefit from creating all these health problems in our families. The total sum of money required to keep a person healthy during 75 years of his life is about a dollar and a half per day in the nineties. Multiply \$1.50 x 365 days x 75 years to get the cost of preventing birth defects, heart problems, diabetes, asthma, cancer, learning disabilities, crime, addictions to drugs and cigarettes, and lost sick days during the lifetime of a 75 year old person. The total is only about 40,000 per person for a lifetime or just about the cost of four or five years of medical insurance for a family plan in 1996. This may sound like a lot of money, but when you remember how much a sick child costs, or that it costs 45,000 a year to keep a problem child in jail. When you compare that to the problems associated with the cost of

THE APPROPRIATE DIET AND **27** FOOD COMBINING

alcoholism or drug addictions then it does not sound like much. The insurance alone is much more expensive and it does not keep you healthy or prevents any of these health problems. The big corporations, the government and organized medicine are promoting health insurance all the time, but I don't understand what is the purpose of insuring against the inevitable when it is cheaper to take the supplements to prevent all the problems at once.

By replacing the diet of laboratory rats with the diets of certain problematic neighborhoods, Dr. Wallach was able to demonstrate the connection between malnutrition, addiction to junk food, sugar and all social problems in those neighborhoods. In a matter of days the rats eating nutrients deficient foods develop the same behavior patterns and social problems of the people in those neighborhoods. And then he changed the diet of the rats to include the minerals which were absent in their diet and he could observe and admire a dramatic improvement in the behavior of the rats. Those minerals are, lithium, chromium, vanadium and copper. If you have a schizophrenic child or adult in your family, it is very likely that such person has a deficiency of these minerals which creates a craving for sugar which, when ingested, can make them temporarily ⁵insane. These supplements are available in health food stores, but if you are seeing a psychiatrist he will charge you a lot of money to give you a prescription for the same nutrients. If the government agencies that supervise the food we consume were doing their jobs, these nutrients would be in our food and we would not have these social problems.

Remember that you are reading a urine therapy book because a substantial amount of these nutrients are in the morning urine of most people and getting into the habit of drinking some of it every morning can make a dramatic change in your mood and the mood of your children.

⁵For more information about social problems and their relation to mineral deficiencies read RARE EARTHS, FORBIDDEN CURES by Wallach & Ma about \$ 20 + S/H 800 -755 - 4656

We eat a lot in the United States however, the type of food we are consuming is not supplying our bodies with the nutrients our body requires. These nutritional deficiencies create cravings and those cravings drive us into eating often, yet we remain malnourished and constantly hungry. Many of us make an effort to eat healthy food, but we don't know how to prepare, combine or chew our foods to get the nutrients out of it using the least amount of energy. What we eat and how we eat it has become a burden to the body because our eating habits create food-related toxins and those toxins ultimately result in illnesses that take the pleasure out of living and shortens our lives. We must become familiar with our digestive system and develop proper eating habits to live healthy, happy and achieve longevity. I will explain how to get the best of what you can afford, from what is available in your area.

Remember that this is a book on urine therapy. Some people know they need nutritional supplements, but they cannot afford to buy them or don't know where to get the best ones. Your urine is the most powerful nutritional supplement available to any person because it contains substantial amounts of the nutrients the body needs and they should not be wasted.

The proper diet is a very important topic and mastering it requires a lot dedication, perseverance and self control. Good nutrition is not just a matter of eating good tasting foodstuff, good nutrition is a process through which you supply all the nutritional requirements of the body by consuming products that contain 80% moisture (micro water), are rich in nutrients, fiber and carbohydrates with a minimum of artificial ingredients and chemicals. The best products, are fruits, vegetables, nuts, whole grains and other unprocessed, plant derived products. Healthy living depends largely on what we eat, when we eat it and how we eat it.

The majority of Americans are malnourished because of the nutrient deficient foods been distributed and consumed in our era. A

malnourished person has cravings for food because the body instinctively drives the affected person into eating frantically to correct its nutritional deficiencies. The fast food industries and junk food companies in America know about these food cravings and they exploit them by selling nutrient deficient foods. Regardless of how much of this nutrient deficient foods you eat, you will always be hungry because the deficiency of nutrients in the body remained the same. That is what drives children into eating lead paint and cement scrapings of the walls. I suggest investing a little time and money into discovering and eating the proper foods to prevent and correct all the nutritional deficiency deceases, learning disabilities and social problems in your family and neighborhoods. Your sacrifices are well worth the effort because the reward is a very active and prolonged life and smart, addictions free, independent children you will be proud of. Imaging living to 100 or longer without restrictions, without aches, pains, and without all the health problems associated with malnutrition, stagnation of waste, deterioration and premature aging. What do you think?

To better understand our diet we should analyze our digestive system because there are physical characteristics that stand out and they can guide us when searching for the ideal diet and selecting our food products. If we compare the teeth of a man to the teeth of other animals, we can draw a few conclusions. Humans should not eat meat because our teeth are different than those of carnivorous animals such as the cat and dog. The teeth of those animals are designed to rip and swallow big chunks of flesh. On the contrary, our teeth are similar to those of herbivores, or animals that eat grass, grains and plant derived products such as the cow, horse and goat. Nature has designed the dentures of these animals to cut and chew their food before swallowing it. That is why our lower jaw, the same as the herbivore or vegetarian animals, can be moved one or two centimeters in any direction while a carnivore's lower jaw only moves up and down. Another characteristic is the length of the intestines. The intestines of a carnivore is approximately three times the body length, while the intestines of an herbivore or vegetarian animal is seven to 10 times the length of the body. The approximate length of the human intestine is about seven times the body's length.

The strength of the hydrochloric acid in the stomach and digestive system of an animal also determines the type of food it should eat. Carnivores require almost pure acid in the range of 1 - 2 because flesh is p r e d i g e s t e d a n d assimilated quickly. Our digestive system is longer and requires an acid level in the range of 2 - 3 because we depend on fermentation of food which requires more time before bacteria restructure what we eat.

An important secret to longevity is the amount of saliva that is mixed with your food before swallowing it. Saliva keeps you healthy, it extends your life by a few years, facilitates digestion and assimilation of nutrients out of what we eat.

The life span of a carnivore is about one third to half that of a comparable vegetarian animal and by far the longest living animals are vegetarians.

From these and other characteristic details, I believe that we should be vegetarians, or mostly vegetarians. And our diet should include plenty of raw or steamed vegetables, salads, fruits, sprouted grains and seeds.

Although it is suggested to consume fresh plant derived products, the body also requires a certain amount of carbohydrates which is converted to the type of energy that drives the muscle cells in the body. Most of the vegetables contain carbohydrates, but we can also get them from breads and rice. However, we should eat brown rice because it is still alive when you cook it and has part of the shell still on it which helps clean the intestines. The bread you do eat should be made with grains that were grinded with the shell still on them otherwise your lymphatic system can stagnate due to lack of fiber.

There is another important reason why we should not eat meat: When an animal knows that it is going to be slaughtered, stress develops and certain glands in its body produce adrenalin, cortisol and many other compounds that can be very toxic to us. Adrenalin and cortisol hamper our reasoning and makes us mad. People who

eat the flesh of any animal, gradually become aggressive and mad just like the slaughtered animals they consume. That is why some slaughterhouses demand that the animals be sacrificed quickly instead of extending their anxiety and agony which makes the meat taste bad. Nevertheless, animals can perceive our thoughts and they know what is coming to them. Pork meat is the most harmful of all because the pig is a very intelligent animal therefore, it is one of the animals that suffers the most before death. When we eat meat, we begin to feel the same anger, distress and anxiety that those animals experienced before and while being slaughtered.

The nutrients we need in order of importance are: oxygen, water and salt therefore, one of the most important products to consume everyday is sea salt or rock salt. Salt is a very concentrated nutritional supplement and the body requires about 3% by weight of the total amount of food you consume every day (see chapter on salt). Certain nutrients in salt are required to produce hydrochloric acid which is necessary to digest the food you eat. If you don't consume the amount of natural, unprocessed salt you need, you will be susceptible to having acid indigestion, heart burn, bloating, hepatitis, yeast infection, intestinal problems, opportunistic infections and other problems associated with malnutrition. All these problems are associated with not been able to digest your foods properly.

What I am telling you about salt intake contradicts your physician's guide-lines however, in three different occasions one of my brothers forced to stay home for a week because of hepatitis-like problems that were associated with having very little salt intake during the previous six years. His energy level was much lower than average since he was not processing proteins properly. The liver was enlarged, he had an infection, high fever and unbearable pain for four to five days every time he had this problem. The last time it happened he checked into a hospital to see if doctors could diagnose the problem. After three days of multiple tests, blood and urine analyzes they could not determine the cause of the problem therefore he requested to be released after three days and went home because he could not stand the standard procedure they were following, their tyrant, despot attitude and lack of understanding.

Later on he discover that the entire problem was related to a salt deficiency that became a hydrochloric acid deficiency. In three different occasions, the acid in his stomach was not strong enough to digest a banana therefore it went into the small intestines practically raw and that probably clogged up the vessels between the liver and intestines. He discovered the answer to his problem one early morning while trying to determine what the body was craving for at 3:00 A.M. The body craved salt, however it specifically wanted raw, unprocessed sea salt, or rock salt because refined salt does not contain iodine and several other key ingredients required by the thyroid, stomach and other organs in our bodies.

Another important detail is the required amount of fat in the food. Mother's milk contains about 3% fat because it is required in our bodies therefore it is recommended to ad a little bit of butter to your vegetables and bread, but is should be plain butter not margarine, vegetable oil, or any other synthetic or chemical product. Synthetic products are great for your car or sawing machine, but not for the body. Avoid eating cookies, crackers and other snacks that contain cotton seed oil, coconut oil and other hydrogenated oils. They are listed on the labels. Margarine and many cooking oils cannot be digested or processed by the organs in the body and ultimately cause many health problems because they create blockages in the capillary vessels, nodes and glands of the lymphatic system especially in the liver. Margarine is one of the products that turns into the type of blob that accumulates in the belly and love handles and cannot be eliminated by natural means. Stay away from margarine and other hydrogenated oils and consume small amounts of plain or lightly salted butter, nuts and seeds instead.

Judging from what we see in local supermarket it is hard to tell what we are supposed to eat, however before the industrial revolution it was not so confusing. Plants derived foods were more abundant and they are our ideal nourishment. Natural products promote life because they contain the best combination of nutrients, fiber and micro water. These products sustain life and keep the digestive and lymphatic systems operating efficiently while keeping the cells

properly irrigated and healthy. Ideally, the food we eat should have an 80/20% water to fiber and nutrients ratio as you will find in fruits and vegetables. We should drink fruit and vegetable juices instead of carbonated drinks, beer or tap water because the water in natural products contains the seven molecule cluster that can penetrate through the skin of the cells in your body. We need to understand that processed foods are dead and contaminated foods. Understand that food that does not putrefy, cannot be digested, it does not support life and eating it is not only unhealthy, but they also promotes disease, deterioration and premature aging. When you are hungry, It is preferable to wait until you find healthy products rather than eating junk food which does not supply nutrients and accumulate toxins in the body a bite at a time.

I am not an extremist and I don't think my diet is boring. If I am invited to a social gathering and the food they serve is not what I am used to eating, it is not a problem for me to bless it and eat a portion of beef that day. I thank God for the goods received and eat it along with a portion of cake, a carbonated drink, a glass of wine and everything else. It is ok to make a pig of yourself once in a while because the following morning you will remember why you should stay away from such a diet the instant you taste your urine. The same happens when you fall to temptation and eat a cookie or a piece of candy. My urine is usually awful the day after. That is how I discovered how harmful school candy and chocolates are. Those products are poison and thousands of pounds are eaten by the kids every year.

There is a certain way to eat our foods that makes it easier to assimilate most of the nutrients it contains. Again, I ask you to think about the natural process. When the body needs a certain nutrient, you get a craving for something in particular. Let's say, an apple. If you live in the country, you go to the field and get it from the tree. Those who live in the city go to the market and buy it. Something very important happens from the moment you get the desire to eat a particular food item until you take the first bite; The body prepared itself to digest the item you craved. The body produces the appropriate gastric juices and enzymes necessary to assimilate what it requested. The same thing happens while cooking what you intent

to eat. Therefore if you have fruit in the house or if the food has been prepared by someone else who calls you when the food is served, you will assimilate it better if you observe it carefully and savor it mentally during a few minutes before gulping it down. Give the digestive system a little time to prepare itself to digest the food.

The most important part of digestion is masticating or chewing the food patiently. Saliva is a very powerful healer and we need a lot of it to stay healthy. When someone is ill, I recommend chewing gum often, or placing in the mouth something that would produce saliva such as pieces of garlic, hot pepper, dry fruits, drops of lemon juice or any acid fruit. When we are masticating our food, we should do it patiently and mix it with sufficient saliva before swallowing it. It is also important to add to your foods anything that would increase production of saliva such as salad dressing or hot pepper. While we are masticating, the food is predigested and identified, meanwhile the stomach produces the enzymes required absorb the nutrients out of the food we are chewing. If we gulp it down fast, or swallow our foods with a liquid, we will not assimilate what we ate because it did not go through the proper procedure in the mouth and the digestive system was not ready for it. In addition, when we swallow foods with a liquid without masticating it, the liquids dilute the hydrochloric acid in the stomach therefore you are not able to digest what you ate.

It may seem unrelated, but malnutrition, anemia, obesity and many other health problems associated with lack of nutrients are directly related to improper eating habits, not necessarily lack of food or nutrient deprived foods. The bottom line is not how much you eat, but what you absorb from what you have eaten.

Did you ever realize that man is the only animal in nature that cooks its food before eating it? If it was just cooked, it wouldn't be so bad. Most people destroy their foods and turn them into useless garbage when they cook them. All plant derived foods

Getting sleepy after a meal indicates that it took more energy to digest it than what your body will get from it. Drowsiness could also mean that you ate much more than you are capable of digesting at once.

are naturally rich in enzymes and those enzymes are destroyed when the temperature reaches 119 degrees or above. If you really want to get the most from your food, don't overcook it. Vegetables should be crunchy when you eat them. If a vegetable has the consistency of tofu, it is garbage and it will take more energy to process than what your body will absorb from it. Food should give you energy instead of taking it away from you. It is suggested to consume smaller meals that are easily digested and do not require so much processing energy. You will not get sleepy after drinking a glass of vegetables or fruit juice or after drinking a glass of urine, instead you will get a burst of energy out of them.

We can learn a lot from observing animals in nature. Did you ever realize that man is the only animal that drinks liquids with his foods? When we drink water, juice or other liquids, we should drink them half an hour before eating or two hours after eating, this should be done so that we do not alter the natural process of digestion. All the food products we consume should have an 80% water content by weight otherwise it is not healthy to eat. Aside from the water contained within the food being consumed, we should not drink any water while we are eating (see chapter on how much water to drink).

Another important detail is learning to combine foods products for better digestion. Man is the only animal that mixes 50 different types of products in a meal. This type of mixture is impossible to digest, especially when we mix them by eating a little of each. Think about all the things we eat: rice, beans, meats, salads, fruits, vegetables, fried vegetables, cake, ice cream, milk, chocolate, cookies, carbonated drinks, bread, spaghetti, candies and other sweets. We also mix in beer, rum, fish, cheese, coffee, butter, peanuts, peanut butter, eggs, cereal, oats, jam, jelly and many other things. We often mix many of these foods every day. Sometimes we mix them all in a single meal and we get bloated and sleepy. That is not happening because of excessive proteins, that happens because our digestive system was designed to process one thing at the time, not a massive blob of things.

When these foods are mixed we usually start with the meats and other proteins. The stomach starts working on the meat first, but soon after it becomes overloaded with everything else that piles up on top. The grand finale is dessert, usually something sweet like cake, cookies, ice cream or a soda. That makes the job even more difficult because the sugary mixture we eat or drink after a meal usually mixes with everything and ferments in the stomach while digesting the meal. Dealing with all these products at once overwhelms the body because of the massive amount of energy required to deal with such a meal. This is the reason why people get sleepy after eating, however no one has this reaction when they eat sprouts, fruits and vegetables.

Juices and other liquids, especially those that contain sugar, pass through the stomach quickly while other products require processing. The ideal thing to do is to simplify each meal. Don't eat so many things at once. Proteins have to stay in the stomach for 20 - 30 minutes while carbohydrates that are properly mixed with saliva only need to stay a few minutes. Get into the habit of eating two or three things at a meal and try to leave a 15 to 20 minutes interval between different kinds of food products. When you start practicing these guidelines you will notice a general improvement in your well being and gradually it can become an everyday custom. Your body will thank you and reward you with good health and vitality for the rest of your life.

It is vital to add that how we prepare and eat our foods is as important as knowing which products can be mixed together. No one talks about it, but there is a branch in the science of nutrition called **Food Combining**. There are several books written about food combining and those interested in improving and preserving their health should read a book on this subject to get more details than I am able to cover in one chapter. Combining foods to improve digestion and health is a habit that we should learn and teach our children because our health and the health of our children depends in part on having such a custom.

I provide the following food list, food-combining table and general rules as a short guideline to give you an idea of food combining. You may have been mixing these foods for years without apparent problems, but it always takes a toll on you and the price has to be paid with pain and agony later on in your life. I suggest you try this hypothesis for two or three weeks to determine if it agrees with your system. If it does not work, you will know for sure if you are eating properly.

- ⊗ Do not mix two different proteins in the same meal. Example flesh and cheese, cheese and nuts or fish and eggs.
- ⊗ Bananas should not be mixed with any other type of fruit or food.
- ⊗ Melons should not be mixed with any other type of foods or fruits.
- ⊗ Fruits should be mixed with those of the same group and some vegetables and salads without dressing because fruits contain certain acids that stimulate the production of saliva. Fruits are a complete meal by themselves and they should not be mixed with proteins, carbohydrates and starches. Proteins, carbohydrates or starches are already in fruits in ideal proportions.

Note: Though the skin of fruits are an ideal fiber supplement, most of the fruit available in industrial countries have a coating of pesticides to protect them from bugs and fungus. These coatings are very harmful to us therefore I recommend peeling the fruit when you notice the coating on them. If you can't determine whether or not there is a coating peel them to be safe.

Combinations	Proteins	Carbohydrates	Vegetables	Fats	Acid Fruits	Semi-Acid Fruits	Sweet Fruits
G= Good M= Moderate P= Poor B= Bad							
Proteins		P	G	P	B	B	B
Carbohydrates	P		G	M	B	B	B
Vegetables	G	G		G	P	P	P
Fats	P	M	G		P	M	P
Acid Fruits	B	B	P	P		M	P
Semi-Acid Fruits	B	B	P	M	M		M
Sweet fruits	B	B	P	P	P	M	

PROTEINS: Meats, chicken, fowl, eggs, fish, milk, cheese, beans, Lentils, seeds, nuts, butters from seeds.

FATS: Avocados, nuts, butter and substitutes like margarine, milk cream, lard, cooking oils.

CARBOHYDRATES: Corn, rice, wheat and other cooked grains, potatoes, sweet potatoes and yams, green bananas, carrots, bananas, pumpkin, breads, pasta and similar products.

VEGETABLES: lettuce, green leafy vegetables, broccoli, spinach, watercress, radishes, herbs, asparagus, green beans, celery, cabbage, Brussels sprouts, cucumber, eggplant, all types of germinated seeds. The following contain a little starch: cauliflower, carrots, artichoke, corn and beets.

ACID FRUITS: grapefruit, lemon, lime, orange, cherry, tomato, strawberry, tangerine, and green apple.

SEMI-ACID FRUITS: Fresh figs, papaya, grapes, mango, peaches, prunes, cherries, kiwi, apples, loquat, nectarines and apricots.

SWEET FRUITS: Dry fruits, persimmons, ripe bananas, raisins, dates and all types of melons.

If you decide to mix several foods in the same meal, I recommend that you try the following procedure:

Products that are digested fast should be the first thing you eat, and what is most difficult to digest should be eaten last. In a regular meal you should drink all liquids first, especially those that contain sugar and fruit juices because they go through the stomach and into the small intestine quickly. The next thing to eat is deserts. I am referring to sweet breads, ice cream, cakes, cookies and other sweets. We should eat these foods first because they are already processed and refined. Next on the list should be refined wheat flour products such as breads, spaghetti and white rice. After that, salads and vegetables. Next, in line are the proteins, cheese, beans and other grains. And the last thing of all -- meats, because they require the longest time to digest.

I am not an extremist, and you should not follow blindly the advice of anyone. My intention is to offer guidelines that you can experiment with until you determine what is best for you and then act out of your own conviction. Do not become a follower or a fanatic, instead take control of your life. Personally, I am like Saint Thomas the apostle: I must insert a finger in the wound to be sure. I take things on face value and I do not go out on a limb because of faith only. I respect and follow my instincts and I have more faith on things that are scientifically proven, especially if I experimented with it and determine its effectiveness. Before I try something though, it must make sense and sound logical. If I don't know enough about a topic

in particular, then I would research it to determine out of my own conviction whether or not what I was told is true or false.

When I heard of combining foods, I analyzed the information. Then I decided to experiment and see what happened. To my surprise, I lost 15 pounds and reduced my waistline considerably. My trousers went from a 38 waist to 34, following that simple experiment which became a regular eating habit. At the beginning of this book I said that I practice what I preach and losing weight by properly organizing my meals is one of the discoveries I'm happy to share with you.

Here is an experiment for adventurous persons: observe the color and smell of your urine one morning. Then, on the day of your choice, follow the food combining regiment I have outlined in the previous paragraphs. Drink water, juice or soda about 15 -30 minutes before your meal. Then eat the desserts, fruits, salads, vegetables, rice, and the proteins like beans and meats last. See if you feel any differently half an hour after that meal. Do you feel the same or do you feel more energetic? Pay attention to the sleepy feeling after a meal. Is it gone? The following day observe your urine, its color and smell. Chances are the results will surprise you.

Did you ever stop to think that humans are the only animals that contaminate their water before drinking it? Our society is not satisfied with drinking plain or filtered water. Before drinking it, we have to make it bitter and sweet: coffee. Sometimes we make it bitter and acid: liquor and beer, or sweet and bitter: tea. At time we want it to have carcinogenic products (chemical or synthetic sugar), stimulating drugs (caffeine), and artificial colors and flavors; diet soft drinks or carbonated drinks. Let me ask you? What is so bad about drinking a simple glass of water or a cup of hot water in the winter? Water is what the body needs and water is what we should drink. A good alternative is fruit or vegetable juice, or simply eating a fruit. Eating a fruit is like drinking a cup of water and having a fiber and a nutritional supplement at the same time.

I know that many people will argue that humans are intelligent, can cook, prepare delicious desserts, and do this, and that, and the other. But remember that man is one of the few animals in nature that suffers from a thousand and one different diseases. We live in a universe of energy, yet we don't know how to use this energy to our advantage.

Our dogs and cats also get sick because we altered their diet. Mice, rats, doves, blackbirds and marine birds also die of diseases and manifest deformations because they eat our leftovers.

Remember that this book was written to present different ideas to open-minded persons who will experiment and make positive changes in their diets and lifestyles. Remember that even with all the abuses committed against our bodies, it takes 25-30 years for a disease to manifest. But It happens one bite at a time, one meal at a time, one day at a time. Take care of yourself while you are healthy because once you get sick there are no doctors or miraculous pills that can repair the damage. Remember that good health is not an item you buy at the local supermarket, you cannot get from a doctor either. The body can heal itself, if you make a few changes in your diet and life style. If we want to continue living healthy, we must educate ourselves and take control of our diets. We have to be more practical because each of us is going to benefit from, or suffer the consequences and agony of been sick.

We should realize that food corporations manipulate us through subliminal messages in the food commercials. They dictate our diet and lifestyle through the radio, newspapers and television which are controlled by people who are blinded by greed. Most of the products portrayed as part of a nutritious breakfast are not healthy, on the contrary these products are like a time bomb polluting our internal environment and crating the conditions that make you susceptible to disease. They are and destroying us one meal at a the time. All those fast food places are only interested in your wallet not on providing you with the nutritional requirements your body needs. No one is interested in providing a nutritious meal you need. They just want to quiet your stomach for a while with foods that taste good. They don't care about the harm they do to us and our children. All these fast foods are the fast track that takes us to disease, emotional

anguish, suffering and economic ruin. It is time to awaken and stop hurting ourselves, however you are the only one who cares enough to do it. I hope you don't wait too long?

28 HOW MUCH WATER SHOULD YOU DRINK EVERY DAY?

Oxygen is the most important element for life, water is the second, and salt (minerals) is the third. Our body contains 80 - 90 % water and the remainder is made up of 72 minerals that are combined into hormones, enzymes, amino acids and thousands of other organic compounds. We lose 30 - 60 ounces of liquid every day through perspiration and urination. In addition we lose a portion of the minerals along with small quantities of the thousands of organic compounds that make up the body. We must drink enough water to replace what we lose and maintain the ideal consistency of plasma however, we also need to find a way to replace the minerals and the other vital ingredients plasma must contain because the cells in our body require them for healthy living.

Twenty years ago everyone believed that drinking a glass of water, juice, milk or beer after a meal was a healthy habit. Organized medicine supported this habit and insisted on everyone drinking six to eight twelve-ounce-glasses of water every day. However after a decade of observing nature, researching and experimenting with uropathy I have concluded that drinking liquids during and right after a meal interferes with digestion. I also discovered that drinking too much plain water was not such a healthy thing to do because plain water does not replace the minerals and other ingredients we lose. Plain water cannot sustain life because it does not contain the vital ingredients required to sustain the organisms that may live in it.

Plasma contains:

- Hundreds of proteins
- Hundreds of enzymes
- All known vitamins
- 7 mayor minerals
- Traces of all other elements in the periodic table.
- Hundreds of hormones
- Hundreds of amino acids
- Dozens of antioxidants
- Traces of 65 other minerals

- Hundreds of antibodies that protect all the cells in the body from 1,000 different species of viruses, bacteria, fungi and parasites that constantly threaten our health.

It takes a lot of energy to restructure what we eat into atomic particles the cells in our body can assimilate, however it takes even more energy to produce all the other organic compounds needed to sustain life. When a person drinks too much plain water, the kidneys remove the excessive amounts of fluids from the body, however, along with the fluids, substantial amounts of all essential blood components are also washed out of the body. When the levels of hormones, enzymes and amino acids drops because of drinking too much plain water the organs and glands that must produce them must work very hard to replace what you loose and bring their levels back to normal. It is difficult enough living with all the stress, environmental pollutants and nutrients deficient foods of our time. The body does not need the additional burden of constantly having to produce hormones, enzymes, amino acids. Maintaining the proper levels of these compounds is difficult specially when the foods we eat do contain the basic nutrients required to produce these organic compounds.

This is book on urine therapy therefore I promote drinking your urine because it purifies the body while sustaining the levels of all organic compounds and the consistency of your plasma.

Many people think that having clear urine is an indicator of ideal conditions, however clear urine is far from ideal to live healthy. You can have clear urine, but it is not necessary to drink a gallon of water every day to get it. However it does require a some effort on your part. Remember that urine is only a sample of what is flowing through one's veins, which is only a sample of what you ate the day before and what one has been eating for the past couple of years. Your urine will be dark and smell disgusting if your are partially dehydrated, your diet consists of 100% cooked and refined flower products beef, bagels, doughnuts. Drinking a gallon of water may give you clear urine, but that is not going to improve this condition while you continue having such a diet. Your urine will be even worst if instead of plain water, you drink liquor, wine and soft drinks along with fried, fast food meals every day. If you want to improve your

health, drink a gallon of water a day during a week or two or until you get clear urine. However it will be better to drink your urine while improving your diet, which in turn will clean up your bloodstream, which in turn will produce abundant amounts of clear, good smelling urine that is pleasant to apply to the skin and somewhat drinkable.

The sea has such diversity of marine life because it has accumulated over millions of years all the ingredients required to sustain life. All the plants and animals living in it are relatively safe from environmental changes because there is no way to drain or dilute the sea and there is no real way to alter such vast environment fast enough to harm all life in it. If you wanted to bring home a sample of such an exotic underwater world with its beautiful creatures, you will find that it is very difficult and expensive to recreate and maintain such an environment. Salt water aquariums, or fish tanks, are not very popular because maintaining the consistency, P/H balance and temperature of the water is a very delicate and complex process to keep the fish, marine plants and animals healthy. These factors are critical and, if any one of them is neglected, all the fish, marine plants and animals get sick and die. These environments are so delicate that pouring a gallon of fresh water into a 30-gallon aquarium can change the conditions enough to threaten all life in the aquarium.

Explaining all these facts is important because the internal environment of a human being is more complex and delicate than an aquarium and contrary to the sea, there is a very limited amount of the specialized ingredients required for healthy life. We need to guard constantly the proper consistency and pH of our internal environment because drinking too much plain water or not drinking enough liquids can alter the conditions in our internal environment and that can compromise our health and shorten our lives. Humans can take a lot of abuse with apparent impunity, but it always takes a toll on the abuser. Sooner or later one has to pay the price.

The rule of thumb to determine how much water you need every day is this: If you get the urge to pee while drinking or immediately after drinking any fluid, you are drinking too much plain water. Urinating should happen about ½ an hour after drinking water. Instead of drinking plain water when you are thirsty, eat fruits or vegetables, or drink a glass of juice because they contain fiber, vitamins, minerals,

antioxidants, amino acids and other substances the body requires. It is not how much water you drink or the volume of fluids ingested that counts. The important thing is maintaining the consistency of the plasma without having the glands and organs work overtime to produce enough of all the blood components needed to live healthy. You need to drink water every day, but I believe you should add at least a little lemon juice, apple-cider vinegar or a pinch of sea-salt to the water before drinking it to make it more compatible to your internal environment. I also think liquids should be sipped slowly, holding a little of it in the mouth while mimicking chewing to mix the liquid with saliva before swallowing it. And then drink six ounces at the time. Drinking more water than that can alter the internal conditions too much, too fast.

Again I remind you that my purpose is not to confuse or create fanaticism, but to make you aware of the advantages of experimenting and doing some research on your own. Then you will find that drinking a little of your urine is perhaps the best thing to do because it already contains the elements needed to sustain the proper pH balance and consistency of our internal environment.

The previous guidelines are good for a healthy person, however there are circumstances during which a person must sip water constantly or even drink two or three glasses of water quickly. A person going through a severe healing crisis is such a case. The affected person needs to drink about a gallon of water every day during the three days of the crisis gradually reducing the amount during the recovery period which usually last an additional three to seven days. The best way to ingest this much water is to mix it with saliva and sipping it constantly. I do not advice taking more than six ounces of water at a time, unless the affected person is dehydrated.

Dehydration is very common in hospitalized people who get two quarts of intravenous water and a pint of medications a day (actual figures may vary). That is not enough for a healthy person, and certainly not enough for a hospitalized one. Many hospitalized human beings develop serious complications, such as paralyzed kidneys or stagnation of the liver, because of dehydration. That is one of the cases when I would insist on a person drinking two glasses of water quickly, and then I would insist on having that

person sip a gallon of water every day. If you have a loved one in a hospital somewhere, I urge you to inquire about the amount of water he or she is taking every day, if you want that person to come out of that institution alive.

Again I remind you that this is a point of view that may be different from that of your health counselor. Therefore, I suggest discussing this view point with him or researching and experimenting on your own to take an active role on being healthy. The best thing to do, if you want to live healthy, is to act out of conviction instead of just acting on faith or blindly following someone's advise. If you are under the supervision of a health practitioner who recommends drinking a gallon of water a day during a few weeks as part of a cleansing protocol, by all means do it. However, do not drink that much water unless someone is supervising your condition and reactions. You may think it is pleasing having clear urine, but that can be a misleading myth that can starve all the cells and organs in your body. This habit can cause a hundred and one health problems that are very difficult to diagnose.

One of the few times abundant and clear urine is acceptable is when a person drinks most of his urine or while following a urine fast. This protocol produces a lot of clear urine as the body becomes purified. You will live much longer and healthier when recycling your urine and all the vital ingredients it contains.

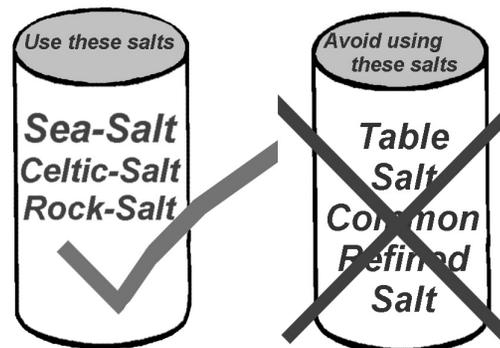
YOUR BODY REQUIRES 6 GRAMS 29 OF NATURAL SALT EVERY DAY

In the seventies doctors started telling everyone that salt was bad for you. They claimed that, though salt is a necessary nutrient, we do not have to add salt to our meals because the products we eat contain enough salt to satisfy what the body requires. Doctors also claimed that salt causes high blood pressure in healthy people and using salt increased hypertension in those who already had it.

The average American consumes two teaspoons of salt every day and the Federal Government of the United States recommends that Americans reduce the consumption of salt to 1¼ teaspoon per day or about 6 grams. People under medical supervision blindly follow their doctor's guidelines and stopped using salt. Many others stopped using salt because of they hear that it is supposed to be bad for our health. However, most Americans continue using salt regularly. Farmers place salt blocks in the pastures for farm animals to lick as much salt as they need because farmers know that salt is a necessary nutrient. Should you listen to the Federal Government or to the doctors?

According to a report on the British Medical Journal salt is a necessary nutrient, but another report on the Journal of the American Medical Association disagrees (The New York Times 5/22/96). Some doctors claim that salt increases the blood pressure of individuals therefore it should not be added to the food. On the other hand other doctors point out that an increase of 2 to 4% (7mm) of the diastolic

pressure on the average person was insignificant to recommend that everyone stop consuming salt. One doctor decided to clear out the confusion once and for all. He combined the information from dozens of studies done on the benefits and drawbacks of consuming salt ignoring



the outcome of the individual studies. The idea was to discover whether people on restricted sodium intake lived healthier or longer than those who used salt regularly. As it turns out, the people who consumed between one and two teaspoons of salt a day lived 10% or seven years longer than those who used no salt at all.

When you stop using salt, the registered drop of blood pressure on healthy people was meaningless and on individuals who had high blood pressure the drop was on average 3.7 millimeters on the systolic pressure (the high number). On a person whose blood pressure is 150/90 giving up salt would make it 146/89 and that person lived seven years less after spending several decades eating tasteless foods. In addition, the person who does not consume salt becomes susceptible to disease since the body uses salt to fight infections, according to the article.

Is it worth giving up salt like many American doctors say? One thing that these articles do not explain is which type of salt is the best to use or causes the most problems. One salt that is not healthy to use is the common-salt available at the local supermarket. That stuff is poisonous to humans and animals because it is a chemical produced in a laboratory and it only contains the ingredients necessary to obtain the taste of salt. This is fact that Physicians never explained. Natural salts, on the other hand, are the third most important nutrient for all animals and insects, and without it we can get dozens of unrelated and difficult to diagnose symptoms.

Natural salts contain 60 to 80 different nutrients that the body requires to function properly and repair itself. Doctor do dozens of tests to determine the cause of those symptoms however, they never diagnose the problem properly because they do not associate diseases with malnutrition. The standard procedure that has been engraved in the brains of most health care practitioners does not even hint at the possibility of not having in the body enough of the elements in rock, or sea salt. You

Salt is the 3rd most important nutrient, however I am not talking about common salt. The salt you need is rock salt or sea-salt which contain a lot of minerals collected in lakes over millions of years of rain and evaporation in the sea or dried out lakes.

will be miserable and waste a small fortune in a problem that could be solved with some of the salt used to melt snow. You can get a 20 pound bag of rock salt at the local convenience store for about \$10 (in 1997), or sea salt from the health food store.

One of the mayor problems associated with refined salt, and a low sodium diet relates to a very important organ in the body, the stomach. You need rock salt or sea salt because your stomach requires certain nutrients in unprocessed salt to produce hydrochloric acid. Hydrochloric acid is necessary to digest the foods you eat. Lack of salt causes acid indigestion, bloating, ulcers, intestinal and liver problems that can affect the entire body if you cannot digest your foods properly.

Salt has always been a very important nutrient and all of the sudden some doctors want to tell us that salt is not good for us. Instead of misleading us, they should point out that refined salt is not good, but that is the type of information that will improve the health, diet and longevity of our society.

With all good intentions science has purified rock salt to make it appear more pleasant, but in the process they removed many nutrients our bodies require. The food industries use refined salt because it is cheaper, tastes the same and does not contaminate the color of food, but this salt is causing numerous health problems such as hepatitis, learning disabilities and underdeveloped nervous system in a developing fetus. These and many other problems are related to rock salt or sea salt deficiency. However that information will minimize the profits of the pharmaceutical companies, organized medicine and the social security administration because it will extend your life beyond the retirement age and that is not good for their business.

Check out the report published in the "Journal of the American Medical Association 1996" v275n20, May 22/29, p 1590-1597. You will discover that in a study of tens of thousands of patients on restricted sodium intake doctors found that their blood pressure only dropped a few points. If fact, the stress associated with consuming tasteless foods was more damaging than eating foods rich in sodium. And in another part of the same study doctors had even more people with normal blood pressure on a high sodium intake

and in more than ten years they could not create high blood pressure in a single patient.

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Sea salt comes from dried out sea water and rock salt comes from a mine that millions of years ago was a lake and then it dried out and somehow was buried. Lakes collected rain water from the nearby mountains that flushes out minerals out of the mountain soil. As the water collected and evaporated over millions of years, the amount of minerals increases gradually and the lake became similar to the dead sea. If there was some kind of volcanic eruption that buried the dead sea, it would become a salt mine a few thousands years later.

There was a time when people were payed with salt instead of money, and that is where the word salary came from. In the civilized world everyone is consuming a lot of salt, but the salt most people consume is refined salt and this is the particular salt that is not healthy to use.

We recently had a condition that affected many children. Around 1980 baby food companies in the United States were accused of putting salt in baby food so that the food would taste good to the parents before they gave it to the babies. Soon after that baby food companies removed all salt from their products. According to doctors, that was a healthy thing to do, but by the time the first babies from that era reached school age the statistics showed that their grades were much lower than the grades of children from previous years. The statistics showed that the children from the year before the salt scandal had higher grades and that fact started an investigation. The report from the sodium task force would have remained hidden in the medical journals, but the reporters from "USA-Today" discovered it and published it.

During the summer of 1994 there was a heat wave that killed nearly 100 people in Chicago resulting from a deficiency of sodium that allowed them to suet until they dehydrated even though many had air conditioners. The irony of the story is that physicians did not go on the loud speaker to tell everyone to consume more salt. It appears they would rather wait and see if you made it to the emergency room so they can give you the newest medication medical scientists developed for that condition, an intravenous infusion of saline solution or salt water. The entire situation could

have been prevented taking a little salt as suggested by the people who work at the local radio or television stations.

Any soldier stationed on, or near very hot places or deserts knows that salt is very important to retain water. The need for salt while in those areas is more pronounced therefore officials give everyone salt tablets.

If you are fortunate enough to have visited the Dead Sea in Israel you can ask the people floating in the mineral and salt rich water why they go to such a harsh environment. They will tell you that the salt and minerals the body absorbs relieve arthritis and rheumatism problems for four months at a time. They obtain similar results when bathing on the beach wich is also loaded with salt. Bathing in salt waters is also great for the skin and numerous other conditions which somehow supports what I am telling you.

Again I have to remind you to use moderation with salt intake because, as with everything else, too much of it can be harmful. The idea is to keep in mind that if you feel slightly ill and no one seems able to determine what is wrong with you, it could be salt deficiency especially if you have been on a low sodium intake while drinking a gallon of water every day. You can find out quickly if that is your problem by taking a sea salt for a few days. You should remember that the salt I am talking about is sea salt or rock salt which contains a lot more of the naturally occurring substances your body needs. You will know when you are taking too much salt when you urine is salty. Contrary to what most people think, sea or rock salt does not make your urine salty the way plain salt does. Your urine only gets salty after you have had enough to satisfy what the body needs.

Those who do not drink their urine can tell if they are having too much salt, when the ankles swell a little.

According to a veterinarian I admire, Dr. Wallach, your daily requirement of salt is about 3% of your food intake, give and take a few grams. Do not worry about a little too much because your kidneys can easily remove the excess salt, if you are ingesting the proper amount of fluids every day. Learn to listen to your instinct and cut down on salt when the body tells

you that you had enough. And remember that it should be rock salt of sea salt and its natural color is a little dirty. Sea salt that appears dirty is better than sea salt that looks like refined salt.

THE LYMPHATIC SYSTEM 30 AND OTHER HEALTHY FACTS

Call diseases by whatever name you want, but sooner or later you will realize all diseases are associated with “**Ignorance**” because when it comes maintaining the proper blood-oxygen levels, proper nutrition and preventing diseases we don’t know much, and the little we know is very confusing. It appears that our government, educational system and medical authorities want it that way. On average uneducated people who live in farms or in isolated areas live longer and healthier lives than most educated and civilized people. It seems that, for longevity, it may be better to follow instinct than to get educated or go to the doctor. In fact the people who live the longest never go to doctors or take medications. I intend to explain some misconceptions about health and share important facts on how the body works, what to avoid to stay healthy, and why the body gets deteriorated and sick.

The bodies of humans are very complex and delicate ecosystems. The skin holds within a liquid called plasma in which 20 - 60 trillion cells live harmoniously helping, protecting and supporting each other. But that is not all that makes a human being, our body is also made up of more than a thousand species of benign microbes that colonized it plus a few dozens of malignant, very toxic microbes or pathogens. All the microbes in and on the body amount to 50 -100 times the number of cells that make up the body. Just as the planet we live in, our body is an ecosystem because the cells that make up the body need the protection and byproducts of the microbes that colonize the body, and the microbes that colonize the body need the protection and byproducts of the cells that make up the body. We mis-appropriately call these colonies of microbes in the gut, the sewage treatment plant. But we should call it the body's chemical plant because it processes the food we eat and converts it into atomic particles that can be assimilated by the cells that make up the body. We should also call it an intricate defense system because these microbes constantly protect us from the toxic pathogens that will ultimately consume us. You may not be ready or willing to admit it, but these bacteria are an integral part of our lives. There is no life without these benign microbes ,we need them and depend on them

to live and if we do not protect them our bodies will deteriorate, get old and die prematurely. Microbes, on the contrary, do not really need us to live. In fact our planet was colonized by bacteria a billion years before animal life appeared on it. In the new tree of life animals occupy a small twig compared to the evolutionary branches of bacteria. Ninety five percent of all life in the planet is bacteria and all other life depends on bacteria regardless of whether it is plant, insect or animal. Trees cannot move around because the microbes they need are in the soil. Insects, birds, fish and land animals, including humans, are able to move around because they carry within them, and on them, the microbes required for protection and sustenance. Although sometimes antibiotics and other drugs are life savers, they are considered harmful because they harm a thousand times more benign microbes than the few pathogens they temporarily control.

The genetic potential of a man is 120 -140 years of age and there are five cultures in the planet with members who regularly live to this age. They have no doctors or scientists amongst these cultures, instead they have elders who teach everyone how to live in harmony with nature. There was a time when we used to listen to and follow our instincts, but as we became civilized and educated our ego grew and we forgot to listen to our instinct therefore we no longer follow it. If we want to live close to our genetic potential, we need to become familiar with the inner functions and basic requirements of the cells that make up the body (see next chapter), but more importantly, we need to become familiar with the requirements of the benign microbes living in, and on the body. Aside from the cellular waste from the body, the 3½ pounds of benign microbes living in the guts of the average person need an acid environment (acidophilous), certain amount of indigestible material to move things along (fiber) and raw sugar. We need to protect our internal environment because the malignant microbes are capable of destroying us from the inside out, if conditions become favorable for them to thrive. The purpose of these pathogenic microbes is to decompose the body when we die and there is no way to get rid of them without harming the benign microbes and ourselves. We are stuck with them and they will live on when we die. The only thing we can really do to protect ourselves from the ravages of these toxic pathogens is to maintain the internal environment unfavorable for them to thrive. But we can only accomplish that if we have the correct information.

We get sick because of an inappropriate diet and lifestyle that does not supply the nutrients required by the cells and organs in our bodies (see next chapter) and the fiber required to keep the intestines healthy. Instead of promoting healthy living, what we eat and how we live gradually changes our internal environment making it favorable to the malignant microbes. Contrary to the benign microbes whose byproducts we need to live, malignant microbes are extremely toxic to all the cells in the body and potentially deadly to us. When we do not manage properly the sewage treatment plant handling the body's waste it malfunctions and becomes a stagnated latrine which harms the benign and favors the malignant bacteria whose byproducts promote all kinds of diseases ultimately destroying us.

To sustain life plasma must contain oxygen, nutrients and many other ingredients required by the cells that make up the body, but this liquid also contains lactic acid, the cells waste. Lactic acid is carbon monoxide and excrement or cellular feces. Depending on where you live and work, plasma also contains toxins added to our foods, toxins from the environment, and other chemicals that we are exposed to at work and at home. Add to the list hundreds of cancer causing chemicals in cigarettes, medicines, narcotics, recreational drugs, alcohol and junk food. Eliminating the waste the body produces plus all the other pollutants is quite difficult, yet when our diet consists of 50 percent raw or steamed vegetables, fruits and filtered water the body is capable of eliminating most of these toxins maintaining itself healthy. The individuals who consciously eat the intended diet of humans are the people who regularly live 75 - 80 years. On the other hand, it is impossible for the body to accomplish the same task when everything a person eats is refined (had the fiber removed) and completely destroyed while being processed and cooked (cookies, flakes, tarts, bagels, Danish pastries, white bread etc). You cannot expect to get clean laundry when you wash it with filthy water, yet a lot of people expect the body to purify itself with the toxic and filthy liquids they drink which are more contaminated (sodas, beer, wine, coffee) than the plasma that needs to be purified. It is no surprise that the organs that filter the plasma and eliminate the body's waste get overloaded and deteriorated long before their time. This is the condition in individuals whose organs malfunction and eventually shut down at 45 - 50 years of age. When the body

does not get the nutrients, fiber and plain water it requires, once the conditions are so bad that the body is unable to eliminate its own waste, it is just a matter of time before that person auto-intoxicates. It is a matter of time before that person develops toxemia, gets sick and dies once the waste cannot be eliminated properly. Since it is mostly related to food (if we should call this stuff by that name), it is known as alimentary toxemia or a shut down of the waste processing plant. This is what causes most of the diseases that afflict mankind. The first symptom or indication that makes you aware of the presence of this condition is a simple cold.

Among other things that it does, your liver is the organ that removes toxins and cellular waste from the bloodstream. Regularly some of this waste is stored in the gall bladder and the rest of it is dumped in the intestines to be eliminated along with food residue or feces. But when we do not consume enough fiber the body's waste becomes a slimy, sticky goo that requires 15 times more work to move it along. When this condition is present, the muscles in the intestines cannot handle a regular bowel movement and become atrophied, gradually turning the body's sewage treatment plant into a stagnated latrine. That means that we would not be eliminating today the residue of what we ate yesterday, like we are supposed to. If what we eat has no fiber, the progressive muscle contractions in the intestines that move along the body's waste, slow down drastically until they stop completely. Instead of moved along, the waste material in the intestines is pushed along by the next meal, causing stagnation which favors pathogenic bacteria which cause numerous health problems.

If we eliminate today what we ate four or five days ago, the waste discharged by the liver into the colon also stays in the body longer than it is supposed to. When this happens, you start suffering from auto-intoxication, meaning that your body starts filling up with its own cellular feces. A lot of people have this irregularity and they carry around four to seven days worth of feces in their guts and they wonder why they feel sick and tired. When the intestinal muscles are atrophied the intestines stretch, getting gradually bigger and holding even more decaying matter. The worst epidemic in mankind's history resulted from the accumulation of raw sewage in the streets of Europe. The same can happen in a body that is unable to eliminate its own waste.

Men, women and children can develop alimentary toxemia. It is not a matter of age, sex or size, it is more a matter of how much of the foods we eat consists of raw vegetables, salads and fruits. It is a matter of how much fiber the food contains. Although some foods taste good, they are not healthy to eat and such is the case with processed, refined and cooked foods derived from white flour, white sugar, white rice and other processed and refined dead products that have little or no fiber. These products do not contain the nutrients required to sustain life or the fiber required to eliminate waste. The source of our health problems is junk food such as fast food burgers, pizzas, bagels, ice cream, potato chips, pretzels, cookies, candy bars, and refined flower breads. Even the milk and other liquids are loaded with color and flavor enhancers. The mood-altering toxic chemicals these foods contain make you irritable and short tempered. The simplest problem causes a lot of stress creating even more toxins within the body.

This chronic problem is very common in any society that allows the distribution, sale and consumption of foods prepared to satisfy the taste buds of its citizens, instead of satisfying the nutritional needs of their bodies.

This kind of problem is chronic in our society because the intestine is an organ that has very few nerves in it and we do not feel pain until it is too late. We only feel a little pressure when we have to eliminate the body's waste, but that's it. By the time you feel pain in the colon it is usually too late, because you

already have a serious problem. That is why I included this chapter in the book, to make you aware of the danger that awaits those who don't pay attention to the signals associated with problems in the colon.

Doctor Bernard Jensen, a world renown chiropractor and nutritionist, explains in his book, "Tissue Cleansing Through Bowel Management" that during autopsies he has seen the rotten intestines of a lot of people who have died of auto-intoxication. In a lot of cases the sigmoid section of the colon is 6 - 9" inches in diameter with an opening the size of a pencil for feces to go through. In one extreme

case the diameter of the sigmoid measured 12" inches. Dr. Jensen regularly weighted the colon of these people and many were carrying around up to 40 pounds of rotten fecal matter in their guts. This does not accumulate overnight, it takes 20 or more years of abuse and neglect to accomplish this level of stagnation. Many of these people had a bowel movement per day therefore they never suspected a problem. Others were misled by their doctors who claim that is normal to have a bowel movement every 3 - 7 days.

The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal, we are well and happy. Let it stagnate, and it will distill the poisons of decay, fermentation and putrefaction into the blood and that poisons the brain, the nervous system, the skin becomes pallid and unhealthy. This condition poisons the digestive organs until we get distressed, bloated and a foul smell comes out of the mouth. In short, every organ in the body is poisoned, we deteriorate and age prematurely. We look and feel old, our joints become stiff and painful and a sluggish brain overtake us. When this happens, the pleasures of living are gone.

I will pause in the middle of this chapter to explain one of the advantages of urine therapy. When a person chooses to start drinking a little urine, and he is not aware of the existence of this morbid internal condition, urine will contain very toxic ingredients that will cause diarrhea and start removing all the stagnated waste from the body and the same reaction will manifest as long as there is stagnated waste in the system.

Alimentary toxemia or rotten fecal matter in the colon creates morbid conditions that are the perfect environment for unfriendly bacteria such as bacillus coli, bacillus welchii, bacillus putreficus and streptococci fecalis, which are considered to be amongst the worst of all inhabitants of the bowel according to Jensen. Putrefaction and fermentation indicate the presence of these bacteria which provide the most offensive reactions and diseases. Some of the deadliest substances in existence are byproducts of these bacteria. They affect all life in its surroundings. These rotten poisons somehow get distilled into the blood stream and cause very serious problems throughout the body.

Some of these poisons are very active and produce very profound effects even in minute quantities. In cases of alimentary toxemia, some or several of these poisons are constantly bathing the delicate body cells and set up charges which result in grave diseases and premature death. Understand that these poisons are the result of the morbid conditions we created eating junk food and preserved meats which required these pathogenic bacteria and their acids to digest these foods. But if we consumed enough fiber to promote a regular bowel movement, these acids would cause no harm at all because they would be eliminated on regular bases before they could cause any problems.

Some of these poisons are:

Ammonia	Lamine	Pyrrhol
Butyric Acid	Lendiamine	Skatol
Botulin	Leucomaine	Stercobilin
Cadaverine	Neurin	Stercobilin
Cresol	Pentamethy	Sulpherroglobine
Ethylamine	Phenylsulphate	Tyramine
Histidine	several types of	Tyrosine
Sulfured Hydrogen	Phenols	Tryptophane
Indole	Ptomaine	Urobilin
Isoamylamine	Putrescine	

By the way, the particular odor associated with intestinal gas is **Methane**, a byproduct of decaying fecal mater. This gas is a fuel sewer treatment plants collect and sell commercially. The stronger the smell, the worst the condition in the colon.

These findings are not mere theories, but are the results of scientific studies by eminent physicians. These reports are published in medical journals. To understand this condition read Dr. Jensen's book. Alimentary toxemia is a condition that weakens the whole body. It causes migraine headaches, acute and chronic appendicitis, gallstones, cancer of the gall bladder, enlargement of the spleen, degeneration and cirrhosis of the liver, inflammation and cancer of the pancreas, infection of the gums and decay of the teeth, arteriosclerosis, heart problems, depression, short temper, Insomnia, itching and burning sensation in the face and hands, chronic fatigue,

loss of memory, insanity, coma, cataracts, wrinkles, jaundice, eczema, psoriasis, lupus erythematosus, herpes, body odor, rheumatism, arthritis and many other diseases.

Intestinal stagnation also causes arthritic deformations, distortion and diseases of the uterus, breasts tumors and breast cancer, degeneration of the organs of elimination (especially the liver, kidneys and spleen), premature senile decay, retarded growth in children, enlarged tonsils, enlarged thyroid and lower resistance to infections of all kinds (this is only 25 percent of the disease listed in the article). There is no other single cause responsible for so many and such widely diverse disorders afflicting mankind as the morbid conditions associated with alimentary toxemia.

I hope that when you are reading this you can understand the seriousness and importance of caring for the body's nutritional needs, and the colon while you are healthy. To protect this organ and to maintain it clean and healthy I recommend that you use an enema or rectal implant two or three times a month or every time there is offending intestinal gas. This small inconvenience will reward you and your family with good health as long as you live. This inconvenience will avoid a lot of unnecessary suffering in your future.

The fact that chronic constipation exists in certain individuals almost permanently without apparently causing ill health is due to the power and protective action of the liver and a relatively higher resistance to toxemia. This does not mean that constipation is harmless, per say. Rather, this points to the fact that some individuals possess the cecum and the colon of an ox, with the liver of a pig. Such a system is capable of eliminating, for a prolonged period of time, great amounts of toxins. But it always caches up with these people, causing indescribable suffering and agony at the end.

Though alimentary toxemia is not the only cause of disease, in 80 percent of cases, the intestine is stagnated. Even mild diseases like the common cold, tonsillitis and influenza begin when there is a degree of constipation and poison in the rectum and colon. The best way to fight these mild diseases is by applying a rectal implant or an enema regularly or as soon as you feel a chill or when the throat itches. This information should impress upon you and every member

of your family the vital importance of bowel regularity, proper diet and lifestyle.

An excellent exercise to stimulate and thoroughly eliminate all the waste accumulated in the colon is to lift the right or both knees when you sit in the toilet. If it is possible, bring the knees up to your chest so that you will be able to apply more pressure to the abdomen which facilitates having a complete elimination every time you go. I recommend getting into the habit or practicing this exercise twice a day or at least every morning. Do it even though you may not feel the need to have an elimination. The body responds very well to this stimulation and most of the time you will eliminate even a small amount of excrement. If you practice this exercise while taking a full spectrum nutritional supplement containing colloidal minerals, or while drinking 8 - 12 ounces of morning urine (it contains a substantial amount of minerals), the colon and rectum will start to regenerate themselves back to their original size and operation once there is no stagnated feces accumulated in it. Regularly eliminating the body's waste will give you many rewards. If you practice this exercise every day, you will avoid most diseases and many of the problems related to the modern toilet, including constipation, hernias, varicose veins and hemorrhoids.

This problem is a silent killer in our society, and our health professionals choose to ignore this worldwide health threat. Sometimes I think they purposely ignore this problem because treating the symptom -- rather than the problem -- generates a lot more money and keeps the patients coming back for treatments enriching organized medicine and sustaining the doctors fancy lifestyles. That is why the health care budget has increased so much. That is why hospitals are always building new extensions to house more sick people. As long as we remain ignorant, we can be manipulated and exploited. And if we don't take care of our health problems, when faced with agonizing pain, we have to play by their rules and they will simply follow the standard procedure designed to take advantage of, and exploit your suffering. Every time you feel sick apply an enema to flush out the stagnated waste that could be compounding the problem. You will be surprised by how good you feel, how much money you save and how much suffering you will not have to go through.

31 THE IMMUNE SYSTEMS

Throughout history the vitality of a person has been assessed in numerous ways, but since the creation of the term Acquired Immune Deficiency Syndrome, (AIDS) medical science has popularized the term "Immune System" and they use it when describing the health status of an individual. In the nineties doctors count the number of T-cells in a unit of blood as a way to determine the strength or weakness of a person's immune system. However, the immune system is made up of many organs and glands, not only T-cells and there are other factors to consider when assessing health and vitality.

Each organ in the body is different and the conditions within that organ require especial protection therefore there are several immune systems to protect strategic areas of the body which must be constantly guarded. Most people don't know what these organs and glands are and what role they play in keeping us healthy. The institutions that educate doctors have been misleading everyone by minimizing the importance of these organs and even claiming that some of these organs and glands are useless, which, needless to say, leads to their removal at the slightest sign of trouble. Some of the organs and glands that make up the immune system are the appendix, tonsils and other lymph glands, mouth, thyroid gland, thymus gland, bone marrow, kidneys, colon, lungs, liver, internal and external skin, and a thousand species of bacteria which live in and on all internal and external skin surfaces of the body.

In simple terms I intend to explain the function of some of these organs and glands, and how to help and protect them when symptoms indicate they need

Remember that I am not a physician, therefore I recommend caution and common sense when faced with emergency situations. The purpose of this book is to educate and promote preventive actions to avoid health problems. This book is not a physician guide, so I beg of you, please take good care of yourself before getting sick, and do not play doctor during any type of medical emergency. Seek professional attention.

In Japan, China, India and the Middle East this type of problem is not as common because their toilets are literally a hole in the floor that measures 15 x 8 x 6. In the public bathrooms you find an eight inches wide trench the length of

Ideal position for a complete elimination.

the room. To eliminate the body's waste they squat on the floor and patiently wait until the body eliminates whatever it wants to eliminate. For more information on the importance of cleansing the bowel I recommend you read "TISSUE CLEANSING THROUGH BOWEL MANAGEMENT" by Dr. Bernard Jensen.

attention. I intend to explain what alternative practitioners recommend during certain emergencies until you get to your doctor or the emergency room. And I will explain also some preventive measures which can delay or prevent infections, tetanus, rabies and even death. In addition I will clarify the true meaning of some the symptoms doctors use as excuses to remove the appendix, tonsils and other organs and glands.

The most important factor influencing the immune system is the level of consciousness and information a person has and how important being alive and living healthy is to that person. I say this because amongst other things the body needs fresh air, rest, sleep, exercise and 91 nutrients every day. If you don't care about yourself, and if your life is not harmoniously organized to include these requirements, then your internal environment will start deteriorating until it can no longer keep itself healthy and then it becomes potentially hazardous to you. You may have a hard time accepting that you are the ultimate creation in the universe or that you are capable of living 120 to 140 years of useful living, but if you value yourself, your first priority should be living a long and healthy life to enjoy the benefits of your triumphs and sacrifices. Taking care of the body's needs should take priority over your family, farm, property, car and education at any age. Those things mean nothing when you are ill and they will stay behind when you die. Besides when a person gets sick he becomes a burden to his family and loved ones. Avoid health problems by getting involved and actively participating monitoring and improving the internal conditions in your body. Maintaining a strong immune system requires clean water, fiber, nutrients and consuming 30% raw foods and you should make an effort if you want to live healthy.

According to Dr. Wallach, to function properly, the body needs adequate amounts of 60 minerals, 16 vitamins, 12 amino acids and 3 essential fatty acids every day. Our cells work very hard and at certain intervals many die and others reproduce themselves. In order to create healthy cells capable of performing their duties they must have adequate amounts of these basic nutrients every day. If you are not aware of these needs your body will be made up of defective and deformed cells and you will gradually deteriorate and age as the number of weak and deformed cells increase. If you do not

consciously take fresh air, water, rest, exercise and all the nutrients your body needs, you will create the conditions that will eventually destroy you and you will suffer the consequences of eating and living carelessly.

Remember that what determines when you get sick or die is not how old you are, it is how deteriorated you have allowed yourself to become. There was a time when all the nutrients our bodies required were in our food. You have to organize your life according to your priorities and there are very important choices you have to make and it is a blessing that you are reading about these choices when you can still improve the internal conditions. Your body has the potential to regenerate itself, but to do so it requires some cooperation from you in the form of a full spectrum nutritional supplement, clean water and fresh air. You must comply with these requirements every day if you expect your body to serve you well during your life. Organized medicine claims that you get all the nutrients you need from the four food groups but they don't tell you that the health and vitality of American children is the worst in the world according to a report from the World Health Organization. Instead of believing that you should ask them why they are predicting more cancer. Ask them why they are building so many more hospitals and why, on average, doctors die 10 to 20 years younger than their patients.

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You have the genetic potential to live 120 -140 years, but you cannot accomplish this by accident. Although it may appear difficult, it can be rather simple once you get the right information and use it wisely. Urine contains significant amounts of most of the minerals and nutrients the body needs and people who drink a glass of their morning urine every day often reach their 100th birthday.

The most accessible, and perhaps the most important part of the immune system is located in the mouth, under the tongue. This is like the red phone to the White House, a direct connection to all emergency defense systems. This is the spot to stimulate when you need to activate all the glands and organs of the immune system. That is why it is located in that strategically accessible place in all animals. That is were nitroglycerine and other medications, homeopathic preparations, and sublingual vitamins are placed for instant relief of whatever condition is being treated. This area can be

stimulated to improve your health and help you recover during emergencies.

You should always go to the doctor to treat any type of cut or animal bite, but in the mean time here are some preventive measures you can use to stop a little scratch or puncture of the skin from becoming a big problem like tetanus or gangrene. To prevent all types of serious infections, remove and immediately place under the tongue any object that penetrated the skin such as clean or rusty nails, wood splinters, pins, paper clips, wire, staples, screws and even bullets. In case of knives, wipe then with a finger or a piece of paper, in the same condition these instruments were in when they injured the skin, and place the finger or paper under the tongue. You actually vaccinate yourself by placing under the tongue the microbes that could cause health problems. If a wild animal bites you, or if the object which cut you cannot be reached, lick the wound before cleaning it to place the potential pathogen under the tongue, and apply saliva to the wound to protect it. You can also protect yourself before hand by regularly licking your skin just in case you do get a cut. That is why animals instinctively lick themselves all the time, especially when injured. Similar techniques can be used to treat most allergies.

White cells are a very important part of the immune system, but we know little about them. They prevent and fight diseases, clean up the blood stream, clean up and protect the intestines, they help with digestion, and perform other vital functions. White cells grow in the most protected areas within the body, the bone marrow inside all bones. There are eight different kinds of white cells, but they start out as one type of cell, and just like a person fresh out of high school, the new untrained white cells need to become specialize in doing a specific job depending on the priorities at the time. Some of the training centers I know about are: the appendix, tonsils and other lymph glands, thymus gland, skin and mouth. These organs and glands are a very important part of the immune system because they are traps that naturally attract pathogens such as bacteria, viruses, fungi, parasites and other microbes. These organs use the pathogens they attract to activate and immunize the white cells against the toxins these pathogens produce. When released into the

infected areas, these toxins are the true cause of symptoms and diseases. The appendix, tonsils and other lymphatic system organs, glands and nodes should not be removed from the body because they are the training centers where white cells become one of the eight different disease fighters, including T-cells, T-helper-cells, killer cells and Macrophages.

Pus results when untrained and non immunized white cells try to defend an infected area and die poisoned by the toxins of the microbes they killed. But once trained and immunized, the white cells can eliminate with impunity all the pathogens and the toxic byproducts they produce. When an organ or gland is removed from the body, it is more difficult fighting the pathogens that it was supposed protect us from. In addition the other organs and glands have to work harder to keep the body healthy.

Aside from all the lymphatic nodes, glands and organs to train and immunize white cells, the body has an emergency training center to vaccinate and stimulate them. That emergency training center is the underside of the tongue, and the universal substance needed to vaccinate and protect all white cells at once is your urine.

Aside from the 91 nutrients white cells need to function properly, the most important element they need is oxygen. White cells take oxygen and convert it into hydrogen peroxide, the most powerful healing substance known. White cells clean up the body by taking in pathogens, toxins and debris and then killing or oxidizing them by producing hydrogen peroxide. Oxygen is important because without it the white cells cannot produce hydrogen peroxide and hopelessly die poisoned by pathogens, toxins and debris they consume. White cells also release small amounts of hydrogen peroxide into the bloodstream and surrounding areas to keep out microbes and neutralize the ones already in the body. Hydrogen peroxide is a very strong oxidizer that destroys anything it touches therefore the cells in the body developed the **Catalase** to protect their skin. Catalase is an enzyme that neutralizes hydrogen peroxide on contact and changes it into water and free-radical oxygen atoms. Organisms that do not produce catalase cannot survive in the hydrogen-peroxide-rich environment of a healthy person. Oxygen molecules don't like being alone and they quickly attach themselves to anything close by.

If it is a living cell, oxygen energizes the cell however if it attaches itself to anaerobic organisms the oxygen kills them and then oxidizes them along with any other debris.

Bone marrow is an indirect part of the immune system because that is where red blood cells grow. Red cells are important because they exchange carbon monoxide for oxygen in the lungs. Oxygen is the most important nutrient therefore having enough red cells and having healthy ones is extremely important to maintain optimal levels of oxygen. Being conscious about your diet is important because you need 91 nutrients to produce new generations of healthy red cells otherwise you will develop anemia. Many doctors say low iron in the body causes anemia, however iron is only one of the nutrients you need every day. What about the other 90 you need everyday?

The tonsils are also a very important part of the immune system. We eat often, but we breathe constantly and the body needs to guard the airway passage. That is why the tonsils are situated in their strategic place. The tonsils are a checkpoint or trap for all potentially hazardous organisms we breathe in. It is erroneously believed that viruses or bacteria cause the infections which result in tonsillitis, but several conditions must be present for that to happen. Those conditions are stagnated excrement in the lymphatic system nodes, glands and in the colon, too much stress and toxins throughout the body, lack of rest and malnutrition. Several of these conditions must be present before tonsillitis and any other disease sets in, but this is not what you will hear from your doctor. When the tonsils don't respond to their treatments, doctors are quick to call them troublemakers and offer to take them out, but a recurrent infection is no reason to remove these extremely important glands. Swollen tonsils are like a blaring smoke detector in your home. Do you destroy the smoke detector or do you locate the source of the smoke and try to put out the fire? Well, your tonsils are the same type of warning device indicating the need to take care of very polluted, disease-promoting conditions. You are much better off gargling with urine, giving yourself a urine enema and using diluted urine under the tongue to eradicate the conditions that make you susceptible to tonsillitis and other diseases. These applications usually improve the

condition overnight. But to eliminate the condition all together it is necessary to avoid the activities which compromise your health. It is also necessary to take a fiber supplement, and consume more natural and nutritious foods.

By the way, removing the tonsils creates a disgusting social problem that your doctor will not tell you about. You see, the body still needs to protect itself against the germs in the air, and when the tonsils are not there, the body has to compensate by producing more phlegm and mucus in the mouth, nasal cavities and throat making you spit and blow your nose very often even when you are healthy.

The lungs are part of the immune system because this is the organ where red cells exchange carbon monoxide for oxygen. From birth and even beyond death our body is colonized by bacteria and other anaerobic microbes that do not require oxygen to live and can not live in an oxygen rich environment. There are 50 -100 times more anaerobic organisms in, and on, the body than the number of cells that make up the body. We need all the oxygen we can get because oxygen is the only thing that controls and keeps out these anaerobic organisms. When the lymphatic system stagnates, the respiratory system is the first area to manifest problems in the form of a cold, flu, pneumonia bronchitis, allergies (asthma), emphysema and tuberculosis. These health problems compound other illnesses because they interfere with the ability to absorb oxygen from the air and when the blood-oxygen levels drop we are faced with even more problems because microbes can invade the critical areas of the body were they don't belong. Low levels of oxygen in the blood are associated with all opportunistic infections, pneumonia, yeast or fungi infections, flesh-eating bacteria, tumors and cancer. Some anaerobic organisms are in our blood, but they are relatively harmless as long as the level of oxygen remains constant. A low oxygen level compounded with malnutrition, toxemia and stress is the perfect formula for life-threatening diseases. Pneumonia, for example, is an opportunistic infection caused by stagnated feces and phlegm in the colon and low oxygen in the blood, but doctors will not tell you that. They will always blame it on a virus and treat it with antibiotics when a food grade hydrogen peroxide supplement is all

you need. You can also overcome this problem by drinking a 6 - 8 ounces glass of morning urine every day.

We may still be alive, however many of the cells in the body are asphyxiating when the levels of blood-oxygen drops and those cells will try to mutate in an effort to survive. Remember though, problems in the lungs are associated with a stagnated lymphatic system and cellular excrements accumulated throughout the body therefore the best thing to do to fight fungi and harmful microbes in the lungs is to clean out the main organ of the lymphatic system, the colon. You don't need an antibiotic or an asthma spray, you need an enema to flush out the colon, the organ where all waste from all the cells in the body accumulates before being discharged out of the body. You also need the ultimate universal remedy to develop immunity against pathogens in the body and you need to drink four ounces of morning urine for two weeks to clean out all stagnated cellular waste out of the lymphatic system, out of the body and out of cells that make up the body. If you or a loved one has problems with drinking urine you can stimulate detoxifying or intensify a cleansing protocol while counteracting low levels of oxygen by taking a food-grade hydrogen peroxide supplement. Although in its pure state hydrogen peroxide is very dangerous, when taken with 12 oz of distilled water on an empty stomach, hydrogen peroxide increases the level of oxygen in the body which helps overcome just about any diseased condition. Remember though, your urine contains substantial amounts of hydrogen peroxide along with thousands of other organic compounds that will do wonders to eliminate lung problems and improve your overall health.

Another important organ in the immune system is the appendix, the gland doctors call useless simply because they don't know its purpose. Many doctors don't even know why the body developed it over millions of years of evolution and why all animals have it. They also call it useless because they don't want you to argue when they offer to remove it even though there is nothing wrong with it aside from the additional \$2,000 (in 1996) or more they charge for removing it when they are doing exploratory surgery on a patient. The appendix is located very close to the ileocecal valve that separates the small intestine from the large intestine on the right side

of the abdomen. The appendix lures in some of the most toxic bacteria in the colon to train and immunize white cells, but the appendix is not responsible for problems in that area in 45 percent of the cases according to the Merck Manual. It could be the ileocecal valve that remains open, when irritated, allowing fecal matter to go back into the small intestine, which causes tenderness, colic pain and gas. These symptoms are often and conveniently misdiagnosed. A diagnosis of appendicitis often leads to exploratory surgery and subsequent removal of a healthy appendix in about 80 percent of all cases. Most of these problems are related to improper diet which leads to constipation and backup of the lymphatic system becomes a stagnated latrine. In children and teenagers the problem is their diet which consists of 100 percent processed, cooked, dead foods loaded with chemicals that irritate the ileocecal valve.

When faced with swelling and pain in the lower right abdomen call your doctor, although a chiropractor may be a better choice. I have seen them applying pressure at the center of the space between the belly button and the hip bone on the right side of the abdomen while sort of pulling forward the back skin over the left shoulder. This simple procedure closes the valve manually and alleviates the problem in a few minutes, thereby avoiding exploratory surgery, an appendectomy and the agony associated with it. But remember that pain in the abdomen is only a manifestation of other problems. To avoid these problems before they develop, the diet must be improved by consuming more fresh vegetables and fruits, taking a fiber supplement, taking some food-grade hydrogen peroxide or regularly drinking a urine which helps regulate bowel function.

Bacteria are also an important part of the immune system. Throughout our entire civilization microbes have been blamed for all diseases afflicting mankind. However, a study published in the New York Times (10-15-1996) reveals an entirely different picture. The amniotic fluid maintains the fetus in a sterile environment until birth, but from that moment on our body is colonized by more than 400 species of microbes that set up housekeeping in the gut, skin, mouth, eyes, ears, nasal cavities, bronchial tubes, vagina and urethra. But this is not a horror story: Only a few bacteria out of

thousands of known species in the world are virulent threats to human health. The ones that colonize the human body are, for the most part, working on their hosts' behalf in most subtle and intriguing ways. New research has shown that bacteria that live in, and on, human beings communicate with their host body and provide comfort, protection and nourishment.

These microbes occupy every niche, cavity, crack and hole in the skin to protect us from the virulent kinds of microbes which can cause an infection if they can enter the body through an unprotected microscopic spot on the internal or external skin. It is shocking to know there are more benign microbes in the mouth than cells in the entire body according to the article, and they cover the entire surface of the mouth to prevent the millions of bad bacteria, also in the mouth, from getting a foothold and causing problems. The same happens in the throat and all other surfaces of the body. Problems arise when the skin is scratched, perforated or somehow damaged while working, playing, sneezing or chewing food or swallowing pills. When a portion of the skin is temporarily damaged or unprotected harmful bacteria can get through the layer of protection causing a sore throat, an infection or tetanus (see autotherapy chapter). The best way to protect skin injuries is to immediately apply saliva directly on the injury. Saliva protects because it contains billions of benign organisms which quickly colonize the affected area and repels the harmful ones. Saliva is so effective in treating skin injuries because it is readily available to everyone. When the mouth is injured, mouthwash should be used immediately unless you regularly use diluted urine under the tongue, in which case you need do nothing. Using mouthwash any other time will be harmful because it destroys the benign bacteria, leaving the skin unprotected and subject to colonization by harmful bacteria.

A warning about antibiotics. Antibiotics may temporarily alleviate an infection, but they cause worse problems because they completely wipe out all the intestinal microbes they come in contact with, leaving the affected area unprotected and allowing harmful bacteria to get close to the skin causing infections, diarrhea and even death according to the study. Hospitalized patients should be aware of what the Merck Manual calls "Antibiotic Related Colitis," (inflammation of the colon) which results from using heavy doses of

several types of antibiotics and penicillin. These medicines wipe out the benign bacteria in the gut allowing anaerobic pathogens to cause terrible infections which fill the rectum with pockets of pus and produce a high fever, but no other symptoms. Doctors know about these types of infections in hospitalized patients. That is why they are constantly on the lookout, drawing blood frequently to perform blood tests because it is the only way to detect this problem. But when they find out you have colitis, they have no other treatment except more antibiotics for that problem. The Merck Manual recommends taking an intestinal bacteria supplement, while taking antibiotics, to colonize the unprotected areas as soon as possible to avoid further problems. But you must get it and take yourself because you will never get it from a doctor. In fact, doctors always tell you not to consume dairy products when taking antibiotics.

The job performed by the parathyroid glands indirectly affects the overall performance of all the immune system in the body. Among other things that these glands do, they monitor and control the level of calcium in the body. When the intake of calcium is low, they produce a hormone which extracts calcium from the reserves in the bones. But after the bones have release about 50 percent of their mass, they become reluctant and the parathyroid glands have to increase production of the hormone needed to obtain more calcium. If the maximum production of this hormone is not enough to get more calcium out of the bones, then the thyroid grows bigger in size to produce more hormone to get more calcium and that is when your neck begins to bulge. Instead of letting you know that inflamed parathyroids result from a chronic deficiency of calcium, doctors like to relieve you of the problem by taking them out. But If you let them take the glands out you will encounter even more serious problems. If you want to try something, challenge your doctor and choose an alternative such as 2,000 milligrams of a colloidal calcium supplement that is a liquid 100 percent absorbable or take 3,000 milligrams of chelated calcium tablets that are 40 percent absorbable. In a few weeks of taking an absorbable calcium supplement the thyroid gland gradually begins to shrink back to normal as the level of calcium stabilizes. Our bones are made of calcium, therefore it is the most abundant mineral, but in addition to

being crucial for the bones, calcium is directly associated with 147 diseases according to the book "Let's Play Doctor" by Dr. Joel Wallach. Some of these diseases are: insomnia which interferes with sleep and production of Melatonin, a very important hormone; depression, irritability and stress which poison the body and alters the pH level. Calcium is also associated with high blood pressure in 85 percent of cases, muscle cramps and twitching, arthritis, delusions, and kidney stones. By the way, take Boron to hold on to the calcium you do have in the body.

The kidneys are also important immune system organs because they keep the pH of the blood stream within the normal range of seven. This is important because all the organs and cells in the body can function better in an environment that is pH balanced and because this environment protects us from the ravages of bacteria. Therefore, you remain healthier when the kidneys are functioning properly. There are many things which can interfere with the kidneys and cause them to malfunction and gradually stop working all together. Some of the most common conditions that damage the kidneys are: dehydration or not drinking enough plain water; undigested protein which results from improper intestinal flora and liver problems; and clogging of the kidney filters which results from consuming saturated fats and other toxins. But the most common problem that affects these organs and sometimes shuts them down altogether is toxemia compounded with overdosing on medication. If you are taking medication, is because you are ill already, which means that the organs in the body are not working properly to begin with and when you put more chemicals in the body without taking more fluids, that can cause kidney problems, and the treatment doctors recommended is more drugs. The best way to avoid these problems is drinking one gallon of water every day during two or three weeks. However if you drink that much water, it is recommended that you take an electrolyte supplement to put back into the body the minerals discharged in urine. This is the case unless you drink four or more ounces of morning urine every day. The electrolytes are needed to send and receive electrical impulses between the brain and the rest of the cells in the body.

Believe or not, the stomach is also part of the immune system because it prepares the food we eat to be restructured and assimilated by the cells in the body. The stomach protects us by

controlling the bacteria in the intestines and preventing it from coming into the stomach and esophagus where they could cause painful ulcers, heart burn and indigestion. A child can eat just about anything with impunity because the hydrochloric acid in the stomach is at 2 on the pH scale. When a person does not eat natural salt or sea salt, he develops a deficiency of iodine, the basic nutrient needed to make hydrochloric acid and that causes many problems. When the acid level is $3\frac{1}{2}$ - 4 food is not digested properly and it takes longer to digest. Some times it ferments before it goes to the intestines creating a lot of gas that makes you feel bloated and uncomfortable, other times it goes into the intestines raw and it generates other byproducts that could cause infections and inflammation of the liver. The bacteria in the intestines are called acidophilous because they require an acid environment to carry out their duties. Diluted hydrochloric acid in the stomach changes the acid environment required to maintain the intestinal flora healthy and creates an environment that promotes malignant bacteria and many health problems along with them. But worst of all, low acid creates malnutrition because of the inability to digest what you eat which creates toxemia and that makes you retain water and gain weight. For more information on how to help the stomach see chapter on salt.

Doctors want to break us into a hundred different and separate parts, but we are one body with a multitude of interdependent organs and glands. What affects one organ also interferes with the others, therefore each organ and gland cannot be treated separately. Whatever treatment is used has to be holistic, which means that the treatment will benefit all the organs and glands in the body. Something as simple as not having the correct acid level can make you miserable. To alleviate food allergies, bloating, burping, indigestion and other digestive problems. Dr. Joel Wallach recommends temporarily taking hydrochloric acid tablets or digested enzymes at mealtime along with vitamin and mineral supplements. In a few weeks, your stomach will start producing its own hydrochloric acid. Since this is a urine therapy book, I recommend drinking half a cup of urine anytime you have digestion these problems.

32 WHY DO WE NEED SLEEP?

We spend a third of our lives sleeping. We do not understand why we have to sleep so much, but if we do not, we get sick very fast. Our health is directly associated with how many hours we sleep. This time I will explain why sleep is important, and its connection to health.

A study done by Doctor Allan Rechtschaffen of the University of Chicago explains the connection between the immune system and sleeping. For the study, he used two rats in the same environment. They conducted the experiment several times to confirm the results. This information comes from an article published in *The New York Times* (8-3-93).

In the study, researchers did not allow one rat to sleep at all, while they allowed the other rat to live normally as a control. Both rats were living under the same conditions, eating the same food and drinking the same water. At the end of two weeks, the rat that was not allowed to sleep started eating desperately. Although it ate twice as much food, the rat started losing weight rapidly. At the end of the third week, the sleep deprived rat lost the ability to control its body temperature and died. The rat was consumed like a famine victim or a cancer patient who is destroyed by the disease or weakened by chemotherapy. During the autopsy doctors found nothing wrong with the internal organs, blood or urine of the rat. They were confused because everything appeared normal. The organs, blood and urine were in the same condition as the control rat. Then they decided to do a blood culture and more detailed analysis.

Doctors discovered that the rat had died of a blood infection caused by a common virus that is harmless to rats under normal conditions. But for unknown reasons this microbe is capable of causing deadly infections in a body deprived of sleep.

Humans need and produce a thousand hormones every day. During sleeping hours the body monitors the hormone levels and balances all of them to get you going through the next day. You may not realize it, but hundreds of other bodily functions are also monitored, compensated for and repaired automatically while you sleep at night.

Sleeping during the day can be quite beneficial also but you must be in a very dark and quite room. A single night without sleep can render a person useless for several days. This condition is even more pronounced when the body is polluted and deteriorated which compounds the problems associated with sleep deprivation. When you frequently ignore the body's sleep requirement you get old and deteriorated prematurely which greatly reduces your life expectancy and your enjoyment capacity.

The infection that killed the rat in this experiment is the perfect example of an opportunistic infection brought about because of a lifestyle change. There are a thousand species of organisms that are harmless to healthy animals and humans. These microbes cannot cause any health problems unless a person ignores the complex requirements for healthy living. All human beings are exposed to the same microbes but only the weak are affected by opportunistic microbes that take advantage of low levels of oxygen in the blood, malnutrition, dehydration and stagnation of waste in the body. These problems can be compounded by not sleeping enough every day.

Anyone can say you that a microbe caused your particular disease and that the other hundreds of healthy people you meet in the train, at church, at work and at home have not been in contact with that microbe. However a microbe does not have the intelligence to choose its victims, you are the one who became a target by allowing the internal conditions in the body to deteriorate. These microbes are always in your body, but they will not harm you or cause any health problems until you start taking your health for granted. You are the one who is not investing the time to supply the body with the nutrients, rest and fresh water it must have to stay healthy. The body needs fresh air, fresh and nutritious foods, moderate exercise, a harmonious social life and a little spirituality to remain healthy. If you neglect these requirements and start eating contaminated and nutrient deprived foods, drinking contaminated liquids with excessive amounts of sugar, using stimulating drugs and even cancer causing chemicals, you are asking for trouble. And, if on top of all this abuse you deny the body the sleep it requires then you might as well contact the funeral home because you are literally going to fall apart.

Getting sleep when we need it is very important. We should live an organized life and learn to control the activities that interfere with our

sleep. We must understand that it is not necessary to be undernourished, or to abuse liquor, cigarettes, narcotics and over the counter medications to weaken the body and become susceptible to opportunist diseases. Something as simple as not sleeping when we are tired can be the decisive factor between been healthy or sick. It has nothing to do with a virus, it is simple abuse and neglect that resulted from your our own self-destructive lifestyle.

If you know your body is susceptible to getting the flu in the fall, it may be a good idea to get the flu-shot but do not limit yourself to that protection alone. If you are frequently getting different illnesses that knock you out for three to 7 days and take ten pounds off your weight, it is important to ask yourself why your doctor continues addressing only the symptoms of your disease. I remind you that it is not their fault because they are only following the standard procedure set out by the institutions they work for. America is the best place to be for severed limbs or for serious, almost fatal accidents, but detoxifying the body, taking the proper nutrients and water is your responsibility. No one cares enough to do this things for you therefore if you want to live a healthy life, you have to take responsibility for your life and actively participate in recovering and maintaining your own health.

33 WHAT IS AIDS?

A lot controversy surrounds AIDS and there are many questions without answers. What you are about to read contradicts what you hear on the radio, see on television and read in newspapers. If you are concerned with AIDS or afflicted by AIDS, I ask you to read this information patiently and objectively. Study it two or three times while asking your inner self for guidance before you decide to accept it or reject it. Your life or the life of a loved one may depend on your objectivity. If I do not convince you, at least I hope to create some doubts in your mind so that you start questioning not only my views, but those of anyone with enough power to manipulate information and influence the media.

Organized medicine claims everyone is at risk of becoming HIV+ and developing AIDS, however that is an outrageous lie. The average person is not burned out from substance abuse or partying too much. The average person is not afflicted by malnutrition and chronic anemia. The average person in the United States does not live in poor sanitary conditions or locks himself in poorly ventilated rooms to smoke marihuana, get high on drugs and abuse his body. The average person in the United States does not promote the conditions that lead to opportunistic infections unless he is taking the chemotherapy-drugs organized medicine prescribes to delay the onset of AIDS. All AIDS medications destroy the body and ultimately create the conditions described in this paragraph and cause the opportunistic infections associated with AIDS.

Many scientist explained that HIV is not a virus, on the contrary HIV a harmless piece of dead matter known as a retrovirus that cannot reproduce itself or cause any damage to the cells in becomes part of. HIV does not have DNA, it is a piece of RNA⁶ and these particles are

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Retro-viruses are particles of RNA hundreds of times smaller that a virus. They exist all over the planet and can not reproduce themselves or cause disease by themselves. Some scientist believe retro-viruses are part of the evolutionary process because they become part of other organisms and incorporate their RNA into the organism DNA.

all over the universe. No one knows what being HIV+ means, specially after the HIV test was declared invalid in June of 1993, therefore no one knows for sure what is the relationship between HIV and AIDS. This information was front page news in THE SUNDAY TIMES of London, however it was not newsworthy in the United States.

A growing number of activists in the world publicly oppose the HIV=AIDS=DEATH hypothesis and more than 500 eminent doctors and scientists from all over the world have risked their reputations by contradicting the powerful companies and organizations behind the AIDS propoganda. According to them the AIDS hypothesis is nothing more than a grand excuse for research money and fund raisers that generates a lot of jobs and big revenues for organized medicine and pharmaceutical companies, who are taking advantage of our trust in them while destroying hundreds of thousands of lives. According to these scientist, AIDS is a fictitious plague whose sole purpose is to generate big business for organized medicine and the organizations behind AIDS.

HIV has nothing to do with low T-Cell count. That results from chronic malnutrition, lack of sleep, substance and/or medication abuse.

I admit there is a condition that makes some people susceptible to opportunistic infections and that condition is responsible for hundreds of thousands of lives however, I do not agree with the accepted hypothesis about the cause of that condition. The opportunistic infections associated with AIDS have always existed, they are not new or caused by a new virus that destroys the immune system. Low T-Cell count does not mean that a person's defenses are weak or that HIV is destroying them. T-Cells are dynamically busy organisms and after they purify the blood they go to other areas of the body that need cleaning and protection. Low T-Cell count results from chronic malnutrition, substance abuse and lack of sleep not from being HIV+. Anyone can develop chronic anemia and low T-Cell count if they do not have the natural resources to produce healthy red cells and white cells. And anyone with anemia is susceptible to opportunistic infections because oxygen is the most important element for life and without red cells it is impossible to

absorb enough of it. Without oxygen the cells in your body asphyxiate and you will get very sick and die and this condition has nothing to do with whatever HIV is.

Opportunistic infections have their characteristic names, symptoms and specific treatments and they do not need HIV to kill anyone who has a stagnated lymphatic system, anemia and chronic malnutrition. Opportunistic infections do not affect people with a strong immune system therefore you should not worry about them. You should not worry about becoming HIV+ or developing AIDS. On the contrary, you should boost your immunity by resting when you are tired and stimulating the lymphatic system to eliminate the body's waste. You should also drink purified water, eat naturally and healthy and take nutritional supplements. These simple steps will prevent creating the conditions that make you susceptible to common health problems and the opportunistic infections associated with AIDS.

In May 1993 a group of Australian scientists declared the AIDS tests invalid. Their report was published in BIOTECHNOLOGY in June 1993, and the front page of THE SUNDAY TIMES of London August 1, 1993.

Pneumonia is an opportunistic infection and anyone can develop it regardless of whether the victim is a starving African man or a homeless New Yorker. The same condition will manifest in a burned out substance abuser or a wealthy Park Avenue resident who fights anemia with medications instead of detoxifying and eating nutritious foods. I intend to demonstrate that the true causes of AIDS are abuses against the body and ignoring the damage done to oneself, and ignoring what the body requires to live healthy. The sad part is that many of the victims are innocent because they were following the deceiving plan laid out by medical authorities.

AIDS is a fictitious plague that medical science intended to control with toxic substances however those substances ended up creating the same conditions they were trying to prevent. Today it is AIDS, a few years ago was EBOLA, and before that was LEGIONARIES DISEASE. Don't be fooled by fancy computer generated drawings

and pictures and remember a healthy person is not susceptible to old and new diseases.

During the late seventies and early eighties an unusually high number of homosexual men started losing weight rapidly and dying of opportunistic infections. American doctors knew the cause of these problems was a chronic malnutrition and/or substance abuse conditions during which the body took the nutrients needed for sustenance from muscle tissues and bone reserves. There are two situations that produce similar results. One is having no food available to eat and the other not being able to absorb nutrients from what you eat. The first condition is common in Africa or other countries where people are starving. The second condition is common in industrialized nations because of three problems.

1) Chronic anemia and malnutrition caused by an improper diet, industrial foods and improper food combining. These conditions are also associated with eating nutrient-devoid junk foods and drinking only contaminated liquids.

2) Not being able to digest and restructure what you eat due to a lack of benign intestinal bacteria. This condition results from abusing narcotics, not sleeping and, or taking high doses of medication for several years.

3) Homosexuals inadvertently flushing out intestinal bacteria by overusing enemas before parties.

Doctors in Africa had seen famine before, and doctors in America knew about the same problem from watching intravenous drug addicts starve to death while poisoning themselves, then waste away and die. However, instead of fighting drug abuse, intoxication, famine and malnutrition, scientists started investigating the individuals affected hoping to find something else to blame for the condition. Many of the researchers in America and France were unemployed cancer scientists whose jobs depended of their ability to find new diseases and the organisms that caused them. They looked hard enough and eventually claimed to have found unusual particles in the blood of those affected. Somehow they hypothesized that these particles were part of a larger organism they later identified as the HIV virus. Later on HIV turned out to be a retro-virus or pieces of RNA.

Isolating the elusive organism from which these particles supposable came was almost impossible. Therefore, scientists continued looking for other common denominators in their patients. In the mean time, they claimed HIV was responsible for weakening the body's defenses, rendering the body helpless and unable to protect itself from otherwise harmless organisms.

All AIDS medications destroy the intestinal flora and the body ultimately creating the conditions that cause the opportunistic infections associated with AIDS.

Later on, they found another marker identified as "Protein 24" (P-24). Scientists claimed the body produced P-24 exclusively to protect itself against the HIV virus. It was discovered later that the body produces P-24 when afflicted by dozens of other conditions such as malnutrition, vaccinations, multiple sclerosis, genital warts, malaria, cholera, dysentery, Lyme disease, and venereal diseases, just to name

a few. Since finding HIV was too difficult, scientists developed two tests to detect P-24. These tests are the "Elisa" and "Western Blot" tests.

The tests to find P-24 were a lot easier to perform and manipulate therefore scientists decided to use them to determine who was HIV+ (HIV antibody positive) instead of using the more complex and expensive HIV test. However, instead of calling it the P-24 antibody test they fraudulently called it "**The HIV Test**", and later renamed it "**The AIDS Test**". Doctors claimed that anyone with P-24 must have been exposed to the HIV virus and was therefore, contaminated. They also claimed that it was only a matter of time before HIV destroyed the body's defenses making it susceptible to opportunistic infections. Instead of admitting the need for more research, doctors started handing out death sentences to anyone who tested HIV+.

The media was frantically looking for something to write about the new plague. They took the hypothesis and turned it into fact, then placed it on the front pages of all major newspapers, magazines, radio and television in the world. The media never revealed the actual purposes of these tests and no one bothered to double check them for accuracy. Many years would go by before anyone

questioned the validity of the AIDS tests originally designed to find P-24, a common antibody.

P-24 is the determining factor in deciding who gets a death sentence and drug treatment and who was safe. From the beginning, doctors were testing only sick people who were paying the consequences of their abusive and self-destructive lifestyles, therefore most of them were HIV+. Initially those tested were gay men who partied too much. These people were malnourished, had chronic anemia, high levels of toxins in their bodies and because of these burned out conditions they had produced P-24, which is an emergency defense the body produces in crucial circumstances. They did not sleep. They did not rest or eat healthy, nutritious food or drank clean water. These people locked themselves in rooms with no fresh air and suffocated themselves for many hours several times a week. Most of them grew up eating junk food and started smoking and using drugs in junior high school. They had coffee and doughnuts for breakfast, fast food burgers and soda for lunch, and pizza, potato chips and beer for dinner. However, doctors kept that information from the media, and the public just took it at face value. Since the educational system in the United States does not teach how to use logic to discern the truth and ask for proof to validate claims, no one questioned the AIDS hypothesis. Everyone accepted it at first, however no one understood how insignificant of a threat HIV and AIDS were to the average healthy person.

Today, the average citizen must deal with, and worry about, malnutrition, air pollution, low levels of available oxygen in populated areas, high stress levels and processed foods without the fiber necessary to eliminate the body's waste. All these factors combined are enough to breakdown the immune system allowing opportunistic infections to manifest. If an average person dealing with these conditions uses cigarettes, liquor, narcotics, does not sleep enough and eats junk food, then he will be facing the conditions doctors call AIDS. But instead of dealing with the actual problem, doctors are burying their heads in the sand pretending that the environment is clean enough and the four food groups provide adequate nutrition. Meanwhile, they blame genetics, viruses, bacteria and HIV for the health problems of the average American.

Since most of the sick people were found to have P-24, the Centers For Disease Control (CDC) declared AIDS an epidemic perpetrating one the biggest crimes in the history of modern medicine. They were ignoring environmental, nutritional and life style factors and claiming that HIV was responsible for destroying the immune systems of all those affected however, they have never been able to prove it. Since everyone affected was HIV+ doctors falsely claimed that AIDS must have been contagious and sexually transmitted however, this is another claim that has never been proven. Many people were afraid of talking to or bumping into strangers, which created more anxiety in an already stressed out society. Initially, everyone went along with the HIV=AIDS=DEATH hypothesis. However, the hypothesis was full of inconsistencies and when scrutinized by honest scientists fraudulent evidence was discovered. That is when the controversy began.

By that time AIDS was stirring up a lot of money thousands of unemployed cancer researchers were back to work in hundreds of laboratories that had been closed when medical science lost the war on cancer. Because of AIDS, medical science was booming again with hundreds of millions of dollars poured in to find a cure. Money was coming in truckloads from everywhere.

In less than a year, though, several respected scientists changed their minds with respect to the causes of AIDS, the role HIV played and possible treatments. One of them is Peter Duesberg, a brilliant scientist who was nominated for a Nobel Prize and subsequently lost it when he opposed the AIDS hypothesis. He also lost the ½ million dollar grants he used to receive every year. But he is a selfless man with principles who would not prostitute himself and could not be corrupted. He explained that HIV was harmless therefore it was impossible for it to cause all the damage scientist blamed it for. But by that time it was too late, everyone who opposed the AIDS hypothesis was cast-out and their voices were silenced by powerful people who controlled television, radio and newspapers. The journals who used to praise them refused to acknowledge their views and refused to publish their articles.

The biggest boom in the AIDS epidemic happened when doctors started testing the general population. It turned out that 5 - 8 percent of all individuals tested were HIV+ and the media really blew it out of

proportion. Anyone who had a night of passion 10 years earlier decided to get tested. People started pointing fingers and everyone became even more concerned. Medical science won the jackpot when the United States government approved grants to test anyone anonymously. Of course, many more people were testing positive and more money was allocated to give free medication to all affected. Many received disability pensions as the result of being cast-out by an HIV positive diagnosis.

In many cases doctors diagnosed people according to their symptoms and did not bother with the test. Several medical centers and pharmaceutical companies have pending lawsuits because HIV-negative people received AIDS medication which later killed them. Doctors started handing out death sentences to thousands of innocent victims who desperately followed their advice and started taking medication to delay the onset of AIDS. This was a fatal decision for most because medications for AIDS are different versions of chemotherapy drugs. AZT, the most popular one, is a deadly cancer drug from the 1950's that scientist deemed unfit to use because of its extremely high level of toxicity and the complications patients suffered immediately after taking it. With the best of intentions, doctors were giving chemotherapy to pregnant women and newborn babies. Babies received chemotherapy even though they tested negative, but if mother was positive they had to be protected from getting contaminated. Many mothers were accused of negligence or risking the welfare of their children and risked losing their babies if they refused to give AZT to them. Mothers were told to start looking for a foster parent and write a will because death was imminent. Doctors had to obey the mandate of their superiors or face disciplinary action if they used their better judgement. It was and still is Gestapo tactics all the way.

Because of AIDS, the health care budget increased by billions of dollars. In 1995, there were over 200,000 people in the world taking AZT at a cost of \$2,300 a year per patient for a total of \$460 million a year, and that is only one of the drugs approved to fight AIDS. Donations for medical research increased like never before. Hundreds of new hospitals and thousands of AIDS centers were built and continue being built to house the sick and dying all over the country. Medical laboratories are multiplying like rabbits to keep up with the demand since most patients get tested two or more times

every year. There are more jobs and more money going around, therefore, indirectly, society in general is benefitting from the booming economy resulting from keeping the truth about AIDS secret in the United States and abroad. The only problem was that the fictitious plague was not only affecting disposable members of society, it was also affecting thousands of innocent victims who were dying poisoned by the drugs they were taking.

According to the Elisa and Western Blot tests AIDS was spreading. However, almost a decade after they were invented, a group of Australian scientists determined that these tests were scientifically invalid. They came to this conclusion in May 1993 and their study appeared in the journal *Biotechnology* in the June 1993 issue. This was front page news in the *Sunday Times* of London, August 1, 1993. Yet, in the United States the media has not publicized this information. Many people wonder why?

BIOTECHNOLOGY magazine explained that Russian technicians found 30,000 positive individuals while testing the general population with the *Elisa* test. Then they used the *Western Blot* test to double check the results. Surprise! Out of 30,000 only 66 were confirmed positive.

In the United States Army 6,000 new recruits tested positive with the *Western Blot* test. Then all of them turned out negative when examined with the *Elisa* test. As it turns out, false-positives are the rule, not the exception. Instead of discarding the tests, scientists claimed that it was necessary to do the test three times in order to determine for sure who was positive or negative (that alone more than doubled their profits).

The article reports that the exchange of body fluids (blood and semen) between HIV negative persons can result in a false-positive. Something as simple as a tuberculosis test can stimulate the body to produce P-24, and if administered a few days before the AIDS test is done, it can result in a false-positive. If we get tested for AIDS while we have the flu or a few days after having had it, the result can be a false-positive. Anyone who has had dysentery, malaria, cholera or syphilis has an 80 percent chance of testing HIV positive. Because of that, many who tested positive were really false-positives.

There are hundreds of doctors and thousands of people who feel that no one should be tested. In fact, many private doctors are telling their patients not to bother with the AIDS tests. There are so many implications surrounding it that just thinking about being tested is enough of a psychological threat. We live in a cruel and ignorant society which will make you an outcast if you reveal your intention of getting tested. The media has done a good job creating this hysteria. People will look at you as if you already contaminated everyone. Thinking about being tested is often taken as an admission that you were promiscuous once and may be positive. Those who don't know any better might see you as a potential serial killer because every time you sneeze you may contaminate others with the AIDS virus. After revealing your intention to be tested they won't want to be around you in case you are already contaminated. Deep inside you will feel so anxious when getting the result of the test because you are going to visit a guy who may hand you a death sentence. That is like watching a firing squad that is looking for a victim to kill. I tell you, that is enough of a threat to stimulate the production of protein P-24 in some individuals. If you voluntarily reveal that you were tested for AIDS, life insurance companies drop your policy immediately, because they consider you a very high risk. If they require a test, it is a different story.

If you are still considering being tested for AIDS, you should get tested when you are in perfect health and in very good spirits. Do not get tested during the flu season or when you feel the symptoms of flu such as body aches and pain, itchy throat and fever. The result could be a false-positive. Do not get tested for at least two or three months after getting a vaccine against influenza, tetanus, hepatitis, tuberculosis, or anything else for that matter. Don't get tested after a night of drinking, when you are depressed or when you first find out you are pregnant because the embryo is considered a parasite in the body that compromises health and a false-positive could result. Several pregnant women who were negative tested positive when pregnant. If you still want to take the test, I advise you not to make an appointment for it, instead do it spontaneously on the best day of your life. Just show up at the center and have the blood drawn. This way you will avoid the complications of having anxiety for a few days prior to the tests.

I advise men to wear conservative clothing, specially when getting the results of their tests. Because this is the only test that has three results: **positive, negative and inconclusive**. The slip of paper that comes with the test reveals the test to be inaccurate. Technicians and doctors don't like to admit that a test is inconclusive and instead of telling you about the need to do the test again they look at your appearance. If the clothing you wear does not imply a homosexual preference, you get an extension of life. However, if you do imply a homosexual preference, then your inconclusive test becomes a false-positive test and you get a death sentence.

Scientists have never been able to prove that HIV causes AIDS, that AIDS is contagious or sexually transmitted.

It is known worldwide that HIV causes AIDS by weakening the defenses of the body, but did anybody ever produce a study that proves it? That is why more than 500 doctors and eminent scientists worldwide have signed a petition demanding that the HIV=AIDS=DEATH hypothesis be

reevaluated. They have risked their reputations and research monies by opposing the official version of the AIDS hypothesis. They know that the HIV virus could not possibly cause all the diseases they blame on it. And every person told he is HIV+ should request a copy of a single study proving that HIV causes AIDS before making any decision with respect to his life and the medication he may be asked to take. No one will produce such proof and it fact no one knows for sure what the exact relationship between HIV and AIDS really is.

With AIDS, doctors completely ignored and violated their own established rules and instead created a whole new set that better serves their hidden agendas. Some of the rules doctors and medical scientists are violating are "Koch's Postulates," a set of 12 guidelines used to determine if a virus is or isn't responsible for causing a particular disease. Koch's Postulates have been used for over a century and they have survived the test of time. When a virus is suspected of causing a disease, doctors look for certain markers and match them to the postulates. But if it fails the first three, they throw out that organism and start working with the next one. But when it

comes to AIDS doctors started using a new strategy: Ignoring the postulates.

The first three postulates state that:

- ① It must be easy to find and isolate the virus, bacteria or microbe causing the disease in the blood or the affected organs of the patient.
- ② If the virus, bacteria or microbe cannot be detected in the patient's blood, it must be possible to isolate the virus, bacteria or microbe in the cultivated blood of the patient.
- ③ When the virus, bacteria or microbe is injected into a laboratory animal, or into another person, it must produce the same disease.

The HIV=AIDS=DEATH hypothesis fails the first three postulates and, in fact, this hypothesis also fails the other nine postulates.

In response to the first postulate:

The HIV virus is very difficult to find and isolate in any individual who is HIV positive. The HIV virus is not found in 60 percent of the people with full-blown AIDS or people who have died of AIDS-related opportunistic diseases.

In response to the second postulate:

The HIV retro-virus is not easier to find in the cultivated blood of those infected or even those who have died of AIDS.

In response to the third postulate:

Doctors tested 150 monkeys that were injected with the HIV virus more than 10 years ago. These monkeys never developed AIDS-related opportunistic infections and are still healthy to this day. In addition, there are millions of people in the world who supposedly have been in contact with the virus, but never developed any of the diseases associated with AIDS. Furthermore, there are hundreds of laboratory workers who have accidentally injected themselves with the virus, but did not develop AIDS complications.

Furthermore, this "phantom retrovirus" causes different diseases in different people living on different continents. This organism causes Pneumocystis Carinii pneumonia (PCP) almost exclusively in the United States. It causes Kaposi's sarcoma almost exclusively in homosexual men, and in Africa the same virus causes only diarrhea, fever and slim disease or consumption just like malaria. This is the same virus that has infected millions of healthy people worldwide with no ill effect.

Unscrupulous scientists violated the old rules and created new ones to fit the new hypothesis because the old rules were too rigid and could not be used to support this fictitious plague theory. Some people were dying because of stress, intoxication, lack of sleep, which lead to low levels of oxygen in the blood. Those conditions compounded with malnutrition and unsanitary practices leads to opportunistic infections. But the affected individuals were poor and had no insurance therefore they blamed their condition on a fictitious virus and scared to death the general population by claiming that the killer virus could infect everyone. Since no one was safe, according to their agenda, they convinced the government to spend billions of dollars in research, studies and new AIDS centers. But when the number of victims started to drop as the number of susceptible individuals died out, they used the false tests to add selected new group of victims. They added the health problems of intravenous drug addicts, prostitutes and hemophiliacs to AIDS and proceeded to give them medications. These medications ended up creating the same condition that was afflicting the initial group of AIDS victims and complicating the health problems of those who took them. The new drugs stopped the production of red blood cells, destroyed the nervous system, the pancreas and the intestinal flora. Therefore anyone healthy taking the drugs to prevent AIDS would develop anemia, malnutrition, low oxygen levels which were the same conditions afflicting the initial group of drug addicts, prostitutes and famine victims. Now AIDS (drugs) was killing babies and your churchgoing neighbor from next door. AIDS was killing famous artists and tennis players. Unscrupulous scientists had created the perfect scenario to exploit humanity and they sold it to everyone.

In 1996 the new tool to determine the advancement of AIDS is the PCR test (Polymerase Chain Reaction) that is supposed to duplicate

the viral count per unit of blood. But the person who invented this test has testified that the PCR test is inaccurate in determining whether or not a person is HIV positive. This test simply takes dust particles found in the blood and amplifies them a few thousand times. They call what they find the viral count, but since they don't know what they started with there is no way to determine how they end up with the total amount on the test. What is not clear is why they needed space-age technology and DNA like procedures to look into this disease when the answers are so obvious.

AIDS is associated with opportunistic infections that affect malnourished, highly intoxicated, anemic people with low blood oxygen levels. AIDS does not affect healthy people. Why don't they start from healthy people and just detoxify, strengthen and educate the affected ones who are weak? This situation may have something to do with making no money on a healthy and educated society which will not allow itself to be exploited.

In 1995, AIDS was associated with 28 different diseases. Many of these diseases have existed for hundreds of years and they have specific names and characteristics and some have nothing to do with immune deficiency. When an HIV negative person has one of these opportunistic infections or diseases, the particular disease is identified by its common name and the patient receives the usual medication for it. On the other hand, when an HIV positive person has one of these diseases, doctors ignore the medical procedures that medicine has followed for more than 100 years and names the disease AIDS. Why should they call it AIDS? You also have antibodies to tetanus, measles, mumps and chicken pox. How come they never called opportunistic infections by the names of the antibodies you already have? They named it AIDS (a new name) because everyone knows that once you developed antibodies to childhood diseases those microbes were harmless to you and doctors could not convince any one of those antibodies being a deadly threat.

Doctors are handing out death sentences to innocent people by telling them that their immune systems will get weak, which will ultimately result in opportunistic infections and premature death. And according to this ignorant, stupid and naive belief, there is nothing anyone can do about it. When, in fact, what they are saying is that

they can't do anything about it; but you can. Doctors claim they can do nothing, but offer these poor souls chemotherapy for an unlimited time however, that is absurd. Cancer patients get chemotherapy for only a short time. Why should HIV positive individuals get chemotherapy for the rest of their lives? It makes no sense, these people are otherwise healthy. I cannot find any logical reason, unless organized medicine is trying to create the same conditions that they are pretending to prevent.

In 1984, doctors were saying that everyone who was HIV positive would die in three years. After the three years doctors realized that the disease did not affect most HIV+ persons. Then they began to say that the virus had an incubation period of five years before turning into AIDS and causing death. Then, 12 years passed and now doctors say that it takes 15 years before the virus causes AIDS and death. Already, we hear rumors that the virus does not affect a person for 20 years or more. And what do they want people to do during this time? Take chemotherapy for 15-20 years? This is absurd. When a person is infected with a virus, the disease generally manifests within a couple of weeks, at the most.

We vaccinate children so they develop antibodies. Why is having antibodies to HIV a death sentence?

Until the late seventies, doctors used to say that if you have antibodies against any virus or bacteria, you are healthy and will not develop the disease. In fact, that is why they force us to vaccinate children, to stimulate the production of antibodies. If sometime in the future they invent a vaccine against HIV, the person who receives it will develop antibodies against the HIV virus. However, for medical science, having antibodies is a death sentence. That is precisely what a vaccine does. The vaccine must incite the body to produce antibodies, or else it is useless. I don't know what they will say with respect to the AIDS vaccine, they either will have to admit their lies or create a new theory that will be more absurd than the current one.

Another troubling question is: Why do doctors say that this virus causes the disease after the body has developed antibodies? This is another violation of one of the most important medical rules. Once we develop antibodies, we do not develop the disease caused by

that virus. Developing antibodies is the one ability which makes it possible for so many animals to survive in nature for millions of years. Human science has been around for a hundred years and suddenly the key to survival has become a death sentence? I don't think so. Every time we are exposed to a new virus or the mutation of an old virus we must develop new antibodies all over again. It is a fact of life that we must develop new antibodies as long as we are alive.

If a person goes to a library and studies what has been published about AIDS, he will realize that the medical rules doctors have been using for the last 100 years are not the same ones applied to AIDS patients. What I have discovered is that AIDS is an epidemic of ignorance and deception. Thousands of people worldwide share the same opinion, but they don't have access to television, radio or newspapers, and telling the truth does not generate money. Many people have discovered that AIDS only affects the person who gulps down an official press release and does not question the actual facts that support this so called epidemic. AIDS only affects the person who gives up and accepts that he has a fatal disease and is convinced that there is nothing to do, but wait to die. That is precisely what will happen if the person affected chooses to become a victim and does not want to educate himself and take control of his own life. And we will continue being victims if we constantly blame others for our problems. A victim sits in a rocking chair and waits for the inevitable while expecting others to come and help him. But instead of getting help he usually get exploited by those who pretend to help him as they create the same conditions the victim hopes they will prevent.

If you wish to survive AIDS, you must give up your victim's garb and become the director of your own life. Start by questioning everything. Snap your fingers to wake yourself up from the hypnotic state you are in and demand explanations. You are the ultimate creation in the universe and it is your life we are talking about; don't let just anyone in a white suit destroy your most valuable possession. Cherish life for it is the greatest opportunity a man can have.

Another blow to this absurd hypothesis is the appearance of individuals who have AIDS-related opportunistic infections, but don't have the HIV virus or the HIV antibodies. Back in 1994, there were

6,000 documented cases in the United States of individuals who were sick or had been sick with AIDS-related opportunistic infections, but they were HIV negative. Initially, doctors had no explanation for them, but during the Amsterdam Worldwide AIDS Conference they created a whole new hypothesis claiming that the virus had mutated and detecting it was even more difficult. That is a massive pile of bullshit. Many activists worldwide know the truth is being suppressed again. The fact is that there are more people getting rich with the fanaticism surrounding AIDS than people actually affected by it. We cannot continue blindly following the advice of doctors who are enriching the system and themselves by violating their own rules. You should understand that they are playing with two sets of rules and they switch decks whenever it is convenient. The actual number of people they claim to be dying of AIDS is dropping, but they keep statistics high by associating more diseases with the plague. Doctors would rather continue spreading tragic rumors of some phantom killer virus that strikes and disappears than admitting that AIDS is not, and has never been, a health threat.

AIDS does not exist in a vacuum, there are too many other factors which play an important role in being healthy. As I mentioned at the beginning of this chapter, when you combine malnutrition, a low level of oxygen in the blood, stress, pollution, and substance abuse you have conditions which are 100 times more of a threat to your health than HIV. Doctors, on the other hand, are perhaps the biggest threat to life. By treating only the symptoms they stop you from dealing with the actual problems. By giving you chemicals to suppress cleansing they compound the your internal problems and ultimately cause the inevitable. It is up to you to prevent and solve your own health problems. Doctors are not willing to admit that insomnia is associated with calcium deficiency and that 10,000 people die each year of complications related to sleeping pills. That is more than the actual number of AIDS victims every year. Doctors

Long-term survivors of AIDS lived that long because they refused to take medication to fight this phantom disease. When ill, they would take natural products to detoxify and build up their defenses. If they required medications, they only took what they needed to fight the particular illness affecting them.

don't want you to know that 85 percent of the people suffering from high blood pressure in fact have a calcium deficiency. And if they took an absorbable calcium (colloidal) supplement their high blood pressure problems would disappear. A study by Ralph Naders on the causes of death in American hospitals found that more people are killed each year as the result of medical negligence (300,000) than the actual number of American soldiers who died in battle during World War Two (296,000).

The only disease an organism similar to HIV causes, and then only in weak people, is mononucleosis. Mononucleosis is very similar to the flu, and those infected go through reactions similar to the ones you develop after getting a vaccine. These symptoms last about three days or until the body develops antibodies. At that point, the virus is rendered harmless and unable to cause any harm to the body. Developing antibodies is sometimes associated with joint pain, fever and malaise for about three days.

We know that a person who develops full-blown AIDS has a very weak immune system and practically no defenses. We know that this person is susceptible to opportunist diseases that do not affect healthy persons. Therefore, Scientists should stop beating around the bush. We should call AIDS what it really is: anemia, malnutrition and a high level of toxins in the body. If you, a friend or a loved one is facing this situation do not fight AIDS, fight the conditions which made you susceptible to opportunistic infections. Detoxify and nourish yourself because healthy people do not develop AIDS. Therefore, if you are concerned about AIDS, don't worry about the disease, do whatever it takes to stay healthy without medications.

To understand AIDS picture this: A bird with no wings or legs laying on the ground being eaten by ants. Would you say that the ants are an epidemic or would you understand that the bird's defenses have been cut off? That is AIDS. An otherwise harmless microbe which is an opportunist taking advantage of the situation. A person with no defenses will develop opportunistic infections regardless of whether or not he is HIV positive. This condition has nothing to do with a virus, which is what organized medicine and doctors want you to believe.

The New York Times (January 24, 1995) published an article about Newton L. Butler, who had been infected with the virus that allegedly causes AIDS for 10-15 years. Mr. Butler's doctor testified that he was in perfect health. He worked full time, hiked, exercised regularly, had a good diet, did not smoke or drink alcohol. He took as little medication as possible, and best of all, **he never took medication to prevent AIDS**. There might be many more people like him that we don't know about. The article explained that five to 10 percent of HIV infected individuals live for 10-20 years. The article also mentions a gay man who had been positive for 17 years remained healthy. Now scientists are looking at these long term survivors hoping to find out why they are still alive instead of developing full-blown AIDS and dying. These two men are living today because they refused to accept that AIDS was the end. These two men are living today because they refused the medications doctors wanted to shove down their throats. Mr. Butler's case was also mentioned in NEWSWEEK magazine, but they did not mention his refusal to take medications as being the key to his becoming a long-term survivor of AIDS.

In the meetings I have conducted since 1989 I have met many people who have been HIV positive for 10 years or more, and they have remained healthy all along. They survived because they refused to accept AIDS as the end of their lives. These people were very well fed, they did not abuse their bodies and they rested whenever they were tired. They get an occasional cold like everyone else, but these people had never been affected with the opportunistic diseases associated with AIDS.

I also have known innocent people who have died six months after taking AIDS medications. Although they were in perfect health, they fatally choose to be tested for AIDS and turned out positive. Then these innocent victims were given a death sentence and chemotherapy to prevent AIDS. They died poisoned by the medications a few months later because their liver was unable to deal with the toxicity. Then, of course, their doctors claimed they died of AIDS. I personally met a 3-year-old child who later died of AIDS after taking AZT since the age of six months.

If you wish to get another view on AIDS and more information on it, obtain a copy of the book **Deadly Deception** by Doctor Robert

Willner M.D., PHD. Dr. Willner injected himself with AIDS-contaminated blood on six occasions. He did it in front of a crowd of people and before a television program in Spain. Doctor Willner injected his finger with the blood of Pedro Tocino, an HIV-positive hemophilic (He was tested previously to make sure that he had no other diseases). Doctor Willner did these experiments to demonstrate his belief that HIV is a harmless retrovirus. He honestly believes that HIV is not the cause of AIDS and he opposes testing for AIDS because it means nothing to be HIV-antibody positive.

Willner is not promoting promiscuous and unsafe sex. On the contrary, there are six sexually transmitted diseases that are not life threatening, but could create serious health problems in the body if left untreated. Several of them are considered incurable and some type of protection should always be used against sexually-transmitted diseases. A condom is still the best protection money can buy.

In his book, Doctor Willner explains that:



AIDS is not a fatal disease.
AIDS is not a contagious disease.
AIDS is not sexually transmitted.
HIV does not cause AIDS, therefore
AIDS cannot be prevented or
eliminated with HIV medications.

Some scientists believe that AIDS could be advanced stages of syphilis, which is one of the venereal diseases deemed incurable. This may or may not be true, but one thing is certain: sexually transmitted diseases are almost always present in individuals who are susceptible to developing what is known as full-blown-AIDS.

As far as a T-cell count is concerned, no one should bother with that test either. No one really knows what the T-cell count means. In the original T-Cell study, doctors tested a few thousands healthy people to get the average T-cell count. What they found was that it was normal to have 200 to 2000 T-cells per unit of blood. Healthy people such as athletes generally had a lower T-cell count because they had a stronger immune system and a higher level of oxygen in the blood. Sick people, on the other hand, had the highest T-cell count because they were fighting one or several diseases. But instead of

explaining the facts to people, doctors deduced that the average was 1,100 therefore anyone with a T-cell count above that was considered healthy, and anyone with a T-cell count below that was weak, labeled HIV+ and deemed in critical condition because the disease was advancing. When the T-cell count dropped below 200, for sure they were dying.

To find out the truth, several activists had their own T-cell counts checked just to see the accuracy of the test. Some individuals would have blood drawn at different times of the day: morning, evening, before meals, after meals, when they were happy, when they were sad, before and after a party. Sometimes the blood was labeled with the same name and sent to different laboratories or to the same laboratory with different names. As it turned out, the T-Cell count was different in every single test, therefore, it appeared that there were too many variables for this test to be accurate. And it also seems laboratories perform the test differently because the T-cell count was different every time by a wide margin. Activists discovered that the T-cell count varies at different times during the day. If you don't eat, it goes down, and if you eat a big meal it goes up. When you fast and rest for a few days it practically goes down to zero. A late party brings it up and a restful evening brings it down. They found that the T-cell count varied too much, therefore they concluded that it means nothing and it cannot be used as a marker to determine health and vitality.

The New York Times (September 21, 1995) published an article titled "*Under Stress, Immune Cells Rush To Skin to Repel Microbe Invaders,*" which explains that sometimes T-cells are not in the blood stream, but distributed throughout the body fortifying battle stations and enhancing immunity. When a subject was stressed out the T-cells were found in the spleen, lymph glands, bone marrow and skin waiting for the invading virus, bacteria, microbes, funguses and parasites. And when drawing blood for a T-cell count it is not a good idea to do it during a time of high stress because the test will be inaccurate and send you home thinking that you are dying, when, in fact, you may be in perfect health.

Want to try something? Eat a big meal with steak the evening before your next T-cell count and call me when you get the results.

Many people ask: If the HIV virus is harmless, what do people die of? To answer this question you must attend the meetings of an organization called HEALTH EDUCATION AIDS LIAISON (HEAL), that was founded in 1982 to offer support and information to people affected by this fictitious plague. Thousands of people from all over the world have participated in our free meetings. In more than 600 weekly meetings that HEAL has had in over a decade, we have heard the opinions of, and shared information with people from all economic, social and cultural levels. We have seen what AIDS has done to some of them. The attendees of HEAL meetings are curious people; many are sick with full-blown AIDS, others are HIV positive, and some are friends or relatives of those diagnosed with the disease. At HEAL meetings we hear the truth about AIDS from those who have first-hand experience and survived this so called plague. All the therapies have been put to the test at HEAL. Our members have tried everything that was suggested and we have discovered fascinating information. HEAL members are living proof, not just theories, of what works and what is nonsense.

Remember that AIDS is characterized as a breakdown of the body's defenses making the affected person susceptible to suffer from opportunist diseases that do not affect those who are healthy. At the HEAL meetings we discovered that there are two groups of people affected by AIDS: Those whose defenses were weakened because of malnutrition, low oxygen, lack of rest and drug abuse; and those who could not handle the mental anguish caused by an HIV-positive diagnosis, who were poisoned by the medications they took while trying to prevent the onset of AIDS.

THE FIRST GROUP is formed by people who have ignored the body's nutritional needs, partied too much and became intoxicated often during several years. Their life style created the conditions that make them susceptible to the opportunistic infections associated with AIDS. It was common to abuse narcotics in the decades prior to AIDS which appeared in 1982. For many people in the United States it is very common to use and abuse one or several harmful substances such as psychedelic drugs, alcohol, marijuana, cigarettes, cocaine and heroin. It was popular before AIDS and it is still common in the nineties to find more than a dozen harmful drugs and other substances in many nightclubs and discotheques in most

big cities. And there are thousands of people who use these toxic substances every time they go to a party two and three times a week. Many of these people have not been eating an adequate diet or resting enough. What do you think can happen to a person who works eight to 12 hours a day and then parties four to six hours more, several times a week? Many of these people take pills so they don't have to go to sleep. When hungry, they eat french fries, potato chips, beers, hamburgers, pizza, cakes, candy bars, chocolates, cookies, soda and other junk foods. This is what I call burning the candle at both ends. Many of these people have been abusing their bodies for more than five years. How can you expect to be healthy without drinking fresh water, without sleeping when the body requires it (six to eight hours a day) and without eating fresh vegetables, salads, fruits and other healthy products? It is natural that the immune system of these people becomes practically useless. And, when the body is defenseless, opportunistic diseases will manifest regardless of whether or not a person has tested positive.

Our body can resist much abuse, but everything has its limits. Opportunist diseases will manifest when there is malnutrition, chronic anemia and a low levels of oxygen in the blood. This condition has nothing to do with a virus and you don't need a new name for it. The condition known as AIDS is the result of a crime committed against nature and against the body and many of those afflicted are simply suffering the consequences of the abuses they committed against the body. These people are not dying of AIDS. The people in the first group have destroyed themselves and their body's defenses by eating garbage and enjoying the nightlife while completely ignoring the body's needs. When a person abuses his body and forgets to supply the nutrients, fresh water and rest required, that person is going to suffer from opportunist diseases because those are the conditions he created within. Doctors can blame it on whatever they want, however that condition has nothing to do with a virus, it is not contagious and it cannot be treated with medications. This problem is a punishment for abuses against the body and it can only be reversed with self awareness through love towards yourself.

The theory that nutritional deficiency is one of modern society's major health problems is supported by a study published in The New York Times (May 1, 1995) which claimed "**Scientists say they have**

the first direct evidence that viruses can mutate and become deadly because of nutritional deficiencies in the hosts they infect.”

In these experiments, the researchers found that a human virus normally harmless to mice mutated and became a heart-damaging agent in mice suffering from a **deficiency of selenium**.

“This is the first time that a nutritional deficiency in a host has been shown to alter viruses to make them permanently more virulent,” said the study.

Researchers said in a report published in the May 1993 issue of the journal **NATURE MEDICINE**, “It is possible, but not proven (how much evidence do they really need?), that nutritional inadequacies in humans also may aid some viral mutation. The researchers urged scientists to look into this possibility: “If true, this could be another reason why adequate, balanced diets contribute to good health.”

Selenium is a very important antioxidant required for many functions in the body and this is only one of the many nutrients needed for healthy living. According to Dr. Wallach, a researcher who was nominated for a Nobel Prize in Medicine in 1991, all diseases are directly related to mineral deficiencies. Wallach grew up on a farm where he observed a veterinarian who almost obsessively insisted on grinding hundreds of pounds of vitamin and mineral supplements that were later fed to all farm animals mixed in with their food. He later became a veterinarian and that is when he discovered that a farm vet gets paid twice a year. However his salary is rated according to the profits the farmer gets after sending the animals to the slaughter house. Years later he discovered at the autopsy table a connection between minerals and health and became a physician when doctors refused to acknowledge such an important detail to health. He confirmed the connection between mineral deficiencies and all diseases after performing 17,500 autopsies in humans and 450 different species of animals. In his book “Rare Earths Forbidden Cures” Wallach certifies that humans require 91 nutrients for good health and achievement of the genetic potential of a man, 120-140 years of age. He explains that there are traces of all known minerals in human blood, in urine and other body fluids and therefore they are

required by the cells in the body in different amounts. He states that we require 60 minerals, 16 vitamins, 12 essential amino acids or protein building blocks and three essential fatty acids.

This is important because if a deficiency in one nutrient allows harmless viruses, bacteria, microbes, parasites and funguses to mutate and become much more harmful to animals and humans, imagining what can happen when we have a condition of chronic malnutrition during five or 10 years. What can happen to a person who does not take any nutritional supplements, vitamins or minerals while his diet consists of junk food, alcohol, cigarettes and narcotics?

Another problem associated with malnutrition is the billions of old and deteriorated cells that need to be replaced every day. If a person is not consuming the nutrients he needs every day to sustain life and to create strong and healthy cells he is going to deteriorate and get progressively sick. The cells need those nutrients to be able of carrying out all of life's activities. Remember the body is made up of 75 trillion cells and it is not the body per say that gets old and deteriorated, it is each individual cell that gets old and invalid. If the dead cells are not being replaced at all, or are being replaced with deformed, underdeveloped and sick cells, that person will literally fall apart. That is exactly what happens to AIDS victims. This is especially true when it comes to the body's defenses, red blood cells and the eight different kinds of white cells that protect and clean up the body.

Red cells eliminate carbon dioxide from the body and exchange it for oxygen in the lungs, but the body of an anemic and malnourished person cannot create enough red cells and the few that are created turn out deformed and invalid because of the lack of nutrients. Doctors claim that anemia is lack of iron, but iron is only one of the 60 minerals necessary to create healthy red cells. Without healthy red cells to eliminate carbon dioxide and to absorb enough oxygen, you will not be able to keep malignant microbes out of certain areas in the body. Oxygen is also required to neutralize and eliminate alcohol, narcotics and medications out of the body and if you don't have enough of it, you will not be able to remain healthy.

New age practitioners have discovered that white cells protect the bloodstream and the body by producing 25 - 50 drops of hydrogen

peroxide every day. When white cells come in contact with viruses, bacteria, fungi and parasites, they hold on to them and sort of shower them with hydrogen peroxide which kills all anaerobic organisms. In order for them to protect us the levels of oxygen must be optimal and white cells must be healthy, but that is impossible without the proper nutrients which results in a weak immune system because of the low levels of hydrogen peroxide in the blood.

Another serious problem associated with health is the pollution within the body, although most people don't really know why this is bad for you. The cells in the body auto-intoxicate in this condition because there is no clean water available to purify themselves. The biggest water unit that can enter the cells are seven-molecule clusters, however when the body is polluted the water clusters are much bigger and cannot enter the cells that is why the cells cannot remain healthy and can even die when a person is dehydrated. When a person has not been drinking enough plain water, fruits, vegetables or their juices for a few years he is creating within the conditions that make him susceptible to disease and it is only a matter of time before health problems manifest. This is not caused by a virus, is not contagious, cannot be eliminated with drugs because they complicate the problem by adding more chemicals into the body.

If things are not bad enough for AIDS victims, their fate gets even worse when they seek help from medical experts. Instead of asking them what they have been doing to their bodies that they are so run down and wasted, doctors blame their disease condition on a harmless virus, while ignoring what is really causing the problems. And, with the best of intentions, give them the most toxic medicines in the history of modern science. AIDS patients don't know it, but most AIDS medications are different forms of chemotherapy. Instead of detoxifying, giving them purified water and giving nutritional supplements to the individuals who are affected, doctors poison them with medications. Physicians use the absurd hypothesis HIV=AIDS=DEATH as an excuse to prescribe chemotherapy to control a harmless virus and in the process destroy the patient.

That is where the second group starts.

THE SECOND GROUP is formed by innocent people who in desperation turn to their doctors for help and ended up becoming victims of their doctor's ignorance or total disregard for human suffering and life. The artists, children, homemakers and churchgoing people who received a blood transfusion or had sex with a promiscuous person one or 10 years before being tested, fall into this second group. These innocent people became victims of their own ignorance and lack of motivation to take control of their own health. Many of these people will spend time researching a new video camera, a cordless drill or a new car, but will not question the HIV=AIDS=DEATH hypothesis organized medicine uses as an excuse to hand over death sentences to innocent children and respectable members of society. When faced with a life-or-death decision those affected should confront the system and fight for their lives. They should go to the public library and research the particular condition afflicting them instead of feeling guilty and hiding in the closet. They shouldn't feel ashamed or think that their condition is a manifestation of the wrath of God. Instead, they should question the whole hypothesis and fight back.

The Bible's message in the story of the Apostle Saint Thomas is to question everything, especially when everyone is aware of all the abuses committed by those guys in white suits who are supposed to protect our health. Their diplomas and the system they work with is nothing more than a license to exploit and kill with impunity. Criminals use a gun and a mask while others use the standard procedure and toxic chemicals and hide behind their licenses.

Many doctors are too preoccupied to read the information available in their own manuals. Others are very arrogant and believe that they know it all. Others are afraid to use alternatives that, though very effective, are not government approved.

Of the thousands of people who die of so-called AIDS, many have never abused of their bodies, and if they smoked or drank beer or liquor, they did in moderation. They did not use narcotics, and rested when the body required it. But, they were tested for HIV antibodies after receiving a vaccine against tetanus, hepatitis, influenza or measles. We are speaking of many children and adults who were tested after been vaccinated and got false-positive HIV test results.

We speak of people tested for AIDS after receiving a blood transfusion and turned up HIV positive. We are speaking of victims who blindly followed the advice of doctors who don't know the truth about AIDS. They are innocent people who blindly accepted and obeyed without asking questions and without investigating how some people have survived the disease. The second group are people who have a God in heaven and another one on earth dressed in white with a stethoscope around his neck.

Being told that you are HIV positive is perhaps the most tragic thing that can happen to any person in this century. A book called "Mental Poisoning" published by AMORC, describes the effect this type of revelation has on a person. A chapter explains that during the French revolution a man was sentenced to death by decapitation. On the day his sentence was to be carried out, a hood was placed over the man's head and he was strapped to the guillotine. But, when the blade was released it got jammed and it never touched the man's neck. The crowd cheered, and the jamming of the blade was considered a sign from God that the man's life should be spared. However, when released he would not move. The guards checked his vital signs only to discover he was dead. Somehow, he programmed himself to die before the blade touched him. The same thing has happened to many AIDS victims who program themselves to die before the disease kills them. Unless these people overcome the deception and ignorance surrounding AIDS, they will self destruct. All this results from the constant terrorizing propaganda promoted by the government, the medical cartel and the media.

Michael Ellner is a hypnosis-therapist and president of HEAL since 1989. Ellner says that when a person is told he is HIV positive — which is a type of death sentence -- the life force that drives him is suddenly ripped out of his heart and the desire to go on living starts fading. That person immediately feels the guillotine approaching his neck. His whole life flashes by in a moment. The weak-minded feel hopelessly trapped and, as a way out, they program themselves to die. The stress these individuals feel at that instant is so overwhelming that they walk as if the moon was suddenly placed on their shoulders. They have seen the consumed bodies of their friends during endless agonizing months and sometimes years. They have heard the agonizing cries of individuals who have pain that doesn't go away. They don't want to be treated like outcasts or

leprosy victims. They walk around completely stunned without any sense of direction. A few have been injured or killed accidentally when they walked in front of moving cars. Many of these victims think of jumping in front of New York City subway trains speeding at 50 miles an hour. Why not end it all before getting sick? It is a quick and painless way out. Many have committed suicide. Why go through all the agony and suffering? They ask themselves, "Why put my family and friends through this?" At the HEAL meetings many people break down and cry when describing what they have gone through. No one should have to go through this experience for something that has never been scientifically proven. After 15 years, AIDS is still only a hypothesis, a mystery and a grand excuse for grants and fund drives.

Many people diagnosed HIV+ cannot eat or sleep. They lay in bed and look at the ceiling wondering what to do. The question, What do I do now? is continuously asked. A simple cold pushes them into a frenzy of fear and anxious thinking that this is it, the end is near. Lack of sleep alone can weaken them to the point where their immune system gets so depleted they start developing opportunistic infections. The healthiest person can melt away when forced to face this hopeless situation. This is the real epidemic called AIDS. The immune system's weakness and the opportunistic infections that follow are easy to deal with, but there is no treatment offered to fight the constant reminder that AIDS is an incurable curse. When the people you trust tell you there is nothing to do, you believe them and do nothing other than wait for what is purportedly inevitable. That is the emotional state the government and the medical cartel want you to be in when you turn to the doctor and ask, "What can be done?" These victims hope to get help from the guys who were given power over life and death, and, as it turns out, that's when their biggest problems begin.

Doctors don't think anyone can overcome AIDS and they sign the death certificate when they point the finger at their victims and say, "Take this chemotherapy for the rest of your life to delay the onset of the disease." Then they remind you that "It won't save you, it will only extend your life." The fact is chemotherapy drastically shortens the life of anyone using it.

At the HEAL meetings we have seen completely healthy people develop AIDS a few months after they start taking medication to prevent it. This happens because the medications for AIDS are the most toxic medications in the history of medical science. The most popular drug, AZT was created in the 1960's as a cancer drug. But it was labeled unfit for use in any living thing because it wiped out every living cell in the test dish. It killed the cancer cells and the healthy cells too. Other AIDS medications are different only because they are created by other laboratories so they can share the profits before the killings. No one should take any of the AIDS medications without first reading about them in the Physicians' Desk Reference (PDR). The PDR can provide information that is lifesaving. **By all means, read the slip that comes with the medication, but do not limit yourself to reading only that slip of paper. You should also read the PDR because the information you are getting might be different than the information on the PDR or the information available to your doctor.**

There have been hundreds of totally healthy people who died in less than a year after taking the legal poisons their doctors prescribed to them with the best intentions. Go to the library and read about these drugs in the PDR. Inform yourself and confront your doctor because it is possible he didn't have time to read the information available in his own manuals.

One big problem is that your doctor's license does not authorize him to be a freelance health practitioner. His license only authorizes him to obey the standard procedures set by the Food and Drug Administration, the pharmaceutical companies and the American medical association. If your doctor doesn't follow these rules, he risks being prosecuted, which can cost more than half a million dollars and the possible loss of his license. Therefore, he can't give you anything other than the mandated drugs unless you demand to be treated differently. In case he gets prosecuted for not following the standard procedures, he can say that the patient refused to take the standard treatment. To get a doctor to try new treatments you practically have to force him.

The rectangles in the next few pages contain the text found in the 1994 PDR. It is copied word for word for the benefit of the reader who can decipher for himself how toxic these medicines are. This is

a very delicate matter and everyone should know the risks innocent people take when they blindly trust their doctors. When it comes to AIDS, many doctors may have very good intentions, but they have the wrong information, and others prefer to ignore the truth and simply obey the rule to protect their licenses and social status.

The legal medicines commonly offered to slow (but actually accelerate) the progress of AIDS are:

(AZT) WARNING: THERAPY WITH RETROVIR (ZIDOVUDINE) MAY BE ASSOCIATED WITH HEMATOLOGIC TOXICITY INCLUDING GRANULOCYTOPENIA AND SEVERE ANEMIA REQUIRING TRANSFUSIONS (SEE WARNINGS) IN ADDITION, PATIENTS TREATED WITH ZIDOVUDINE MAY CONTINUE TO DEVELOP OPPORTUNISTIC INFECTIONS (OI'S) AND OTHER COMPLICATIONS OF HIV INFECTION AND THEREFORE SHOULD BE UNDER CLOSE CLINICAL OBSERVATION.

AZT (Retrovir or Zidovudine) The text means that AZT poisons the bone marrow and it stops the production of red and white cells. Red cells carry oxygen to all the cells in the body while removing carbon dioxide from all the cells. The white cells are part of the immune systems, the defenses of the body. The PDR explains that this medication is so toxic that the person taking it requires blood transfusions to replenish the amount of red cells the body needs to absorb enough oxygen and deliver it to the cells in the body before they asphyxiate because of low oxygen levels and increased levels of carbon dioxide. Furthermore, taking AZT does not protect you from the opportunistic diseases associated with AIDS.

The PDR's Microbiology section says the following about AZT: "The relationship between in vitro susceptibility of HIV to zidovudine and the inhibitions of HIV replication in man or clinical response to therapy has not been established. In vitro sensitivity results vary greatly depending upon the time between virus infection and zidovudine treatment of cell cultures, the particular assay used, the cell type employed, and the laboratory performing the tests. In

addition, the methods currently used to establish virologic responses in clinical trials may be relatively insensitive in detecting changes in the quantities of actively replicating HIV or reactivation of these viruses.” This means that there is no proof whatsoever that AZT can do anything to fight HIV or AIDS, if HIV was the cause of AIDS.

According to Burroughs-Wellcome’s own data, AIDS patients, HIV-positive patients free of AIDS, and laboratory animals taking AZT, develop AZT specific diseases. These diseases are: anemia, neutropenia and leukopenia which occur in more than half of those who take it. This is a disease in which the bone marrow cannot produce red blood cells, white cells and also the type of helper cells that eat microscopic garbage in our bodies. And most of those taking AZT require multiple blood transfusions. Forty five percent develop severe nausea. Six to eight percent develop muscle atrophy and polymyositis, which is generalized muscle inflammation. Nine percent develop lymphomas and acute non-viral hepatitis within one year of initiating AZT use. Patients also develop neurological diseases including insomnia, headaches, dementia, mania, Wernicke’s encephalopathy, ataxia, seizures and impotence. AZT is also carcinogenic to mice. There is a case of a hemophiliac who took AZT for a long time and died of unstoppable internal bleeding. All the information in this paragraph is available to doctors, but it is not in the PDR.

WHAT THE PDR DOES NOT SAY ABOUT THESE MEDICINES IS THAT THEY DESTROY THE INTESTINAL FLORA. WITHOUT THIS BENIGN BACTERIA WE HAVE IN OUR INTESTINES, WE LOSE THE ABILITY TO DIGEST FOOD AND ABSORB THEIR NUTRIENTS.

(**DDI**) WARNING
PANCREATITIS, WHICH HAS BEEN FATAL IN SOME CASES, IS THE MAJOR CLINICAL TOXICITY ASSOCIATED WITH VIDEX THERAPY. PANCREATITIS MUST BE CONSIDERED WHENEVER A PATIENT RECEIVING VIDEX DEVELOPS ABDOMINAL PAIN AND NAUSEA, VOMITING, OR ELEVATED BIOCHEMICAL MARKERS. UNDER THESE CIRCUMSTANCES, VIDEX USE SHOULD BE SUSPENDED UNTIL THE DIAGNOSIS OF PANCREATITIS IS EXCLUDED (SEE "WARNINGS").

DDI (Videx or Didanosine) complications: It Causes inflammation of the Pancreas, and has caused death to many of the patients who have taken it.

(portion of text) (DDC)
THE MAJOR CLINICAL TOXICITIES OF HIVID ARE PERIPHERAL NEUROPATHY AND MUCH LESS FREQUENTLY PANCREATITIS. MODERATE OR SEVERE PERIPHERAL NEUROPATHY, WHICH FOR SOME PATIENTS WAS CLINICALLY DISABLING OCCURRED IN 17% TO 31% OF PATIENTS

DDC (Hivid) complications:
It causes Peripheral Neuropathy in 17-31 percent of people who take it and they end up with destroyed nervous systems. In addition to causing dementia, it also causes serious complications to the pancreas.

I have to add that the PDR explains very clearly that these medicines do not prevent the opportunist infections associated with AIDS which are common in people with a weak immune system. On the contrary, these medications destroy the bodies of people taking them. Imagine a body that literally runs out of blood, is unable to digest food and unable to absorb nutrients from food? These medications will create a condition of weakness capable of destroying the healthiest person. Can you believe that there are people taking these three medications at the same time? I don’t know the purpose of formulating these

medicines to a person who is malnourished, totally anemic and has a very weak immune system. These medications are the final blow that is going to destroy these poor souls. These medicines would kill the healthiest athlete in a few months. Think about it, what benefit can a person who is under-nourished and anemic receive from taking these legal poisons? That is why the books "AIDS by Prescription" and "Poisoned by Prescription" were written.

Finally, we can say that the so-called AIDS epidemic is no more than an epidemic of silence. There are many scientists who know the truth, but they do not have access to the media to divulge it. When they express their opinions about AIDS they are immediately discredited and lose their position in the scientific community. But they are people of principles and morals, and we are talking about saving lives and avoiding unnecessary suffering. That is why groups such as HEAL are being formed all over the world to share this information and provide support to those affected by one of the biggest medical frauds of the twentieth century.

34 WHAT TO DO WHEN FACING AIDS

To be successful in preventing or curing a disease, you must learn as much as you can about it. Remember the saying:

"The truth will set you free"

It is also important to understand what the body needs to remain healthy, how the body protects itself against a particular disease and how to strengthen the body's defenses. In other words:

"Know thyself"

These phrases were written in stone on the walls of ancient learning centers and temples. Today we hear "Do as I say, not as I do."

Anyone afflicted by or concerned with AIDS should attend the meetings of **Health Education AIDS Liaison**, (HEAL) that was established in 1982 as a support group for AIDS victims, their friends and family. Become familiar with, and share your own experiences and knowledge with the members of this support group. Remember that ignorance is the worst of all diseases, and the only way to overcome it is by learning or at least being exposed to information that will help you make an informed decision. The original group that founded HEAL consisted of small group of homosexual men. Thirteen years later, HEAL has become a respected international institution with tens of thousands of members and branches throughout the world with one common goal: To attack AIDS at the root of the cause, which is ignorance, deception, lies, rumors and silence that allows this fictitious plague to exist.

HEAL members became an experiment or a control group. More than half of the HIV-positive founders of HEAL decided to follow the advice of their doctors and take the medications prescribed to delay the onset of AIDS. But some of them felt so much worse while taking the medication that they stopped it and chose to take their chances without it. The rest of the group decided that if they were going to die within three years (as doctors used to say) they would not take medical treatments or follow medical advice during what precious time they had left.

All of those who followed their doctor's advice have died of opportunist diseases related to AIDS. The other half of the group, the ones who refused to follow the advice of their doctors and refused to take their medicines, are all alive. For them, AIDS was not a death sentence, but a warning of the danger they were in if they continued the same lifestyle and eating habits. This group studied all the information with respect to AIDS and listened to the testimonies of their friend at the meetings. They even witnessed first hand how bad some of the people on medication looked. Once informed, they took control of their lives. Those who have survived AIDS are well nourished, they sleep six to eight hours every day and they have detoxified their bodies. Furthermore, they have stopped the bad habits and the abuse of substances that weakened their bodies. When these individuals get sick they ask their doctors for medication only for the disease affecting them and then only for a short time (two weeks). They will never again take medication for AIDS, and that is why the second group surprised everybody by becoming long-term survivals.

It is important to mention that a small group of founders and supporters of HEAL refused to get tested for AIDS. They just didn't care. They had been drug abusers and were not afraid to die. It meant nothing to know if they were positive or not. These individuals analyzed the risk and decided to live the rest of their lives "one day at a time" practicing a little moderation. Many of them did not change their diet or lifestyle. As it turns out, these are the people that the doctors want to investigate. Nothing changed in their lives and they still survived AIDS. Their own prescription was a positive attitude and self respect.

For more than 13 years, HEAL has seen people live and die as they tried all the different approaches, including ignoring, preventing and curing AIDS. HEAL gets no support from the government, the multibillion dollar pharmaceutical corporations or medical associations. HEAL gets financial support from its members, many of whom are poor people searching for answers. The government, the main-stream media, and the scientific and medical communities do not support the information HEAL members have discovered in some of the smaller papers and magazines.

HEAL members know that the medications handed out by doctors are extremely toxic and expensive. They have seen many of their

members take them and die, while others stopped taking them and became long-term survivors. HEAL was created because radio, television stations and newspapers refused to make certain information available to the public. To get this information out individuals from other cities and countries are creating support groups that like HEAL help save the lives of many innocent victims.

As mentioned in the previous chapter, AIDS is not a disease, it is, instead, the breakdown of the body's defenses (independent of T-cell counts), a breakdown which allows harmless microbes to mutate and become deadly organisms capable of causing severe infections. Doctors claim the HIV virus causes AIDS, however they have not been able to prove it. AIDS is an artificial syndrome of 28 illnesses many of which are caused by organisms that are harmless to healthy humans. That is why I honestly believe that no one should take any of the medication designed to prevent the onset of AIDS. Most of these diseases existed 50 years ago and each has its own name and characteristics, and each of them requires a different medication to deal with the problem it creates in the body. No one should bother taking medications to prevent or deal with these illnesses because they will not affect you while you maintain your internal environment clean and your immune system strong. Remember that having the antibodies means that you are healthy. ***If it is not broken, don't fix it.*** No one should take medication just because he or she is HIV+. On the contrary, eat healthy and natural foods and take nutritional supplements.

Many individuals who have survived AIDS for 10 or more years did not know that they were HIV-positive. Many of them found out they were positive when blood that was drawn years ago was later tested for HIV antibodies. Yet they continue living normal lives and don't worry about a disease they do not have. They ignored the doctors who wanted them to take the medications to fight AIDS. Doctors threw many of them out of their offices for refusing to comply. These individuals took a chance and went against the odds under all types of threats and predictions that they would suffer terrible diseases. Ten years later, nothing has happened to them. Now, doctors want to know why these individuals have survived AIDS.

My opinion and the opinion of HEAL members is that if you are not sick, don't try to cure yourself. Remember that AIDS is associated with opportunistic diseases. If you are suffering from opportunist

diseases, your body's immune system is weak. Think about strengthening the body's defenses, and not in combating an opportunist virus that affects you. Combating opportunist diseases is relatively easy. All you have to do is reactivate the lymphatic system to eliminate the stagnated waste from the colon and the remaining lymph glands, nodes and vessels throughout your body. That can be accomplished with your urine. Then start drinking fruit and vegetables juices to irrigate all the cells in the body to help them flush out the toxins within them. The next step is to take an absorbable, full spectrum nutritional product (see order form at the end of this book). Start eating fresh and natural products and rest when the body is tired. Learn how to do deep breathing exercises and practice them often and perhaps the most important step is to control the bad habits and substances you may have had that created the conditions that make you susceptible to disease.

Remember that opportunistic diseases do not affect healthy people therefore you must think about strengthening your body's defenses so that the body can defend itself against opportunist diseases. That is all you have to do. Medications can make you feel good, but in the end they work against you because they do nothing against the conditions that make you susceptible to disease. Anyone on medication remains weak, and as long as the body remains weak, you are susceptible to getting sick.

In the previous chapter I mentioned a man who has been HIV-positive for 17 years. In spite of this, doctors continue saying that there is no cure for the disease and that it is always deadly. In the HEAL meetings I have met hundreds of persons who have been HIV-positive since doctors discovered the so-called plague, around 1980, and they remain healthy using alternative approaches even after being sickened with the opportunistic diseases associated with AIDS.

Scientists continue investigating AIDS, and continue insisting on a medical solutions while refusing to accept the experiences of HEAL members. But eventually, they will have to accept that the problem is associated with our diet and lifestyle, and not with an opportunist virus. The problem lays with the profits generated by all the junk food industries, the pharmaceutical companies and the medical establishment. Educating the masses will end these company's

profits and their control over us. That's the problem for them -- no one can profit from or control an educated society.

When treating an HIV-negative person for one of the 29 opportunistic diseases associated with AIDS doctors use antibiotics. After about two weeks, when the patient recovers, they discontinue the medication. However, to fight AIDS the patient receives chemotherapy for the rest of his life. Why do they have millions of people taking chemotherapy when they are completely healthy? Chemotherapy paralyzes the production of blood, destroys the pancreas, the liver, the nervous system and the intestinal flora, and it does not offer protection against the opportunist diseases that affect the patient. We know that we should keep an eye on the viruses that cause disease, but what is the purpose of poisoning a healthy patient to control a bunch of otherwise harmless viruses?

In the HEAL meetings we have met hundreds of individuals who recovered from the conditions that made them susceptible to the opportunistic diseases associated with AIDS. However, doctors and organized medicine had nothing to do with their recoveries. These individuals regained their health through holistic approaches. It is

Opportunistic infections do not affect people with a strong immune system therefore you should not worry about them. You should not worry about becoming HIV+ or developing AIDS. On the contrary, you should boost your immunity by resting when you are tired and stimulating the lymphatic system to eliminate the body's waste. You should also drink purified water, eat naturally and healthy and take nutritional supplements. These simple steps will prevent creating the conditions that make you susceptible to common health problems and the opportunistic

absurd to try to heal a moribund person with substances that paralyze the production of blood, destroy the liver, the pancreas and the nervous system. It is dumb to try controlling harmless organisms with deadly and poisonous substances that destroy the intestinal flora and the body. Benign bacteria control malignant bacteria capable of causing dozens of viral and fungi infections plus a deadly one called "**antibiotics related colitis**" that gradually fills the rectum and colon with pockets of puss. Remember also that

the intestinal flora is the benign bacteria which digests and process the food we eat and convert it into the type of nutrients absorbable by cells that make up our bodies. Without the benign bacteria you are doomed.

The long term survivals recovered by learning to detoxify their bodies while supplying the nutrients their bodies needed. They learn about meditation, relaxation and deep breathing exercises which play a very important role in their recovery. These people sought internal peace and tried to live in harmony with society and nature. It is healthier to fill your heart with love rather than hatred. If they feel resentment against someone or against society, they think about how beautiful life can be in the future and not in how bitter it has been in the past. For these people AIDS is not a death sentence, but a warning that they should care about their health and their bodies. These people have organized their private lives, they have reestablished their intestinal flora and they have improved the quality of the food they eat. That is all that needs to be done. The same thing any person should do if he wants to live a long and healthy life.

If these individuals are affected by pneumonia, influenza, diarrhea or any other opportunistic infection, they simply request medications for what is afflicting them at the moment. They don't get medications to prevent all the diseases known to man. It's ironic, but sometimes they have to fight with their doctors to stop them from shoveling the chemotherapies down their throats. Doctors want to give these drugs to anyone who is HIV+ even to pregnant women and young kids. They don't care about the damage these medications do to a baby or an infant, they wash their hands by claiming they are following the standard or recommended procedure and guidelines set by American Medical Association and The Food and Drugs Administration.

It is very easy to live healthy and prevent opportunistic infections. One of the things your body requires is bowl of salad and five fruits every day. The body also requires nutritional supplements like vitamins, colloidal minerals, enzymes, herbs, and once in a while stimulate the body with acupuncture, get a check up from a chiropractor and a foot massage. It is important to rest when the body is tired and use urography to detoxify and vaccinate the body. In other words, be a little selfish, love yourself and take good care of

yourself. To end this chapter, I want to remind you that we are talking about your health and your life. Your doctor is not God therefore the time has come for you to confront him each time he makes a drastic decision that affects your family's health and your economy. Show your doctor that you care about what is done to your body and participate actively in being healthy or recovering from any health problem.

Remember that to many health practitioners you are a person who helps pay the mortgage on his mansion, his Mercedes Benz and his vacations to the French Riviera. You have only one body and it is time you treat it for what it is: "Your most valuable possession." You must get at least two or three different opinions from different health practitioners before submitting yourself to a drastic medical procedure. You have no idea how many times doctors do a biopsy just because the patient has good insurance. Many times doctors order sophisticated tests not necessarily because you need them, but because of the kickbacks they get from the testing station (\$425 -500 per CAT scan or MRI). Don't be a guinea pig. Ask questions and get information from your doctor. You are the one paying, even if the check comes from Medicare, Medicaid or the insurance company. Ask him if he is acting out of conviction or following the standard procedure. Ask him if he has studied all the information published on AIDS or any other disease for that matter. Ask him if he is reading alternative manuals or only doctor's manuals. Ask him if he knows that the AIDS tests "Elisa" and "Western Blot" were declared invalid in 1993?

The best way to treat a fresh wound is to lick it, or place it in the mouth. A purulent or pus-filled infection will be avoided with this simple action. Tetanus and rabies can be prevented the same way. This treatment also applies to superficial and deep cuts. It is also effective for animal, human or insect bites. It makes no difference whether you are a surgeon or a handyman, if you get cut, put your finger or hand in your mouth for a couple of minutes. If you cannot put the wound in the mouth, do like the cats do.

To survive AIDS or any other disease you must educate yourself

elf and take control of your life and health. You will be doing a favor to your doctor and to humanity when you get information and show it to him. You can only maintain your health when you actively participate in your own healing process. It is the only way to survive this and any other disease. The persons who have confronted their doctors and demanded they be treated like human beings and not laboratory rats, have obtained better results than those who accept the absurd theories of AIDS being an incurable and deadly disease. In the studies and experiments reported in chapter 20 and 21 you will find very valuable information on how to fight diseases caused by different viruses.

VACCINE FORMULA FOR 35 CHOLERA, DYSENTERY, MALARIA, TYPHOID FEVER . . .

If you do not have a strong stomach do not read this short chapter. It describes simple yet effective a procedure you may find repulsive and offensive. However, if you are planning to visit a remote area of the world where doctors may be difficult to find, or if you are visiting countries where you may get sick with one of these diseases then you should read it. The formula I will describe was discovered in a medical journal. It is simple to prepare and it has been effective to deal with cholera, dysentery, malaria, food poisoning and other diseases that affect the small and large intestines producing vomiting and/or diarrhea. These conditions can ultimately kill the affected person in a couple of days by causing dehydration if nothing is done to help the body develop resistance against the organism responsible for causing the problem.

I remind my readers again that I am not a physician and have no prior training as a medical doctor. I am simply sharing information discovered in a decade of research. This information is not provided to entice anyone to play doctor. However, if you or a loved one is facing a life and death situation and a doctor is too far away, or does not have the appropriate vaccine, those in need can be helped by preparing a vaccine using this procedure. Desperate situations demand desperate actions and you can save a life, if you have an idea of what to do.

A laxative produces diarrhea because it is a toxic substance that can make you sick and it is rejected instead of being absorbed into the body. As you will read in the next chapter the bacterium associated with the diseases mentioned causes vomiting and diarrhea by releasing a very toxic substance into the digestive system, just like a laxative, but 1000 times more toxic. The body immediately tries to expel it, but the microbes continue releasing more of the toxic substance and as they multiply, vomiting and diarrhea become more intense and could eventually kill a weak victim who is not capable of developing resistance to it.

To help the body you need to isolate the toxic substance the bacterium is releasing into it, and that substance is in the liquified feces desperately being discharged. As disgusting as it sounds, that is where the toxin is. It is very likely that the same toxin is also in the urine of the affected person and you should try a 1 cubic centimeter injection of pure urine, or the ultimate universal remedy (sublingually applied diluted urine) as soon as possible. However if these applications do not produce any results in three hours then you must prepare the vaccine using the following formula.

Collect a quarter of a teaspoon (one cc) of the diluted feces and mix it with four ounces of distilled water, or water that was boiling for 5 - 10 minutes. If you do not have distilled water or means to boil water, use the urine of the healthiest person around. Urine is sterile and therefore safe to use, however you have to use it fresh. Put the diluted feces and 4 ounces of water in a clean bottle and shake it constantly for half an hour. You may need to pass it on to other people if you get tired or switch hands often. You must dilute the body's waste thoroughly to be able to isolate the toxin causing the problem otherwise it may not be as effective. Once diluted, 5 drops of this preparation have to be applied under the tongue every two hours. You should see results by the third time you apply the drops. I suggest applying the drops at least a dozen times.

If the two previous procedures do not produce the results you are expecting, the next step to take is to filter the diluted excrement and apply one $\frac{1}{4}$ cc injection in the buttock. This is the perfect vaccine for the affected person. I believe the universal remedy or the injection of urine should help, therefore the home made vaccine may not be required. However, if you still need it then you have to find a way to filter the diluted excrements. In a life or death situation, if sterilized cheese cloth is not available, I would place a tablespoon of the dilution on a brown paper bag and catch the drops that come through the bottom. However, the ideal thing to use is one of those disks that comes attached to an intravenous kit. That disk is a 50 micron swinex filter ideal to isolate the toxin you need to prepare the vaccine.

I apologize to the reader who may think these formulas are disgusting. But you would not appreciate this information unless you were hopelessly watching a loved one die of a condition you could do something about if you had knowledge of this procedure. This

information is provided to those who are capable of helping people afflicted by this type of problem.

The following is part of a report published in 1912 in the New York Medical Journal by Doctor Charles H. Duncan, MD, on a new science he called AUTOTHERAPY. In essence, microbes do not cause diseases. They produce a very toxic substance that causes the symptoms and the disease. To cure the disease the physician has to isolate the offending substance from the pathological discharge. When the pathological discharge is diluted and placed in the mouth or diluted and filtered with a 50-micron paper filter and injected hypodermically, antibodies specifically corresponding to the disease will be developed. By building resistance to the toxins causing the disease, the body develops resistance to the disease and cures itself.

This information is not offered as medical advice, but rather as part of the scientific history of urine therapy. I believe that many will benefit from this knowledge. Besides, it doesn't hurt to know a different way to treat disease that was used at the turn of the century. The reader should remember that at the time there were no antibiotics available. Nature has used autotherapy for millions of years and Dr. Duncan has scientifically validated this approach which, as he stated, is safe and very effective for any physician to use. Autotherapy is a cheap treatment. The physician can offer the same effective treatment to a homeless person as well as to the elite millionaire. Any practitioner with common sense will find many advantages in autotherapy as compared with other conventional treatments.

Dr. Duncan stated that the human body is a self-regulating mechanism that protects itself of many diseases by maintaining internal harmony. The average human being lives healthy without external stimulation by developing resistance against microbes and their toxins through an internal process known as auto-inoculation. In other words the body cures itself auto-therapeutically. This ability dates back to the beginning of organized cell life.

A snake is not harmful or deadly until it introduces venom into its victim and yet its bite can be harmless to a person who previously

received an antidote. This statement describes better an explanation Dr. Duncan offered. He said that virus, bacteria, fungi and parasites are not directly responsible for the infection a person has. The infection is actually caused by the toxic substances these pathogens release into the infected area of the body. But those toxins can only cause the symptoms and the disease in a weak body that is unable to produce antibodies fast enough to avoid the accumulation of the pathogen's waste. Auto-inoculation, or cure, is a natural process activated when the toxins enter the blood stream and non-lethal amounts of the toxins reach healthy cells. Once a cell develops resistance to the toxins, they pass on the information to all the cells in the body thereby overcoming the disease and achieving health as a vaccine does.

A physician can prepare this auto-vaccine to accelerate the autoinoculation process in a weak patient by isolating the toxins from the patient's pathological discharge (pus, phlegm, saliva etc) and placing those toxins in healthy tissues (under the tongue or injected muscularly). With this action a physician can help a weak patient by accelerating the inoculation process that the body attempts to achieve auto-therapeutically improving the patient's condition much faster. With this action a physician can save the life of his patient.

Laboratory experience in the preparation of antibodies showed conclusively that more antibodies are developed when the toxins are placed in the mouth or in subcutaneous tissues rather than in the blood stream. The purpose of a vaccine is to stimulate weak patients into developing resistance (antibodies) against the toxins of pathogens before diseases develop to protect the body against the disease and all its symptoms.

Dr. Duncan explained that it is important to understand that an advanced or severely infectious disease is usually a mixed infection. Besides the microorganism that causes the disease there are various other common viruses or bacteria present in a weak patient that complicate the illness. Science knew of twenty common viruses on the skin of humans in 1912 and that number increased to more than a thousand 80 years later. Identifying the virus that causes a disease might be easy, but it is difficult to know which are the viruses, bacteria, fungi or parasites compromising the health problems in a patient. No one really knows which are the pathogens compounding the health problems in other communities therefore Dr.

Duncan did not approve the use of universal vaccines in 1912 because healthy people are quick to develop antibodies that protect them against new pathogens. For a vaccine to be effective in a community and an individual, it must produce resistance to the toxins which made the patient sick but only his specific toxins. If a strange and new toxin is given to a patient who does not need to develop resistance to it, it tends to be very harmful especially in weak patients with a stagnated lymphatic system. Statistics show that Ten percent of the people who receive vaccines will develop the same disease, or a worse one, than the one the vaccine was supposed to prevent.

Dr. Duncan discovered that toxins from the virus causing the illness and toxins from the complicating viruses can be obtained by diluting and filtering the patient's own pathological discharge. Dr. Duncan was one of the first scientists to successfully employ pus, phlegm, saliva, skin discharge, penis or vaginal discharge and even the feces of patients with malaria, dysentery, cholera and typhoid fever to prepare the medicines his patients needed. The exact toxins, and only those toxins affecting the patient, are present in diluted pathological discharge and are ready for use at bedside. This lifesaving vaccine is simple to prepare and can be applied in minutes. The practitioner does not even need to diagnose the disease, does not require sophisticated equipment and does not have to perform any complicated analysis. In his practice Dr. Duncan injected the filtrate or vaccine in the arm of the patient or placed a teaspoonful of the dilution under the tongue.

To prepare the vaccine, Dr. Duncan collected one cubic centimeter (cc) of pathological discharge and mixed it with four ounces of distilled water in a covered glass bottle. He would shake it and let it stand often for up to 12 hours. In purulent infections he would use a piece of cotton placed over a wound for a few hours and place it in the bottle as described. Then he filtered the mixture using a porcelain filter. A disposable swinex paper filter of 50 microns can be used or the filter that often comes attached to an intravenous kit.

In the 1912 report, Dr. Duncan explained how to treat different injuries and infections.

***Treatment of fresh wounds:**

The best way to treat a fresh wound is to lick it, or place it in the mouth. A purulent or pus-filled infection will be avoided with this simple action. Tetanus and rabies can be prevented the same way. This treatment also applies to superficial and deep cuts. It is also effective for animal, human or insect bites. It makes no difference whether you are a surgeon or a handyman, if you get cut, put your finger or hand in your mouth for a couple of minutes. If you cannot put the wound in the mouth, do like the cats do. Lick your hand and rub it over the wound then lick the bloody hand and rub and lick and rub. You want to apply saliva to the wound and at the same time put some blood containing the virus or bacteria from the wound in the mouth. By applying saliva to the wound the same germs that would probably enter the body will be marked with the scent of your saliva. That makes them an easier target for the white cells in the body to destroy them. When the virus or bacteria is placed in the mouth the body gets an opportunity to develop antibodies against them before an infection develops. For a wood, nail, or bullet puncture, cut the nail and place it in the mouth, or remove the splinter or bullet and place it in the mouth. The same organism that entered the body is still in the penetrating object and by placing it in the mouth the body has a chance to develop antibodies against it before the infection develops. That is why all animals lick their wounds instinctively in the wild. Children are born with the same instinct. That is why they put everything in their mouths.

***Purulent -- pus-filled -- infections:**

This treatment is especially simple, prompt and curative. Apply one or two drops of crude pus under the tongue or in the mouth at one-hour intervals for a total of three doses. Do not swallow or spit for about three minutes. The pus can be mixed with a little honey or sugar. This applies to boils, abscesses, furuncles, pustular acne, and many of the large class of diseases of the so-called furuncle group. Remarkable results were obtained by Dr. Duncan in cases of advanced sepsis in a large hospital in New York City where he worked. This treatment is distinctly contrary to all modern methods of wound treatment, but it is perhaps the most effective of all methods. Of course, the wound should be cleansed and disinfected after enough discharge is collected. A second treatment is usually not required unless the wound gets reinfected in which case fresh material should be collected. In case of puerperal sepsis (a rotten fetus inside its mother) with fever, tender abdomen, red face and foul

smelling discharge, cut about a square-inch of the dirtiest part of a sanitary napkin used by the patient and put it in four ounces of water (filtered or distilled is best). Shake vigorously for 10 minutes. Give the patient a teaspoonful of this mixture every four hours for a total of four applications or apply an injection. The infection is usually under control in 24 to 48 hours.

***Gonorrhea:**

Doctor Duncan used autotherapy to treat this disease with excellent results even in cases of acute gonorrhea. For this treatment Doctor Duncan irrigated the urethra with about an ounce of distilled water then placed the water in a sealed bottle and shook it vigorously. This was allowed to stand for about 12 hours with occasional shaking. The solution was filtered and about half a cc injected hypodermically or 10 drops placed under the tongue every four hours. This process is repeated daily for 10 days. In case of gonorrhea in the eyes, injections must be used daily. As soon as an improvement is noticed,

stop the treatment for 48 hours. Reapply if needed. In another report published two years later, Doctor Duncan used a spoonful of the first morning urine everyday to treat and cure gonorrhea.

***Skin Lesions:**

Whenever there is a skin lesion, either of unknown cause or the result of trauma, it should be treated autotherapeutically. Either the discharge or the excretions from such lesions should be placed in the mouth, or the filtrate injected as described.

Putrefaction is supposedly be

due to putrefactive bacteria which are often the direct or indirect results of one of more of a vast number of microorganisms on the skin. Doctor Duncan mentioned different forms of cutaneous bacteria many of which were cocci and if the infection is not associated with the alimentary canal, their toxins are prompt and curative. The

healthy tissues (tongue) react against the bacteria and its toxins. By building resistance to the toxins of the disease, we build up resistance to the disease and therefore get cured. Doctor Duncan cured many skin infections with autotherapy. He treated skin lesions a female patient had for 10 years on both hands. The skin on the back of both hands was cracked and red. It itched and burned. The back of the hands were covered from the tips of the fingers to the middle of the forearms with crusts. The woman could not close her hands before the treatment began. But by having the patient lick the back of both hands whenever they itched or felt irritated, Dr. Duncan cured this condition in two weeks.

I know it sounds disgusting. But knowing that a person can have this condition for 10 years without relief, even while on medical treatment, is enough to motivate any person to do what has to be done for the two weeks needed to cure the problem.

To treat many patients with pneumonia, Dr. Duncan used filtered sputum injected hypodermically. He also tested pulmonary tuberculosis patients with autotherapy and had very good results. Sputum is phlegm, mucus, saliva or blood discarded through the mouth or nose. Applying the solution in the mouth is not as effective for this type of disease since the mouth is contaminated. The technique employed mixed one part of sputum to 10 parts of distilled or filtered water in a sealed bottle. It was stored for a few hours with occasional shaking, filter as described and about half cc injected. In weak patients he used a smaller dose of 0.25 (¼) cc.

With autotherapy there is practically no delay in starting the medication because the patient always has the proper medicine in the very form adapted by nature. The discharge can be filtered and applied in a few minutes at the bedside. Another microorganism may invade the infected area while tests and cultures are being done. The medication given hours or days later may not be effective if a new toxin complicates the disease. Fresh filtrate should be prepared every time it is to be applied.

Doctor Duncan said he cured bloody dysentery by injecting diluted and filtered stool hypodermically or diluted stool in the mouth. He recommends treating typhoid fever, cholera and other diseases that produce diarrhea and vomiting with diluted and filtered stool. He

cautioned that as long as the patient is recovering and improving, the patient **should not** get another treatment because it can be harmful to the patient resulting in an infection. In pulmonary tuberculosis a single dose may be effective for as long as three months. In purulent infections one dose is usually good for seven to 10 days except for gonorrhea when the treatment should be given every day. When applied under the tongue the solution should be given every three to 4 hours.

When this report was published Doctor Duncan had not yet discovered the auto-therapeutic properties of urine. But he reported excellent results treating gonorrhea, rheumatism, bladder and kidney infections with auto-urine therapy two years later.

***Treatment for Herpes:**

In 1947 Professor J. PLESCH, M.D. of London described how to cure herpes with a very simple procedure.

Summary

It has been shown that injection of the patient's own urine is effective against certain virus diseases. It has also been found that the same treatment produces desensitization and can cure certain anaphylactic disorders. The applicability of this urotoxin therapy to other infectious diseases and to metabolic and hormonal disorders is discussed and the use of self and alien urine is considered by analogy with established immunological practice. A theoretical analysis is presented of the urine-constituents which may be responsible for the effects described.—

In 1927 I described how recurrent herpes could be cured by vaccinating the contents of a mature vesicle into the skin of the forearm, a procedure not dissimilar to the smallpox vaccination. After an incubation period of a few days this auto-vaccination with the patient's own (weakened) virus, is followed by a general feeling of discomfort and malaise which is often accompanied a slight rise in temperature, pains in the limbs and sore throat. When these symptoms have subsided, the herpes does not recur at all, or only after a very long time. This auto-therapeutic remedy has since been used extensively and has proved to be very effective.

SUGGESTED APPLICATIONS FOR 37 FOR SPECIFIC ILLNESSES

In this section I will outline the different applications and identify them with a letter. Then, I will list the diseases followed by a letter corresponding to the suggested application to use to improve your health.

A – Drink one to four ounces of fresh urine in the morning. The urine can be pure or mixed with juice.

A1 – Drink eight to 12 ounces of urine every morning for two or three months. It can be four ounces, three times a day.

A2 – Drink a minimum of seven ounces of fresh urine at least three times a day. Drink the morning urine on an empty stomach first thing in the morning. Urine drinking during the day should be done half an hour before meals or one hour after.

A3 – Drink up to seven ounces of fresh urine immediately and then fast on urine and water only for 24 hours or until you feel well.

A4 – Ferment urine for 12-20 hours and drink eight to 12 ounces on an empty stomach.

A5 – Drink two to four ounces of urine every time you get a craving for the substance you abuse.

AV – After urine-and-water fast of 24 hours, mix 10 capsules of acidophilus bacteria in five ounces of water and apply a rectal implant. Also mix 15 capsules of acidophilus in eight ounces of water and drink it first thing in the morning. This is done to replenish the good bacteria in your intestines. Newborn baby formula without iron can be used instead of the acidophilus capsules.

B – Collect a gallon of urine and prepare a warm bath with it. Take a hot shower before the bath and then stay in the tub for 30 minutes rubbing the skin while in the water. If you want, you can rinse off with plain water after the bath.

B1 – Get a glove, boot, plastic bag, plastic wrap or the large leaf of a tree to cover or wrap the burned or affected area. This is done to keep oxygen away from the skin. Oxygen is what causes the skin to blister and become painful. Fill the glove, boot or bag with fresh or stale urine and leave it on for a few days according to severity of burn. Do not apply creams or any other products on the skin. If urine is not available, forget the urine, immediately covering the burned area is the most important thing to do. Refill with urine when it dries up. For a third-degree burn you may have to leave it on for three days to give the body a chance to grow a new layer of skin. The skin over the blister should be left alone, do not puncture it, since this protects the area serving as a temporary incubator for the new layer of skin growing under the blister.

B2 – Apply a rectal implant or enema with fresh urine. After the rectal implant is discharged, rub fresh or stale urine on the skin of the entire body. Then get into a tub filled with hot water, as hot as the patient can stand it. Stay in it for not more than 20 minutes. After that go to bed with a few blankets to sweat out the fever.

Note: The body produces a fever because it is easier to fight a disease when the body is hot. By providing the heat you are helping the body fight the disease. A fever of 100-101-degrees Fahrenheit or less is very healthy and should not be interfered with. The body cleanses and produces antibodies during such a fever. Just keep an eye on it to make sure it doesn't go above that. Just remember to stay home and rest until the temperature is down for at least 48 hours. If the fever is higher than 101 degrees wrap the head of the patient with a towel soaked in cold water or ice and get medical attention.

C – Wet a towel or rag with urine and apply it over the affected area. Repeat as necessary when convenient. This is called a compress.

C1 – Warm two- to eight-day-old urine in a double pot, then wet a towel or rag with the urine and apply it over the affected area (this can also be done with cold urine). Leaving the compress on the affected area for 45 minutes or more makes it even more effective. For serious problems place a small electric blanket over the compress at one hour intervals. Repeat four or five times a day.

C2 – Prepare a mud pack to stimulate circulation in the affected area. (Pancreas and liver for diabetes, hypoglycemia and hepatitis). To prepare it mix urine (stale urine is better) with soil, spread it over a towel and apply it over the affected area. Remove all twigs and stones from the soil and sterilize it in the oven for half an hour at 375-degrees Fahrenheit before mixing it with the urine. If an oven is not available, use plain dirt. Spread the mixture over a towel or rag and apply over the affected area of the body. Leave it on for an hour or two. Do this once or twice a day for a week. Although it is most effective if left on overnight. For serious problems apply an electric blanket over the mud pack.

D – Douche with fresh or stale urine.

Dp – Apply one drop of urine under the tongue, every four hours

E – Wash the eyes or ears with fresh or stale urine or put urine drops in the eyes or ears.

F – Fast on urine and water for two days every week. It is best to do it on your days off, like Friday afternoon to Sunday afternoon. This weekend fasting is great for healthy people. It gives the body an opportunity to regenerate anything that needs to be regenerated before it becomes a problem.

F1 – Fast for seven days on water and urine only.

F2 – Fast for 30 days on water and urine only.

G – Gargle with urine several times a day or every time you go to the bathroom.

H – Hold a mouthful of urine for a couple of minutes once or twice a day.

H1 – Hold a spoonful of urine under the tongue for 10-15 minutes.

I – Introduce five or six ounces of pure urine in the colon and hold it in as long as possible. This is called a rectal implant. If a rectal implant is done after a bowel movement it cleanses better.

I1 – Apply a second rectal implant after the first one is discharged and hold it in as long as possible. Normally the second rectal implant is absorbed into the body and it accelerates the healing and regeneration process. Rectal implants can be done two or three times a day according to the severity of the problem.

L – Prepare a tall glass of lemonade for a loved one who refuses to treat his substance abuse or illness.

L1 – Get urine from a person other than the patient to give it to a person who is sick. The preferred donor is a vegetarian, non-smoker who does not drink alcohol.

R – Rub fresh or stale (eight to 12-hour-old) urine all over the body, face or the affected area. Leave it on the skin for 15 minutes then rinse it off with water. Do not use soap.

R1 – Rub or massage the whole body or the affected area with two-to eight-day-old urine. Rinse it off with cool water after 15 minutes. Don't use soap.

Note: For topical use applying eight-day-old urine is better than two-day-old urine. Save it in a glass jar with a good cover, in a cool and dark place.

R2 – Obtain urine immediately after intercourse and apply it over the genitals. Girls should apply a douche with fresh urine. Leave the urine on the skin for at least 10 minutes.

V – Boil fresh urine in a pot covered with aluminum foil. Cut a hole about the size of half dollar so that all the vapors come out at the same spot. Breathe the vapors deeply into your lungs for about 15 minutes once or twice a day for several days until the condition clears.

V1 – Breathe vapors of urine two or three times a day until the healing crisis occurs.

X – Complement your diet with raw garlic on an empty stomach. Mix the garlic with apples or any other fruit. Daily, eat a big bowl of salad consisting of lettuce, watercress, spinach, parsley, dandelion and

other green plants. Although they taste bad, they are a great way to strengthen the immune system and detoxify the body.

Diluted urine and urine drops and under the tongue are very simple and effective applications against infections, fevers, allergies and many other health problems. Though I do not mention them for all diseases in the index, you should use them along with other applications for all diseases, even if they are not listed. This application is very useful for those individuals who cannot accept the idea of drinking urine.

Note: Malnutrition (mineral deficiencies) and toxemia are the cause of most diseases. Consequently, for most of afflictions it is advised to take a full spectrum colloidal minerals and vitamins supplements preferable in a liquid base. In addition I advise flushing out the colon frequently and drinking different amounts of urine. That is the same advise I would give anyone who wants to recuperate his health, rejuvenate himself or live healthy until his lease on life expires.

For example: Hair loss results from lack of the basic nutrients hair require and poor blood circulation in the scalp that results from a high level of toxins in the body. For this problem I recommend flushing the intestine, drinking two to four ounces of your morning urine to reestablish normal blood circulation, taking a nutritional supplement and two envelopes of plain gelatin every day.

Note: AIDS is not a disease per se, therefore it is not listed. AIDS is a chronic stage of toxemia, malnutrition and chronic anemia (very low blood oxygen) that allows harmless viruses, bacteria and fungi to cause opportunistic diseases. There are 29 opportunistic infections catalogued as AIDS, however I suggest dealing with them as a condition that requires uropathy, good nutrition and nutritional supplements to eliminate the condition that promotes all diseases. If you are HIV+ and have pneumonia, do not look for treatments for AIDS, look for treatments for pneumonia which is the disease affecting you.

This symbol (1 < 2) means that the explanation in the left (1) is good, but the right side (2) is better. In this case the best thing to do, is to use the application on the right side (2). Yet if it is not

convenient or if the problem is not so serious, application (1) may be sufficient.

Frequency of applications is a personal choice. For example: A healthy person should apply rectal implants every time he senses offending intestinal gas however, a person with prostate problems should apply them every morning for a month or two while a person with prostate cancer should do them twice a day for four to six months.

The rule of thumb is how fast desperate are you? And how fast do you want to recuperate? Because more urine means faster healing. Performing several applications at once means even quicker recovery. It is up to you.

You can drink one ounce of urine every morning or do a urine/ liquid fast for a month.

Acid indigestion	A3,A2,I1
Acid indigestion, chronic	F<F1,I1,F
Acne	A,R
Acne, chronic	A1,C1
Addictions -- Cigarette smoking	A5,I1,L
-- Coffee, -- Narcotics, --Alcohol	A5,I1,L
Allergies	Dp
Alzheimer's	A1,F,I1,F1
Amoebas and other parasites	A4
Angina	H1,A1
Arthritis	A1,F1,R,I1
Asthma attack	Dp,V
Asthma	Dp,V1,A1,I1
Athlete's foot	A2,I,B1
Blisters	B1,R
Backache	C1,A2,A
Bites, animal or human	R,A,R,C
Bites, poisonous snakes or insects	A3,R,C
Burns	B1
Cancer: -Breast, -Skin	F<F1<F2,R1,C1<C2,A2
-Colon, -Prostate	F<F1<F2,A2,I1
-Stomach, -Liver, -Ovaries, -Uterus	F<F1<F2,I1,A2,C1<C2

-Tongue, -Throat	H,F<F1<F2,I1,A2
Cataracts	F1<F2,E,I1
Chicken pox	R<R1,Dp,A1,I1,F<F1
Cholera	L1,I1,A3,F1
Cirrhosis of the liver	C2,F2,I1,R1,B
Cold, common	Dp,A2,I1,R,F,X,V
Cold, infants	Dp,I,A,R
Cholesterol, high	R,F,A2,I1
Constipation	I,A1
Constipation, chronic	I1,A1
Cough	V,A1,I1,F,R
Cuts, lesions	L3,R,C
Cysts	A2,I1,F1,D
Cysts, in breast	F<F1<F2,R1,C1<C2,A2
-Ovaries	F<F1<F2,I1,A2,C1<C2
Dandruff	A1,F1,I,R<R1
Diabetes	Dp,A2,F1,R,C2,I1
Diaper rash	R<R1,I1,A
Diarrhea	Dp,I1,A2<F
Dysentery	L1,I1,A3,F1
Diverticulitis	I1,A2,F1
Epilepsy (take trace minerals)	Dp,
Eczema	Dp,R,A2,I1,C1
Ear infections	E,A1
Eye infections	E,A
Fever 102-degrees F (41 degrees C)	I1,R,F
Fever, persistent	F,R<R1,B2
Fever, black	F1,R<R1,B2
Food poisoning	A3,I1,F
Gangrene	Dp,C1,F2,R<R1,I1
Gas Intestinal	A2,I1
Genital lesions	L3,I1,C2,R1
Glaucoma	A2<F,E
Gonorrhea	Dp,F1,I1
Gout	Dp,F2,C1,I1,R1
Gum infections	H1
Hair loss	R1,A2,I1
Headaches, migraine	Dp,I1,F<F1,R
Heartburn	A3,A2,I1
Heart diseases	F<F2,F,I1,H,A1,L,R
Hemorrhoids	A2,I1,F

Hepatitis A, B, C	Dp,F<F2,C2,R1,I1
Herpes	Dp,F1,C<C1,I1,R<R1
High blood pressure	A1,I,F,R
HIV positive and healthy	Dp,A1,I,V
Hypoglycemia	C1<C2,I1,F1<F2,R
Immune deficiencies	Dp,X,I1,V,F1,R,B,H
Indigestion	A3
Influenza	Dp,A2<F1,R1,I1,V
Insects bites	Dp,R,C,C1
Insomnia	A1,I1,F1
Intestinal problems	F1,I1,R
Irritation of the skin	R<R1,F1,I1,A2
Laryngitis	Dp,A2<F,C,I1,R
Lead poisoning	I1,F1,R1,A1
Leprosy	F<F2,B1,C,I1,R1
Leukemia	F<F2,I1,F1,R<R1
Liver infections	Dp,F<F2,I1,R1
Malaria	Dp,B2,F1,I1,R1
Menstruation problems	A2,D,F1,I1,R,B
Measles	Dp,F1,I1,R1,B
Multiple Sclerosis (remove mercury fillings)	I,A,U
Obesity	Dp,F<F2,R,B,I1
Parasites	A4,F1,I1,R1
Parasites, chronic	R1,B,A4
Kidney infections	Dp,F1,I1,R1
Kidneys, paralyzed	Dp,L1,F1,I1,R1
Psoriasis	Dp,F,I1,C1<C,R1
Syphilis, chronic	Dp,F2,I1,R1
Sores	Dp,I1,C1,R
Sores, genital	Dp,F1,R1,I1,C1
Stomach cramps, pain	F,I1,R
Stones, gall bladder	F1,I1,R1
Stones, kidney	F1,I1,R1
Swelling	C,A2,I1
Tapeworms	B,R1,A4
Tonsillitis	F1,C1,I1,R1
Tuberculosis	Dp,F2,I1,R1,V1
Tuberculosis in bones	Dp,F2,I1,R1,V1
Tumors in the uterus	A2<F1<F2,R1,C1,I1,D
Typhoid fever	Dp,F<F1,I1,B2,R1
Ulcers	Dp,F1,A2,I1,R

Urinary Infections
Uterus, inflammation
Venereal disease prevention
Vaginal infections
Warts

Dp,F1,I1,R1
Dp,F1,D,I1,R1
Dp,R
Dp,A2,B,D,I1,F1,R
C1

References

Anyone who wishes to do some research can go to the New York Public Library 42nd Street and 5th Avenue in Manhattan. Once there, type the word "urine" on the computer and you will get hundreds of references from the database. These references have been published in medical journals, newspapers, magazines and other periodicals. The only thing you need is a lot of time.

Books on urine therapy used as references:

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