

Urine

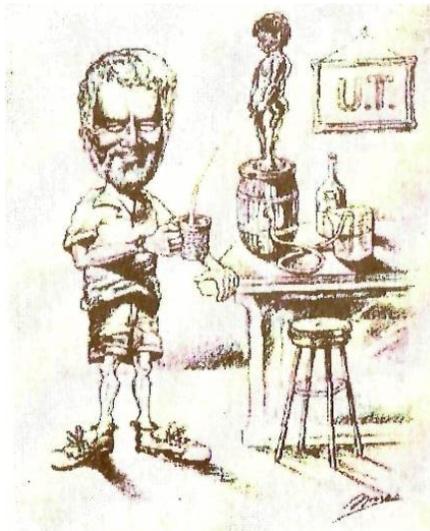
The

Holy Water

by

Harald W. Tietze

The name *Holy Water* is translated from the ancient Indian word for urine Shivambu (Shiva = Holy; Ambu = Water).



IMPORTANT LEGAL NOTICE

This publication seeks to demonstrate the beneficial application of Urine Therapy for various disorders of the human body, but it is stressed that the contents of this book are in no way a substitute for personal supervision by qualified professional medical personnel. The contents of this publication are solely the opinion of the author-People with health problems should consult their physician.

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Spirulina

Micro Food Macro Blessings

By Harald W. Tietze

The world found it, the super food of the future to save the planet and to feed the growing number of starving people in the world. Not only that, it also is considered as a solution for all the overeating illness in our modern western society.

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Foreword

Urine therapy is definitely not a subject people like to talk about. The only people who are quite happy to talk about in public are those who have saved their lives with AUT (auto-urine therapy) and wish to share its lifesaving success with others.

In western countries urine therapy is, nearly without exception, only used when every other treatment has been unsuccessful and urine therapy is the last chance.

My story about why I became involved in urine therapy is a bit different to most. When I wrote my book, *Water Medicine*, I included a chapter on urine therapy. The main aim with my *Water Medicine* book was to tell people the simple ways of using water - hot, cold, steam, ice and so on, as a treatment and aid for many illnesses. Another reason for writing the *Water Medicine* book was to tell people about the famous cures of Father Sebastian Kneipp. In other brief chapters like the energy of water, the negative and positive effects on our health of underground water veins; growing food from water and sunlight - as in Spirulina farming, I attempted to show other ways to balance the basis of our health with water. I planned to write a very small chapter about urine therapy as well. However, at this time a friend gave me an article written by Dr. David G. Williams, "*Just when you think you've heard it all, urine for another surprise*" and published by Martin Holme Publishing in Ingram U.S.A. I found the article very informative and written in a well-balanced manner and asked the author if I could use parts of the article in my book. I was very surprised with the unusual answer that I could use the article in full or not at all. As I liked the article, I ended up with 17 pages of urine therapy in my *Water Medicine* book.

My own experiences with urine therapy came from early childhood. I still remember when, after the war, soldiers talked about urine treatment when nothing else was available, or prisoners of war, walking home from Russian Prisoner of War camps, telling that they had used urine for drinking, for their feet when they had blisters and for their injuries as first aid.

The only time in early years when I used urine therapy myself was when I was 15 years of age and working with horses in the Bavarian mountains. I had an injury on my hand and the next doctor was hours away. The old horseman told me to use fresh urine on my wound but, like everyone else, I reacted negatively with the comment that this would harm the wound more than if I did nothing. The old horseman put more pressure on me, became angry and warned me that I could get tetanus if I didn't follow his advice. I really didn't have much choice, with my bleeding hand on one side and this stubborn old fellow on the other side, but to apply urine immediately. To my surprise the bleeding stopped and the pain disappeared, the wound was never infected and healed very fast.

Last winter I went around Australia on a lecture tour on Kombucha brewing. Overall, I had around 5,000 people in my lectures who came originally to learn about Kombucha brewing. In every lecture, of course, I talked briefly about my other books which I promoted at the same time - Earthrays and Man Made Pollution and Water Medicine. When I talked about Water Medicine and came to the part about urine therapy I always enjoyed being in a position to see the faces of the people in the audience. Of course, I told them every time that I don't try to convert happy, healthy Kombucha drinkers to urine drinkers. In all the seminars, everyone became very alert when I touched on the subject of auto-urine therapy but, unlike the Kombucha lectures and the lectures about dowsing and home environment, people only listened but didn't tell much about their own experiences or ask questions. Despite the fact that there was no interaction, and that one could have concluded that there was no interest in urine therapy, I found out in three different ways that there was a big, if not the biggest, interest in this subject. Firstly, when talking about urine therapy in all the lectures there was not one disturbing noise, everyone listened carefully and alertly. Secondly, after the lecture I always had problems leaving as so many people surrounded me after the official speech and 90% of the questions or messages would be about urine

therapy. Thirdly, when I was home in my office, people called me and said that they tried to talk to me privately after the lecture but couldn't get to me to tell me of their stories with successes from using urine therapy.

I very often joked at my lectures and explained about the public silence by comparing the use of Kombucha in the daily diet and mine therapy in that it is quite common for people to give their friends a good bottle of Kombucha brew and a culture as a sign of friendship, but really nobody would go to a friend and bring as a present a bottle of morning mid-stream urine.

At all the seminars, only on a very few occasions did someone stand up and speak publicly about their use of urine for a certain disease and the success they had. I understand this behaviour, but what is wrong with telling other people about a treatment which cannot be matched by modern medicine?

I wrote my Water Medicine book to promote the methods of Kneipp's Water Therapy which combines common hydrotherapy, known in the western world, with herbal therapy. I expected that the feedback for the book would be at least 90% in regard to this hydro-herbal therapy. Now, nearly a year since I published the Water Medicine book, I have found out that people are quite interested in the water treatments but that 90% of the feedback comes from the urine therapy. In October last year, I received the book, Urine Therapy by Dr Beatrice Barnett as a gift in the mail. Someone ordered it from the Australian distributor, Tara Aich. I called her to find out who paid for the book so that I could thank the person, unfortunately I was not able to find that out but I gained a lot of other information. First of all, Tara Aich is a urine therapist herself and has also cured herself of cancer which will be explained in more detail later in the book. Secondly, I was told that there was a world conference on urine therapy in Goa, India in February 1996. It didn't take me a second to make the decision that I wanted to learn more about urine therapy and I knew that I had to go to India. As I had already planned to write a book about urine therapy this was the best way to find out even more

about urine therapy and get, in addition to the feedback that I had so far, updated information and maybe some scientific backup as well. When I started my medicinal herb nursery 12 years ago people called me the witch doctor. Years later with my Kombucha book they called me the Kombucha man, now I wonder, with my book about urine therapy, what people will call me in the future?

Would B.Y.O. (bring your own) restaurants charge corkage if guests bring their own ... as our artist Antony Jones sees it?

Introduction

Urine therapy is one of the oldest forms of therapy, always available to everyone and what is also very important in our modern times, free of charge.

Even if our own urine is our best customised medicine for even the most severe illness, and even if it is sterile and non-toxic, it is for most people in the modern western world the most undesired treatment. That is normal and understandable, due to our education or lack thereof. Urine therapy is highly effective, most probably the most effective customised medicine available to man. The fact that it is free to anyone at anytime, effective without side effects, is the biggest problem in urine therapy. Why? If something is free and available to everyone, it means that nobody advertises or educates people, at least in western countries. Education in our free western world costs money and with no product to sell, nobody is interested in showing people free ways of healing. Urine is free, fresh, freely available without prescription and free of negative side effects. The powerful media is not interested in free products, but has a lot of air time on radio and space on paper to report about violence and other negative occurrences to people instead of giving solutions and help. Urine therapy belongs to the oldest forms of traditional healing. Surely, there are many ways to heal a certain illness, but it would be better to prevent a serious disease in the first place. When treating an illness, one has to find out first what the cause of the illness is ie. stress, diet, home environment and so on. Treating an illness without eliminating the cause is like hitting your head with a hammer and taking pain killers. If you don't hit your head with the hammer you don't require the pain killers in the first place. I know very well that in our modern times it is nearly impossible for us to live without environmental stress (the environmental stress in our own house is much higher than the global environmental stress), non-toxic and non-manufactured food, clean air, stress from family, work and noises and so on. Urine seems to have the answer and the antidote for the problems from the past, the present and most probably

the future and could be, in disaster times, the purest drink people can get. During the nine-day war in Jordan, the Arab counterpart of the Red Cross, the Red Crescent, advised people by radio broadcasts of the health hazard of drinking polluted water and gave as the only solution to drink their own urine for thirst and promised that this would do no harm.

With urine therapies, despite the fact that there are many research papers about the benefits of urine therapy published and available to professional medicine, the perfect form of treatment is simply ignored. Only very few doctors in the western countries use urine therapy and inject their patients' own urine. I would like to know the figure on how much it costs the western governments to treat allergies and psoriasis for example, and without success. How can governments spend millions or even billions of dollars for medical treatments proven to have no success in curing when there is another treatment available, and free, proven to have success. Ignorance, misinformation and the hunt for money is a problem for the spread of urine therapy in western countries but people are starting to think for themselves as for example in Germany, where it is shown that there are 5 million people using urine therapy already. Is it a coincidence that Germany is the country with the lowest relapses after cancer treatment as it is claimed? The third problem with urine therapy has not yet come, but it is only a matter of time until it will. As with other good traditional treatments becoming fashionable again, some professional strongman, most probably backed by the pharmaceutical industry, will find something negative with urine therapy with one or two people, and the rest of the world will be warned to stop using this treatment. Let me explain this with a case in relation to Kombucha. Kombucha has been around us for probably many thousands of years but nobody really knows how long. There has never been a reported case or mention about any negative side effects of taking Kombucha. Conversely, millions of people use Kombucha, mainly in the eastern European countries and parts of Asia, on a daily basis as part of their normal diet. Many millions in the western world have taken Kombucha for years. I have

letters from all over the world telling how much Kombucha helped and that, for example, some went fortnightly for twenty years to a doctor to get some treatment (not a cure) and then with the use of Kombucha the problems have suddenly disappeared. I have always been aware that Kombucha could, in certain instances, have side effects; there is nothing in the world that gives only sunshine without shadow. All the negative side effects I've found I have printed in the book even if I only got it verbally, compared to the positive effects which I only used if I received in written form. Suddenly, in 1995 the news spread like a bushfire that Kombucha kills. A doctor from Queensland went on TV (Channel 10) and warned about the dangerous drink, Kombucha. I tried to contact the doctor through the TV station but unsuccessfully. Through another source I found that the information presented by the doctor was based purely on information "from the Internet without further investigation. Everyone knows that anyone can put any information on the Internet whether it is true or not. The print media took up the case as well and reported that two people died in America due to Kombucha drinking. I was unable to find out more detail about the two cases until March 1996. I wrote to all the newspapers which reported about it, doctors who commented on it, and was only able to get more information when the Health Ministry of New Zealand also warned people about Kombucha. They then sent me some photocopies from a book (author and publisher not mentioned on the photocopies) where on page 892 - 900 the two case studies having problems with Kombucha are mentioned. One case was that a woman was admitted to hospital on April 1st, 1995. Briefly, she had a glass of Kombucha one hour before she died and had some abnormal readings. When the cause of death was examined the abnormal readings included a very high level of lactic acid. She died on April 3rd. Another woman, aged 48, in the same town and only a week later, was brought to hospital with shortness of breath. Blood samples again showed abnormalities, an elevated level of lactic acid. She suffered cardiac arrest as well but was resuscitated and stabilised and discharged from hospital on April 13th.

The report goes into very much detail but does not mention what kind of Kombucha was used. Some health agencies, including the powerful F.D.A. investigated Kombucha and even the samples of the tea consumed by both case patients were analysed by the F.D.A., but no known human pathogens or toxin producing organisms were identified. The question still is open, did the woman die and the other suffer due to Kombucha or, and if yes, which Kombucha? Was it the caffeine when the women used common tea? Did the woman who died, die from other medications she took for her problems, such as hypertension, anaemia and mild renal insufficiency? Even though there is no proof that Kombucha was the cause of one death in the United States the world is flooded with this bad news. I received thousands of phone calls and letters due to this incident.

Have you ever heard about specific negative side effects of some medications; of the risk of going to hospital or taking over-the-counter pain killer? When did you last see on TV or read in the printed media an interview with a doctor on the negative side effects of modern medicine? Are there none? According to the Federal Health Minister from Australia (Australian Hospital Care Study) around 14,000 die in Australia (17,000,000 total population only) due to hospital errors. This figure is the official figure and one has to wonder how high the real figure is. The study revealed that these deaths are preventable mistakes ranging from misdiagnosis to being given the wrong drugs. But not everyone who gets misdiagnosed or is given the wrong drug dies. The study further reveals that between 25,000 and 30,000 are left with some degree of permanent disability as a result of mistakes. The researchers from the universities in Newcastle and Adelaide found that 16% of all hospital admissions involved a mistake Fortynine percent of these were in surgery, 21% were anaesthesia related, 13% wrong diagnosis and 10% system related. There is no treatment without negative side effects but what would happen if traditional treatment had the same results - if 16% of all people treated with traditional treatment had an adverse event, disability or death caused by the treatment, as it is in Australian hospitals?

The Australian health system is said to be one of the best in the world, so I wonder how figures in other countries are? These figures are only from the public hospitals and if they were to be applied to the private hospitals as well, a total figure for 1992 of 230,000 patients in Australia would have suffered a preventable adverse event. Not included are the long-term negative effects of the medications people take and the results of errors of the medical profession not working in hospitals. It is frightening to start to calculate.

You may wonder why I go to so much detail about negative reports in this urine book when there is, as yet, no problem. Reports in the media about Kombucha have cost me many months of full-time work on the telephone and writing letters. The only thing that I want is for you start *to* think for yourself. When you hear reports one day in the media about the possible negative effects of urine therapy, make up your own mind and put it into perspective. Please write to the reporters, doctors or whoever for the real information, and not, what may have been made-up information. I wrote in regard to Kombucha to quite a number of doctors who commented publicly about Kombucha but not one involved has answered so far. If you are the first in the world with a negative effect using urine therapy please write to me so that I can publish it. I do the same with other subjects I write on like Kombucha, Water Medicine, Spirulina, Kefir and so on, because I believe that withholding information is a crime.

We are living in the time of communication with TV, radio, newspapers, magazines, Internet, faxes and so on but the main thing in this regard is that we have to start to learn to think for ourselves. Only you yourself can make you healthy and happy, others can only assist you. You have to find out your own way.

"Cure the disease, kill the patient." Francis Bacon

The History of Holy Water

Talking in western countries about holy water, most people naturally tend to think about the holy water in some Christian churches, mainly the Roman Catholic Church, where the holy water is blessed by the Pope, a bishop or a priest. The ceremonial use of water is a symbol of cleansing and purification. Water is a symbol of God's blessing. Religious use of urine therapy is well documented in India in the scripts of *Damar Tantra* dating back 5,000 years. One part of the script explains in detail the drinking of urine to rejuvenate the body. The direct translation of Shivambu is '*holy water**. *Shiva* is god in India; *ambii* means water. Another word in India for urine is '*amaroli*' which when translated means God's nectar or immortality.

The old text explains in 107 verses the use of shivambu in detail. I decided not to print all the verses in this book and collected only a few as follows, but you may request the full Shivambu text free of charge by writing to the Information Service mentioned inside the back cover of this book.

Here are some verses explaining how God Shiva taught his wife Parvati about urine therapy, as I found in Coen van der Kroon's book "The Golden Fountain"

I 'erses 1-4 Oh Paiyali! (The God Shiva speaks to his wife Parvati). Those who practice this method can enjoy the fruits of their meditation and this method. For this, certain actions have been recommended along with certain types of utensils. The Shivambu is to be drunk from pots made of gold, silver, copper, brass, iron, tin, glass, earth, bamboo, bones, leather or a bowl made of plantain leaves.

The urine should be collected in any one of the above mentioned utensils and should be drunk. However, earthen pots are the best utensils to use.

Verse 5. The follower of the therapy should avoid pungent, salty ingredients in his meals. He should not over exert himself, he should follow a balanced and light diet, he should sleep on the ground, and control the senses.

Verse 9. Shivambu is a divine nectar! It is capable of abolishing old age and various types of diseases and ailments. The follower should first ingest his urine and then start his meditation.

Verse 10. After getting out of bed, the face and the mouth should be washed with water. Afterwards, one should drink one's own urine quite willingly and cheerfully. All the ailments subject to from the very birth will be completely aired.

Verses 11-21 tell how the body changes with urine therapy when used on a daily basis, from cleansed body after a month to an *immortal* being who can listen to their own body's organs and can't be killed by poison.

Verse I J. If this method is followed for one month, one's body will be internally cleansed. Drinking it for two months stimulates and energises the senses.

Verse 12. If this method is followed for three months, all types of ailments will disappear and all miseries will evaporate. After following this method for five months, the follower will be completely healthy and will be bestowed with divine eyesight.

Verse 13. After six months of following this therapy, the follower will be exceptionally intelligent. After seven months, the follower will be extraordinarily strong.

Verse 14. After eight months the human body will possess divine lustre like that of stoning gold which will be permanent. After nine months of continual use, tuberculosis and leprosy will perish.

Verse 15. After ten months of continual use, the follower becomes practically the treasury of lustre and brightness. After eleven months, the follower becomes pure, both externally and internally.

Verse 16. After one year of continual use, the follower acquires solar shining. After two years, the follower can conquer the element of earth.

Verse 17. After three years of practising this therapy, the follower can conquer the element of water. After four years, the follower can certainly conquer the element of lustre.

Verse 18. After five years, the follower can conquer the element of air. Seven years of use makes the follower capable of conquering his ego.

Verse 19. After eight years of working with this method, the follower can conquer all the five important elements of the universe. Nine years of this method will make the follower immortal.

Verse 20. After ten years of experimentation, it will be possible to float in the air with ease. After eleven years, the follower will be able to listen to the movements of the internal organs of the body.

Verse 21. Experiments for the duration of twelve years will enable OIK to be as long lived as the moon and planets. Dangerous animals such as serpents will not affect one in any way; serpents' poison will not kill the follower. One can float on water just as wood floats and he will never drown.

But also mixing of Shivambu with other substances are mentioned in some verses:

Verse 27. The mixture of pepper, terminalia belavica, terminalia chelmla, if taken with Shivamhu will enable man to acquire divine lustre and brightness.

I'erses 28, 29. The extract of mica and sulphur should be dissolved in Shivambu and taken regularly. It relieves the ailment of dropsy and rheumatism. Man becomes strong and divinely lustrous. He can enjoy longevity andean compete with death.

The ancient text also refers to urine which when boiled down and used in the concentrated form could have negative effects. You will find more verses of the Shivambu in the chapter "Diseases and Their Treatment with Au|©-Urine Therapy."

It is suggested that urine therapy is also recommended in the Bible: "*Drink water from your own cistern, flowing water from your own well.*" (The Book of Proverbs 5:15). Some go even further and translate some other text in the bible to say that urine therapy was used and meant in the original text. For further studies you may read Mrs. Immanu-El Adiv's book "On the Spiritual Aspects of Urine". (Immanu-El. Jerusalem. Israel)

Urine therapy was most probably used by all cultures around the world during our history.

Mrs. S. W., a Maori woman told me that urine was and still is used for healing by the Maoris of New Zealand. The main uses are as a laxative, for internal complications after childbirth, inflamed throat infection known as *Ptiku* eye infections and certain skin infections. One glass in the morning is taken.

Egyptians and Gipsies used their urine as medicine as well. Eskimos used urine not only as medicine but also as shampoo as extra shine and body for the hair.

The Aborigines of Australia used urine for religious ceremonies and general heating

Thousand of years ago in China, urine was a source of saltpetre which was needed for the manufacture of gunpowder. No doubt apprentice pyrotechnicians started their day's work touring the public urinals collecting the precious salts

Yogis used Shivambu to enhance meditation and also to slow down the brainwave activity. There are documents stating that the ancient Greeks (*Naturalis Historia*) used urine to treat burns, infections, dog bites, wounds, scars, snake bites and skin diseases. In ancient Rome, human urine was a trade product and the Emperor Vespasianus collected taxes from the urine traders. The saying 'money doesn't stink' most probably comes from Vespasianus and was the answer to the complaining urine traders. Not only the use of our own urine but also urine from other people is used to get wisdom or health or to filter out toxins as we know from the Celtic Druids and the Russians. You will find out more about that later in the book.

One of the more recent publications is the *Die Heylsame Dreckapotheke* (The Healing Dirt Pharmacy) printed in Germany in 1734. In a longwinded resolution the magazine concluded that urine is highly beneficial in nearly all diseases. The internal use of urine as well as the use of urine powder and *rotted urine* (fermented urine, *aged urine*) to prevent aging was mentioned. *Urine spirit* was recommended for diseases of the lung, water retention and *uncounted other complaints* said the resolution in the magazine. (Allmann)

In modern times urine was always popular in war times when soldiers had no alternatives. A pioneer in urine therapy is John W. Armstrong, who in the early 1940's wrote a book with the title of *The Water of Life* which is still cited by all other authors of urine therapy and is recommended reading for further studies. In more recent times the

German media found out that the topic of urine means big business and reported frequently about urine therapy. In the last 60 years urine therapy was quite accepted by some of the medical profession who used auto-urine therapy in the first instance as injections. There are some books written by medical doctors like Dr K Herz (1950), Dr. J. Abele, Dr. R. Holzhutter and Dr Hasler.

The book "*Ein gain besonderer Soft - Urin*" (*A Very Special Juice - Urine*) by Carmen Thomas was published in May 1993 and up until February 1996 sold 750,000 copies. She published in 1995, another book about urine therapy with the title *Ein Blick itber den Zaun* in English *A View Over the Fence*. She told me at the world conference in Goa that she is now publishing her third book. Her work is definitely a major contributing factor to Germany being the major country in the world where urine therapy is used by such a high percentage of the population and most publicly accepted. Carmen Thomas is a journalist at the Westdeutscher Rundfunk. Sadly, her books are not (yet) available in the English language.

A pioneer in urine research in modern times is Coen van der Kroon , author of the book *The Golden Fountain*. It was first published in 1993 in his native language, Dutch. He couldn't find a publisher as they all rejected him because they thought the topic was too disgusting, he therefore had to publish it himself. Following its success, it was then translated in 1994 into German, which also sold extremely well and was then translated into English in 1996 and published by Gateway Books. Coen van der Kroon travels the world researching urine therapy. His wide horizons, thirst for knowledge and his vast experiences make him one of the very top urine specialists.

In the U.S.A Dr Beatrice Bartnett published the booklet. *Urine Therapy - It May save your Life*, in 1989.

Martha Christy reports in her book, *Your Own Perfect Medicine*, not only about her own success with urine therapy (she had a long list of severe health problems) but also collected scientific research about 'the incredible proven natural miracle cure that medical science has never revealed'.

In India a book by Dr Swami S. Saraswati was published in 1978 and in the last two years quite a number of books and booklets were published in India in the English language such as *Wonders of Urine Therapy* by my friend Dr J.K. Thakkar and the latest one was launched at the first World Conference on urine therapy in Goa by Dr Shashi Patil & Dr Sarang Patil.

Urine Therapy in Modern Times

Many of the very popular healing methods in western countries originate in Asia. Acupuncture, Reiki, Reflexology, Chinese massage etc. Urine therapy was practised by yogis and, as with many other treatments from the East, when they come to the West they are changed and not used in their proper holistic form any more. How many yoga teachers are in the West? Tens of thousands if not hundreds of thousands. But how many are teaching urine therapy at the same time as it is done in the country of origin? You will find out more about this in the chapter on urine therapy in history and religion. India was, and still is, the worldwide leader in urine therapy. The first all-India conference on urine therapy was held in February 1993 in Goa, India at which two hundred people gathered to talk of their experiences with urine therapy and some even came from other countries, like Coen van der Kroon from the Netherlands, The first world conference on urine therapy was held in Goa, India in February 1996. Five hundred people from all parts of the world exchanged experiences for three days at the conference and many met before and after to discuss auto-urine therapy, the science of life and longevity.

The biggest delegation coming from another country to India was from Germany with 28 people including authors like Carmen Thomas (best selling with 750,000 urine books), Dr Johann Abele, Ingeborg Allmann, Hans Hoting and other German speaking authors like Dr K.E. Hasler M.D, Coen van der Kroon, author of the book *The Golden Fountain - The Complete Guide to Urine Therapy* which is a very good book and luckily available in the English language. Other delegates came from France, Italy, Great Britain, Japan, China, United States of America, Dubai, Korea, Israel, Africa and last, but not least Australia.

It is very interesting to note that the country where urine therapy is most frequently practised is Germany. Dr Johann Abele estimated 5 million Germans use urine therapy today. It was also interesting to see that the delegate from Dubai studied in Germany and that out of the six delegates from Australia, five were born in Germany. The World Conference for Urine Therapy in 1998 is planned to be held in Germany.

Isn't it strange that two countries, so different and so far apart, are compared to the rest of the world, forerunners in traditional urine therapy? But there are reasons for it.

The late ex-Prime Minister of India, Shri Morajibhai Desai, was physically and mentally healthy until a great age. He was the first personality to promote urine therapy in modern times. He proclaimed publicly that he drank urine on a daily basis. Shri Morajibhai Desai died in March 1998 at 100 years of age. His friends, some of them attending the World Conference, started propagating urine therapy in hospitals and private medical practices at that time with the blessing of the government. Dr Shri Wilfred D'souza, Dy Chief Minister, addressed the World Conference in an introductory speech and welcomed the success of urine therapy, especially in a country like India, where the government, unlike in western countries, has next to no money for public health.

I wonder when western governments will support urine therapy? Even if western governments were able and willing to calculate the savings possible by the education of the general public, I believe it would not be easy to get the Health Minister or Prime Minister to express the words of their Indian colleagues.

What is Urine?

Urine is filtered blood - nothing else. The kidneys repeatedly filter the total blood through themselves. Within twenty four hours a total amount of 1,200 to 2,000 litres of blood is filtered to produce approximately 1.4 to 2 litres of urine.

The kidney is a key organ and has many functions. It is important to make the heavy workload of the kidneys as easy as possible by taking plenty of liquid into the body - healthy liquid of course because tea, coffee and alcohol, for example, make the work harder for the kidneys. Vegetables and fruit with a high fluid content support the kidneys. Other functions of the kidneys are to control the total volume of the blood circulating in our body and to regulate and alter the pH of our blood as well as the concentration of certain compounds. The main questions people ask in regard to urine therapy - 'what is really in urine' and 'what is the proper analysis' - cannot be answered. The contents of urine change by the minute or at least every time the bladder is emptied. The quality of the *golden juice* changes with the diet. More on the contents of urine and the effects of the diet in later chapters.

Starting Problems

For most people of our society the thought of drinking their own urine brings a negative reaction, not only from the brain, but definitely from the stomach as well. Ask people publicly if they have ever drunk urine and you will see that you may find only one in a thousand if not thousands. An exception is Germany where urine therapy is highly publicised and one in twenty uses urine therapy. But what is wrong with drinking urine? Think for a little while about it and you will see that all the answers you have are only educational. When you ask people, 'Why aren't you using urine therapy for illnesses where other treatment has proven to be ineffective anyhow?' and the first answer you get is more a question - 'What do you think - I never could do that<it's dirty and stinks'. First of all, urine is not dirty - it is simply filtered blood and it is sterile. It can only be contaminated when it leaves the body and the genital area is not clean or the container that is used to collect the urine is unclean. In an open container urine will gather a lot of bacteria as they are everywhere at all times. But fresh from the bladder, urine is clean and sterile and as we all know can be used to wash wounds

The smell of urine is only in our mind. Now think for a moment, if you had never smelt cheese and you are now introduced to it for the first time - that can really smell terrible. How can you know that urine doesn't taste good if you have never tried it? Some varieties of cheese smell so terrible that you can't understand how some people can eat it but the taste buds tell us a different story - why don't you try urine to form your own opinion? I know very well that at this moment that the mind comes in again. But why not have a taste next time from your first mid-stream morning urine? Then you will know. I will make it a bit easier for you, make a nice vegetable juice with celery, carrots, cabbage and so on - put it in a bottle and store it in the fridge until the next morning, now collect a mid-stream morning urine sample, and put it in a bottle as well, blindfold yourself and taste the difference - it's there, maybe in your subconscious a certain taste of a drink that you have known from long before? Isn't it the very first liquid you took

into your body in your life whilst still in your mother's womb? Yes, that is right, before we are all born we start our digestive system with what this book is all about - auto-urine therapy. Not only the first drop we have ever taken into our body is urine but the second is filtered urine as well, which is mother's milk. Around twenty litres of blood are filtered in the breast to produce one litre of milk. Isn't our body a wonderful chemical factory producing from red blood, yellow urine and white milk?

Here are a few other facts that should start you thinking, as you may have already bought urine from other people or animals and used it. Urine contains approximately 2.5% urea and is extensively used in skin creams as a moisturiser. Women spend quite a lot of money to buy other peoples' urine in the form of expensive facial cream - why not use your own? But more about that in a later chapter. When you have a problem using your own urine, think about the other non-appetising products you use or even eat with good appetite. Do you like eggs, gelatine on a cake (made from hoofs), etc. The problem is that people are too shy to speak about urine therapy and that is the main reason that the wonderful message of this free and safe treatment does not get the publicity it deserves. Since I published my book, *Water Medicine*, I have had numerous phone calls from people telling me that they are so pleased that they have someone to talk to about their use of urine. They have been too shy to talk to friends about it and share their success with them. Many can't even talk about urine therapy with their own family.

Placebo Effect in Urine Treatment?

For approximately 50 years research has been done into the effectiveness of placebo medicine. In testing, one group of patients are given a new medicine, whilst at the same time a comparative group is given an identical looking product but without any active ingredients. In double blind testing neither the patient nor the doctor knows which drug has the active ingredients. If for example, two-thirds of the patients who suffered from bad headaches reacted to the placebo, as well as the other group with the real drug, this result would not lead to the conclusion that the active component is functioning satisfactorily. A known fact is that everyone wants to have local anaesthetic at the dentist. How would a patient react if, after the treatment, the dentist told the patient that the anaesthetic was only water? About 30% of patients show the same result with a placebo as they do with the actual drug. It is also interesting to note that the negative side effects of the real medicine are shown with placebo medicine as well. The healing effect with the placebo is dependent upon the person giving it. If a confident doctor, for example, tells his patient that he has this new *wonder* drug now for his special patient the placebo effect would be much greater than the nurse who gives the medicine to the patient and says 'here try this and we will see if it helps' - the chances of a positive placebo effect in the second case would be very low or not at all. Our brain is obviously capable of healing the body when we take medicine. Placebo is self-hypnosis. We accept that it is there to heal us and therefore we consciously heal ourselves. If the self-healing with the mind is so powerful wouldn't it be better if we practised this power to heal ourselves without negative side-effects? The phenomenon of the placebo effect does not fit into the clear picture of natural science. If modern medicine were to use words from the general vocabulary it should be called 'miracle effect' instead of placebo effect. Healing with nothing involved is 'scientifically' impossible. Healing with a word or a touch is something we are only familiar with from the Bible. During extensive testing of modern medicine we have discovered the self-healing or the placebo effect.

Did science rediscover the miracle healing in these trials and have they now proved scientifically that miracle healing is possible? Healing with a positive mind makes the placebo effect possible. But what is it about urine therapy and our negative thoughts about it? Nearly all people start urine therapy only as a last resort when everything else has failed and are disappointed and negative. Urine therapy works in its own rights and not as a placebo. I found a few people in India who really enjoy drinking their urine but nearly all, if not all, people who start urine therapy have negative thoughts at the time but as urine therapy has such a high degree of success, with it comes the faith which definitely amplifies success.

How to Start the Therapy

Urine therapy is one of the oldest, if not the oldest, medicines used to treat disease. Many things have now changed with our modern life style compared to earlier times. Since everyone is different and has different lifestyles, not only from the point of view of diet, but also varying stress factors, this makes each new batch of urine unique. But with every new batch it is also the new perfect, personally tailored medicine for that moment.

When you start urine therapy, you should try to have a good quality medicine and positive thoughts at the time of application. There are different ways to use urine therapy - from the simple drinking of mid-stream morning urine to massages and homoeopathic urine. You will read more about the techniques of application and possible negative effects and diet in the corresponding chapters.

In all my other publications I advised strongly, before people start with any self treatment that they should first have a diagnosis done by a experienced practitioner. Of course you should sometimes have your

health checked by a practitioner but with urine therapy this is not so necessary as with all other treatments, traditional or modern medicine alike. You are diagnosed by yourself at any moment and the urine is your customised medicine at any time. You are the best pharmacy yourself!

Techniques of Urine Therapy

The following explains the different forms of how to use urine.

Internal Use

1. **Drinking:** Mid-stream morning urine is collected, as the name says, from the middle of the stream of the morning urine flow. A clean glass is used to collect the urine and the first few drops (which cleans the tube) and the last few drops are not used. The legend says the urine snake has a poisonous head and a poisonous tail. The urine is most commonly consumed fresh. Some urine therapists say that urine has to be consumed at least half an hour, and better still, at least one hour before a meal or one hour after a meal and only in its pure form. Other therapists say that it doesn't matter if the urine is diluted with water and again others say it can also be mixed with apple juice or other vegetable juices. Drinking it on an empty stomach definitely has a stronger reaction on the digestive system than drinking it on a full stomach. Everyone has to make their own decision and ask their own body how it feels. Drinking a glass of urine in the morning is more or less only to maintain health, sick people most likely have to work out a stronger treatment which will be discussed later in the book.

2. **Drops Under The Tongue**

This is the application many started with after reading my book, *Water Medicine*. It is a very easy way in regard to finding the right dosage, using the urine absolutely fresh several times a day and having the best results.

Urine drops are applied under the tongue and instead of drinking a larger quantity one uses only 1 to 20 drops placed with a eye dropper under the tongue.

We really don't know exactly why this application works with such a small dosage. It is used in a similar way to homoeopathic medicine and kept as long as possible in the mouth.

An explanation as to why the urine drop application works so well was presented by Dr Ryoichi Nakao M.D., Chairman of the M.C.L Institute of Japan in his speech to the World Conference on Urine Therapy: *'Although auto-wine therapy has been known and practised for more than 4,000 years it is still believed that among the components in urine there is a miracle cure for all ailments. However, the efficacies of urine therapy do not indicate it to be an actual medicine. Instead, in terms of immunology, urine is an information source about the disease in the body, and when this information passes through the throat, it is analysed and the immune system is activated to produce the right biological response modifiers in the body to cure the disease.'*

And there are other interesting reports about small dosages of substances kept under the tongue for protection. Workers in Japanese paint plants are traditionally successful in preventing long-term health damage from the chemicals they work with by keeping a bit of the paint (dried flakes of paint) under their tongue.

Urine drops are taken from the mid-stream morning urine with an eye dropper under the tongue.

Fiist day ~ 1-5 drops; second day - 5-10 drops and on the third day 5-10 drops but twice a day - first thing in the morning and just before bedtime.

This dosage can be maintained until the particular complaint is solved. The dosage may also be increased as needed.

Researchers in Scotland have made a further discovery about the correct dosage of urine drops for each individual. Fresh urine is collected between meals and slowly placed under the tongue with an eye dropper. The sensation of taste and temperature noticed with the first few drops suddenly cannot be detected by the patient any more after a certain number of drops which is individual to the patient. The researchers call this phenomenon of diminishing taste, the *neutralising dose*. With this immune reaction everyone can find out their own individual doses at any time.

In my book, *Water Medicine*, the urine drop method is mentioned and most of the feedback has been about positive treatment of illnesses **using this method such as 7 ~~to~~ five drops under my tongue each day, morning and night, for the first two days no change but then on the third day I had no asthma - not a bit!** Urine should be taken joyfully and with a pleasant mind and with faith, at least in the therapy, which improves the healing chances dramatically. Your mind is much more powerful than you think.

Douching. With vaginal and uterine infections and diseases, douching with urine is used to relieve discomfort and to heal. Other herbal applications like chamomile, golden seal and yarrow can be used as well. It is recommended that, for further information about herbal applications, you read my book *Herbal Teaology*. Fresh or old urine can be used. It seems a bit strange that urine on one hand can cure inflammation and yet on the other hand we can develop inflammation of the urinary tract. But more on that later.

Ear Drops. Urine can be used as ear drops by putting some drops in the aching ears. It is advisable to dip some cotton wool in oil, preferably mullein oil (*verbascum thapsus*) to seal off and protect the affected ear. Fresh urine can be used, however most urine therapists

recommend old urine (4 days old) as it seems to be more effective than fresh urine.

4. Enemas. Enemas are a favourite treatment of experienced urine therapists as the intestines absorb substances much better than if normally applied by oral ingestion. Colonic urine irrigation can be done by yourself, but it is advisable that you study more relevant literature about it. However, it is highly recommended that you see a practitioner first and start self treatment only when you are sure of doing the right thing.

6. Gargling and keeping it in the mouth. This application may be, for the beginner, the most difficult one but for the experienced ones, it's a brilliant treatment. Research in Japan has shown that urine applied directly into the stomach through a tube had no effect. Dr G.K Thakkar, India has used urine therapy for around two decades and has not lost one tooth in that time whilst other people, in that same age group, have lost quite a number of teeth and many have no teeth at all, at least from nature, in their mouth. He *promised* that he will not lose one more tooth for the rest of his life. The way he says it and the way he looks, smiling so that you can see all his healthy teeth, you simply know that he most probably will keep his *promise*. Fresh urine is used for gargling and spat out afterwards. For problems in the mouth like infections, parodontosis, toothache and sore throats the urine is kept as long as twenty to thirty minutes in the mouth.

7. Homoeopathic Urine The beginner in urine therapy might accept this form of urine therapy more easily. Homoeopathic medicine is also used for children when they cannot overcome their disgust at the thought of drinking fresh urine. All homoeopathic medicine tastes nearly the same and one wouldn't really know that there is urine in the homoeopathic medicine. The principle of homoeopathic medicine is only the information (homoeopathic frequency) of the medicine. In our case, the information of urine, instead of urine itself. Making

homoeopathic medicine is quite time consuming and one has to follow exact procedures. For urine treatment a dilution of 1 drop in 1,000,000 drops is recommended and as I said before it is placed under the tongue and is not swallowed like beer but kept as long as possible in the mouth and swallowed naturally after a while.

How to Make Homoeopathic Urine

Homoeopathic dilutions are calculated in D1, D6 or even D30 and anything in between and means that it is one drop in ten drops in D1 and one drop in a million drops in D6 for example. D6 means dilution 6 times. D6 is sometimes called 6 x which is the same. Don't think it is very difficult to get this dilution. You do not have to count 1,000,000 drops of water and add just 1 drop of urine to it to get it right. There is a simple system to it. If you want to make homoeopathic medicine it is advisable to buy, at the pharmacist or chemist, six small test tubes (you may also use other little glass containers like little bottles) and a medicine dropper.

- a. Put all the six test tubes in some kind of a stand, maybe a little pot or a big mug, and put 9 drops of neutral water in every test tube, don't use tap water containing fluoride or chlorine, it is better to buy pure water.
- b. The next step is to use one drop from the mid-stream morning urine and add it to the water in test tube one. Clean the dropper, as it needs to be completely clean before you use it again and again.
- c. Now take die test tubes in your hand, with your thumb covering the opening, and shake the bottle SO times. This is very important. What you have now is D1 or 1x.
- d. Now take one drop from your D1 and put it in the second test tube, do exactly the same thing again, clean the dropper, shake SO times and then you have homoeopathic urine D2.

e. Next take one drop from this homoeopathic urine D2 and put it in the third test tube. Do the same thing until you have repeated the whole procedure with your six bottles and now you have one drop of urine in 1,000,000 drops of water which is dilution 6 or D6 or 6x homoeopathic urine.

To store homoeopathic urine over a longer period of time it is advisable to use ethanol in the last test tube. If you cannot get ethanol at your chemist you may also use vodka or other fruit alcohols. For the beginner, maybe it sounds a little bit difficult, but when you have done it a few times you will find out that it is a very simple procedure. You can produce homoeopathic medicine from all your herbs.

If you are interested to find out more about homoeopathic medicine please contact Phree books and ask for the book list. There are some very good books available for the beginner and the therapist.

8. Injections. This method should be done by professionals only. Medical doctors like to inject urine under the skin or into the muscle. This is another way, like homoeopathic urine, to get around the problem of beginners drinking the Urine and maybe, in some cases, it is more effective than if taken orally.

Injecting urine is also used for patients who are unconscious where sometimes urine from other persons (of the same sex) is used.

Injections have also been used in some cases for patients who do not know that they are to be given urine therapy. In some cases doctor(s) have asked their patients for a urine sample which then was used in the dripper, as an injection or as homoeopathic medicine. The patient, was only told afterwards (or sometimes not even then) when the treatment had been successful. Of course, in these cases only urine from the patient should be used.

Injecting urine in acupuncture points was mentioned at the first World conference on urine therapy in Goa, India. As it was reported, the results are very good, but this has to be done by an experienced practitioner.

There are very good books written about it, but sadly so far, only available in the German language such as by Dr Johann Abele, Dr I lasler and Ingeborg Allmann. If you are a practitioner or generally more interested in this kind of application please write to the Information Service mentioned inside the back cover of this book. Maybe one of these excellent books will one' day be translated into English and you may request information as to where you may obtain it.

9. Sniffing. Sniffing something like petrol, glue or drugs became very popular in the last decade but has, as we all know, quite a number of side effects and is an addiction. I am very sure that urine sniffing is not addictive but is quite successfully used for problems with the eyes, nose and sinuses. In India the method is called *neti*. This name is used in most publications as it sounds better than urine sniffing, but the main thing is that it helps. If, depending on diet, the urine is too strong and gives a negative reaction, water can be used to dilute it. Only fresh urine is used for sniffing or *neti* (to explain that they draw the urine up the nose when sniffing) and one closes one nostril with the finger and sniffs slowly with the other nostril Let the liquid drip out slowly through your open mouth. This procedure is repeated a few times. Blow your nose after the treatment to clear all remaining liquid from it. At the Goa World Conference, I even saw a special tool for the *neti* which looked like a little watering can to make the whole procedure a bit easier.

10. Rinsing. Fresh urine is used for teeth and gum problems to rinse the mouth. Leave the urine in the mouth for several minutes.

External Use

The external use of urine is, for most people, a little easier to start with. Mainly old urine (that means a minimum of four days old) is used. Some people claim that it is the same as with wine, the older the liquid the better it is. Coen van der Kroon author of the book, *The Golden Fountain - Complete Guide to Urine Therapy*, uses urine 4-8 days old. He also recommends keeping the urine in dark brown glass bottles closed with a cork or a bottle covered with a cloth to allow the air circulation to create a better fermentation process. During the fermentation process it becomes more alkaline. Urea converts into ammonia giving the urine a stronger odour but at the same time a higher effectiveness.

Baths

Footbath. This is the most commonly known treatment in urine therapy for athlete's foot, eczema and other skin problems as well as for the bladder and better circulation of the feet. Fresh or aged urine (four days old and warmed up) is used.

Hipbath. Coen van der Kroon recommends hipbaths. *"Hipbaths are recommended for problems of the genitals and the amis such as haemorrhoids. Both heated, cold and warm, fresh urine are suitable for this purpose. If you plan to take afoot or a hipbath, col led your urine over the course of one day so that you have enough to half fill a washtub. You may also dilute the urine with water in order to increase the amount of liquid in the washtub."*

In Kneipp therapy (hydro-herbal therapy) hipbaths or sitting baths are used for treating genital and anus problems using herbal extracts from shepherds purse, calendula, yarrow or others depending on personal needs. The warm water sitting herbal bath is recommended in alternation with the urine bath.

Steam Bath. Old urine may be used for a steam bath to aid in skin disorders. Some therapists mix old urine with water to produce more steam.

Eye Bath/Eye Drops. For certain eye problems, boiled or fresh urine is used as a eye bath or eye drops. There are little containers, available from chemists, to aid in bathing the eye in urine. Some therapists dilute urine for this treatment. There are some reports of improved eyesight in long-term application with eye baths.

Compresses

Similar to herbal tea compresses, fabric is soaked in heated urine. The urine is heated, preferably in a container in hot water, and the warm urine compress is then placed on the problem area. Other herbal teas as well as vinegar, Kombucha, clay and peat moss compresses can be used alternatively in rotation depending on the kind of skin problem. You can read more about herbal compresses in my book *Herbal Teaology*. With some skin problems where the skin is open or swollen, a compress is preferable to rubbing the skin or massaging the skin with urine.

Massages

Body Massages.

Urine can be used in massages for better skin and to improve blood circulation as in common massages. Urine massages are also used at the time of fasting to give the body, through the skin, more support and nourishment.

Hair and Scalp Massage.

Urine therapists use urine in head massage for a better scalp and for the treatment of dandruff and hair loss. For this purpose urine is massaged into the scalp and left to be absorbed for half an hour to one hour. Then the head is washed with lukewarm water only. It is not recommended to use shampoo or soap.

In my own opinion not everyone can really do this hair treatment as at least some odour will be noticed by other people. There is no doubt that some people have quite good success with this kind of treatment and once again it is absolutely free but there are almost free and maybe better ways to achieve the same results. Kombucha has been proven to be very good with hair growth. In my first edition *Kombucha - The Miracle Fungus*, I doubted that hair would grow back and get dark again, by drinking Kombucha as it is claimed in many flyers. I was told in many, many phone calls and letters from ordinary people and hairdressers that Kombucha was the best treatment tint they had found for baldness and premature grey hair. A treatment with Kombucha costs also only a fraction of a cent.

Another way of treating these problems is activated water where balanced pH 7 water is divided into pH 4 and pH 10 water. A water divider is very cheap and the production of water, if one has the equipment, costs nothing. Urine smells very strong and even if one uses fresh urine after a short while, it smells like old urine. Kombucha smells like vinegar after a while and activated water doesn't smell at
aft

The 5000 year old Damar Tantra tells us of the use of urine for massages as follows:

Verse 44. *Now, oh Parvati, I shall tell you about the process of massage. If such a massage is carried out, the follower can enjoy the fruits of his meditation &id his lifestyle and will experience spiritual growth.*

Verse 45. *The Shi vainbu should be boiled in an ear/hen pot and extracted to one fourth its quantity. It should then be allowed to cool.. Tins extract can be used for the body massage.*

Verse 51. *Unboiled urine should never be used for body massage. If the extract of Shivambu is used for the massage, it is very Wholesome for the body. The follower can accomplish many things.*

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Rubbings

Rubbing urine into the skin for general care is the secret of many beauty queens and sex symbols. As mentioned before urea is in expensive facial creams available at beauty shops but your own urine is more concentrated and the balanced whole urine is a much better treatment than the urea extract facial creams.

Other Applications

For different applications urine may also be magnetised, heated or colour charged.

Clay Pack Instead of mixing clay with water the effect of the clay pack treatment can be amplified if mixed With urine. Boiled urine may be used as well. It is used to absorb toxins and to treat tumours, boils and wounds. With wounds, the clay should be packed on a cloth covering the wound. The clay pack is left for around one hour.

Heated Urine Old urine is used for swellings, pain and other complaints for quickest relief. One needs two containers, one with water which is heated up and the other one placed into the water, with the urine in it, to be heated up. For different applications it may only be heated up to body temperature for others hotter.

Boiled Urine

Boiled urine may be used for some applications like massages and compresses and is a form of concentrating the urine by evaporating some of the water and to stop fermentation.

" One can best heal injuries to eyes With honey dissolved in the lightly boiled urine from a young man" Heinrich Zedler, Germany (book 1747).

Shri Jagdish Shahn in his speech at the world conference on urine therapy in Goa, India (1996) mentioned two more ways of amplifying the healing effect of urine treatment.

Magnetised Urine

Old urine may be magnetised by keeping south pole of a strong permanent magnet close to the container for 8 to 10 hours. Generally the south pole of the magnet is used for magnetising old urine for massage purposes.

Urine Charged With Colour.

Cosmic energy in the form of light rays is drawn into the body. Where there are blockages for whatever reason, this impoverishes the body, and diseases set in. Disease is cured by flowing the desired colour and combinations of colours to the sick body. Based on this principle, urine may be charged by keeping the same in a coloured glass container (colour depending on the disease) in the sunlight for a few days. Alternatively, clear glass container may be wrapped with coloured cellophane paper for exposure to sunlight. This urine when used for massage gives quick relief.

Cautions

There are no known reported negative side effects on the use of urine therapy in the world. However, some cautions should be taken in some cases, especially with a view to the diet which influences the taste and since urine drinking is a recycling process in which, as in taking medicines, an overdose may happen. Opinions in the East and West are different. I will give you both opinions so you can make up your own mind.

One side says that no allopathic (modern chemical medicine) or other foreign substances should be taken during urine therapy. Others say that chemical medicines should be avoided but that urine therapy can be used concurrently but in smaller dosages which are increased daily and the medication decreased daily. This makes sense as we recycle a certain part of the urine and we could end up with a too high dosage. Ingeborg Alimann author of the book *Die Heilkraft der Eigenharn-Therapie (The Healing Power of Auto-Urine Therapy)*,

writes about one case study where a relative, male, in the middle sixties suddenly had dangerously high blood pressure. He was immediately given allopathic medicine and on the same day he started to drink his morning mid-stream urine. After approximately four weeks the medication was not necessary any more after reducing the dosages slowly.

There are many other cases reported where people take, at least for a while, allopathic medicine and urine therapy concurrently,, but in most cases in a lower dosage and decreasing as in the Ingeborg Alimann case, slowly if possible. However, it is always recommended that any decrease in medicine should always be closely monitored by a professional. I know from quite a number of people who went to their doctor for a further checkup after using urine therapy for a while, that their doctors have been surprised that medication is not necessary any more as they had advised them earlier that this medication had to be taken *for the rest of their lives*.

While one side says no allopathic medicine, no tea, no coffee, no sugar, no wine to mention only a few, Carmen Thomas commented at the press conference in Goa (24 February 1996) that she doesn't share this view and that in Germany people definitely do not use the diet as recommended in some presented papers. Urine therapy *simply works*, says Carmen Thomas.

Tea, coffee and alcohol should be avoided, which makes sense as caffeine works as a diuretic influencing the kidney to extract more liquid than the kidney would normally do. I would even add that all food and drinks containing caffeine should be avoided, such as mate tea and food containing chocolate. The teas mentioned, unless further explained, mean green tea or common breakfast tea which originate from the same plant (*camellia sinensis*) and contain caffeine. Herbal teas including medical herbal teas do not contain caffeine (some consider mate tea as a medicinal herbal tea - mate tea has caffeine) and can amplify urine treatment in a positive way. Overeating and an extremely one-sided diet should be avoided. Some very strict urine therapists created a long list of instructions that urine users have to

follow while using urine therapeutically. Most of the measures, if not all, work by themselves to a certain degree in treating illness without urine therapy and urine therapy only amplifies the success. Surely, for a serious disease all available therapeutic measures should be applied and a strict diet specific for the complaint should be incorporated.

Modern medicine is very young, as is the rediscovered use of urine as a healing method. There are thousands of synthetic chemicals around and nobody has so far, and will not in the near future, give a clear answer if there are some synthetic medicines which could have an adverse effect in urine therapy. I have contacted urine therapists around the world and kept my eyes open for any reports in regard to this matter. You may request an update by contacting the Information Service mentioned inside the back cover of this book.

All urine therapists agree with the claim that auto-urine is, at any time, the perfect tailored medicine for that person with the antidotes needed at the moment. I am of the opinion that a well-balanced moderate diet is the best way to use urine therapy to maintain health and not get ill in the first place. Urine therapy should be incorporated in the diet as needed.

As first-aid, for example in the case of a snake bite and poisonous spiders, drinking of urine as soon as possible is recommended. Of course, all other means of treatment should be carried out as well.

Urine, from a person who has eaten a poisonous plant, as it was and still is done in religious ceremonies, can still have the *positive* ingredients in it but without the negative effects of the poison. A friend of mine from South America told me some months ago that natives there in a remote area use a hallucinatory plant for their religious ceremonies. Women, who are not highly valued in this area, eat the plant first and have all the negative side effects such as vomiting and painful cramps in the stomach area. The collected urine

is then taken by the men. The men have all the hallucinatory *benefits* without any of the negative side effects.

Similar results are reported from the Celtic culture of the Druids. The magic mushroom, most probably the fly agaric (*amanita muscaria*), has a poisonous compound but also hallucinatory properties. Boys or young men first had to eat the mushrooms and the older Druids drank their collected urine and had, without the negative side effects, the desired hallucinations. The poison of the mushroom stays for several months in the system. The hallucinating effect lasts only for around 12 hours but it takes days to recover.

The fly agaric is used by the Sami people of Lapland. The reindeers like the mushroom. To round up their reindeer herds the dried mushroom is scattered for the animals to eat so they can be handled better.

I found another report mentioning the same mushroom, the fly agaric, in the book. *Plants of the Gods*, and it describes a similar procedure from Siberia

"These Siberian mushroom users had no other intoxicants, until the Russians introduced alcohol. They dried the mushrooms in the sun and ingested them either alone or as an extract in water, reindeer milk or juice of several sweet plants. When the mushroom was swallowed as a solid, it was first moistened in the mouth, or a woman rolled it in her mouth into a moistened pellet for the men to swallow. The ceremonial use of the Fly Agaric developed a ritualistic practice of urine drinking, since these tribesmen learnt that the psychoactive principles of the mushroom pass through the body unmetabolised or in the form of still active metabolites - most unusual for hallucinogenic compounds in plants. An early account, referring to the Koryak, reported that "they pour water on some of these mushrooms and boil them. They then drink the liquor, which intoxicates them; the poorer sort, who cannot afford to lay in a store

of the mushrooms, post themselves on these occasions round the huts of the rich and watch for the opportunity of the guests coming down to make water then hold a wooden howl to receive the urine, which they drink off greedily, as having still some virtue of the mushroom in it, and by this way, they also get drunk". (Schultes, R.E., & Hofmann, Albert, Healing Arts Press)

Recycling of illegal or so called social drugs

Other stories I heard are about modern illegal or so called social drugs like opium, morphium, LSD and so on. Since addiction is very expensive, some drink their own urine or the urine of others to recycle the drugs.. It is suggested that the negative effects of the drugs are reduced or eliminated

A few months ago a woman called me and said "Hara/d I had to call you and thank you for writing the book. I can't tell you my name hut I find it important that you publish what I fell you. I am addicted to heavy drugs and used every method to finance my addiction. I don't have to tell you that I committed crimes to get the money I needed. After reading your book friends and I now re-cycle our expensive drugs by drinking our own urine which works very well, we have the same highs but don't feel bad afterwards. The good thing if0i this method is that we don't need so much money any more and we are better people. Please tell others and thank you again for your book".

This 'phone call really shocked me but made me happy at the same time. I never took any of these drugs, but I do know some people who are addicted and what terrible problems it causes for them. In the last few months I received two more people calling me using this method and confirming that, with urine re-cycling method the *benefits* of the drug but not the negative effects. I am very grateful to the woman that she called me and gave me the message and I would like to thank her and hope she reads this edition of my book.

Dr S.S. Saraswati. author of the book, *Amaroli*, gives further guidelines for the internal use of urine as the following briefly states.

*In some people, a healing crisis can happen when it first gets worse before it gets better. This is quite normal with traditional medicine and my opinion is that people should stop the treatment for a time and start again after a few days with a very small dosage which is increased day by day. We are all different, with different diet backgrounds and read ions, and if a dosage or treatment works with most .of the people it doesn't mean that it works with all of them. With a lower dosage, the starting problems of a new therapy can be minimised or eliminated totally. During the healing crisis with urine therapy it can happen that some people react as follow**

Cough and Cold: Can be a reaction of the respiratory passages of the lungs due to the elimination of mucous.

General Debility: Can be a result of excess toxins. It is recommended to have plenty of rest and a good diet.

Fever: Unexplained mild fever could be a sign that the body burns up toxins.

Loose Stool: It can happen that the body reacts with loose stools after drinking urine.

Skin Eruptions: Boils and pimples can appear for three to seven days.

Vomiting: Vomiting is a first line reaction of the mind and not of the stomach. Due to diet, but more due to illnesses like fever and jaundice, urine can have a bad smell and taste. It is easier to drink when you mix wine with water. Dr S.S. Saraswati says that *"vomiting is good in that it clears the stomach just as kunjla kriya does. Therefore, it should not cause any undue worry. After vomiting the nausea is usually relieved and you feel better. If vomiting persists and dry retching occurs you should seek professional help. After*

vomiting urine you should rest and take light fluids such as lemon water or some other fluid replacement. When you feel fully rested try amaroli again".

People with **heart**, kidney **and** liver disease should consult with an experienced therapist.

Pregnant women should not use the first morning urine. Only urine from the third flow after drinking other beverages like milk, tea or water should be taken. Urine that is too pungent or too concentrated should not be used, only urine which is light in colour should be taken. Dr S.S. Saraswati: *"/// some diseases the urine becomes dense, pungent and seemingly unpalatable. It is advised that you attempt to utilise this urine even though it may be difficult to do so. Dense and scanty urine may contain mineral salts and other body components of value. Wash it down with plenty of water."*

Further cautions are mentioned in the speech by Shri Jagdish Shah at the first world conference on urine therapy in Goa, India (1996): *Long fasting should be done under an expert Wine therapist. During the fasting, diseases are rooted out when the accumulated toxin and waste products are eliminated. These are eliminated through the skin 4V the form of pimples and heat eruptions arid through the aims in the form of frequent stools or even through the mouth in the form of phlegm, sometimes cough and cold, fever etc may attack. These we signs of elimination and therefore should not he stopped by medication. On the other hand all these symptoms will be out within a few days while continuing fasting and massage.*

Preventative Therapy ?

I know what you think, it is a bit paradoxical to say preventative and therapy

But there is a reason for it. I hear very often that people take medication to prevent certain illnesses. There is no doubt, that it is better to prevent illness rather than cure it. But how do they know which illness they may get. From fear of illness, people use strong natural medicine to prevent illness occurring.

Taking a therapy for something that is not there is more likely to introduce a illness than to prevent one. The other thing is, if a person, every day for a long time, takes a strong herbal mixture like *Swedish Bitters* the body adjusts to the dosage and shows no reaction when you really need it. The body becomes resistant. The therapeutic stimulant needed to cure is not achievable any more.

The only preventative method is not a therapy but a natural balanced life in every regard to maintain health.

Therapy becomes only necessary when we are out of balance.

Urine therapy is not really a therapy but, for a healthy person, a way of maintaining health and recycling minerals, enzymes, hormones, amino acids and so on.

Urine automatically becomes a therapeutic medicine when the body develops an illness. Antidotes specific to the illness and to the individual are found in urine and when reused in the form of urine drinking, support the body in fighting the illness.

Urine can also be used to grow food in water with the help of sunlight as in the case of Spirulina. Toro Mattsui, an old Japanese philosopher, in the mountain retreat of Mt Hakone near Tokyo, is living proof that Spirulina is a wholefood for human nutrition. It is reported that he lived for 15 years in good health solely on Spirulina grown on his own waste. For more detail see my book "Spirulina, micro food, macro blessings".

How Does Urine Therapy Work?

Dr. David G. Williams comments:

"The exact mechanism behind urine therapy isn't fully understood. This shouldn't come as any surprise - when it comes to achieving perfect health we are not much further along than we were a hundred years ago" and

"Just how well does urine therapy work? Honestly, it probably works too well. It works so well that you will probably start seeing a lot of negative stories about it in the next couple of years. (Williams) The following information about how urine therapy works was presented by Dr Ryoichi Nakao M.D., Chairman of the M.C.L Institute of Japan

The Mechanism of Urine Therapy.

For the past few years, reports on the efficacy of auto-urine therapy have been so numerous that I need not mention how effective urine therapy is and how globally it is practised. Instead, I would like to concentrate on the mechanism of urine therapy. Before that, however I would like to describe briefly some human instincts.

Reproduction for biological presentation is an instinct.

Ingestion of life sustaining matter is an instinct.

Ingestion of one's own urine for countering the disorders of the human body may also be called an instinct. Auto-urine intake has been known for more than 4,000 years, which is a simple evidence of its being instinct. Actually, each of us as individuals ingested urine since the time of being a foetus in our mother's womb, (in other words, amniotic fluid contains urine).

Dr Ryoichi Nakao M.D explains his views on the mechanism of auto-urine therapy as follows:

First of all, in order to examine this mechanism, we have to consider that the efficacy of urine therapy does not show it to be a medicine.

Urine is an information source about the disease in the body or, in other words, it is a copy of the changes occurring in the body.

Due to the following reasons, I believe that when this information in the urine passes through the throat it is analysed by sensors in the throat, and that the human immune system is then activated to cure the disease. That is to say, signals are given by the brain to activate the necessary functions for curing the ailment. (1). Experiments were conducted and it was found that when the urine was induced into the stomach using a catheter, bypassing the throat for a period of one month, no efficacy was observed. (2). The fact that cancer occurs in the bladder, urinary tract and kidneys proves that the presence of urine inside the body does not have any direct effect on carcinogenic cells. But when the same urine is taken orally and passes through the throat, a decrease in carcinogenic cell growth or the disappearance of cancer has been observed in cancer patients.

(3). Even if urine is not ingested but only gargled, the effects were found to be the same as when it was ingested.

(4). If gargling with water was done just after ingestion of urine no efficacy was observed.

(5). Interferon, one of many bio-active substances found in urine presents a situation analogous to that of auto-urine therapy in that only minute quantities taken orally are necessary to provide the brain with the information it needs to heal the body. In clinical trials, only 100 IU or 1/100,000 of the million international units of interferon given orally had the same effects as 10 million units administered by injections. (Hayashibara Biochemical Labs., Inc Okaya ma, Japan and Dr Cummins of Amarillo Cell Culture, Amarillo Texas).

Because of the above findings, it can be assumed that sensor cells which can perceive extremely minute changes in the body, could control them if stimulated by the right information from urine. Such cells are found in the oral cavity and throat said Dr Ryoichi Nakao.

Dr Nakao's theory for the stimulation of cytokine production explain) further that urine is the source of information for a given disease. When it is placed in the throat, the sensor ceils detect this information, passing it *to* the brain.

In its turn, the brain triggers the cytokine production gland which provides regulation for the immune system.

From the brain, interleukin X, together with other enzymes, cause cytokines to be produced and thus effect a recovery from illness. Propolis, a substance extracted from honeycombs has been known since ancient times to have anti-bacterial and anti-tumorial effects. Urine mixed with propolis, enhances its efficacy against cancer, hepatitis and other diseases according to research in Japan. (Dr Ryoichi Nakao).

Immune system regulating factors were originally known as interleukin (IL). Later, interleukins, colony stimulating factors, interferon and other similar substances were generally called cytokines since they are secreted by cells, and affect other cells in one way or the other. (Dr Ryoichi Nakao)

Dr S.S. Saraswati, in his book "Amaroli" explains

A maroli - a yogic way.

I am fully acquainted with the topic of amaroli and have had personal experience with its use. Of course, I did no! use it for therapy but in order to perfect vajroli kriya, and lam convinced that those who want to perfect vajroli will have to go through the process of amaroli. Since 1943, right up to 1978,I have never seen bad results from the use of amaroli, either in therapy or for vajroli. Just recently a very ill gentleman approached me and asked my opinion at amaroli. I suggested that he try it for himself and see what happens. Now two months later, he has recovered completely.

From the healing point of view, if amaroli proves to be less dangerous than the therapeutic use of drugs, synthetic hormones and various other assorted chemical substances, if It proves less corrosive and nutritionally harmful than Coca Cola and 7-1lp, if it is less

dependence producing and intoxicating than alcohol, less toxin producing than a meat diet, and if it is less distasteful than eating gelatine, manufactured from the hooves and tendons of animals, then I am sure it will be a boon to humanity.

I personally feel that we must state the facts on amaroli in a straight forward, clear and direct manner as passible. Then mankind may just possibly find that there are many other benefits hidden in the science of amaroli than originally believed.

Journalist Philippa Macken finds in her article under the title: "*Witch Doctor Turns Urine Therapist*" an easy *shortcut* with urine therapy.

"This latest book by Tietze contains a glossary of diseases with recommended coinciding urine treatment.

Thousands of people each day give their urine specimens to pathologists.

How ironic to think that these specimens, if ingested, could be the means of curing the very disease for which the urine is being analysed.

With drug companies unable to make a profit from urine therapy, it is only through people like Harold Tietze that we can learn about the wonders of many natural therapies.

It is not easy work to promote therapies involving substances with reputations as lowly as the one with which urine has been branded in the Western world". (Article in "Acres Australia", Vol 3 No 6. Page 22 by Philippa Macken)

The Quality of Your Own Perfect Medicine

The quality of (he urine depends on the diet. A healthy kidney, bladder and urinary tract is a contributing factor as well. The quality of the urine changes by the minute. Urine has thousands of ingredients and when using urine therapy one has to consider what part of the medication you may be taking and which other components of your diet are recycled in urine therapy. The most common use of urine is to maintain health, and reports from western countries like Germany show that with an intake of only 200 ml per day (approximately one champagne glass) urine therapy works quite well and no negative side effects with coffee, tea, tobacco, alcohol and allopathy are reported. For fighting severe illness with a very high intake of urine, one definitely has to consider a perfect diet plan. Not only should one have better urine with a better diet, since food is also medicine, and a faulty diet is the main contributing factor of being ill in the first place. There are many very good books written about 'we are what we eat*' and how to treat illness with a proper diet plan. You will find some suggestions in the chapter 'Diseases and their Treatment with Auto-Urine Therapy and Fasting for Health'.

What it is in the Super Juice - Urine?

Since the analysis changes with every person every minute, urine samples are as different as fingerprints from different people. This makes it difficult for science to understand why urine works. For me, it is not important why it works, it is only important that it works and the reason that I wrote this book is that I felt that I had to tell people about this really wonderful free medicine. Scientists tried to extract ingredients of urine but the only component without negative side effects is urea. All the other extracts offered today as medications have negative side effects even though they are in their natural balance, in urine they have no negative side effects and in its holistic form it

becomes a holistic treatment. Out of the thousands of components in urine the following are a few important substances and their effects.

Significant Substances in Urine and Their Effects.

Agglutinins and Precipitins: Used in the treatment of polio and similar viruses, as a neutralising agent.

Allantoin: Used to promote wound healing. Commonly used as a basic ingredient of many skin creams.

Antineopiston: Can selectively inhibit the growth of cancer cells, while not affecting normal cell structure.

Beta - Indol - Acetic - acid: Somatic, carcinoma and sarcoma growth inhibitor.

DHEA (Dehydroepiandrosterone or Dehydroisoandrosterone): May prevent obesity, diabetes, breast cancer and plastic anaemia. Stimulates bone marrow growth. DHEA seems to be related to ageing.

Directin: Cancer cells may be aligned in rows due to this material.

Factor-S: An inducer of natural sleep.

Gastric Secretory Depressants: Fights against growth of peptic ulcer.

H-1 1: Inhibits the growth of cancerous cells.

Interleukin-t: a type of catalyst.

Inorganic Substances: These are bicarbonates, chlorides, cobalt, phosphors, sulphur bromide, fluoride, iodide, rhodanite, potassium, sodium, calcium, iron, copper, selenium, lead, mercury, zinc, etc..

Natural Cortisone: an established agent for healing.

No Name Hormones: Diencephalon and body weight regulator.

Protein Globulins: Contain various antibodies for specific allergens. Found to be identical to serum immunoglobulins.

Prostaglandin: Known as a birth control agent, also used as an agent for lowering blood pressure.

Proteoses: Immunologically active product.

Rennin: Contributes to vascular tone and blood pressure control.

Urokinase.* An artery dilating agent which increases blood flow and improves muscle tone.

Urea: Gives urine its antibacterial property. It is an oxidising agent and organic solvent capable of dissolving body fats and natural secretions.

Uric Acid: Assists in controlling ageing and the processing of free radical scavengers. Also indicates a tuberculostatic effect.

Urine Peptide or Polypeptide: May be used to indicate tuberculostatic activity.

3 - methyl glyoxal: Albert Szent Gyorgi isolated this from urine. It is claimed to destroy cancer cells.

Dosage

The dosage depends on your needs or aims and on the form in which you are taking it ie. drinking fresh urine or using homoeopathic drops or fresh urine drops only. The question is, are you using urine (and hopefully a well balanced diet in conjunction with it) solely to maintain health. The following dosages are for maintaining health and minor complaints, suggested dosages to treat serious illnesses are mentioned in the chapter 'Diseases and Their Treatment with Auto-Urine Therapy'.

We are all different, react differently and have different diets and therefore every day it is a different urine. Another major factor is the amount of liquid one drinks, as this changes the concentration of urine. Concentrated urine, due to not enough intake of water or heavy sweating, can be diluted with water.

Fresh Urine. The most common dosage with fresh urine is 200 ml to 300 ml of mid-stream morning urine. Pregnant women are an exception as mentioned in the chapter (*aulions*).

Homoeopathic Urine is taken hourly by placing three drops of the tincture under the tongue, when there is an improvement of the problem, such as allergies, the time between intakes can be lengthened Normally the body's own immune system takes over after three days and the treatment can be stopped.

Urine Drops. Urine drops are applied under the tongue and instead of drinking a larger quantity one uses only 1 to 20 drops placed with a eye dropper under the tongue.

Urine drops from the mid-stream morning urine are taken under the tongue with an eye dropper.

First day ~ 1-5 drops; second day -5-10 drops and on the third day 5-10 drops but twice a day - first thing in the morning and just before bedtime.

This dosage can be maintained until the particular complaint is solved. The dosage may also be increased as needed. See also chapter *Techniques of Urine Therapy*

Fasting for Health

Dietary problems are occurring as never before. We experience countless numbers of people who are starving to death around the world and on the other hand many people are eating too much. The question is which death is 'nicer' starvation or slow death through overeating. It may sound strange but fasting must be regarded as one of the better healing methods. Through the discharge of the stomach and bowels the heart can regenerate and strengthen itself; the positive health effect of fasting was recognised by many religions. One complete day of fasting or a period of fasting over some weeks with the consumption of only a few selected foods are incorporated in most religious laws. Animals always fast themselves back to a healthy state i.e. they fast during long periods of exertion. The eel and the salmon also fast when travelling long distances to their mating grounds. Migratory birds travel thousands of kilometres without taking any food. Fasting with urine therapy is extremely effective for chronic diseases. For this treatment you should have been accustomed for some while to urine drinking. Avoid protein rich foods, fatty and fried food for a few days before you start *urine fasting*. Eat more food and vegetables to clean the intestines and to get a better quality of urine. During the fasting period drink only water and urine. Hint: It is very important to relax. Urine therapists even recommend that you do not even read a book or watch television. As with normal urine drinking, only the mid-stream morning urine is taken in the beginning as well as clean water. After a while all the urine is drunk and people report the urine becomes as clear as water and urinating can happen every fifteen minutes. To avoid too much *exercise* during the night the urine in the evening is saved for other treatments such as baths, compresses or massages. The length of the fasting period is a decision of the

individual depending on the type of disease to be cured. During the fast which can be two weeks and longer, people rarely report being hungry. People who have gone through a fast have often repeated it again after a while, even without it being a necessity, as they feel so great afterwards. It is recommended that for the first fast you seek assistance from a urine therapist with experience. After the fasting period it is important not to start with heavy food immediately. Stop urine drinking except mid-stream morning urine, and start with a glass of apple juice, grape juice or lemon juice. The next day increase the juice and start eating vegetables until you return to a healthy well balanced diet. See also chapter. *Cautions*.

Urine from Others

It is hard enough to begin urine therapy and for some it is hard to even to think about drinking one's own urine. But what about urine from other people or even animals? All right, we know that the Druids, the Romans, the Russians and so on used urine from others and that urine from yogis was appreciated by their followers. But in the Indian Ayurvedic medicine, cow urine is also used to treat cirrhosis of the liver, headaches, fever and chronic malaria. Cow urine is a diuretic and laxative. In other areas, goat urine is not only used to treat the same illnesses as cow urine but also to relieve jaundice and to repel worms. As a stimulant for a cardiovascular disease, camel urine is used.

Are you sure you have never consumed urine from other people or animals? Maybe you should think again. Have you never bought a face ointment with urea in it which is extracted from urine? Or prescribed oestrogen like *Premarin* which is made from the urine of mares? Or a fertility drug like *Pergonal* which is produced from the urine of 110 000 post-menstrual women in south America and Italy? *Pergonal* is also used for the stimulation of spermatogenesis in men and for the induction of ovulation and pregnancy. Or diuretic products (water pills) like *Ureaphil* which contains urea, a urine extract? Or a

urea-containing cream for skin problem! like *Urocine*, or *Panqfil* a urea/papin ointment for skin ulcers, burns and infections, or a cream used for cervical treatment like *Amino-cervix*, or *Premarin* a urine extract oestrogen supplement, or Metrodin a highly purified hormone to increase oestrogen levels or . ?

If you can answer all the questions above with a 'no' then maybe you have never consumed urine from other people or animals. The urine market turns over \$500 million dollar per year. Just a few figures - urine from 110,000 post-menopausal women is collected in Argentina, Brazil, Italy and Spain as well as the urine from 7,500 impregnated mares from around 500 farms throughout Canada and North Dakota. That is a lot of urine that these extracts are made from and for which you pay very dearly. The problem with urine extracts is that medications, except urea extract, have negative side effects. Many more products would be on the market if our urine could be more of a norm instead of different every day. Considering these few facts, wouldn't it be wiser to use your own urine which is in perfect balance, sterile, freshly manufactured every day to your personal needs of the moment and that is also free of charge?

But when animal urine works for humans, why shouldn't human urine work for animals? My friend Pat put it to the test. She wrote to me: *Not only is urine great for sad little plants that get watered but not nourished, a wonderful side effect my small dog experienced (because she drinks the water from the pot saucer) was that from a little dog who had an incurable skin problem, within two days of drinking the urine boosted' water, she stopped itching and is now very placid. Hope this might be of help to other dog owners. PFM*

Not only urine has antibodies, milk has as well. Breast fed babies are healthier than others. The behaviour of gorillas is interesting. When their babies have diarrhoea, for example, the mother gorilla eats a bit of the stool of the baby and within a maximum of 24 hours the stool of the baby is normal.

Treatment with Auto-urine Therapy

Auto-urine therapy is a perfect medicine for the person's individual needs. However, people become ill due to incorrect diet, stress, or some inherited problems. Every *dis-ease* has its cause. We have to find out the cause, eliminate the cause or treat the cause, in this way we can restore nature's balance, which means no disease. Urine and other gifts of nature can help to restore health. Chemicals in modern medicine can only help to bridge a valley in acute illnesses but cannot restore health in the long term.

Urine therapy is, in most cases, only used if everything else fails. Bearing this in mind and also the high percentage rate of healing, why don't people try urine therapy first then most of them would not need any other medication, at least not chemical ones. As with any treatment, the technique and the dosage is up to the individual. You have to find out for yourself if drinking fresh urine, homoeopathic urine or drops under the tongue or other methods are the most beneficial for you. If one of your friends has had success with one treatment, that may not mean that you will have the same success with the same treatments. We have to learn to start to think for ourselves, make our own decisions and listen more carefully to our own body instead of others.

Urine therapy is a wonderful treatment but not everyone has full success with it. *All diseases are curable, but not all patients because they are very much impatient* is an old saying in traditional medicine. Successful long-term healing is only possible with holistic methods to restore health. Pathogenic stress has to be avoided.

With all other self treatments it is strongly recommended that people have a diagnosis done by a experienced practitioner first but with urine therapy this is not necessary. Your body diagnoses itself at any moment and your urine is your individual holistic medicine at any given time.

A mother of two wrote me the following letter: /, and my two small boys have been drinking our own urine for the last six months. I am going through a nasty divorce, and I am very aware of the stress taking a toll on my health. I have noticed I have become much calmer in myself when a drama occurs, my hair looks vibrant and healthy and all the self-help hooks I am reading mentioned that one becomes depressed in this time. In fact I am feeling there is lots to discover in life. I have never been depressed! My youngest child, 2 1 2 years old lost hair from the back of his head. The doctor was quite concerned. This only happens to 2 in every 100 children! Since being on the urine therapy his hair has grmm back. My first child's (4-1 2 years old), legs are "fodder for the sandfly". At least 20 band aids a day before we go out. Since being on the urine therapy his legs are healing remarkably well. Now that winter is here, there always seems to be a child at preschool, playgroup or friends who has a running nose, stomach upset etc. They (my children) have had nothing! It works. Regards S.J.

Sometimes there are combinations of complaints where urine therapy may be the only cure. When I asked my good friend and natural therapist Tina White about her opinion in regard to urine therapy she answered: "Urine is a great medicine. If people would talk about their healing success with urine, many more would use it". Tina has sent me following case study:

A middle-aged male presented with an acute skin condition, where there were raised hard or homy layers from intense itching, and areas that produced some bleeding. There was much dry and or flaking or peeling skin over 90% of his body. The skin was so taut behind (he knees and elbows that the patient had much pain when he lay down, sat, walked or even just stood still.

This man broke down and cried. After comforting him, he shared with me all that had transpired and that he felt that life wasn't worth living. He'd suffered for the last 18 months with this condition and now was unable to work at all (he had been a pharmacist). He finally

told me that his wife left him and had taken the children with her during the last month. He was devastated and was trying every cream or ointment and medication that orthodoxy could provide. He had seen numerous doctors and dermatologists with some improvement at times, but still not enough to make life bearable and his condition controlled.

He admitted that he knew nothing about natural therapies and that out of his desperation he was silting here with me.

Being a naturopath, herbalist, acupuncturist and remedial therapist I had many and varied approaches to search out for something that would bring this man some relief and hopefully a cure.

I did many things and had some success, but his emotional state would irritate his condition at times, especially when he saw his wife. I fell for him, he was missing his children badly, and having no income made things difficult to manage on a day-to-day basis. Just going shopping was an ordeal for him.

After three months I felt his desperation was peaking, and he had talked to) often of suicide. So I chose to brmich to him another option of treatment and asked him to listen.

I told him that I had never prescribed this treatment before and that I had read and heard from others, that mine therapy had many successes with many conditions.

Once you understand what urine really is and that all animals use urine in many and varied wa)'s, "It's simple, the hue and the cure are always in hand, so why not the idea of our own tfffnt to be the simple cure" for the many ailments that assail us.

So, he willingly agreed to try anything: this W&s to be his last effort. I went into me different ways we could administer his urine and he chose the homoeopaths 6x to be taken sub-lingually, at 5-10 drops three limes a day, half an hour away from food or drink, and to start dabbing his Mine (collected midstream), first one m the morning, onto one small area to begin with.

The next day he brought the remains of this urine for me to make up his homoeopathic and he told me that with the other he used gauze to

dab onto his lower leg, several times making sure it soaked in. He] experienced some smarting at the beginning for up to three minutes then it Subsided. The urine was left on for up to 20 minutes then washed off with pure water, which he a/so found smarted his skin for a short time. He applied sorbelene - with much amusement he said it contains urea. I asked him to monitor all his reactions and that he] was not to take any other medications. His diet had to have lots of green foods (for chlorophyll) to cool his blood and quench up free radicals and also supply him with beta carotene This simple diet consisted of fresh fruit, salads vegetables, and a little rice together with some fish (deep sea), lots of pure water and a few herbal teas. I taught him breathing exercises and how to relax and a meditation technique and sent him on his way 'till the following week. I told him to con/act me if he felt he needed me for any reason. A week passed before he came, and to my surprise, he was smiling and eager to share the last few days since we'd been together. He showed me his leg and there was a considerable difference from the rest of his body. The skin looked less angry and had a soft appearance to it, and he said that his itch had regressed to 50% all over the body. He was very keen to start the urine all over. We also talked about keeping the urine for a few days so that the ammonia content would be stronger and try that also, he was so eager and anxious to begin and showed such confidence and enthusiasm so off he went, promising to record all of it. All I'll say now is that a man who took a full six months to become 100% well, blessed me with the experience which I have carried onto many others who have suffered from allergies, asthma, skin problems etc.

I truly believe in the laws of nature, and I thank God for the free will to make conscious choices. The right choice -Urine-.

Mrs.G. S. wrote following letter to me: ... / purchased your book Urine the Holy Water. I started in June to take 5 drops under the

tongue increasing to 20 drops. Then I fell I could drink Haifa glass full easily after one month of the mid stream.

I used to get up two to three times a night with cramps in the legs, and then waking up in the morning feeling very tired and no energy. The first week I realised I slept right through the night 8 hours and waking up with energy.

I also suffered for years with itchy ears drums and ears, and had to use medicated eardrops. Using the mine, one drop in each ear. the complaint vanished. ■

/ Went to my doctor to have a blood pressure check and he said "what have you been doing, you have the pressure of a teenager".

I told him my bad circulation in the legs had gone and told him affile urine therapy. He said he had heard of it and would purchase y&Ht book.

So at 77 years of age it's not too late to start urine therapy, also friends have commented on dark patches appearing in my grey hair and asked if I Was using a rinse.

I had to write and let you know.

And this letter from J. H.

As suggested in your newsletter I ha've decided to let you know how I am going with the Urine Therapy. I ordered your book "Urine The Holy Water" out of interest and because I have an inquiring mind. I have had success with Kombucha (I also have your Kombucha book) but had recently moved house and hadn't got around to selling up a new hi. So when you mentioned the Urine book in a leaflet, I decided to look into that before getting into my Kombucha again. I am extremely glad that I did! After reading the book I decided to try drinking my first morning mid-stream lot. I kind of gagged the first few days but I soon got used to it! Let me tell you that the state of my health before starting with the Urine Therapy was that I had a pretty nasty case of psoriasis (skin condition) on my left hand and feeling very fearful and anxious after a failed relationship. After the 2nd day of drinking my urine I noticed that I wasn't feeling so depressed and

anxious! On the 3rd or 4th day the psoriasis started drying tip on my hand and scalp. And it just kept improving as I was also massaging older urine on my hand and rubbing it into my scalp at night and washing my hair in the morning. After 3 weeks there is just no sign of the psoriasis anywhere! But actually the thing that most amazed and confounded me was the psychological effects! The Kombucha had also worked for psoriasis hut nowhere near as quickly (took maybe twice as long) and is definitely an over-all health tonic, but the urine just turned me around. From the 3rd day or so I just started feeling happy, bouncy, not scared but positively confident and out-going. At first I couldn't work out what was happening as my life was still the mess it had been just a few days previous! If took me about a week Hi fully understand the! it must be the urine. Because I wasn't doing anything else different. It was X'ery dramatic and almost immediate. I /Hive also sometimes had touches of diarrhea (?can't S/K/I that) which feels like I'm getting rid of toxins. I have also been using it as an over-all moisturiser and also on pimples to good effect. My skin tends to be dry so this has been most we/come.

Also /My cat had a big, nasty cyst on it's head which the vet was going to surgically remove at the next visit. I started rubbing my own urine on to it and it kept getting smaller and smaller! After 2 weeks there was no sign of it. I he vet is going to wet (!) herself?!

And this letter from P.h.

My family and I have been using this "wonder water" for over two years now, and it's efficacy is still amazing me. I work as a flight attendant on long-haul runs, and can become quite tired and run down due to jet lag etc. Specifically on more than one occasion I arrived at &\$' hotel room late at night with the sorest (if sore throats. So sore that it is even painful to swallow. I take a couple of ounces of my mid-stream urine and gargle deep and long. I really throw my head back and let the liquid get very deep into my throat, gargle for 20-30 seconds, expel the liquid and do it again. I then drink a small amount and then retire. Quite often I awake in the morning and

instead of running off to the doctor to pump all those symptom-suppressing drugs into one (and further loading up my body with toxicity), I even forget I had a sore throat at all six hours earlier. It's better than anything else I have tried.

My children often come running into the house, offer they have cut or scratched themselves, wee into a plastic cup, permanently placed in the bathroom, and scrub the affected area ~ no questions asked. When my children have been ill, they routinely ask me if they should drink their own urine (Fortunately, they are not ill often, at all). A lady friend of mine, who wishes to remain anonymous, has not been able to grow her finger nails for 20 years. They would always split break or crack. After reading "'(he Water of Life" .I.W.Armstrong, this woman would let her urine run over her fingers. Within less than two weeks, she was growing long beautiful nails that wouldn't crack or split. Marvellous.

I have used urine to cure my dandruff, dry rough skin, pimples etc. My little girl sometimes greets me after a long (t^p with a cup in her hand and says "here daddy, I've saved some of my urine for you".

Cute!

On one occasion, where I awoke with a fever - I could not urinate, so I used some of my young son's urine. Brilliant! As a routine maintenance procedure on the advice of Leonard Orr -the father of rebirthing in the 60's - I drink 2 oz of my first mid-stream morning flow - (when I remember). After speaking with Leonard in the Slates (California) at his clinic built around using Urine Therapy he said to me quite categorically "Carlo.... if you know someone with a terminal illness, ask them to fast on their own wine and water and the disease will go into complete remission within 2 weeks". Pretty powerful statement. So powerful I do not want you to print it as it may bring suits of liable. Htnvever I personally know someone, first hand, who did exactly this.

And this letter from T. L.

I recently had the pleasure of reading your book "Urine lite Holy Wafer". I first heard about urine therapy in Nexus magazine about 6 months ago. As I am currently studying Naturo/falhy I was interested in finding out more about the therapy and have since read a number of books on the subject. I found yours to be one of the most comprehensive and an extrem/y practical and informative guide for anyone planning to undertake urine therapy. It certainly convinced me that I was on the right track.

I actually commenced urine therapy about 1 month ago. I was a little apprehensive about commencing the therapy as I am currently taking the contraceptive pill and the literature I have read does not recommend drinking urine while on allopathic medication. Can you shed any light on this or suggest anyone who may be able to?

Nevertheless I decided to give it a go and have been drinking my urine daily (morning mid-stream) and applying it to infected areas (genital herpes) for about a month. Initially I experienced some discomfort in my bladder area and a painful rash under my arms. These symptoms have since disappeared and the problem with genital herpes has been relieved.

In addition, about two and a half months ago after I had read my first book on this subject, I mentioned it to a friend wfa was suffering Golden Staph. She was taking very strong antibiotics but to no avail. Disillusioned with Western medicine, I suggested she give the urine therapy a go. So she gave up the antibiotics and started drinking her WffitB and applying it to external sores. She has had fantastic results. Her Golden Staph seems to be cured and she reports a new vitality and increased energy.

Thank you once again and I look forward to receiving your newsletter and to hming the opportunity to read more of your publications in the future. Keep up the good work!

Herbal Teas as Supportive Treatment

The quality of urine and with it, the healing effect, depends on your diet. Incorporating herbal teas in the diet can amplify the healing effect of urine therapy. To give you some idea which herbal teas are used in certain diseases I list these herbs in the chapter *Diseases and Their Common Treatments*.

Herbal teas and urine therapy are only parts of holistic healing. I mention the supportive herbal teas only as one step further towards holistic healing since herbs are part of my life. There are of course many more ways of herbal treatment like using oils, herbal baths, ointments, compresses and so on.

The successes of traditional healing with herbs is based on a balance with nature. With a disturbed balance by using modern extracts, we need to have proof of our experiences over long periods of time before making claims. Will the new experience with an unbalanced nature be a successful experience?

Herbs have to be fresh for best results. Old herbal teas are perhaps good for garden mulch but not for healing, ask for the harvest date of herbal teas and not for the use-by date.

Do herbs have negative side effects?

Where there is light there is shadow as well. The dosage makes it poison and the dosage makes it medicine

High dosages of medicinal herbs can have negative effects. In some cases it might be advisable to bathe in herbs to avoid negative side effects. Strong herbal medicine should only be used if there is a clear indication and need for this particular herb or herbal mixture.

If you are healthy, then enjoy it and take only harmless herbal teas to maintain health and for good taste.

When should a medicinal herbal tea be taken?

Stimulating herbs should be taken in the morning and calming herbs in the evening. For example green tea, black tea, rosemary tea in the

morning; St Johns Wort, valerian and chamomile in the evening. Many herbs have multiple properties like chamomile (*matricaria chamomilla*) a tonic carminative and sedative - useful in neuralgic pain, infantile convulsions, stomach and gastro-intestinal disorders but also constipating.

Medicinal herbs can *overwrite* the symptoms. The illness can under some circumstances develop further. For example if blood in the stool is treated with oak bark, the bleeding may stop but a possible cancer growth may develop further and early detection may be delayed.

Mixing Different Herbal Teas

There are many slimming, sleeping, bladder and asthma mixtures one can develop with different herbal teas for all sorts of complaints. It is advisable to alter the herbal teas after a few weeks to give the body a new stimulant for better effects as well as to avoid negative side effects.

The numbers after each of the herb teas mentioned in the following text mean that you should mix this tea in the parts as shown. For example: Jasmine 2, Melissa 2, St Johns Wort 1, Speedwell 2 means that you mix two parts of Jasmine, two parts of Melissa, one part of St Johns Wort and two parts of Speedwell. Other teas to alter the mixture are mentioned for better stimulants and if you can't get all the teas for the mixture. There is no limit in mixing the right teas to your own needs.

The herbal teas mentioned are considered safe. However some could have negative side effects if used in high dosages and over a long period of time as well as in pregnancy.

For further reading my books *Herbal Teaology* and *Kontbuchu Teaohgy* are recommended.

*Health is not a marketable commodity which can be purchased by
power of the purse.*

Diseases and Their Common Treatments

The following suggestions of treatments are only of a general nature.

Acne Use fresh urine to wash the face.

Ageing One glass full in the morning as a tonic is recommended. DHEA as well as uric acid found in urine seems to be responsible in slowing down the aging process.

The 5000 year old Damar Tantra tells us of the use of urine against aging as follows:

Verse 35. *The fruits of the moha tree and a th-mixttire of the herbs in verse 27, should be taken in equal proportion and dissolved in Shivambu. This is capable of relieving old age and all kinds of diseases.*

Verse 27. *The mixture of pepper, terminalia belavica, terminalia chebula, if taken with Shivambu will enable man to acquire divine lustre and brightness.*

Verse 69. *Bhringaraj and honey should be mixed and taken first, followed by Shivambu. The follower after six months, will be free of old age and wilt have excellent (fore) sight.*

Verse 71. *The root of Apamarg (Achyranthus Aspara) and Chakramarda (Chenopadium Album) and the juice of neem leaves should be taken, followed by Shivambu.*

Verse 72. *He will be relieved from all ailments and the tokens of old age, such as wrinkles and greying hair. He will possess excellent and long eyesight within a distance of miles and miles.*

Verse 80. *The price of the leaves of Kavali, honey, sugar and ghee should be mixed together. If it is taken regularly in the morning, the signs of old age disappear promptly.*

Verse 86. *// the follower of the therapy massages his body thrice a day and thrice a night with Shivambu, he will definitely enjoy longevity.*

AIDS Drinking of urine, enemas, massages, holistic treatment.

I found the following article in Urinews (Volume 1/1995) *The increasing menace of AIDS poses a big threat to humanity's survival. "That most devastating disease AIDS, can be cured by the patient's own urine". Very recently we have received a letter from Victoria Seme of Tanzania where she writes that she tried IT on 10 AIDS patients as per the directions given in the book written by Dr Thakkar and amazingly, all were equally benefited with the remission of several AIDS symptoms. The same opinion is expressed by Lynn Stabenrauch of ISA in her letter dated 13 4 94.*

So far around 100 patients have consulted us for using IT, and most/all of them are progressing well with it.

Dr. Beatrice Barnett reports in her book *"(Fine Therapy - If May Saw Your Life" (1989)*, about successful treatment in cases of AIDS and Martha M Christy comments in her book *"Your Own Perfect Medicine"* regarding AIDS as follows *"No one with HIV or AIDS can afford to ignore the information on IT especially considering the danger and ineffectiveness of the accepted AIDS treatment such as AZT"*

There is the question whether AIDS can be transmitted with urine. Latest research shows almost certainly that this is not possible. • Herbal support: Kombucha fermented, immune system supporting teas such as Agrimony and Echinacea are used.

Allergies Enemas and injections are useful treatments as well as drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

(Urine is a sterile liquid that is not found to contain viruses, whereas it does contain required antibodies. When the immune system begins to

identity ordinary harmless substances as a threatening foreign protein in the body, it sends out specific white blood cells (T and B lymphocytes) to attack it. B cells search out, identify and actually bind with the foreign protein (allergen) while T cells rapidly divide, producing antibodies and new T cells. Modern medicine has no cure for allergies and auto immune diseases. Doctors believe that allergies are essentially introduced by unidentified weakness or alterations in the immune system. Our current diagnostic methods for allergy are crude and ineffective. Even if the allergy is identified, there is still no effective conventional treatment for it. That is why urine therapy should be adopted. Urine contains specific anti-allergen antibodies that are manufactured by the body itself. No diagnostic problem. The body has already identified the allergens and created proper antibodies. Extensive clinical testing has proved that urine is effective on an extremely wide range of food and chemical sensitivities. (Vinubhai Gandhi, "Health for All by 2000 AD")

Amoebas Fasting and drinking of urine, homoeopathic drops, fresh urine drops under the tongue. Enemas.

Anaemia Dietary supplements with drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Anxiety Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

• Herbal support: *St John's Wort, Valerian, Dandelion, Melissa, Hops, Orange Flowers, Ixtvender, Betony, Speedwell, Strawberry.*

Apathy Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Aphthae Gargling and swabs applied to ulcers.

Appendicitis Drinking of urine, homoeopathic drops, fresh urine drops under the tongue. Apply a compress to the area.

Arteriosclerosis Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, injections and/or massage.

Arthritis Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, massage with compresses.

Ramnikal Gada A.U.T. gave in his paper, "*Urine Therapy in Rheumatoid Arthritis*", the following information at the first world conference in Goa

There are many kinds of arthritis such as rheumatism, osteoarthritis, rheumatoid arthritis, etc. Rheumatoid arthritis is the arthritis of joints.

Patients suffering from rheumatoid arthritis should follow a course of urine therapy.

Patients should drink 600 ml to 1200 ml of fresh urine daily. Lightly warmed urine (seven days old), to be massaged into each joint 3 to 4 times a day, half an hour each time. Older urine is more effective. A compress of hot urine may be applied for half an hour, to the most painful joint 3 to 4 times a day. An enema of twine should be given every 8 to 15 days. All food and drink taken during the day, should be well heated and a little hot while consuming them. Moong water, juices of vegetables and fruits should be taken. Avoid items made from food grains, underground vegetables, yeast formed foods. Oily foods, foods kept in refrigerators or cold storage and salty substances should be avoided altogether.

Patient: Mrs Prafrdlabeh Kamlesh Singala, aged 35 years. Suffered from rheumatoid arthritis. Almost every one of her joints were affected with rheumatism. The hands, legs and all the fingers were twisted. Due to this she could not even wear her own clothes. She used Ayurvedic, allopathy and homoeopathic medicines for 2 to 3 years, but did not get results. She was advised to drink all the urine

during the day and massage was to be done using the urine of her husband for 3 to 4 times a day. Urine bath was to be given on the joints. Initially she had to reduce her diet slowly to only liquids within one month. Then her liquid diet continued for six months, after which she was told to take light, easily digested foods only, which she is continuing until today.

Her husband worked very hard over her treatment and was 90% to 95% successful within 18 months.

- Herbal support: In a research Kombucha fermented common tea showed the best results in the treatment of arthritis.

Asthma Fresh urine drops under the tongue as well as injections and holistic treatment. Sniffing urine combined with urine massage of chest and spine has also proven beneficial. Diet (monkey diet) has to be adjusted. Holistic treatment.

Using urine therapy Dr. Shashi Patil and Dr. Sarang Patil ("*Integrated Approach of Urine Therapy (IAUT)*") Samyak Publication, Kolhapur, India) had the following successes with Asthma:

With episodic asthma 80% of patients had a long-term total improvement and 20% a short-term improvement. Relapses were due to irregular therapy.

With chronic **asthma** 60% had total improvement, 29% total relief as long as treatment was strictly followed and 11% had no significant long-term relief.

With **status asthma** 5% found total relief, 44% short-term relief, 48% no change and 3% showed aggravated results due to continuous vomiting and dehydration.

And I received the following letter:

// I read in the Kombucha book that you wrote that I saw the advertisements for your other books, so I ordered the three books, one being the "Water Medicine". At the time of ordering your book I was suffering very badly with the asthma and was having to go on my

nebuliser every 2 to 3 hours, as I had constantly no breath even after the nebs.

I was depressed with it and knew not where to turn. I was still working, but going home for each neb. After your books arrived I read all about it in the Water Cure, I can tell you, this was not going to be my favourite medicine. I already had four bottles of echinacea homoeopathic drops that did not work, so what I did was to put 10 urine drops into the drops I had. I took five drops under my tongue each day morning and night, for the first two days no change. Then on the third day I had no asthma, not a bit. I still am taking the drops because I did stop taking them so my immune system could step in, in those two days I got asthma back slightly. So now I'm too scared to stop the drops. JH. W.

• Herbal support: *Valerian (root), Melissa, St. John's Wort, Thyme, St. Benedict (root), Elder Flower, Mullein, Coltsfoot, Iceland Moss, Black Cohosh, Elecampane, Golden Rod, Marshmallow, New Jersey, Saw Palmetto, Soapwort, Wall Germander.*

Athlete's foot Footbath at least one week longer after the symptoms disappear.

Atrophy Massage and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Backache Compresses with massage.

Bites Wash bite area with urine, apply compress, massage.

Bladder problems (infections) Wash genitalia with urine, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

It may sound a bit paradoxical that one can get a bladder or a urinary tract infection when urine is said to be such a wonderful healer for

other infections. The fact that infections happen in the bladder and urinary tract proves that the presence of urine inside the body does not have a direct effect. But the same urine if it is taken orally and passes through the throat can heal inflammation and even cancer, as research from Japan has shown.

- Herbal support with the following teas is used successfully:

Mixture A: Prostawort 1, Calendula 1, Horsetail 1, Dandelion

Mixture B: Couch Grass 1, Calendula 2, Shepherd's Purse 1, Jasmine I, Sorrel 1.

Other teas to alter mixture:

Barberry, Corn Silk, Cowberry, Lady's Bedstraw, Maiden Hair Fern, Mouse Ear, Pipsissewa, Prostawort, Rose Hip, Seven Barks, Strawberry, Wild Clover

Blisters Bath or apply compress.

Blood pressure too low Adjust the diet; drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

- too high Adjust the diet; drink small quantity only or use homoeopathic drops or fresh urine drops under the tongue. • Herbal support: In my opinion Hawthorn is the best herb to balance blood pressure. Other teas may be taken to alter or as an addition to Hawthorn tea like Dandelion, Elder Flowers, Heatherscotch, Sage, Scurvy Grass, Shave Grass, Strawberry

Blood clot Drinking of urine, homoeopathic drops, fresh urine drops under the tongue. Boils Apply as liquid or by compress, clay pack.

Bowel movement Ene/na and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Brain haemorrhage Apply compress to head; drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Bright's Disease Fasting and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Bronchitis Holistic treatment, injections, homoeopathic drops, fresh urine drops under the tongue.

• Herbal support: Coltsfoot, Mullein, Liquorice, Agrimony, Thyme
Elecampane, Golden Rod, New Jersey, Orris Root, Peach Tree, Saw Palmetto.

Bulimia Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Burns Compress and massage.

Cancer Urine fasting, holistic treatment, drinking of urine, clay packs in some cases.

Literature concerning urine therapy has uncounted reports about successful cancer treatment. Urine was, in nearly all cases, the last choice after they have been given up by the medical profession, and healed themselves against all odds. Shri Himmat Somaija is one of these cases who had liver cancer. He said: *"Friends, had I not stumbled upon urine therapy eleven years ago, my family members and friends would have been mourning my 11th death anniversary. Today after ten years of my recovery from the deadly disease I am having extraordinary health and stamina which I had 20 years before! I have become a legendary personality amongst my friends, relatives and well-wishers. From my own experience I confidently declare that cancer can be certainly cured by urine therapy if done systematically"* Shri Himmat Somaija now works together with Dr G.K. Thakkar and helps others with professional good and free advice in the fight against diseases others have given up on. A similar case is Tara Aich from

Toowoomba, Australia. She was diagnosed with cancer of the lymph nodes, intestine and liver eight years ago. She not only survived but feels better than ever before. Since her own success she promotes the good message about the free and effective medicine wherever she can. The following letter was written to the editor of the Nexus magazine.) contacted Robert Adams in New Zealand and he gave me permission to publish his letter in my book. He offered me even more details since his success of treatment and general well-being was a long-term one. *Urine Therapy v.v Skin Cancer. Dear Duncan: I write you this communication With particular reference to the mailer of cancer.*

Two years ago, a small sore appeared on my right inside lower arm. It was very small and, at the time, appeared quite insignificant. However, within three or four weeks the sore started itching , accompanied by a burning sensation. Within the following six months it had noticeably enlarged. I later self diagnosed it as possible cancer and kept an eye on it. It continued to enlarge and I consequently visited my doctor. He confirmed it was cancer and advise that it would require surgical removal as soon as possible. From my recent studies of cancer cases on alternative medicine regarding cancer cures, I was most reluctant about surgery in view of the fact that, in many cases, surgery has only served to aggravate the area in question on the body where it has been performed, thus weakening the region for further later invasion to take place. However, my health did decline somewhat as time passed on, and, by Christmas 1995, this cancer sore was now accompanied by yet another one in close proximity which grew at an alarming rate and became in a short time linked with the original outbreak. Margaret nagged me incessantly to get the surgery done, and by the New Year my resolve was weakening along with my health. It was following the release of your February-March 1996 issue in which you featured the "Urine Therapy" article by Martha Christy, which I read several times, that I decided to give this therapy a go myself, albeit in a slightly modified approach. If this brave woman*

could annihilate all her health dramas in this way, why should I not try it?

Immediately I devised a way whereby, I could apply the urine in an ongoing way so that the core of the cancer was saturated continuously with fresh urine. (Margaret threatened to divorce me!). I first of all opened my diary to Saturday 27th January '96 and entered "First treatment started". All treatments and noticeable results were entered from then on. On Wednesday 28th February '96 entry reads, "Growths completely healed." Saturday 9th March reads, "Area of growth now difficult to discern see. 16th March reads, "Now there is no trace of where growth originally existed, ie, no scar". the actual healing time was 32 days.

Margaret and I went down to the doctor's and showed him the arm. He and his nurses could not find any trace of eating? and kept rubbing the hairs of my arm away to try to find it. One of the nurses at the clinic has become an avid reader of and subscriber to NEXUS magazine and, at the time, although the doctor demanded to know what self treatment I had taken, neither Margaret nor I would divulge that the application of urine did the trick, but the nurse in question (NEXUS reader) stood at the back quietly smiling to herself Later she said when no one was about "You tried that urine therapy, I'll bet!" You old devil; trust you!" The nurse agreed to bring her issue of NEXUS into the inner sanctum of the clinic and leave it in conspicuous places in the hope that one of the doctors might just pick it up, read it and come to some sort of conclusion on their own. We are still waiting for some feedback news from "our nurse on the inside".

Margaret and I still keep on monitoring the entire arm, but it seems remarkable that just one outbreak of cancer on just one area of the surface of the body can actually drain one's strength and affect one's general health the way it did with myself. I have, since the treatment, experienced a remarkable improvement in strength, health and general well-being arrd, yes, quite a wonderful success story.

Duncan, I feel personally indebted to this brave woman, andyoti have my permission to give her a copy of this personal authentic experience.

Kind regard to all at NEXUS, Robert Adams, Whakatane, New Zealand.

Preventing cancer would be the ideal way to go. The largest amount or maybe all of the money, spent in cancer research is used to find a cure for cancer - a medicine which destroys cancer. Wouldn't it be better to use a larger amount of the money to research cancer prevention?

Only a few months ago a study from the USA broadcast on TV said that in the year 2000 every second death will be from cancer. I can remember when statistics showed that one out of twenty will die from cancer. Why such a dramatic increase? There are some reasons why we get cancer in the first place, one is our environment. We hear a lot about global warming, air pollution, the ozone hole and so on and complain about the big industry, high tension power lines and other well published environment polluters. The media lives on reports like that but what can we really do about it?

The main environmental problems come from our own house and there are possibilities to change it. Electropollution is more and more linked with cancer and is ten times higher in most houses than outside. The bed area is very often highly electrically charged with radio clocks, electric blankets, TVs and so on around the bed and this is exactly the area that really doesn't need any charge. The body should repair itself during sleep and should not be charged with the high voltage and with it a 50 Hertz frequency and the magnetic field that comes with it. If you are interested in reading more about how we punish our health in our own environment, our own house, and what solutions we have, it is recommended you read Reinhard Kanuka-Fuchs book. *Healthy Home and Healthy Office* as well as my book, *Earthrays and Man-made Pollution*.

Beta-carotene showed good results in the treatment of cancer as a study from the USA shows. Spirulina is the food with the highest content of beta-carotene. When treating with beta-carotene make sure you use the natural, organic beta-carotene as it is in Spirulina. Synthetic and stabilised beta-carotene is not as effective and can have negative side effects. Stay with nature!

For more information about Spirulina and beta-carotene it is recommended you read my book *Spirulina - Micro Food Macro Blessings*.

- Herbal Support: Essiac, a mixture of burdock root *arctium lappa*, rhubarb root *rheum palmatum* (This is not the common rhubarb in our gardens!), sheep sorrel *rumex acetosa* and slippery elm *ulmus fulva*, became very popular in the last few years in cancer self treatment.

Another popular herbal treatment is pawpaw.

Here is the most common recipe for pawpaw leaf juice. Use seven medium size pawpaw leaves - not very old ones, and not too young. The leaves should be washed thoroughly and partly dried. Cut them up like cabbage and put them in a saucepan together with 2 litres of water. Bring the water and leaves to the boil and simmer (without a lid) until the water is reduced by half. Strain the liquid and bottle in glass containers.

The concentrate will keep in the refrigerator for three to four days. If it becomes cloudy it should be not used any more.

For Kombucha brewing the concentrate is mixed together with green tea or other medicinal teas to one's needs.

Kombucha fermentation conserves the properties of the pawpaw leaves in a natural way.

The recommended dosage in the original recipe is 50 ml three times a day. The concentrate can also be added to other juices. If pawpaw concentrate is fermented together with other teas the dosage is calculated on the proportion. For example if one litre of pawpaw concentrate and one litre of green tea is fermented together the calculated dosage is 100 ml three times a day.

Some people use the semi-mature (mature green) pawpaw fruit (with seeds and skin), which is said to have the same healing effect as the pawpaw leaves. The pawpaw can be processed in a kitchen blender and can be mixed with other fruits.

For more information please read my books, *Kombucha The Miracle Fungus* and *Kombucha Teaohgy*.

Candidiasis Fasting, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, and enemas.

Cataracts Eye bath/drops.

- Herbal support: homoeopathic hemp has shown good results.

Chilblains Wash area regularly with urine.

Chronic Fatigue Syndrome See M.E.

Cold Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, gargling and sniffing.

- Herbal support: Chamomile, Linden Flowers, Melissa, Echinacea, Dandelion, Agrimony, Yarrow, Hawthorn, Echinacea, Nasturtium, Elder Flowers, Barberry, Fennel, Feverfew, Blue Mallow, Evening Primrose, Hedge Mustard, Hyssop, Rue, Safflower, Saw Palmetto, Mullein

Colic Fasting, enema and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

- Herbal support: Angelica, Catnip, Juniper, Lady's Mantle, Orris Root, Rue, Elder, Thyme

Conjunctivitis Eye bath and/or drops.

Constipation Enema or drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

- Herbal support: Senna, Dandelion, Barberry, Wild Clover, Marshmallow, Pride of China, Wildorogon Grape

Cosmetic allergy Massage and compress.

Cough Gargling, sniffing and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Cramps Compresses, rubbings.

Cramp is also a sign of not enough calcium in the body. Calcium is best taken in the evening.

- Herbal support: Jasmine, Angelica, Pansy, Rose, Dandelion

Cysts Massage and apply a compress

Dandruff* Massage into hair and scalp.

Deafness Eardrops.

Dental **problems** Rinsing

Dr G K Thakkar, founder of the *Water of Life foundation* and author of several publications said the following at the first world conference on urine therapy in Goa, India:

Auto-Urine Therapy has been found to be most effective when used for various dental problems and oral conditions such as Pyorrhoea, Gingivitis, Halitosis (bad breath), angular cheilosis. Stomatitis, Lichen-Plaids, etc. For those simple but painful conditions, hardly any effective permanent cure has been found so far. A/Kirifrom other diseases, there is no sure cure even for halitosis that is cured by I IT in a couple of days! The severest toothache can be relieved just in 10 to 15 minutes flat!!

Following a regime of continuous experiment and research, I discovered a technique to achieve maximum benefit from I IT on all dental and oral conditions. The simple yet special technique is as

follows. Fill the mouth with fresh SHII'AMBU and keep it friled while continuously rinsing for 10 to 15 minutes or more as is convenient. By rinsing, Shivambu is absorbed by the gums and reaches to the roots of the teeth, destroying the bacteria that may be present. By repeating this technique of rinsing Shivambu inside the mouth 3-4 times a day, not only can serious dental diseases be cured in a few days, but even loose teeth become firm strong and healthy enough to serve you faithfully for the rest of your fife! We hax'e achieved almost 100% success in the above denial and oral conditions.

Note: It may be noted that the cavities in the teeth are not repaired or filled by rinsing urine in the mouth. The cavities should be filled and repaired by a dental practitioner.

Depression

Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Dermatitis (allergic)

Compress, massage and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Diabetes

Adjust diet (anti-acidosis), drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

• Herbal support:

Mixture A: Bilberry 1, Galega 1, Knotgrass 1

Mixture B Burdock 1, Chicory 1, Fenugreek 1

Galega (*galega officinalis*) is used in the treatment of the early stages of diabetes but should not be taken if a patient is on L-dopa treatment since it might increase the blood sugar level

Diabetes sufferers should **not** use Lady's Bedstraw (*galium verum*) in tea mixtures.

Diarrhoea Fasting and drinking of urine, homoeopathic drops, fresh] urine drops under the tongue.

Herbal support: Common tea, Plantain, Wild Pansy, Peppermint, Bilberry, Lady's Bedstraw, Walnut, St. Benedict's (root)

Digestive problems Fasting and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Diphtheria Injections, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Dizziness Compresses to the head and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Dysentery Fasting and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Dropsy Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

The ancient text of Darma Tantra recommends in I 'erses 28, 29. *The extract of mica and sulphur should be dissolved in Shivambu and taken regularly. It relieves the ailment of dropsy and rheumatism. Man becomes strong and divinely lustrous. He can enjoy longevity andean compete with death.*

Ear problems Ear drops.

I received the following letter:

One Sunday morning my eleven-year-old daughter had a severe earache, possibly brought on by a lot of swimming in a friend's pool the previous week. I had no Panadol and no drops! So, I put three drops of her urine in her ears every hour, and after about three hours, the pain disappeared. RF.M

Eczema Compresses and massage with old urine.

John Rabitsch reports in his Lecture UR/94 "The Urine-Cure (Treat Yourself Therapy)": *Trying is better than studying I thought and I drank my 1 16 litre of urine mixed with 1 16 Hire of volvic-water for one week. Suddenly my small eczema on my upper thigh disappeared. I had it for 40 years.*

Energy, low Urine is taken as a tonic, one glass full each morning. *ft*
Herbal support: Kombucha fermented green tea or common tea has a result of a feeling of more energy in most people. **Epilepsy** Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Eye problems Eye bath.

Heinrich Zedler from Germany (book 1747) recommends: "One *can best heal injuries to eyes with honey dissolved in the lightly boiled urine from & young man*" Comment Honey is a very good healer for all injuries. I think one's own urine may be used and urine from others only if there is no other possibility.

Dr G K Thakkar said the following at the first world conference on urine therapy in Goa, India:

// is pleasing to note the beneficial effects which UT has on various eye diseases such as chronic and acute conjunctivitis, allergic conjunctivitis, (sty) or hordoleum (Internal - External) acute and chronic dacryocystitis, iridocyclitis, trachoma, glaucoma, etc. also Herpetic Chronic conjunctivitis (for which there is no known ewe even in advanced countries like the (IK, Germany and the USA). By simply administering a few drops of fresh urine to the eyes 3-4 times a day or, by blinking the eyes in an eye cup filled With fresh urine. The urine should be set aside for a few minutes to allow for cooling.

Shivambu users have observed, that by prolonged use of urine for the eyes, many have been able to dispense with their spectacles.

During my presentation in World Seminars and Press Conferences, I always emphasise the fact, that, leaving aside our claim for a while, most of the incurable diseases ranging from common cold to cancer and arthritis to AIDS, are curable by (IT. If we can spread the above information about the usefulness of our urine on dental and eye diseases to the suffering humanity, we, will mitigate the suffering of millions around the world and bring about a health revolution.

A gentleman phoned me some months ago and told me that urine saved his eyesight. When the Germans used mustard gas in the war, the only chance they had to avoid blindness was to urinate in the eyes. He told me that this is well documented at the war museum in Canberra, Australia.

Fatigue See also ME. Holistic treatment and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Fever Compresses and massage.

'Flu See cold

Frozen toes, feet and ears Washing with urine and compresses. John Rabitsch reports in his Lecture UR/94 "The Urine-Cure (Treat Yourself Therapy)" */// Lapland for instance it is used against frostbites. If you came with frozen toes into the igloo of a Lapland family the women would disappear quickly behind a curtain and after a short while would come back W/th a wet and smelling cloth. A grin on her face would let you realise it is urine. She would place the cloth on the frozen parts of your feet.*

Fungal infections see also Athlete's foot.

Compress, enemas, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Gall bladder problems Adjust the diet, fasting and drinking of urine, homoeopathic drops, fresh urine drops under the tongue. • Herbal support: Barberry, Vervain, St John's Wort

Gangrene Compresses, massage, holistic treatment.

Glaucoma Eye bath, drops.

Golden Staph Drinking of urine, massage of effected areas. See also chapter, *Treatment With Auto-urine JTtherapy*.

Gonorrhoea Fasting and/or drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Gout Compresses, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, alteration of diet.

• Herbal support:

Mixture A Stinging Nettle 1, Birch 1, Fenugreek 1, Speedwell 1

Mixture B Couch Grass 1, Pansy I, Maiden Hair Fern 1, Rose Hip 2,

Mixture C Dandelion 2, Stinging Nettle 1, Horsetail 2, Birch 1, Rose hip (with seed) 1, Raspberry 1,

Other teas to alter mixtures:

Blind Nettle, Bogbean, Heather scotch. Meadow Sweet

Gum disorders Rinsing the mouth with fresh urine for several minutes.

Haemorrhoids Compress, bathing.

Hair loss Massage with both old and new urine.

• Herbal support: *Good results have been reported with KOMBUCHA fermented green and common tea.*

Hay **fever** Sniffing, eye bath, drinking of urine, homoeopathic drops, fresh urine drops under the tongue. See also Allergies

Headache Compresses, massage of head and neck.

Herbal support. With headaches one has first to find out where the headaches come from. Very often it is from a poor digestion, constipation, neck ache, magnetic spectacles etc.

Mixture Mate 2, Angelica 1, Melissa 1.

Other herbs to alter: Betony, Primrose, Rose, Speedwell, Rosemary

Hearing problems see deafness and ear problems.

Heart ailments Massage of the whole body, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

• Herbal support: Hawthorn, Horehound, Lavender, Mint, Motherwort, Rose, Shepherd's Purse:

Heartburn Adjust diet, urine drops under the tongue.

• Herbal support: *Angelica, Savoury, Mini, Yarrow*

Hepatitis see also Liver complaints

Fasting, apply compress, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Herpes Apply compresses, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

HIV see AIDS

Hypertension see Anxiety

Hyperthyroidism Throat compress, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Hypothyroidism Throat compress, drinking of urine, homeopathic drops, fresh urine drops under the tongue.

Infections Compresses, drinking of urine, homeopathic drops, fresh urine drops under the tongue.

Insect bites see bites

Insomnia The *Factor-S* in urine is an inducer of natural sleep.

• Herbal support.

Mixture A Speedwell 1, St John's Wort 1, Jasmine 1, Melissa 1

Mixture B Cowslip 2, Valerian Root 1, Orange Flowers 1, Passion-flower 1

Other teas to alter mixture with: Chamomile, Dandelion, I leatherscotch. Lady's Bedstraw, Mint, Primrose,

Intestinal Problems Enema and drinking of urine, homeopathic drops, fresh urine drops under the tongue.

Itching Wash area with urine, apply compress.

Jaundice Fasting and drinking of urine, homeopathic drops, fresh urine drops under the tongue.

Joint pain See pain

Kaposi Sarcoma Holistic treatment, wash skin with urine, compress.

Kidney Compress on kidney area, drinking of urine, homeopathic drops, fresh urine drops under the tongue.

Ramnikal Gada A.U.T gave in his paper "*Urine Therapy for Kidney Failure*" the following information at the first world conference in Goa, India: *Patients suffering with kidney failure should use all the steps of urine therapy.*

The method of treatment depends on the severity of the disease. One should take half a cup of fresh urine, 3 to 4 times a day, then increase it to 2 cups (200 ml) a day within 8 to 15 days. Massage (using seven days old urine), 3 to 4 times a day on the entire stomach and abdomen, and over the whole body twice a day. A compress of hot old urine to be applied 3 to 4 times a day for half an hour each. Enema of urine should be given every 8 to 15 days. As far as possible take a diet of light liquids and easily digested food.

Patient: Mrs Minal Munkund Pednekar. Aged 32 years.

A nurse working in Chembur Hospital, Mumbai, suffered from kidney failure. The left kidney had stopped functioning totally, whereas the right one had failed 70%. Days were very painful for her as urine was passed very slowly.

She was using allopathy treatment but was not satisfied with the results She was brought to our auto-urine therapy centre at Goregoan with the help of three women from an acupuncture centre. It was also very difficult for her to walk.*

The persons coming with her were all non-vegetarian, hence I gave her my fresh urine to drink. At that time she did not know that she was given urine. After a little while she urinated properly and she felt great relief in pain.

Later on I treated her with acupuncture for a year. She even drinks her own fresh urine regularly. For the past four years she is still working in her daily routine without a single dialysis, with only her one kidney working at 30% efficiency.

• Herbal support: Tea mixture: Prostagwort 2. Calendula 2, Juniper 1, Bedstraw 1, Dandelion 1

Other teas to alter mixture: Barberry, Birch, Golden Rod, Heatherscotch, Maiden Hair Fern, Rose Hip, Sarsaparilla, Seven Barks, Shepherd's Purse,

Caution: Horsetail and Juniper should not be taken with kidney infection!

Kidney stones Drinking of urine, homoeopathic drops, fresh urine drops under the tongue and compress on kidney area.

Laryngitis See Throat

Leprosy Holistic treatment, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, massage, compress.

Leukaemia Holistic treatment.

Leukoderma Compress, massage.

Liver complaints Compress to liver area, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

• Herbal support:

Mixture A Agrimony 1, Chicory 1, Dandelion 2,

Mixture B Dandelion 2, Elder Flowers 1, Corn Silk 1

Mixture C Rhubarb 1, Dandelion 2, Barberry 1, Fumitory 1

The above mixtures are only mild. To stimulate the liver more intensively, wormwood and centaury may be added to the mixture.

Both teas are very bitter!

Other teas to alter the above mixtures:

Bedstraw, Bogbean, Evening Primrose, Hemp Agrimony, Mouse Ear, Oat, Orris Root, Wild Clover

Longevity see aging

Lung embolism Drinking of urine, homoeopathic drops,- fresh urine drops under the tongue.

Lymph glands Rub area with old urine, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Malaria Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, fasting, holistic treatment.

M.E. (C.F.S.)

Holistic treatment, enema, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, massage, fasting.

My observations with CFS have been that people suffering from this disease sleep in bedrooms with high earthray and electrosmog pollution and one cannot say this is just coincidence. Electric measurements within the bedroom would then be strongly recommended. If you have no access to a electrostress meter it may be possible to hire one. For more information contact Phree books.

Herbal support: Kombucha fermented herbal teas are used with good success.

The morning mixture: Green tea 2, Lemon Grass 1, Rosemary 1. Teas to alter for the morning mixture: Green tea. Mate, Yarrow
The evening mixture: Jasmine 2, Melissa 2, St. Johns Wort 1, Speedwell 2.

Teas to alter for the evening mixture:

Balm, Cowslip, Dandelion, Heatherscotch, Lady's Bedstraw, Mint, Passion-flower, Primrose, St John's Wort, Valerian Root, Black Cohosh

Measles Injections, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Meningitis Holistic treatment, head compress, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Menopause Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Menstruation Douche, belly compress, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Mental disorder Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Migraine Drinking of urine, homoeopathic drops, fresh urine drops under the tongue as well as head compress and enema, • Herbal support: Mixture: Mate 1, Jasmine 1, Speedwell 1 Teas to alter above mixture. Bogbean, Mint, Primrose

Mononucleosis Holistic treatment.

Moods Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

I received this letter from Qld.:

Dear Harold, may I tell you how urine has changed my emotions; from a situation of hurts and sadness and uncertainties, I am now calm and peaceful. I am told this is the "S" factor in my Hff«e\ Thank you for writing your book "Water Medicine". May you help many other people like you have helped me. PFM

Mouth infections Rinsing the mouth for several minutes with fresh urine.

Morning sickness See also pregnancy. Drink small quantity of diluted urine.

Muscle pain see pain

Muscular dystrophy Massage and holistic treatment.

Necrosis Compress, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Neurodermitis Wash skin area, compress and drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Nervous tension see Anxiety

Nose, blocked Sniffing, (as for a cold).

Obesity Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

With a healthy body, having the capacity to meet its goals, the individual ideal weight must be defined. Many women don't make their lives easy by frequently setting incorrect goals and trying one diet after another.

There are no miracle treatments that can, for example, achieve a strong bone structure and yet still have the body of a model. One has to find one's own ideal weight. The question has to be put to people, whether they prefer to be slim and sick or healthy with their **personal** ideal weight. Being overweight of course is just as dangerous as being too slim. A well-balanced healthy diet is the key to reach the ideal weight with moderate exercise as well. Urine can help in weight control. In fasting (please read chapter *Fasting for Health*) urine will prevent negative effects. Urine improves weight control due to improved digestion and kidney function. # Herbal support:

Mixture A Lady's Mantle 2, Dandelion 1, Angelica 1, Corn Silk 1, Senna 1, Calendula 1, Tansy 1

Mixture B Elder Flower 2, Buckthorn Bark 1, Lady's Mantle 2, Calendula 1, Dandelion 1, St. Benedict's 1

Pains in limbs,

Massage using old urine, clay packs.

Parodontose Rinsing

Paralysis Massage, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Parasites Fasting, enemas, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Piles See Haemorrhoids

Pimples See also acne. Wash area with urine.

Plague Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, Fasting, holistic treatment. A few months ago I travelled to a conference in Peru. When the subject of urine therapy came up, some of the delegates had problems in hearing about it. They said it makes them vomit since the lecturer started his talk with the practical demonstration of drinking urine. He turned around in front of all the people, filled a glass and drank it. The discussion started immediately, not about urine therapy but if the lecture should be continued. Some were very enthusiastic to hear more about it and mentioned their own experiences. The delegate from South Africa, Credo Mutwa, had a very interesting story to tell. Mr. Mutwa said that 70 years ago urine therapy saved thousands of lives in South Africa. Not many people remember the terrible 'flu at the end and after the first World War. This flu claimed around 100 million lives, many times the loss from the war itself. He said: *"A man had two women, a black one and a white one. These women cared for the people infected by the 'flu and eased their suffering in the few days until they died and buried the dead. Anyone else who had worked so close to infected people would have got the 'flu themselves but not these two women. They told others to start urine therapy, the only protection against the killer disease. The word spread fast and many thousands started the treatment. Not one, not one of the people drinking their own urine died"*.

It was hard for me to hear that prevention with urine therapy against such a terrible plague would have been possible. I remembered at that moment that my father talked sometimes about the six coffins on one day in his parents' house. If they had used urine therapy, would they have lost so many family members within four days?

Pneumonia Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, fasting, holistic treatment.

Polia Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, fasting, holistic treatment.

Possession Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Pregnancy Contrary to normal drinking of midstream morning urine, in pregnancy urine from the third flow is used after drinking other liquids like tea, water or milk. Some urine therapists recommend not to use urine therapy in pregnancy at all since hormone levels may become too high. On the other hand, John Rabitsch recommends in his Lecture UR/94 "The Urine-Cure (Treat Yourself Therapy)": *For vomiting in pregnancy it was the ideal treatment.* Decisions have to be made individually. See also chapter. *Cautions.*

Prostate problem Compress, enema, drinking of urine. • Herbal support. Prostawort (epilobium roseum and epilobium parviflorum) has been used for many generations in the Alpine regions of Europe to counter problems associated with the prostate.

Psoriasis Massage affected areas, injections, diet adjustments, clay compress, UV treatment.

Urine therapy seems to be the best cure for psoriasis. Dr. Rainer Holzhiitter writes in his book, "Urin Heilt", nearly exclusively about treating psoriasis with urine since all other methods have proven that they dont work. I even heard reports about a court case concerning health insurance to pay for the bill of the doctor's urine injections which was won and the insurance firm had to pay.

Tina White has sent me following case study: *A middle-aged woman presented with psoriasis which had been a continuous condition only*

on her head for the last 12 years. Had also tried many and varied things. I went through the usual protocol of different natural remedies and talked openly to her about urine therapy. Reluctant at first, but managed to open her mind about it all and after that she left me with the suggestion of, each morning she wash her hair then rinse the hair with first urine collected from midstream. I leave on head for up to 20 minutes, then wash out. To her utmost surprise her condition has stopped and her hair is so soft. She now wants to stop taking the pill so she can take her urine homoeopathically each day. Hurray for Urine! Rash Wash affected area with urine.

Rheumatism Massage, compress, holistic treatment, drinking of urine, drops under the tongue.

The ancient text of Darma Tantra recommends in Verses 28,29: .

The extract of mica and sulphur should be dissolved in Shivambu (urine) and taken regularly. It relieves the ailment of dropsy and rheumatism. Man becomes strong and divinely lustrous. He can enjoy longevity and can compete with death.

• Herbal support:

Mixture B Dandelion 2, Celery 1, Couch Grass 1, Sarsaparilla 1, Corn Silk 1

Mixture C Mate 1, Pansy 1, Stinging Nettle 1, St John's Wort 1, Wild Pansy 1, Sarsaparilla 1

Other herbs to alter: Black Cohosh, Bogbean, Couch Grass, Hemp Agrimony, Lady's Mantle, Maiden Hair Fern, Meadow Sweet, Parsley, Primrose, Quassia, Scurvy Grass, Wildoregon Grape, Willow Bark.

Salmonella Pasting, drinking of Urine, homoeopathic drops, fresh urine drops under the tongue.

Scars Compress.

Sciatica Massage, compress, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Scurvy Drinking of urine, homoeopathic drops, fresh urine drops under the tongue,

Sexual potency Urine has sex hormones and is beneficial to increase sexual desire. Massage, drinking of urine and fresh urine drops under the tongue are commonly used. Homoeopathic drops are made from the first urine after sex.

Shock Drinking of urine, fresh urine drops under the tongue. If patient is unconscious use urine from other person, if possible from the same sex.

Sinusitis Sniffing, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Skin disorders See also acne, psoriasis

.1. The skin is the mirror of your health. It is advisable to use urine therapy to treat the cause of the skin disorder first and the skin disorder will normally disappear by itself. In the beginning external treatment will speed up the healing process.

Wash affected area with fresh urine, a steam bath with old urine (you may mix it with water to produce more steam) is very effective.

b. Skin disorders from external causes like concrete hands is treated with good success with fresh urine. A woman told me only a few days ago that her husband had hands like a rock due to his occupation as a concreter. She didn't like the idea of urine therapy in the beginning but when her husband had smooth hands like a baby's cheek after some days of treatment she *fell in love* with urine therapy.

Mrs H..M. wrote me following letter:

/ have know a about urine therapy for many years. My-sisfer-in law told me that as a teenager she had quite a blotchy skin on her face. As

one of a large family she worked occasionally for neighbours, and one of these had a new baby, and Ivy helped the mother for a few weeks. The mother commented on her blotchy skin and asked had she ever tried wiping her face with the wet nappy of a new born infant. The lady told her to try that, which she did. by the time Ivy returned home some weeks later there MWS a very noticeable improvement in her facial skin. When I first met Ivy, her own children were small, and she had a really clear skin. When my own babies were born she suggested I do the same, though I hadn't had very much trouble with my skin. I occasionally did the same and it does work. I am sure there are many ways urine has been found to be useful. It's been used (diluted of cotwse) for hundreds of years as a fertiliser (sweet peas love it). My great grandparents came from Europe, and it is said they never wasted a drop! • Herbal support:

The following herbs are used in mixtures for general well-being. Amaranthus, Birch, Chamomile, Echinacea, Elecampane, Evening Primrose, Fenugreek, Heatherscotch, Horehound, Lady's Bed straw. Liquorice, Madder, New Jersey, Oat, Pansy, Plantain, Sarsaparilla, Sorrel, St John's Wort, Stinging Nettle, Walnut, Wild Pansy, (Heartsease), Wildoregon Grape.

Slimming see Obesity

Sleeping problems See insomnia jN

Smallpox Holistic treatment.

Snake bite Wash bite with mine, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, fasting. Observe all normal precautions

Spasms Massage, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Urine The Holv Water"

Spleen disorders Compress on spleen area, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Stomach Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Stress Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Sunburn Wash affected area, apply before exposure.

Sweaty feet Footbath, soak socks in urine. Swelling

Massage, compress.

Syphilis Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, fasting, holistic treatment.

T-cell count Massage, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, refer AIDS and cancer

Tinnitus Ear drops.

Tinea See Athlete's foot

Throat, sore Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, gargle.

- Herbal support: Agrimony, Chamomile, Coltsfoot, Bloodroot, Hedge Mustard, Knotgrass, Mouse Ear, Orris Root, Poplar, Raspberry, Saw Palmetto, Speedwell, Sage,

Tongue See mouth

Toothache Gargling.

Trembling Compress, massage with old urine

Tuberculosis Massage, fasting, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, holistic treatment. Uric acid in urine has a tuberculostatic effect.

Last year (199S) 3 million people died worldwide according to reports on TB. The reason that TB is not so well publicised is that we had a cure for TB in the form of antibiotics but new resistant strains of TB make the common treatment useless. Many have warned for years of the overuse of antibiotics by applying it for a common cold and other minor illnesses. Urine therapy in the fight against TB goes back to the 1950"s. Researchers in the USA and Sweden found in urine a unknown substance which is beneficial in TB treatment. The research which aimed to develop a medicine by extracting the active ingredients was unsuccessful. Why not use the urine in its full harmonic balance? Until the pharmaceutical industry finds a marketable replacement drug for TB maybe you can use the best drug available at the moment - your own free urine.

Typhoid Massage, fasting, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, holistic treatment.

Ulcer Compress, massage.

Urethritis gonorrhoeic Wash genitalia with urine, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Urination Drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Urinary tract infection See bladder infection

Urticaria Compress, massage

Vaginal problems Douche.

- Herbal support: Sitting bath with chamomile, golden seal, yarrow

Varicose veins Compress.

Venereal diseases Douche, washing, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

Vertigo See Dizziness.

Warts Compress with old urine, apply regularly.

White discharge Douche.

Worms Fasting, enema, drinking of urine, homoeopathic drops, fresh urine drops under the tongue, clay packs with urine if skin is affected. • Herbal support: Wormwood

Wounds Fresh urine, compresses, clay pack.

Youth See aging.

Urine For Other Uses

Urine was used in history for many purposes other than healing. Gunpowder was made for example. Something new for me was that urine is the best cleanser for stains in fabric and on the skin. Urine cleanses and has a healing effect on the skin at the same time. Urine has no negative side effects on our skin and the environment as modern chemical stain removers have. Urine is free, always available and removes stubborn stains as this letter shows: *(her 50 years ago my (late) husband worked in the arrowroot industry, and later in the banana industry. There isn't any arrowroot being grown commercially in Australia, since during WW2 when labour was scarce, and unprocurable in the industry, as all harvesting was done by hand.*

The sap of arrowroot blackened the hands and the men found this very difficult to remove, especially around the fingernails and any cracks in the skin. My husband was told by a work mate that urine would remove the stains - it did.!

The same applied to stains from juice from the leaves and cut end of green bunches of bananas. My sister-in-law said absolutely nothing removed the banana sap stains from clothing; until her husband got stains on a good white shirt. She had a small daughter just going out of nappies, and being war time (with clothing coupons) she made panties for the child out of the stained shirt. Of course the child wet her panties occasionally and Anne boiled the child's clothing each day. After a few boilings - hey presto - no stains left on the panties. Mrs.M.H.C.

Please Help Research

Over the last two years I have collected a lot of information, talked with many people about urine therapy and travelled to the World Conference on Urine Therapy in Goa, India where we heard three days of lectures about urine therapy. Compared to three or five years ago we now know a lot today about urine therapy but in my opinion it is only the first step on a long ladder.

We need your help and would appreciate it if you could share this experience with us. Only in this way are we able to find out more about how different people with different backgrounds, such as diet or medication, react using urine therapy.

We can't wait until governments spend money on research (which will most probably never happen) for free medicine like urine and water. Your feedback is the only way of making research for the benefit of all of us funded by your time and my time. For every letter you send us, we will send you in return a free newsletter.

Thank you!

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