

Urine Therapy Research Initiative – Report – Nov 2024

SYNOPSIS

November was mostly writing and consultations with Dr. C. The review paper is coming along with sections developing across many fields. These are making the case for research and funding being needed and worthwhile in the field of urine therapy.

Highlights: Discussion with Dr. C and Dr. L, a specialist in Urology. Dr. L may be a good partner going forward with this research.

- **Heavy Metals** – Continuing the work on this review paper. This month includes a draft of a section on Heavy Metal testing in urine. I have provided a draft copy of this section by email. The comparison of heavy metals in urine to heavy metal standards in drinking water is a good first step. The paper is meant to answer doubts and point towards relevant questions for further work. Ideally this will help focus research, specifically where to start with testing urine for heavy metals in urine practitioners.
- **Urine Stem Cells Testing** – Dr. C organised a discussion with Dr. L. Dr. C's lab does not have the required personal nor experience to do the kind of testing we are looking at. Dr. L's lab may be better suited to this. Dr. L outlined a number of ways to structure tests. He highlighted challenges to getting research approved by the university. And he offered suggestions on how to get testing done outside of an institution.
- Dr. L knows Dr. Z, of the Wake Forest study on aged urine, personally and is in regular contact with him. Dr. L was somewhat dismissive of the potential to find active stem cells in aged urine without lab interventions, however, this dismissal was based, in my opinion, on lack of information. There are various ways to build a first research proposal to get approval and interest from those running labs.
- A major question is how much funding is available for this project, do we have possible donors or are we looking for outside funding?

NEXT STEPS:

- December – Draft research proposals with Dr. C for your review. Plan for funding opportunities for this research.
- Continue writing the review paper
- Continuing discussions with researchers
- Planning to hire a research assistant in January.

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