

Your Own Perfect Medicine

An Amazing Untold Story

There is an extraordinary natural healing substance, produced by our own bodies, that modern medical science has proven to be one of the most powerful natural medicines known to man. Unlike many other natural medical therapies, this method requires no monetary investment or doctor's intervention and can be easily accessed and used at any time.

The extensive medical research findings on this natural medicine have never been compiled and released to the general public before now, but those who have been fortunate enough to hear about this medicine and use it have found that it can produce often astounding healing even when all other therapies have failed.

This book tells of the doctors, medical researchers and the hundreds of other people who have used this extraordinary medicine throughout our century to cure a huge variety of common illnesses and combat even the most incurable diseases. This is the extraordinary untold story of a natural healing substance so remarkable that it can only be called our own perfect medicine.

My own experience with this little-known natural medicine began as a result of my search for an answer to many years of serious chronic illnesses that had begun very early in life. Like thousands of people today, I had developed chronic, degenerative disorders that couldn't be helped by conventional medicine and which threatened to destroy permanently my ability to work, function and simply enjoy life. When I was young, I suffered through the same measles, mumps, chicken pox and colds that everyone else did. And like other children, I played hard, worked hard, and dreamed of the day when I would become a vigorous, emancipated teenager, just like everyone else. But, for me, that particular dream wasn't going to come true.

One beautiful July morning at the age of 12, I awoke with a start. Suddenly, surprised and frightened, I realised I was lying in a dark red pool of blood that was so large it had soaked through even the thick layers of my mattress. Trembling and weak, I pushed myself up out of bed and felt a horrible, wrenching pain tear through my abdomen.

My worried mother came running in answer to my screams, but, after assessing the situation, said there really wasn't much she could do about the pain of my first menstrual period. But what neither she nor I knew at the time was that what should have been a natural transition to adolescence and menstruating was, for me, going to become a waking nightmare that lasted almost 30 years. At the onset of each one of my monthly menstrual periods I would invariably end up either in my doctor's office or at the emergency room of the hospital screaming with pain, bleeding copiously and passing huge clots of blood.

For several months after my 'periods from hell' began, my mother chauffeured me around the city from doctor to doctor with no success until our family doctor finally instituted a monthly regimen of painkillers such as Demerol or Darvon injections and then sent me home with a big, round bottle of full-strength prescription codeine with which I proceeded to dope myself senseless for the next eight to 10 days. This same cycle was repeated every month for almost 20 years.

Throughout adolescence, the simple everyday functions of getting up and going to school were an often monumental and utterly exhausting effort for me. Unlike the rest of my family and friends, I had marked periods of extreme exhaustion. I became extremely susceptible to colds and flu and felt bone-chillingly cold all the time-even in the warmest summer weather.

By the age of 14, the effort of combating severe chronic pain and fatigue while trying to keep up normal activities became impossible. I collapsed and had to be hospitalised and removed from school for several months. But even after a huge battery of medical tests and innumerable visits with doctors and specialists, no one was able to diagnose what was causing my problems.

After many weeks I returned to school and struggled through the high-school years with the aid of generous amounts of codeine and other strong painkillers that my doctor willingly prescribed. But by the time I left home for college, the symptoms of bleeding, exhaustion, pain and digestive problems became so bad that I often was unable even to leave my room or take part in daily activities.

I kept up the Demerol injections and codeine for many years and added to my regimen several other new painkillers and drugs which had been developed for menstrual problems. But the problems continued unabated, and in the ensuing years I developed myriad other serious health problems.

During the years from age 18 to 30 I was diagnosed with pelvic inflammatory disease, ulcerative colitis, Crohn's disease or ileitis (a chronic, painful inflammation of the colon), chronic fatigue syndrome (CFS), Hashimoto's disease (a disorder of the thyroid gland) and mononucleosis.

I had severe chronic kidney infections, two miscarriages, chronic cystitis, severe candida and external yeast infections along with marked adrenal insufficiency and serious chronic ear and sinus infections for which I was prescribed antibiotics on an ongoing basis for several years. Food and chemical allergies also became a big problem, and even though I ate almost nothing because of my extreme food allergies, I actually kept gaining weight, which only added to the discomfort of all the other health disorders with which I was dealing.

The bottles of drugs I had taken during this time could have filled a small landfill, but none of my illnesses or disorders had been resolved and, in fact, they were more debilitating than ever. It seemed as though I had become nothing more than a walking encyclopaedia of disease, and the worst part about the entire situation was that no matter how many failed drug therapies I tried, any visit to the doctor's office only resulted in another discouraging failure.

Another big problem was the drug side-effects. I felt like a ping-pong ball, bouncing from one drug to another as my doctors kept prescribing more and different drugs to counteract the side-effects of the ones I was already taking.

By the time I turned 30, the natural health movement was really picking up speed, and, desperate for any solution, I tried out the Adelle Davis nutrition regimen, megavitamin therapy, acupuncture, chiropractic care and every herbal preparation and drug-free natural health therapy that I could find. Within two years, my chronic cystitis cleared up and the menstrual pain and bleeding markedly decreased. The ulcerative colitis also responded and the sinus infections disappeared. I felt that I was slowly and surely regaining strength and health and even beginning to experience a portion of the energy and vigour that 'normal' healthy people enjoy-and all without drugs.

When I conceived my son at 34 and made it through the first trimester without miscarrying, I felt as though I'd conquered the final health frontier. Unfortunately, in my burst of enthusiasm, I underestimated the impact of pregnancy on my understandably frail health, and the birth for which I had so carefully prepared was a near-fatal disaster requiring emergency surgery.

As it turned out, even despite all the illness and pain I'd gone through in the years before the birth, all of it seemed like child's play after I ran head-on into the serious complications of a difficult childbirth. For months after the birth I hounded my gynaecologist, complaining of unremitting and severe abdominal cramps, cystitis and horribly painful menstrual periods. My natural health treatments would give temporary relief but, mystifyingly, didn't seem to have the same beneficial and lasting effects that they'd had before my pregnancy.

I underwent every conceivable medical test, each of which came back negative, but the problems just didn't go away. My doctor flinched every time I walked in the door and then sent me back out again with increasingly severe assurances that the pain was "unwarranted" and probably all in my head. After alienating every doctor in town with my complaints, I finally gave up and decided to 'suffer in silence' until one hot summer day, almost 24 months after the birth, I suddenly fell screaming with pain on my living room floor in front of my terrified two-year-old. I literally had to crawl to the phone to call my

husband. When he carried me, screeching, into my OB's office, the doctor clicked his tongue disapprovingly. "Now it can't be that bad, dear. We just checked you out a few months ago," he cajoled. He gave me codeine and sent me home. Forty-eight hours later I was in the operating room having emergency surgery for multiple-ruptured ovarian tumours.

A couple of days after the procedure, my doctor sauntered into my hospital room with a conciliatory grin on his face. "Gee," he drawled apologetically, "we had no idea anything like this was going to happen. Your ovary looked horrible-engorged to the size of a grapefruit. No wonder you were hurting. Sorry you had to go so long without help but, you know, the tests just never turned up anything. And oh, by the way, the pathologist found a little endometriosis in your right ovary."

Endometriosis is an incurable women's disease in which uterine tissue for some unknown reason detaches itself from the uterus, moves to other locations in the body and attaches itself to other organs or body tissue. This misplaced uterine tissue spontaneously bleeds in response to hormonal changes, causing internal bleeding, scarring and often excruciating pain that can destroy the woman's ability to live and function normally. This disease is not uncommon among women, but it is incurable, at least by conventional medical standards.

My "little" endometriosis turned into the monster that ate Tokyo. Three months after my doctor had 'successfully' operated, I was again sitting in the ultrasound room at the hospital, watching as several new endometrial tumours appeared on the monitor screen, accompanied by the usual excruciating pelvic pain, internal bleeding, constipation, haemorrhagic cystitis and acute exhaustion.

After the ultrasound I decided to contact a doctor who was recommended to me as an expert on endometriosis. He told me that he felt that my health problems had originally stemmed from undiagnosed severe endometriosis and an underactive thyroid which had probably been present since adolescence. He recommended an immediate hysterectomy, which I underwent. The day after the operation, the doctor visited me and compassionately whispered that I would "never have a problem with endometriosis again". But he was wrong.

Twenty months later, I had more tumours and another operation. Three months after that, the pain, tumours and internal bleeding reappeared and I was scheduled for what would by now have been my sixth surgical procedure in five years, which I refused to undergo.

Desperate and seriously debilitated, I flew to Mexico where I spent \$15,000 on an intensive course of intravenous megavitamin and live-cell therapy at one of the alternative cancer clinics which had offered some hope for my case. For weeks, doctors poured nutrients and natural medicines into my veins and mouth. I watched as many of the cancer patients around me seemed to get better and better with the treatments. And I did, too-for about two months.

I spent my 40th birthday hopelessly sick and in bed, which was where I stayed that entire year. The drugs, operations and Mexican treatments had completely failed, and my usual herbs and homoeopathic remedies, although they gave temporary relief, seemed almost useless against the disease. And by now, even though I had health insurance, my husband and I had spent over \$100,000 of our own money, and still I couldn't even get out of bed.

I had one last surgery which removed another large bleeding tumour. When I got home from the hospital I weighed 89 pounds and developed a post-surgical infection which required several courses of antibiotics. After taking the antibiotics, I developed an extremely severe case of candida (yeast infection). My hands and arms became covered with a horribly itchy fungal infection that nothing could relieve or cure, and I remained generally exhausted, bedridden and in intense pain.

Because of the surgeries, I was also experiencing early and severe menopausal symptoms: hot flushes, mood swings, water retention and depression. But because endometriosis is exacerbated by oestrogen, my doctor recommended that I refrain from taking oestrogen supplements which she said would have relieved the severe and very unpleasant symptoms.

Several months after the surgery, the all-too-familiar endometrial symptoms returned. My doctor assured me that all was well, but when I asked for and received my surgical records from the hospital I found she had written that "all attempts to remove endometriosis will be done, but complete surgical care can rarely be guaranteed; the patient may require further therapy for endometriosis, medically or surgically". For my exhausted and bewildered husband and myself, this prognosis seemed like an insurmountable and final defeat.

I had one more heart-to-heart talk with a gynaecologist who told me, "Given the severity of your case, the reality is that you could be facing a lifetime of corrective surgery." Given the state of my health at the time, I couldn't envision that "lifetime" meant anything more for me than a few additional years of mind-numbing pain and misery before my body finally gave out.

After nearly a lifetime of illness, these last episodes in my late thirties and early forties seemed like the final blow, and in all honesty I felt that there was no way out and no hope in sight. No matter how many times I'd been assured by my doctors that drugs and surgery would cure the endometriosis and my other disorders and make it possible for me to live a normal life, the doctors had been proven wrong.

A few weeks later when I heard that one of my friends from the cancer clinic had died in his sleep, I felt sad for his family but happy for him because he was finally free of his pain and suffering. In many ways I felt that he was the lucky one and I almost wished that the same thing would happen to me. It seemed that death would have been a blessing, especially so that my family could be freed from the seemingly never-ending burden of my illness and be able to get on with their lives.

Sitting alone and discouraged one morning, I glanced up dismally from a book I was reading when my husband came into the room. "I've got something else we can try, honey," he chirped enthusiastically, and proceeded to describe his conversation with a woman who had cured herself of a serious and reportedly incurable kidney disorder by using an unusual therapy. "Whaaat!" I responded after he told me what the therapy was. "I don't think so," I said, and went back to reading my book.

But after several more days and many more horrible episodes of pain and drugs, my husband handed me a small book and said, "You've got to try this." I picked up the book and began to read.

The small, unpretentious-looking book was full of fascinating stories about people who had been cured of even the worst diseases with a seemingly strange and little-known natural therapy. The therapy seemed incredibly effective, yet I still felt reluctant to try it. But as I read further on in the book, the stories were so compelling and the therapy was so simple that suddenly it didn't seem strange or preposterous to me any more. And at this point in my now nearly futile existence, I knew I had absolutely nothing to lose by trying it-so I did.

From the first day I began the therapy, to my immense surprise I got almost instantaneous relief from my incurable constipation and fluid retention. Within a week, my severe abdominal and pelvic pain was unbelievably gone.

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

After a few more months of the therapy I noticed that, amazingly, my colds, flu, sore throats and viral symptoms, all of which had resurfaced and become chronic after the surgeries, now rarely made an appearance. My hair, which had fallen out in handfuls after my fifth surgery, became thick and lustrous, my weight normalised and my energy and strength increased so markedly that I was even able to work again.

Last summer I hiked four miles into the Grand Canyon. For the first time in many years I can swim and even comfortably ride horseback or on my mountain bike for hours at a time-all formerly unimaginable activities. Much to my own and my family's amazement, I am back at work. After 30 years of almost non-stop illness, I have a rich, full life again-and all because of an unbelievably simple and effective natural

medicine that almost none of us even knows exists.

This natural therapy became, for me, a priceless gift of health, as it has for many others. It gave the fastest, most dramatic results of any natural or manmade medical treatment I have ever tried and was truly the miraculous happy ending to my long story of illness and failed medical treatments. By using this simple, natural medicine, along with other natural healing approaches such as homoeopathy, herbs, good nutrition and rest, I have been able to remain consistently disease-free and I feel better and stronger than I have ever felt in my life since that fateful day in July so many years ago.

And even though this natural medicine seemed so peculiar to me at first, I later discovered to my surprise that medical researchers have been intensively studying and using this medicinal substance for decades. As a matter of fact, unknown to the vast majority of the public, this incredibly simple and wonderful natural treatment is a well-proven medical therapy that has been used extensively and successfully throughout the 20th century by doctors and researchers from many different branches of medicine all over the world and has been shown to be amazingly effective in treating a huge variety of illnesses.

It's time that all of us should know about this therapy and about the medical research findings on this truly remarkable natural medicine-which is why I have written this book.

Up until this point, whenever anyone wrote or talked about using this substance for healing, they've been told that it's just an unproven folk remedy or old wives' tale.

But, as you'll discover in the following pages, this is completely untrue. The truth is that doctors and medical researchers for years have scientifically proven the tremendous effectiveness of this natural medicine. They just haven't told us about it-for reasons which we'll discuss later on in the book.

This simple, natural method may seem less glamorous than commercial drugs and space-age surgical techniques because it's not glorified by the press or hyped by sophisticated, sugar-coated advertising themes. But when all the manmade medicines in the world can't help, people like myself have been eternally grateful to find that nature has provided this safe, painless solution to even seemingly incurable illnesses.

What Modern Science Knows About A Miracle Medicine (And Isn't Telling)

So what is this mystery miracle medicine and why don't any of us know anything about it? If the body really does produce such an amazing substance, and doctors and scientists have used it to heal people, where are the news reports, the accolades, the commercials, the media hype? You want to know the answer? Then prepare yourself by first opening your mind. Let go of your initial disbelief and preconceptions and get ready for the best-kept secret in medical history.

This extraordinary miracle medicine that numerous doctors, researchers and hundreds of people have used for healing is human urine.

Surprised? Now before you scream "I don't believe it!" consider this. Whether you know it or not, you've already re-used and re-ingested your urine-large amounts of it for a long period of time-and it's one of the reasons you're alive today.

As medical researchers have discovered:

"Urine is the main component of the amniotic fluid that bathes the human fetus.

"Normally the baby 'breathes' this urine-filled amniotic fluid into its lungs. If the urinary tract is blocked, the fetus does not produce the fluid, and, without it, the lungs do not develop."

(G. Kolata, "Surgery on Fetuses Reveals They Heal Without Scars", *The New York Times*, Medical Section, 16 August 1988)

This is a fact that probably none of you without a medical background know, but the reality is that urine is absolutely vital to your body's functioning, and the internal and external applications of urine have proven

medical ramifications far beyond anything that we, the general public, can imagine.

What amazes people most when they first hear about the medical use of urine is that they've never heard of it before. To the vast majority of mankind, urine is nothing more than a somewhat repugnant 'waste' that the body has to excrete in order to function.

But as you'll discover, urine is not a waste product of the body but, rather, an extraordinarily valuable physiological substance that has been shown throughout the history of medical science right up until today to have profound medical uses that most of us know absolutely nothing about.

One of the first things we need to clear up is the common perception of urine. Urine is not what you think it is. As a matter of fact, you probably have no idea what urine is or how your body makes it. In reality, urine is not, as most of us believe, the excess water from food and liquids that goes through the intestines and is ejected from the body. I know that we generally think of urine in just this way: you eat and drink, the intestines 'wring' out the good stuff in the food, and the urine is the leftover, dirty, waste water that your body doesn't want, so it should never, ever be reintroduced into the body in any form-right? Wrong.

No matter how popular a conception, this commonly shared scenario may be, it just isn't true. Urine is not made in your intestines. Urine is made in and by your kidneys. So what does this mean, and why should it change the way you feel about urine?

In layman's language, this is how and why urine is made in the body. When you eat, the food you ingest is eventually broken down in the stomach and intestines into extremely small molecules. These molecules are absorbed into tiny tubules in the intestinal wall and then pass through these tubes into the bloodstream.

The blood circulates throughout your body, carrying these food molecules and other nutrients along with critical immune-defense and regulating elements such as red and white blood cells, antibodies, plasma, microscopic proteins, hormones, enzymes, etc., which are all manufactured at different locations in the body. The blood continually distributes its load of life-sustaining elements throughout the body, nourishing every cell and protecting the body from disease.

As it flows through the body, this nutrient-filled blood passes through the liver where toxins are removed and later excreted from the body in the form of solid waste. Eventually, this purified, 'cleaned' blood makes its way to the kidneys.

When the blood enters the kidneys it is filtered through an immensely complex and intricate system of minute tubules, called nephron, through which the blood is literally 'squeezed' at high pressure. This filtering process removes excess amounts of water, salts and other elements in the blood that your body does not need at the time.

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

So, you say, the body's gotten rid of this stuff for a reason-so why would we want to use it again? And here's the catch. The function of the kidneys is to keep the various elements in your blood balanced. The kidneys do not filter out important elements in the blood because those elements in themselves are toxic or poisonous or bad for the body, but simply because the body did not need that particular concentration of that element at the time it was excreted.

And medical researchers have discovered that many of the elements of the blood that are found in urine have enormous medicinal value, and when they are reintroduced into the body they boost the body's

immune defenses and stimulate healing in a way that nothing else does.

As medical research has revealed: "One of the most important functions of the kidney is to excrete material and substances for which the body has no immediate need..."

(A. H. Free, and H. M. Free, *Urinalysis in Clinical and Laboratory Practice*, CRC Press, Inc., USA, 1975, pp. 13-17)

For instance, the kidneys filter out water and sodium from the blood into the urine. These are both vital life-sustaining elements without which your body cannot function. But both elements could be lethal if there were too much water or sodium in your blood.

Now what about potassium, calcium and magnesium? These are familiar nutrients that we ingest in our food and vitamin pills every day, but they're also in your urine. These nutritional elements are extremely valuable substances to the body, certainly not toxic, and yet the kidney excretes these elements into the urine. Why? Because it's taking out the excess amounts of potassium, calcium, etc. that are not needed by your body at the time they are filtered out. Actually, it is this regulating process of the kidneys and the excretion of urine that allows us to eat and drink more than our bodies need at any one time.

"The principal function of the kidney is not excretion, but regulation... The kidney obviously conserves what we need, but, even more, permits us the freedom of excess. That is, it allows us to take in more than we need of many necessities-water and salt, for example-and excrete exactly what is not required." (Dr Stewart Cameron [Professor of Renal Medicine, Guy's Hospital, London], *Kidney Disease: The Facts*, Oxford University Press, Oxford, UK, 1986)

But this isn't the end of the story. Scientists have discovered that urine, because it is actually extracted from our blood, contains small amounts of almost all of the life-sustaining nutrients, proteins, hormones, antibodies and immunizing agents that our blood contains.

"Urine can be regarded as one of the most complex of all body fluids. It contains practically all of the constituents found in the blood."

(A. H. Free and H. M. Free, *Urinalysis in Clinical and Laboratory Practice*, CRC Press, Inc., USA, 1975, pp. 13-17)

Many medical researchers, unlike most of us, know that far from being a dirty body-waste, fresh, normal urine is actually sterile and is an extraordinary combination of some of the most vital and medically important substances known to man. Now this fact may be unknown to the vast majority of the public today, it is nothing new to modern medicine.

To us, the public, urine seems like an undesirable waste product of the body, but to the medical research community and the drug industry it's been considered to be liquid gold. Don't believe it? Read this: "Utica, Michigan - Realizing it is flushing potential profits down the drain, an enterprising young company has come up with a way to trap medically powerful proteins from urine. Enzymes of America has designed a special filter that collects important urine proteins, and these filters have been installed in all of the men's urinals in the 10,000 portable outhouses owned by the Porta-John company, a subsidiary of Enzymes of America.

"Urine is known to contain minute amounts of proteins made by the body, including medically important ones such as growth hormone and insulin. There is a \$500-million-a-year market for these kinds of urine ingredients.

"This summer, Enzymes of America plans to market its first major urine product called urokinase, an enzyme that dissolves blood clots and is used to treat victims of heart attacks. The company has contracts to supply the urine enzyme to Sandoz, Merrell Dow and other major pharmaceutical companies. Ironically, this enterprise evolved from Porta-John's attempt to get rid of urine proteins-a major source of odour in portable toilets.

"When the president of Porta-John began consulting with scientists about a urine filtration system, one told him he was sitting on a gold mine.

"The idea of recycling urine is not new, however. 'We thought about this,' says 26 Whitcome of Amgen, a Los Angeles biotechnology firm, 'but realized we'd need thousands and thousands of liters of urine.'

"Porta-John and Enzymes of America solved that problem. The 14 million gallons flowing annually into Porta-John's privies contain about four-and-a-half pounds of urokinase alone. That's enough to unclog 260,000 coronary arteries."

("Now Urine Business", *Hippocrates* magazine, May/June 1988)

But urokinase isn't the only drug derived from urine that, unknown to us, has been a financial boon to the pharmaceutical industry.

In August of 1993, *Forbes* magazine printed an article about Fabio Bertarelli who owns the world's largest fertility drug-producing company, the Ares-Serono Group, based in Geneva, whose most important product is the drug Pergonal which increases the chances of conception. Guess what Pergonal is made from?

"To make Pergonal, Ares-Serono collects urine samples from 110,000 postmenopausal women volunteers in Italy, Spain, Brazil and Argentina. From 26 collection centers, the urine is sent to Rome where Ares-Serono technicians then isolate the ovulation-enhancing hormone."

(N. Munk, "The Child is the Father of the Man", *Forbes* Magazine, 16 August 1993)

Ares-Serono earned a reported \$855 million in sales in 1992, and people pay up to \$1,400 per month for this urine extract.

Obviously, most of us are operating under a gross misconception when we wrinkle our nose at the thought of using urine in medicine.

Urea, the principal organic solid in urine, has long been considered to be a 'waste product' of the body. It's even been considered to be dangerous or poisonous, but this, too, is completely untrue.

Like any other substance in the body, too much urea can be harmful, but urea in and of itself is enormously valuable and indispensable to body functioning. Not only does urea provide invaluable nitrogen to the body, but research has shown that urea actually aids in the synthesis of protein, or, in other words, it helps our bodies use protein more efficiently. Urea has also been proven to be an extraordinary antibacterial and antiviral agent and is one of the best natural diuretics ever discovered. Urea was discovered and isolated as long ago as 1773 and is currently marketed in a variety of different drug forms.

These are a few more examples of commercial medical applications of urine and urea in use today:

- Ureaphil: diuretic made from urea
- Urofollitropin: urine-extract fertility drug
- Ureacin: urea cream for skin problems
- Amino-Cerv: urea cream used for cervical treatments
- Premarin: urine-extract oestrogen supplement
- Panafil: urea/papain ointment for skin ulcers, burns and infected wounds

Another urine-related product ingredient is carbamide. Carbamide is the chemical name for synthesised urea. Where do you find carbamide? In places you'd never thought of, such as in products like Murine Ear Drops and Murine Ear Wax Removal System which contain carbamide peroxide, a combination of synthetic urea and hydrogen peroxide.

Medical researchers have also proven that urea is one of the best and only medically proven, effective skin moisturisers in the world. In many years of laboratory studies, researchers discovered that, unlike just about all other types of oil-based moisturisers that simply sit on the top layers of the skin and do

nothing to improve water retention within skin cells (which gives skin its elasticity and wrinkle-free appearance), urea actually increases the water-binding capacity of the skin by opening skin layers for hydrogen bonding, which then attracts moisture to dry skin cells.

This is a remarkable fact considering that women spend billions of dollars a year on outrageously expensive skin moisturisers whose ingredients, even in tightly controlled double-blind comparison tests, don't even come close to hydrating dry skin as well as simple, inexpensive urea.

So, as surprising as it seems, urine and urea do have an amazing, voluminous history in both traditional and modern medicine.

An article, titled "Autouro- therapy", published in the New York State *Journal of Medicine* (vol. 80, no. 7, June 1980), written by Dr John R. Herman, Clinical Professor of Urology at Albert Einstein College of Medicine in New York City, points out the general misconceptions regarding urine and its medical use: "Autourotherapy (urine therapy) did flourish in many parts of the world and it continues to flourish today... There is, unknown to most of us, a wide usage of urotherapy and a great volume of knowledge available showing the multitudinous advantages of this modality..."

"Urine is only a derivative of the blood... If the blood should not be considered 'unclean', then the urine also should not be so considered. Normally excreted, urine is a fluid of tremendous variations of composition..."

"...Actually, the listed constituents of human urine can be carefully checked and no items not found in human diet are found in it. Percentages differ, of course, but urinary constituents are valuable to human metabolism..."

Look up urea in a medical dictionary. In Mosby's Medical and Nursing Dictionary, urea is defined not as a useless body waste but as a systemic diuretic and topical skin treatment. It's also prescribed to reduce excess fluid pressure on the brain and eyes.

Uric acid, another ingredient of urine, is normally thought of as an undesirable waste product of the body that causes gout. But even uric acid has recently been found to have tremendous health-promotion and medical implications.

Medical researchers at the University of California at Berkeley reported in 1982 that they have discovered that: "Uric acid could be a defense against cancer and ageing."

"It also destroys body-damaging chemicals, called free radicals that are present in food, water and air and are considered to be a cause of cancer and breakdowns in immune function."

"Uric acid could be one of the things that enables human beings to live so much longer than other mammals."

(O. Davies, "Youthful Uric Acid", *Omni* magazine, October 1982)

Urine is a critically important body fluid that has fascinated medical science throughout the centuries. Medical scientists study urine with tremendous intent because, unlike the public, they know that it contains innumerable vital body nutrients and thousands of natural elements that control and regulate every function of the body.

So, whether we know it or not, urine does have an extremely important and undisputed place in medicine- and not just as a diagnostic tool or as an ingredient of various synthetic drugs.

Your first reaction once you've read the convincing research demonstrating urine's often startling medical uses may be a willingness to use it as long as it's altered enough to make it unrecognizable. Many people might consider a synthetic or chemically altered form of urine-such as urokinase, the blood clot dissolver-as preferable to using it as a natural medicine.

But, there are many reasons for using urine in its natural form rather than as a synthetic drug or extract, not the least of which is the fact that there is no synthetic equivalent for individual urine, and never will be, owing to the tremendous complexity and uniqueness of each person's urine constituents.

Just as nature produces no two people who are exactly the same, there are also no two urine samples in the world that contain exactly the same components. Your own urine contains elements that are specific to your body alone and are medicinally valuable ingredients tailor-made to your own health disorders. How can that be? It is because your urine contains hundreds of elements that are manufactured by your body to deal with your personal, specific health conditions. Your body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals to regulate and control your body's functions and combat diseases that you may or may not know you have.

Modern research and clinical studies have proven that the thousands of critical body chemicals and nutrients that end up in your individual urine reflect your individual body functions, and, when re-utilised, act as natural vaccines, antibacterial, antiviral, anti-cancer agents, hormone balancers, allergy relievers, etc. (Talk about the perfect preventive care treatment!)

Many doctors have discovered and shown that it's extremely important to use our own natural urine in healing because extracts or synthetic drug forms of urine don't contain all of these individualised elements that address our personal, individual health needs.

Another reason that many doctors have emphasized the use of the natural form of urine is that it does not produce side-effects whereas synthetic drugs and therapies all produce side-effects, many of which are extremely dangerous.

As an example, the urine-extract drug called urokinase, which is used to dissolve dangerous blood clots, can cause serious abnormal bleeding as a side-effect; but natural urine itself, which contains measurable amounts of urokinase, has been used medicinally even in extremely large quantities without causing side-effects.

If you're not familiar with just how pervasive and extreme the risk of chemical drug-taking is, go to the library and look up a copy of *The Physician's Desk Reference for Non-prescription Drugs* (Medical Economics Data Productions Co., Inc., 1993, 14th ed.). This is the doctor's guide to every prescription and over-the-counter drug on the market, and every one of them is accompanied by a long list of ominous and frightening potential side-effects.

On the other hand, in almost 100 years of laboratory and clinical studies on the use of natural urine and simple urea in medicine, extraordinary results have been obtained, but no toxic or dangerous side-effects to the user have ever been observed or reported by either researchers or patients using the therapy.

As we've learned, urea, which is the principal solid ingredient of urine, has been synthesized and medically used with excellent results and with no side-effects. But again, research has shown that whole urine can cure many disorders that urea cannot, because urine contains thousands of therapeutic agents such as important natural antibodies, enzymes and regulating hormones that urea alone does not contain.

Urine therapy not only has dozens of successful research trials supporting it, but also thousands of success stories from people all over the world. As many people today have discovered, conventional medicine held no answers for either their chronic or acute illnesses and health disorders-but urine therapy did.

About the Author:

Martha Christy is a nutritional and natural health-care consultant, medical research writer and editor, and author of the international bestseller, *Learn to Control Stress with the Stress Test*. Her other books include *Reconstructing The Real You, Even Good Foods Can Be Bad For You (Personalizing Your*

Nutrition), Balancing Your Body's pH, Simple Diagnostic Tests You Can Do At Home, and Homeopathy and Your Own Perfect Medicine.

Urine Therapy Book Review

Drinking one's own urine is an age-old practice, especially in sickness, but is also used by many during good health for preventive health maintenance.

Reviewing 6 books on the subject, Natural Urine Therapist, Ahmen Heaven (www.fruitnut.net) writes:

The first book that arrived was Martha Christy's "Your Own Perfect Medicine" - - a large book, but easy-to-read, containing fully convincing reviews of many scientifically-proven and medically-documented studies showing how drinking one's own urine can be highly therapeutic, even in the most difficult cases. The title summarizes it all, as one's own urine is each individual's own best personal medicine, because each person's own urine contains a variety of anti-bodies to specific ills, which are unique to each individual. Christy's book is somewhat repetitive, though full of information, and she gets the point across. She writes that medical researchers have discovered many elements (from the blood) that are in urine, have enormous medicinal value, and "when they are re-introduced into the body, they boost the body's immune defenses and stimulate healing in a way that nothing else does."

"If you believe in me, you will never thirst... Rivers of living water shall flow from your bellies.." - Jesus (in John 7:38)

This strange behavior, called "urine therapy," or "auto-immune therapy," or "intrinsic medicine," or simply "UT," and also known in India as "amaroli" (the practice itself) and "Shivambu" (urine, the "water of Shiva"), has a well-documented, proven record of its power to heal an amazing variety of ills, with no negative or harmful effects. Coen van der Kroon's book "The Golden Fountain" lists around 175 different ailments or diseases of the human body, that have been cured by urine therapy, which includes drinking, massaging with-, and bathing in- urine. (Also used for nose drops, ear drops, eye drops, foot baths, eye cups, douche, enemas, etc).

Urine therapy has historical roots in ancient Egypt, ancient China, ancient India, Europe in the middle-ages, and even in this century, there have been hundreds of medical studies (including doctors who injected it directly into the blood, apparently because the taste was considered too objectionable). In Dr. CP Mithal's book *Miracles of Urine Therapy*, the author mentions certain doctors in India who believe in urine therapy, but know that their patients won't drink it. So when the patient comes in for a visit, the doctor asks for a urine sample. The doctor takes it into the back room, where it is repackaged as medicine, with taste and smell disguised. Dr. Mithal writes that we should forgive these deceptive doctors, because it's the only way they can get the patients to drink their urine. It is a divine nectar, with supernatural qualities.

Urine Therapy, also known as urine-therapy, urotherapy, autourine therapy, autourotherapy, amaroli, UT, AUT, uropathy, Manav Mootra, Shivambu, "Water of Life"

After all, as the Bible says, "the life (or life-force) of the flesh is in the blood," and as urine comes from the blood, it contains that "life-force." Imbided fresh and warm, it is a living food, and a nourishing drink, that is also cleansing, as well as medicinal.

The main theory is that it helps build immunity to disease, much like a vaccination. Martha Christy goes into all of this, and partly focuses on its use as a cosmetic, among other things. She recommends starting off with just a few drops, applied topically to the skin. Urine is helpful for acne, eczema, psoriasis, ringworm, sores, fungal infections, insect bites, snake bites, wounds, burns, abrasions, and even gangrene. Urine is also a rich source of hormones, especially DHEA and melatonin, and other sex hormones including testosterone, androgen, and estrogen. It is also a rich source of enzymes, vitamins and minerals, and the amino acid creatine (used by body-builders, in the form of an extract from beef). Urine is also a source of allantoin (also found in comfrey and aloe vera, known as 'bone-knit,' in comfrey,

and useful in aloe for preventing sunburn). Although I have not seen any information on HGH in urine, I suspect urine may also be a source of HGH (human growth hormone).

Urine contains vitamin B-12, vitamin C, vitamin B-6, and other vitamins, and many minerals. There are approximately 200 known biochemical elements in urine, but researchers believe this is just the tip of the iceberg. Dr. Beatrice Bartnett writes that it is now known that urine contains thousands of bio-chemical compounds, but that only 200 or so have been studied as compounds of interest to medical scientists. Urine contains elements found in the diet, mixed with elements of the blood, and filtered by the liver and kidneys, before flowing out of the body. Most of the toxins in the food we eat (if any) is filtered out of the blood, through the liver and kidneys, while any toxic matter that makes its way into the urine would be highly diluted. The end product, urine, is actually less toxic and more alive than much of the food and drink that goes into the body. The body is even able to digest junk foods and devitalized liquids, and produce from it a valuable, medicinal drink. Urine is medicinal, cleansing, and nourishing. Think how much more valuable and medicinal is the urine from healthy, clean blood, which is fed by pure, natural, organic, raw foods. Drinking your own urine makes you think seriously about what you eat.

Rather than being "toxic," urine (which is about 95% water) may actually contain some of the purest water that we can drink. It is a by-product of our blood, filtered by the liver and kidneys, and the cleaner the blood is, the healthier the urine will be. Even urine from relatively unhealthy blood contains valuable immunological factors that can improve health if recycled. If you continue to recycle your urine, the color and taste continually gets more clear and pure, the more it is recycled. Thus, empirical observation proves that urine-drinking has a cleansing effect on the blood. Supposedly, even in the worst cases (where the urine is dark and cloudy, and smells bad), it can become totally clear in only a matter of only a few days at the most. Thus, drinking one's own urine is a very powerful blood cleanser and purifier.

Urine is pure, fresh, organic, live, filtered "structured" water, at body temperature, containing large quantities of pure, predigested nutrients. It is fresh, raw, and alive, and the cost is totally free (to say the least). No wonder the general medical profession doesn't know more about it - - there's no money in it for doctors or for pharmaceutical companies (although there are many pharmaceutical preparations, moisturizing lotions, etc, which derive from urine).

Urine is anti-bacterial, anti-fungal, and anti-viral. It is used in cases of AIDS, cancer, fatigue, anemia, all sorts of urinary diseases, for weight-loss, colds and flu, candida, diabetes, digestive problems, jaundice, etc. It is medically-proven against polio, rabies, and tuberculosis. The list of diseases for which it is effective is very long, and around 175 known diseases are said to respond to this kind of therapy. Urine therapy is truly a "panacea" (i.e., a "cure-all" or "universal remedy").

The folklore is to take the middle stream only, and morning urine is best, although John Armstrong often recommended drinking it all, every drop, until well. The past few years have seen "World Symposiums" on urine-therapy, attended by hundreds of doctors from around the world who drink their own urine. Martha Christy offers sensible advice, and many case studies. She suggests not flushing the kidneys by taking copious amounts of water, which dilutes the healing properties of the urine. Before reading her book, I thought I might start drinking a little of my own.

Now, as strange as it seems, I honestly feel there may be nothing better to drink. After you read the highly-documented proof in these books, you probably won't want to waste another drop of this precious fluid (which is not a waste product, but a by-product of your own blood). In fact, the body has predigested the food, mixed it with elements in your own blood, filtered out the poisons, and is producing a product that is very nutritious and proven beneficial for health, even (and especially) in cases of sickness. This is filtered blood, that is richer and more alive coming out, than the food going in!! Our bodies provide us with an amazing biochemical pharmacy, if we would only recognize this fact.

Urine contains a vast array of anti-bodies, hormones, and enzymes, and is anti-viral, anti-bacterial, anti-septic, and anti-fungal.

If you can accept the fact that urine is actually one of the purest, and most nutritious, and easily digested and easily absorbed foods, then you can be sure to never go hungry again, and you will always be fed

with the purest foods, whose source you can trust. As Jesus said: "If you believe in me, you will never thirst.... Rivers of living water will flow from your bellies." (How can you absolutely trust there's not a poison in your drink? Many times, people have been poisoned to death, both intentionally and unintentionally). A few years ago, there was a recall on celery sold in the supermarket, because it had traces of an insecticide called 'parathion' on it. Just a few drops of 'parathion' can be lethal to a human being!! If you drink your own urine, you can be assured that it's pure, fresh, and organic, and is compatible with your own system.

Drinking your own urine also makes you question what you put into your body. The taste of your urine will change depending on what you consume. My own urine usually tastes slightly bitter, or slightly salty, or slightly sweet, sometimes a mixture of these three tastes. Sometimes it tastes very clear and pure, with almost no flavor. Sometimes it is very sweet, if I've been eating sweets. It usually also gets very clear whenever I recycle my urine a few times in a row. The elements in the food and drink we ingest, pass into the blood stream, and are filtered by the liver and kidneys. Urine is one substance in nature that has been examined and analyzed more than most all other substances. But urine is much more than what most people think it is. While most people in the modern world consider urine to be a filthy waste product, it is actually more valuable than we care to recognize. Urine is a super-food and a solvent, charged with the life-force (even the heat) from the blood, and is medicinal, cleansing, and nourishing.

Martha Christy refers to John Armstrong (author of "The Water of Life") who did pioneering research in the 1920's, 30's, and 40's. Armstrong himself fasted on his own urine (and water) for 45 days, in order to heal himself of tuberculosis. He claims it completely saved his life from "incurable" tuberculosis, and also he found it rejuvenated him physically, and even his skin became soft as a young girl's.

Surprisingly, he broke his own 45-day urine fast by eating raw beef!! **[the author of this review does not believe you should try this]** He also drank raw milk, and railed against consumption of pasteurized milk, writing humorously that many people think "pasteurized" means "fresh from the pasture." However, for most of his patients, who fasted on urine, he recommended transitioning back to normal eating, by starting simply with just orange juice and then oranges, and slowly transitioning back to a healthful diet. Armstrong supervised more than 1,000 people in urine-fasts -- although I saw in print somewhere the number 40,000 patients -- during the 1920s, 30s, and 40s.

Armstrong wrote, and other urine therapists attest, that diagnosis plays no practical part in treatment, since most every known disease can be cured by this means. Armstrong's book was originally published in 1944, written in a dialect specific for Great Britain in the 40's, sounding a little haughty and difficult to read. But if one tries to understand what he's saying, translating it into modern English, Armstrong's work is an amazing proof of urine therapy. In his book, he reviews many of his more interesting cases, including one patient who fasted for 101 days on his own urine. Another man who couldn't lose weight, fasted for 49 days on his own urine, going from 420 pounds, down to 105 pounds (in just 7 weeks). Armstrong talks about his own (and his predecessors') use of urine therapy in healing diseases like obesity, common cold and flu, heart disease, growths and cancers, prostate trouble, arthritis, glaucoma, rheumatism, cataract, venereal disease, leukemia, malaria, diphtheria, chickenpox, scarlet fever, rheumatic fever, bronchial asthma, orchitis, Bright's disease, jaundice, scurvy, dropsy, burns, rash, warts, bed-wetting, menstruation trouble, kidney disease, urinary complaints, mucus colitis, pyorrhea, gangrene, etc....

Armstrong also recommends its use as a mouthwash, aftershave lotion, anti-septic, etc. He writes: "...within man himself is to be found the substance to cure his diseases." He writes that his book substantiates his contentions by the case histories he cites, on the principle that "one ounce of facts is worth many pounds of theories."

One other notable fact about Armstrong is that he understood the need to massage with urine. He insists that cures were faster and more effective in those who bathed, massaged, rubbed, and soaked themselves with urine. He got this idea, he says, on his first fast on urine and water, when this Biblical verse came into his mind: "when thou fastest, anoint thy head and wash thy face." (Matthew 6:17). He also points out the other Biblical verse (in Proverbs 5) that originally led him to drinking his urine: "Drink

water from thy own cistern." Surprisingly, he appears to have missed the most important verse, from John 7:38: "Rivers of living water shall flow from your bellies."

Armstrong highly recommended massaging urine onto the skin, especially to the face, neck, and feet. Urine is absorbed through the skin, and is an excellent cosmetic for healthy as well as blemished skin. It moisturizes skin at the same time it heals burns, and can even prevent and/or heal scar tissue. Massaging and soaking the skin with urine is also a way for the hormonal contents of the urine to be slowly re-absorbed into the system, while by-passing digestive juices that may neutralize their potency.

As for use on skin, almost all the researchers and writers say that old urine is preferable, some as much as 4 to 8 days old. The ancient Indian text Shivambu Kalpa Vidhi suggests using old, boiled-down urine for skin massage, with 75% of the water boiled off. But research has shown that fresh urine, as well as urine which is boiled down to 25% consistency, and also unboiled urine which is at least 4 days old, are all excellent for use on the skin. The smell of ammonia in the old urine is not toxic, and is actually beneficial. Do not drink old urine. Use old urine only on skin.

These researchers and writers on urine therapy also recommend urine massages, urine packs, urine eye-drops, ear-drops, foot baths, and even urine enemas! Urine nose-drops (or sniffing a thimbleful of urine, or just a few nose drops of urine, with an eye-dropper down the nostrils), can help loosen mucus and clear up blocked nasal passages. Martha Christy also points out an accepted practice in France in an earlier century was for wealthy women to soak themselves in urine baths.

The next book I read was Coen van der Kroon's "The Golden Fountain: The Complete Guide to Urine Therapy," a high-quality book, with many more case studies, numerous references, extensive bibliography, and complete text of the 107 verses of the ancient Sanskrit text Shivambu Kalpa Vidhi. I loved the picture of the Indian Holy Man drinking his own urine out of a human skull - although I prefer a ceramic cup, or a coconut shell.

In the next paragraph are some of the verses from the Shivambu Kalpa Vidhi ("the method of drinking urine for rejuvenation"), part of a 5,000-year-old document called the Damar Tantra, which offers advice on "amaroli," and a prognosis for its followers. Urine therapy (the therapeutic drinking of Shivambu) has been used in ayurvedic medicine for thousands of years. "Shivambu" means the water of Shiva (the highest god in the Hindu pantheon), and Shiva means auspiciousness. "Shivambu Kalpa Vidhi" also translates as "Water of Auspiciousness." I've also seen it referred to as the "Water of Life," the "Divine Nectar," the "Golden Elixir," etc., although I call it the "Fountain of Youth." The Kingdom of Heaven is within us, taught Jesus. It is just divine that after all our searching for the "Fountain of Youth," we have finally discovered that it is within us.

From the Shivambu Kalpa Vidhi (verses 9 through 21): "Shivambu is a divine nectar! It is capable of abolishing old age and various types of diseases and ailments... All the ailments subject to from the very birth will be completely cured... One's body will be internally cleansed... Drinking it for two months stimulates and energizes the senses... Followed for three months, all types of ailments will disappear and all miseries will evaporate... After five months, the follower will be completely healthy, and will be bestowed with divine eyesight... After six months, the follower will be exceptionally intelligent... After seven months, the follower will be exceptionally strong... After eight months, the human body will possess divine lustre, like that of shining gold, that will be permanent... After nine months of continual use, tuberculosis and leprosy will perish... 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... After one year of continual use, the follower acquires solar shining...

... Seven years of use makes the follower capable of conquering his ego... Nine years of this method will make the follower immortal... After ten years of experimentation, it will be possible to float in the air with ease... Twelve years will enable one to be as long lived as the moon and the 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....

Continuing with verses 22 through 44: "If taken for six months continuously, the powder of Amrita dissolved in Shivambu will make a man free from human ailments and he will become perfectly happy... the powder of Haritaki mixed with Shivambu should be taken regularly for one year. It puts a stop to old age and disease, and if used for one year, makes a man exceptionally strong and healthy.... The stomach powder, Kosta Churna, should be taken with Shivambu continually for a period of twelve years. The tokens of old age such as wrinkles on the skin, gray hair, etc., vanish. Man will have the strength of ten thousand elephants... ..Man becomes strong and divinely lustrous. He can enjoy longevity and can compete with death... He becomes free from human ailments. He assumes a divinely lustrous physique, like that of Shiva; he can recreate the universe and can lead a divinely pleasant life... possesses divinely pleasant lustre full of bliss... Mixture of lotus roots, mustard seeds and honey...taken with Shivambu...makes the human body exceptionally light and energetic...

Other herbal preparations taken with Shivambu are "capable of relieving old age and all kinds of diseases... makes a man lustrous and he acquires a body with divine attributes... All pains and miseries vanish... all human ailments perish and the body becomes well-nourished and strong... and ... can conquer death... relieved of any type of ailment.... brain power becomes brilliant.... voice becomes melodious... relieves any disease ... bestowed with divine eyesight... makes a man free of ailments and his hair becomes black again... can enjoy the fruits of meditation and will experience spiritual growth...

Continuing from Verse 48: "Shivambu should be applied to the whole body. It is exceptionally nourishing, and can relieve all ailments... The follower can acquire divine power... The follower's body will be cleansed, his mind will be ever cheerful and he can attain divine lustre... will have insight in the Scriptures... will become very strong and brave... the follower will become, as it were, a god on earth.... He will become a good orator and all the universe will be visible to his eyesight... he will become the master and authority of meditation. He will enjoy the utmost pleasure in life... the body becomes healthy and strong... will then be able to control ejaculation and will be unconquerable in sexual intercourse... becomes a symbol of learning and enjoys excellent eyesight... will be free of old age and will have excellent foresight... will possess excellent and long eyesight within a distance of miles... will be able to hear from a long distance... He can read the minds of others... even the most beautiful Princess will be attracted to him... mental disorders will disappear... the follower of this therapy will become as young as a lad of sixteen years... ..the signs of old age disappear promptly... helps to conquer old age... gives divine countenance... old age will be under control... follower will acquire a radiant personality... he will definitely enjoy longevity... his heart will be strong. His body and muscles will be strong. He will float in pleasure... will be full of strength and bravery... body will be shining with lustre... will be well versed in arts and sciences... have an impressive voice... One hundred and twenty four ailments (arising from Kapha, Pitta, and Vata) will vanish with this treatment... eyesight will be sharp... even fire will not harm him. He will not be burnt by fire... cleanses the body, keeps it free of disease, and allows the follower to move quickly... the follower will quickly master the practice of yoga... deficiency of minerals in the body is corrected... eyesight brightens, oratory powers and knowledge are acquired...

Verses 104 through 107 conclude: "Oh Goddess, during the process of the intake of Shivambu, the following things should be strictly avoided: vegetables in the form of leaves, flowers, or legumes; grains that cause flatulency; and starchy, pungent, sour, and salty foods. Sexual intercourse should also be avoided. This will help to accomplish the fruits of this method. Behaving against these rules will put man in unexpected difficulties. ... Oh my beloved Parvati! I have narrated the details of Shivambu Kalpa. This is its technique. Attempts should be made to keep it a secret. Do not tell anyone."

Always use fresh urine (fresh and warm) if drinking, although urine that has aged for several days (Coen van der Kroon suggests 4 to 8 days) is better for the skin. Dr. Beatrice Bartnett (author of "Urine Therapy - It May Save Your Life") suggests that we make a prayer thanking our bodies for providing us with this divine elixir, and to drink it slowly, willingly, and with cheerfulness. Martha Christy recommends plenty of rest, and urine seems to be a great normalizer. It is supposedly high in melatonin, which may help give it its calming effect (while also strengthening the physical body and immune system). Besides known for its laxative and diuretic effect, it also helps clear up congestion (gargle with it for a sore throat, or sniff it for relief from sinus and respiratory congestion). Drinking my urine seems to make me feel stronger, and also more relaxed (perhaps because of its melatonin content), and I feel more self-confident, and happier.

Drinking my own urine definitely seems to have an invigorating effect, and it certainly must be considered a medicinal tonic.

The taste of my urine varies. Sometimes it is clear and pure, like warm rainwater, with no taste, or only a slight taste that is not objectionable. Sometimes it has a distinct, smooth, rich flavor, although you may have to "develop a taste for it." After all, your first sip of wine, or swig of beer, probably didn't taste too good either, until you "developed a taste for it." I eat a relatively simple, natural vegetarian diet, so my urine is usually not objectionable in flavor. However, whenever it tastes objectionable (which is rare), I don't drink it. This may be an important, although overlooked, aspect to the practice of amaroli, since the Shivambu Kalpa Vidhi warns the follower to avoid certain foods (and other activities) if drinking one's own urine, or else trouble may follow. The Shivambu Kalpa Vidhi clearly states: "Behaving against these rules will put man in unexpected difficulties."

Urine consists of about 95% water, while about 5% includes the 200+ substances that have been mentioned. Even the basic kind of water that urine contains (called "structured water") is the best kind of water to drink, and the most useful to our bodies. If nothing else, you can tell by drinking urine that it tastes very smooth, and feels compatible for digestion. Also, consider urine's attractive golden-amber color! Do not mix urine with other foods or drinks, or within an hour before or after eating. Also there's no need to overdrink. Martha Christy points out that sometimes only a few drops can help, or prove remedial.

Occasionally you may want to follow a cup of urine with a "chaser," like fresh-squeezed orange or grapefruit juice, or other juicy fruit. Martha Christy mentioned that the former prime minister of India, Morarji Desai, was an avid follower of this practice, and recommended it to his countrymen, some of whom jokingly referred to urine as "Morarji Cola."

Desai was interviewed on national television in the United States on "60 minutes" in 1978, but because he wasn't able to cite many reliable medical studies, his credibility was soured. However, author Coen van der Kroon visited Desai in India in the spring of 1994, when Desai was 99 years old, and still in good health, although he died the following year, at age 100. Desai said he drank a glass of urine every day, and massaged and washed himself with it. At age 99, van der Kroon writes, his senses seemed sharp, he appeared healthy, and his skin still seemed radiant and soft.

The cleaner your diet, and subsequently the cleaner your blood, the better your urine will taste, and its use all over your body becomes less objectionable. It is advised to avoid meat and coffee when employing urine therapy, as well as prescription- and recreational drugs, and also to be on a low-salt and low-protein diet. Urine is composed mainly of "structured water" which is healthful to the body. I believe that urine is a more pure, richer, fresher, and more alive substance coming out of you, than the food going in!!! Think about that! It is pre-digested, fresh, raw, alive, organic, filtered, and at body temperature, full of vitamins, minerals, enzymes, hormones, and other health factors, especially the individually-specific anti-bodies which have a healing effect on a wide variety of illnesses, from cancer to the common cold, from AIDS to chronic fatigue syndrome.

In "Your Own Perfect Medicine," Martha Christy points out that there has never been a case, ever, where urine-drinking was found to be toxic to the human body, and doctors have researched more than 100,000 subjects in this century alone. Supposedly, millions of people are using this therapy in Germany today. Urine is completely non-toxic, without even any known side-effects, except for possible crises, which soon pass.. She points out that almost every known pharmaceutical drug has a long list of side-effects, but with urine, there are none.

In the Bible, Jesus said "If you believe in me, you will never thirst." and also "Rivers of living water shall flow from your bellies." (John 7:38) John Armstrong referred to urine-drinking as his "penance," and as "penance" for others, and continued to drink his own urine for the rest of his life, and kept in good health. He himself claimed to drink (or try to drink) "every drop" of his own urine, and recommended this to many of his patients, many of whom fasted for weeks at a time, drinking all of their own urine. However, other urine therapists, and general folklore on the subject, suggests that it's best to drink only the middle stream, and morning urine is best.

The fourth book I read was "Urine Therapy: It May Save Your Life" by Dr. Beatrice Bartnett (1996). This is also a good book with many interesting facts and case studies, and the author claims there are more than 800 specific articles on file about urine therapy. Dr. Bartnett reveals that we all drank urine before we were born, because urine is the main ingredient of amniotic fluid. It has recently been discovered that fetuses use their amniotic fluid to develop their lungs. The fetus literally "breathes" this fluid into its lungs, and without it, the lungs do not develop. The main constituent of amniotic fluid is fetal urine.

If there is ever a water shortage, because of natural disaster or due to catastrophe, we can safely drink our own urine, and be the healthier for it. It's like drinking your own filtered blood, and has strong healing properties. It's even used to cure leprosy in India, and is a perfect antidote for poisons, chemicals, insect- and animal- bites, and is anti-venomous against snake bites. Dr. Bartnett is also co-author of "The Miracles of Urine-Therapy" (with Margie Adelman, published 1988, and several times refers to other case histories and information in her earlier work). The recent edition of Dr. Bartnett's "Urine Therapy - It May Save Your Life" (1996) contains 87 references to other medical studies on this subject, and lists 12 books on urine-therapy. Martha Christy's 1998 edition of "Your Own Perfect Medicine" contains 120 references to a variety of scientific, medical studies. Coen van der Kroon's bibliography in "The Golden Fountain" cites 32 other books or articles about urine therapy, including "The Alchemy of Urine," published in Israel in 1992. He cites an enlightening passage in that publication, in which a follower of urine therapy concluded that God made it this way to "remind us that things aren't always what they seem to be."

There's a huge amount of evidence in favor of urine-therapy, and these well-written, and highly-documented books will certainly change your way of thinking. Even if you're in good health, a dose of your own urine provides energy promoting nutrients, hormones, enzymes, as well as natural antibodies that can enhance preventive health care. Another interesting book on this subject is Arthur Lincoln Pauls' "Shivambu Kalpa" (1978). There is much to be found in an internet search of "urine therapy." For a comprehensive list of other publications, links, and resources on this amazing and important subject, see alphabetical list at bottom of this page.

There is also something esoteric about urine. I mentioned that it is a super-natural food, because it is a byproduct of the blood, which contains the "life-force." My first impression was I felt stronger, happier, and had more confidence. Perhaps it was the vitamin B-12 in urine, or perhaps simply the esoteric element of "life-force," also called "chi," "ki," or "prana." Drinking your own urine, certainly seems to be a way to raise your "prana," "energy," or "life-force." The Shivambu Kalpa Vidhi refers to a strengthening and improvement in the voice, as one of the effects of "amaroli," as just one of many improvements to one's health, happiness, and power. If you have difficulty urinating, this is one way to increase your life-force, and flow of urine. I believe a strong-flowing urine is a sign of vital life-force, while a weak flow is a sign of a weakened life-force. The word "urine" begins with "ur" which in Hebrew means "light." Abraham, the father of the Jewish race, came from a place called "Ur," and "uranus" in Greek translates "heaven." There is an esoteric following over the "Urantia Book."

For many years, I have thought about the Biblical story of the Garden of Eden, and the original sin - - eating fruit from the "tree of knowledge of good and evil," which leads to death; whereas eating the fruit of the "tree of life," would lead to eternal life. The Bible states that the two trees were both in the "midst" of the garden. But it is a mystery how two different trees could stand in the "midst" of the garden, since "midst" is a contraction of "middle-est" (or "most middle"). Only one tree could stand in the "most middle." My own theory, for what it's worth, is that the Garden of Eden is the human body, and that the two trees (in the "most middle") are the spine (which is the tree of knowledge of good and evil), and the penis (the tree of life). Male gender used, since man and woman were originally created as one. Also note that "s-p-i-n-e" and "p-e-n-i-s" are made up of the same letters, and their fruits (sperm cells and brain cells), are very similar, chemically and morphologically. For many years I thought that eating from the tree of life, meant reabsorbing your own seed, but then I heard a voice in my head suggest that urine, too, is also fruit from the tree of life. The Shivambu Kalpa Vidhi, like the Bible, suggests that if you ingest this "fruit" (from the tree of life), you may live forever.

If for no other reason, you might as well look into urine therapy just in case there ever comes a time on this planet when you can't get any food (or any good food) to eat, or any clean water to drink. For example, this knowledge could come in very helpful in a nuclear winter, or famine... But there's no need to

wait until doomsday. The secret of life is here, and is within us. The "Kingdom of Heaven" is within you. Our own urine may indeed be the elusive "Fountain of Youth," so long sought for, but ever present within us. As we clean up our diet, we also clean up our blood, and as our blood is cleansed, our urine tastes just fine. (You can also cleanse your blood by drinking your urine, as has been empirically demonstrated by anyone who recycles their own urine for anywhere from a few hours to only a few days. By drinking your own urine, your urine becomes clarified.) Our own urine, far from being a filthy waste product, is a medicinal cornucopia, that is cleansing, as well as nourishing. As Jesus said: "Rivers of living water flow from your bellies." (John 7:38)