

Urine Therapy-Internal Cleansing

1. Collect Midstream Urine in a Clean Cup or Container

A dean glass or clear plastic container is best for collecting the urine. In the research studies, urine is usually collected by means of a "clean catch" in which the genital area is cleansed before collecting the urine. This is important for women in particular when using urine therapy internally and can be done by simply washing with a little soap and water. Collect the midstream urine only. You can take along pre-packaged clean catch kits, which include a sterile cup and antiseptic paper towelettes for convenience during travel or whenever unsanitary living conditions or contaminated water are a problem.

2. Always Use Fresh Urine Immediately Upon Collection

Urine breaks down quickly outside the body so use it internally as soon as you collect it. If you are going to use it for external use only, this isn't as important, as you can use either fresh or old urine for most external applications.

3. Begin With Oral Drops Then Increase Dosage As Needed

Once you've read the book and are ready to begin using the therapy, Start by taking a only few drops each day in order to let your body adjust gradually.

Fill a clean medicine dropper from the cup of urine and place one or two drops under your tongue. This method lets you get used to the taste slowly and will still give you health benefits. You can slowly increase and adjust the amount later when you've determined what amount is right for your condition.

1. Start by taking 1-5 drops of morning urine on the first day.
2. The second day, take 5-10 drops in the morning.
3. Third day, take 5-10 drops in the morning, and the same amount in the evening before you go to bed.
4. Once you feel accustomed to the therapy, gradually increase the amount as needed for obtaining results for your condition. As you use the therapy, you will learn to adjust the amount you need by observing your reactions to the therapy. More information on dosage is given further on in this chapter.

4. Do Not Boil Or Dilute The Urine

Research studies show that boiling urine destroys many of its medicinal properties, so when taking it internally, use it only in its fresh, natural form. Research studies have also shown that diluting urine (or urea) decreases its antibacterial activity, so rather than diluting it in juice or water to get accustomed to using it.

5. Homeopathic Urine

The importance of using urine collected at the beginning or height of acute symptoms of illness, particularly infections and allergies, has been suggested by some researchers, because this urine contains the greatest amount of antibodies and immune-defense agents with which the body is already fighting the illness. A homeopathic preparation preserves this potent first-stage-illness urine and can then be used throughout the duration of the illness. Homeopathic urine is also excellent for children. For those of you with extreme sensitivity or toxicity, who may feel that you are getting too strong a reaction to the urine initially, try using it as a homeopathic dilution.

6. Monitor And Balance Your Ph

pH refers to the acid/alkaline condition of the body. The body is normally mildly acidic, and maintaining the proper pH is crucial in urine therapy. pH values naturally change throughout the day. **Morning urine is generally more acidic than mid-day urine, and pH also changes in response to diet** - in general, foods like meats, coffee, alcohol, milk, eggs and beans make the body more acidic while most fruits and vegetables have an alkaline effect. (See Appendix for a more complete listing of add/alkaline foods). It's always good to keep an eye on both your urine and saliva pH levels, because both should present a proper acid/alkaline balance. The ideal pH range of saliva is about 6.4 - 7.2, (below 6.4 is too acidic, above 7.2 is too alkaline). Saliva usually becomes more alkaline after eating and with a vegetarian diet. Urine pH should ideally vary from approximately 5.0 (acid in the morning) to 8.0 (alkaline at night) during each 24-hour period. If your urine or saliva pH levels are consistently out of range for a long period, of time, it means that your body is not functioning correctly or that your diet is consistently too acid or too alkaline. pH measuring strips with numerical values are commercially available for testing your acid/alkaline levels and make it simple to regularly monitor your pH at home, (or see order form on last page). The tendency to overacidity is called acidosis, which can be caused by such things as kidney, liver or adrenal disorders, improper diet, starvation, anger, stress, fear, fever or excess vitamin C, aspirin or niacin. Symptoms may include insomnia, water retention, migraine headaches, frequent sighing, abnormally low blood pressure, dry hard stools, alternating constipation and diarrhea, sensitivity of the teeth, difficulty swallowing and recessed eyes. Alkalosis (when the body is too alkaline) can be caused by such things as excessive use of antacids or by poor diet, excessive vomiting (bulimia), endocrine imbalances, high cholesterol, osteo-arthritis, or diarrhea. Symptoms may include drowsiness, protruding eyes, creaking joints, sore muscles, bursitis, edema, night coughs, menstrual problems, allergies, night cramps, chronic indigestion, or asthma. The first and easiest methods that you can use to correct pH are to increase relaxation, rest, fresh air, and exercise, decrease stress and make dietary adjustments. If you're too acid, decrease acid foods in your diet and eat more alkaline foods; if you're too alkaline, decrease alkaline foods and eat more acid foods. (For a

list of acid or alkaline foods see the Appendix at the back of the book).

It's extremely important to monitor your pH levels during urine therapy because if your urine is too alkaline, it may decrease its antibacterial activity. On the other hand, if the urine is consistently excessively acidic, urine therapy could create too much of an acid burden in your body. In this case, make certain that your diet is primarily alkaline-promoting foods, so that you are balancing your pH and not adding to your body's acid burden through ingesting extremely acidic urine. Also, if you have a severe chronic problem with acidosis (this is often true of diabetics), use only a few drops of urine at a time, or substitute a homeopathic urine preparation. Test your urine pH once or twice each day for a few days when using urine therapy for the first time or when using it intensively. Do not ingest the same urine that you dip the pH strip into for testing. If you are taking only a small maintenance dose per day, test pH once every three to five days in order to determine whether dietary adjustments are needed. If you find that your urine pH is very acid, add a pinch of baking soda to the urine you'll be ingesting to reduce the acidity.

7. Do not use urine therapy if you are pregnant without a doctor's supervision:

Although pregnant women have been treated with successfully urine therapy for morning sickness or edema, the therapy should not be used during pregnancy without the supervision of a doctor familiar with the medical use of urine. Doctors have reported that they have used urine therapy for morning sickness in pregnancy with excellent results, but there are reports of two spontaneous abortions, which occurred after urine therapy treatments, possibly because of the natural release of toxins that occur with urine therapy.

Fertility: On the other hand, if you're trying to get pregnant, several successful fertility drugs such as Pergonal are made from urine extracts and a few women have reported to me that they feel urine therapy helped them to conceive. The best and safest method in this case is to use urine therapy for a certain time period (six months) before trying to conceive and to discontinue its use during the days that you're attempting to conceive. You can use urine diagnostic tests to determine when you're ovulating and when you've conceived, and you can gear your use of urine accordingly.

Urine Therapy and Drugs: In the past I have recommended that you do not use urine therapy if you are taking any type of drugs or are a heavy smoker, alcohol user or coffee drinker. However, new research has come to my attention that shows that urine therapy can be beneficial under all of these conditions. Dr. William Hitt, an American doctor who actually has urine therapy clinics in Mexico, has reported to me that he has treated 20,000 patients in a 2½-year period with urine therapy injections. These patients include those with cancer, asthma and other diseases and also patients with severe alcoholism, drug and smoking addictions. Dr. Hitt reports startling success with no side effects in using urine injections for addictive disorders and also in combination with prescription drugs. The amount of drugs or contaminants passed into urine is so infinitesimal that they pose no threat and, in fact, appear to act as vaccine-type agents which improve or cure these types of disorders. The book *Urinalysis in Clinical Laboratory Practice* from Miles Laboratories, in which the authors state that even in a case of severe mercury poisoning, the actual amount of mercury passed into the urine is infinitesimal, also supports this. When these types of conditions are present, start on 1-5 drops orally per day for 3-5 days in order to avoid heavy detoxification. Increase the drops by one or two each day according to how well you're tolerating the therapy, gradually increase the amount as needed to obtain results for your individual condition.

8. Improve Your Diet & Avoid Meat When Using Urine Therapy Intensively Before Fasting

In general, your diet should consist of balanced amounts of whole grains, fresh vegetables and small amounts of lean meats and fish. If you are eating large amounts of refined foods, sugar, soda, coffee, etc. you will not get the full benefits of urine therapy and, depending on how poor your diet is, you may experience unpleasant symptoms of headache, nausea, etc., as your body reticulates and expels undesirable elements. If you're only using a few oral drops of urine or ingesting one or two ounces once a day, your meat intake can remain normal as long as your usual intake is moderate. As studies on urea and the kidney have shown (Dr. C. Giordano), urea helps your body break down proteins more efficiently, which may mean that when using urine therapy, you can get the increased benefits of protein intake even though you are eating less meat and other sources of protein. This information will probably also be of value to vegetarians who rely on much less concentrated protein sources in their foods than regular meat eaters. Decrease or eliminate meat in your diet while ingesting large amounts of urine or preparing for a fast, as combining intensive urine therapy and high meat intake may lead to excess acid levels in the body.

9. Detoxifying Symptoms

When you first begin urine therapy, you may initially experience symptoms such as headache, nausea, diarrhea, tiredness, or skin rashes. In many of the research studies in Chapter 4, the doctors often observed such symptoms in their patients, which are the body's natural responses as stored toxins from illness and disorders are excreted and removed from the body. These symptoms normally disappear within 24 to 36 hours. Also, by starting your therapy with a few oral drops, you may avoid or lessen the severity of detoxification. If you have begun your therapy with larger amounts, and are experiencing unpleasant symptoms, decrease the amount you are ingesting and continue with smaller doses. Homeopathic remedies

and simple herbs can also be used and are often of great help during detoxification to relieve headache, nausea, diarrhea, etc.

10. Children

Several research studies, such as those done by Drs. Krebs, Piesch, Duncan, Lewis and Dunne, deal specifically with the treatment of children with urine therapy. The easiest internal form of the therapy for children is oral drops of the child's own fresh urine. As mentioned in the studies, for acute flu, colds, viral infections, measles, mumps, chicken pox, etc., small frequent oral doses of 1-10 drops during illness have been shown to be very effective. For allergies, the research studies indicate that several drops of fresh urine should be given orally before and after meals containing allergenic foods, or when allergic symptoms are present. Drs. Dunne and Lewis give very specific, simple instructions for using urine therapy for treating allergies in children, which are included in their reports. Another very effective method recommended by Dr. Dunne is to prepare a homeopathic dilution of the child's urine for use throughout the illness or allergy attack. Collect urine at the onset of symptoms and prepare according to the instructions given in the section *Homeopathy and Urine Therapy*. Research studies also indicate that symptoms of illness may temporarily increase immediately following the first few doses of urine therapy, but, in all cases, these symptoms dissipated within 24 - 48 hours. For ear infections, fresh, warm urine drops in the affected ear can give excellent and often instantaneous results. Repeat as needed.

Maintenance Dose

Those who use urine therapy regularly to be one to two ounces of morning midstream urine usually consider a daily maintenance dose. but this dose may also be as little as 5-10 drops per day, or every other day, depending on your individual condition and needs. Many lifetime users of urine therapy such as the former prime minister of India, have commented that regular use of urine therapy noticeably assists in maintaining energy levels, reducing aging and in preventing illness.

Severe, Acute And Chronic Illnesses

For those with chronic or severe illnesses such as cancer, some urine therapy users such as John Armstrong strongly recommend ingesting as much urine as you pass or as much as possible during the day for several days, however, much smaller doses have also been reported to be effective. If you are ingesting large amounts, fasting or sharply decreasing your solid food intake during this time reduces the burden on the kidneys and allows the body to use more energy for healing, rather than digestion. It would be extremely inadvisable for most people to undertake the kind of prolonged urine fast that John Armstrong suggests, and short urine and water fasts of one to three days can be very effective. Stop ingestion shortly before bed at night so that the body can rest, and resume when you awake in the morning. If you do not want to fast, but feel that you need to ingest larger amounts of urine, eat small, simple, light meals, preferably, fresh homemade unseasoned vegetable soups. If you need a grain, use plain millet or rice, or whole grain, salt-free crackers. There is more information on fasting. Long-standing, difficult conditions naturally may require a longer period of treatment. What I discovered in my own treatment was that I needed to ingest a large amount initially (about 2 ounces 4-5 times/day) every day, for about two weeks, at which point, I switched to small frequent doses (one to two ounces) three to four times a day for another two weeks and then tapered off to 1-2 ounces twice a day, then every other day, etc. The maintenance dose is 5-10 drops per day. This was my approach, but you may find that your individual requirements are more or less than these amounts. If you are suffering from an acute illness such as an infection, the traditional treatment is to fast completely or to eat only light meals such as homemade, unseasoned vegetable broth while ingesting frequent doses of urine for at least one day, or until you feel that your improvement is complete and stable. I have found, as have many others, that eating heavily too soon after recovering from a viral or bacterial infection may produce a relapse, so make sure that you're feeling stable before starting to eat normally again. Always *break your fast* by reintroducing light foods, homemade fresh vegetable soups, then crackers, grains, etc.

Rest, Rest, Rest

Once you have healed a serious illness and achieved improved health, continue the practice of a daily maintenance dose of urine therapy and a good diet. Also, never allow yourself to become consistently exhausted or overtired. Consistent proper rest is much more crucial to health than most people realize. And once you have recovered from a major illness, you must be extremely vigilant in getting abundant rest and relaxation. I have seen many instances in which people completely cure themselves of even 'incurable' diseases through urine therapy and natural healing and remain well for a number of years, only to completely undo all the good they've accomplished by overconfidently pushing themselves to extremes in their work or recreation. One of the saddest examples of this error that I know of was the case of a young, bright, determined AIDS patient who had completely cured himself of all visible and clinical evidence of the disease, but subsequently consistently and relentlessly overworked at his demanding corporate job. Eventually, he fell ill, relapsed and was not able to recover. However, in another case, a person who had recovered from a serious illness experienced a relapse from overexertion, but complete rest and intense urine therapy led to an excellent recovery. But why put yourself through that ordeal and risk the chance of seriously undermining your body's hard-won repair work? Assiduous urine therapy can give you such renewed vigor and energy, that it's easy to become overconfident and overdo, which, is not a huge problem for normal people. But for

people recovering from major illnesses, exhaustion can pose a life-long threat; so protect your newfound health and your natural immune defenses with lots of rest, fresh air, moderate exercise and minimized stress.

Kidney Disorders

If you have a history or presence of a kidney infection, limit the initial amount of oral urine therapy you take to small doses such as 1-5 drops once or twice a day, or use a homeopathic dilution as described in the section on Homeopathy and Urine Therapy in this chapter. Decrease or eliminate meat ingestion and acid-forming foods before beginning the therapy. Also, check your acidity levels with pH strips, and begin urine therapy when your acid levels have normalized or decreased substantially.

Allergies

In the clinical research studies done on urine therapy and allergies, practitioners such as Dunne and Wilson used oral drops with excellent results. Refer to these studies for directions and again, begin with one or two drops and then gradually increase the number of drops, or as Wilson suggests, take the drops until you can no longer sense the urine taste or temperature. If you know what your allergies are, take the drops before eating a food that you're allergic to; if you don't know what you're allergic to, take several drops of fresh urine immediately upon the appearance of symptoms, and repeat this method each time the symptoms reoccur. Homeopathic urine preparations, as described by Dr. Dunne, are also excellent for allergies, as you can preserve the urine collected at the height of allergy symptoms for long-term treatment of the allergy. See the section on preparing homeopathic urine.

Food Poisoning

Several of the research studies show that urea is a proven anti-bacterial agent (Drs. Schlegel, Kaye, Weinstein etc.), and urine has been found to contain antibodies to food contaminants such as salmonella bacteria in infected individuals. Begin by taking 1-5 drops. Increase dosage as tolerated.

Fasting

Fasting on urine is an excellent therapy that can produce extraordinary results, especially for intractable diseases and tough chronic conditions, but always work into a fast slowly. Begin with oral drops for two to three weeks, increase your dosage to 1-3 ounces during the next two or three weeks, and begin fasting the following week. Eliminate all meat intake at least three days before the fast. When I first started urine therapy, I was so seriously ill with so many different conditions and in such extreme pain, that I rushed into a week-long fast on urine and water alone. But I don't recommend this approach because I've found that it isn't necessary to rush into the therapy in order to get good results. Pushing your body too quickly can produce often severe detoxifying symptoms such as headaches, fever, nausea, depression, or fatigue that you can lessen or avoid by simply adjusting to the therapy gradually with a few oral drops each day. During the fast, ingest as much urine as you pass during the day until it becomes completely dear; stop ingesting for a few hours and then resume. Decrease or stop your intake at night and begin again when you awake in the morning. Alternate urine intake with small sips of cool water or ice-chips if desired. Drink as much water as you feel thirsty for, and stay well-hydrated at all times, but do not force-drink large quantities of water; as research shows (Kaye and Schlegel), this can dilute the urine, and decrease the urea's anti-bacterial action. Force-drinking water, in addition to urine ingestion, may also stress the kidneys. Combine urine fasting with urine skin massages, particularly on the face, neck and feet. John Armstrong insisted on this method because he felt that it gave extra nourishment to the body while fasting and eliminated possible headaches and nausea. The rubs are also refreshing and make the skin dear and soft. When breaking the fast, start by eating a simple homemade fresh vegetable soup broth such as one made of fresh kale, carrots, fresh green leeks, scallion tops and a little fresh ginger. Do not add salt or seasonings. Eat only the broth for a day or two, the broth and vegetable the next day, and begin gradually adding in more vegetables and carbohydrates such as rice and millet over the next few days. Short periods of fasting (1-3 days) can be an extremely effective method for cleansing and healing the body; long fasts should always be under-taken with caution and supervision.

Homeopathy and Urine Therapy

In the course of using urine therapy, I found that combining the therapy with homeopathic medicines in particular could produce incredible results, even for the toughest, most stubborn chronic conditions. Severely weakened, debilitated, chronically ill individuals often develop extreme sensitivities to ordinarily helpful herbal, vitamin, mineral and other medicinal preparations, but are able to tolerate homeopathic medicines very well. Homeopathic medicines are simply extremely diluted natural substances such as plants, minerals, etc. that gently stimulate a healing reaction in the body. A homeopathic medicine is prepared by diluting a minute amount of a particular natural substance with water; the dilution is shaken several times and then alcohol may be added to the solution as a preservative. You can take the homeopathic medicine in its liquid form, or as a small sucrose pill, which has been saturated with the liquid.

Homeopathic Urine

Dr. Nancy Dunne, the allergy researcher, reported that her colleague, Dr. Fife, used urine in the form of a homeopathic dilution with excellent results. Homeopathic urine is excellent for children and may be helpful to those with extreme sensitivities. It also provides a means of preserving urine collected during the first stages or the onset of illness, at which time the urinary antibodies and immune defense agents are most reported to

be most numerous and active. Pre-prepared homeopathic urea can also be purchased, although this would contain only urea and none of the antibodies or immune factors of a whole urine homeopathic preparation. The traditional book for selecting and using homeopathic medicines is referred to as the *Materia Medica*, which contains a listing of the remedies and Indications for their use. These lists are referred to as Repertories, such as Boericke's Repertory and Kent's Repertory. These books are actually very enjoyable to learn to use, and the Boericke's Repertory in particular can guide you to very specific, effective remedies for virtually every disorder.

Dr. Dunne reported that the following procedure for preparing a homeopathic dose of urine was used by Dr. Fife, and had produced remarkable healing:

1. To 5 mis (1/6 of an ounce) of distilled water in a sterile bottle add one drop of fresh urine.
2. Cap the bottle and shake vigorously 50 times (this is the first dilution).
3. Take one drop of this mix and add to another 5 mis (1/6 oz.) of distilled water; shake 50 times.
4. Take 1 drop of this mix & add to 1/6 oz. of 80 to 90 proof vodka, which acts as a preservative.
5. Place three drops under the tongue hourly until there is obvious improvement or temporary exacerbation of symptoms. As improvement progresses, lengthen the interval between treatments. After 3 days, suspend treatment to avoid pushing the immune system. Treatment is resumed if progress remains static or relapse occurs.

For beginners who feel unsure about how to use homeopathy, the best book I have found as an overall introduction to self-care through homeopathy is *The Family Guide to Homeopathy, Symptoms and Natural Solutions*, by Dr. Andrew Lockje. This is a tremendously comprehensive self-help guide which introduces the fundamentals of how the body functions, how and why specific illnesses and disorders are contracted, and what homeopathic remedies will best augment the body's natural healing. This book is an extraordinary adjunct to urine therapy and contains helpful material about a wide range of disorders that I have never found anywhere else. When using homeopathy, you have a choice of two different dilutions referred to as "x" potencies or "c" potencies. The "x" potencies are sold commercially in health food stores, etc. I have found that the c potencies are excellent for home use, as their effect seems more pronounced than the commercial preparations; many homeopathic doctors also prefer the potencies. Homeopathic medicines are safe and produce no side effects. These medicines are considered to be FDA approved, because they were widely used in the U.S. earlier in the century and so were "grandfathered" in to the FDA list of approved medical treatments; some homeopathic remedies are sold in health food stores or can be obtained from a homeopathic doctor or catalog. Combining homeopathy with urine therapy was, for me, incredibly effective for a wide variety of serious disorders as well as for mild disorders such as headaches, colds, indigestion, etc. For more information on using homeopathy with urine therapy, you can also refer to the book I've written *Healing Yourself with Homeopathy*.

External Use

Skin Applications

Applying urine to the skin is an excellent treatment for every imaginable type of skin disorder including all rashes, eczema, psoriasis, acne, etc. The urea in urine, as the research studies demonstrated, is also excellent for cosmetic use as an overall skin beautifier and moisturizer.

1. Use either fresh or old urine for skin applications, although old urine has higher ammonia content and has been found to be more effective in treating many stubborn skin disorders such as eczema or psoriasis.
2. When treating skin disorders such as eczema, psoriasis, rashes, etc. pour a small amount of urine onto a cotton ball or pad and pat or massage it lightly onto the affected area, making sure that the area is well saturated.
3. Discard the pad and saturate another clean pad with fresh urine and reapply, lightly patting and soaking the affected area. Continue reapplying in this manner for 5-10 minutes or as many times as desired - the more that the affected area is treated, the better.
4. Secure a clean soaked pad to the affected area with a gauze or cotton wrap and leave secured for several hours for additional healing. These urine packs are also incredibly effective for any type of insect sting, bite or poison oak or ivy. (See Urine Packs and Compresses).
5. Another method is to pour old or fresh urine into clean, plastic spray bottle & spray the rash, eczema, etc.

Skin Massages

Always augment your use of oral urine therapy with skin massages particularly on the face, neck and feet. John Armstrong recommended this practice especially when fasting for an acute condition, and people who use it, swear by it. These massages have a tonifying, refreshing, relaxing effect and are said to allow for gradual absorption of urine nutrients through the skin. Pour either old or fresh urine into a wide, shallow container and dip your hands into the liquid. Shake off excess, then vigorously massage into a small area of skin anywhere on the body until hands and skin are dry. Rewet hands and begin massaging another area until dry; repeat this step until all skin areas have been well massaged. Rinse with warm water. Do not attempt these massages on extremely elderly or infirm individuals. Also, make certain that you use normal urine for massages. If your own urine is dark, turbid or abnormal looking, wait until you have used the urine internally over the course of two or three days, at which time the urine usually appears clear and can then be

used for massages. Urine from a normal healthy person other than yourself may also be used for your external massage. If you are a heavy smoker, or are taking therapeutic or recreational drugs, do not use your own urine externally or internally (or use only extremely small amounts).

Cosmetic Applications

1. For cosmetic use or moisturizing, pour a very small amount of normal fresh urine or urine which has been stored, for a day or two into your hand and massage lightly into the skin until dry; then pour additional urine into your hand, massage it into another area of the skin until dry and so on.
2. Rinse well with warm water when completed, but wash without soap. Your skin is naturally slightly acidic, and this natural acidity is usually destroyed by soaps which are all-alkaline and diminish the skin's natural protective acid mantle.
3. You can apply a moisturizer after the massage, but make sure that it's a simple, natural one that doesn't contain a lot of drying alcohol or other chemicals. Also, you can add a few drops of urine to a small amount of your moisturizing cream each time you apply the cream.

As the research studies show, urea replenishes the water content of the skin because it binds hydrogen and attracts moisture to the skin in a way that no mineral oil or glycerin-based lotions or creams can.

You will be absolutely amazed at the softness and beauty of your skin after even one treatment with a urine massage. Old dead skin immediately flakes away, and your skin becomes wonderfully soft, rosy and with time, even wrinkles will disappear. Urine massages have been reported to eliminate varicose veins & cysts.

Urine Packs and Compresses

Skin Disorders

Urine packs give added healing to skin disorders such as eczema, psoriasis, athlete's foot, ringworm, poison ivy and oak, etc. in addition to urine massages and soaks;

1. Soak gauze bandages or cotton balls in fresh or old urine and place them over the affected areas.
2. Cover the urine pack with light plastic (like Saran-wrap) and tie in place with gauze strips.
3. Try to keep the pack on as long as possible, especially with more, severe conditions. Add additional urine to the pack with a medicine dropper every few hours to keep the pack wet.

Bites And Stings

Urine packs are tremendously useful and effective for relieving the discomfort of all insect bites and stings.

When I first moved to Arizona, I was stung on the foot by a scorpion. My foot immediately swelled to almost double its size and was unbelievably painful. I dragged myself into the house, applied a soaked urine pack and tied it in place. Within 15 minutes, the pain had disappeared and the swelling had lessened considerably. I kept the pack on overnight, and when I removed it in the morning, the swelling and redness had completely disappeared. The pain and irritation of bee stings and mosquito bites is also wonderfully relieved by this method.

Snake Bite

Urine packs should also be used immediately for poisonous snakebites. Follow emergency first-aid instructions to irrigate the wound and remove venom, if possible. Then apply fresh normal urine to the wound and secure a well-soaked urine pack over it. Keep pack wet until medical help can be obtained.

Growths And Tumors

Armstrong reported in great length on the remarkable effects of urine compresses in reducing and eradicating a wide variety of internal and external tumors, cysts and abnormal growths.

1. Compresses should be used in combination with urine therapy for treating any type of abnormal growth.
2. In preparing a compress, use a thick pad of clean white folded cotton material (such as an old T-shirt).
3. Soak the pad in a container of fresh or old urine. Warm the urine by pouring it into a glass container, then place the jar in a container of hot water. While lying down, place wet compress over the affected area and cover with a clean folded towel. Keep the compress applied for as long as possible, reapplying warm urine as needed to keep the compress wet. Urine compresses have also been reported to be effective for many internal disturbances and for arthritic and rheumatic pains.

Wounds, Burns And Abrasions

As so many research and clinical studies have shown, urea is a tremendously effective anti-bacterial agent and an excellent healing treatment for wounds and burns of all types. Use fresh, normal urine for treating open wounds.

1. Saturate a thick gauze bandage or cotton pad with fresh urine, place it over the wound or burn and secure it with additional gauze; cover with plastic or soft towel to prevent leakage.
2. Reapply fresh urine with clean medicine dropper directly onto the existing inside compress. Reapply fresh compress as often as possible. Urine is also known to prevent scarring, so keep the urine pack applied as long or as often as possible until healing is complete. Many people have applied urine compresses to burns and cuts with amazing results. The pain is relieved and the burn or wound heals rapidly without scarring.

Eye And Nose Drops

There are reports from people who have used urine drops for both eye and nose drops, for relief of eye itching or inflammation, or for nasal congestion. In both cases, make certain that you are using fresh, clear, normal urine only and that the acidity factor of the urine is normal (see previous section on Monitoring Your

pH in this chapter). Also, make certain that the eye dropper you use for the eye drops is sterilized. A compress of fresh normal urine is also excellent for external eye inflammations such as styes.

Questions:

1. Can my doctor administer urea, as the researchers in the studies did?

The urine extract, urea, is FDA approved and can be administered by your doctor. A Physician's Guide to Your Own Perfect Medicine is available if your doctors would like additional information contained in the research studies on the clinical application of urea. As the research studies indicate, oral or injected urea has been shown to be extremely effective and safe in treating cases where excess fluid production is a problem. Urea's anti-bacterial, anti-viral and diuretic properties. Using urea in conjunction with natural urine therapy can be discussed with your doctor, once he or she has been made aware of the research findings relating to urea and urine therapy.

2. What about urine injections?

Many people have asked me about the efficacy of urine injections, and as you've seen, many of the research studies presented in Chapter 4 utilized injections of urine as part of the therapy. But doctors have also used oral urine or urea therapy in non-emergency cases with equally good results and urine injections have the reported side effect of occasional redness and swelling at the site of the injection which doesn't occur, of course, with oral therapy. Oral urine therapy also allows for slower application and absorption which can decrease any possible de-toxifying symptoms. Injections deliver an abrupt, forced introduction of medicinal substances into the body, without allowing for the body's gradual adjustment to the substance. However, there really isn't any need for this sudden forcing of a medicinal substance into the body unless there is an emergency situation that requires it. Gradual introduction of urine therapy, or any medical therapy is always important, but even more so if you have a history of poor nutrition or chronic, serious illnesses which weaken the body and promote poisons and toxins in the system. Introducing a new therapy too rapidly places a strain on an already weakened system and can cause a sudden release of toxins that may make you feel ill unnecessarily. As clinical studies have demonstrated, oral urine or urea can be just as effective for non-emergency cases as injected urine. And, as doctors themselves have commented, oral urine therapy can be used safely and effectively at home without the unnecessary cost- and inconvenience of a doctor's office visit, while injections can be reserved for those with urgent needs under a doctor's care. However, if your situation is extremely severe, urine injections can definitely be of benefit. Dr. William Hitt (whom I mentioned earlier) runs two urine therapy clinics in Mexico and has administered hundreds of thousands of injections to severely ill patients with remarkable success.

4. Can too much uric acid or urea is harmful?

As several of the clinical studies showed, urea, even in large doses, has been found to be harmless to the body. Researchers, (Urea - New Use of An Old Agent), reported that they safely administered urea daily to several patients for a period ranging from several days to weeks, and in some cases, even several months, without any side effects, in doses ranging from 100 mg. per kilogram of body weight to as much as 600 mg. per kilogram of body weight. DeCaux, (5-Year Treatment of SIADH with Oral Urea), prescribed 30 grams/day for more than 5 years for a patient with excess water and salt retention (hyponatremia), and occasionally prescribed doses up to 60-90 grams per day for one or two days without side effects. Normal urine contains approximately 2% urea, and you normally excrete about 24.5 grams/day, which is well below the dosages just mentioned. So even if you ingested all of the urine you passed during the day, (approximately 25 grams of urea), this amount is much less than the dosages mentioned above, especially in view of the fact that you would not be ingesting all the urine you pass every day for long periods of time. Uric acid, usually thought to be a toxic waste product of the body, has been found by researchers to actually be a natural body defense against cancer and aging, allowing us to live much longer than other mammals (Omni Magazine article, 1982). Most people think that uric acid causes gout, but strictly speaking, it is not the uric acid alone that causes the gout, but rather an overall, ongoing and chronic overacidity in the body which can be caused by many different factors including improper, overly-arid diet, kidney, liver and adrenal disorders, obesity, diabetes, chronic stress, undereating (anorexia), etc. Normally, the amount of uric acid contained in urine is not a problem during urine therapy, because the body will excrete the amount it does not need. However, when the body's ability to excrete excess acids is impaired, uric acid excretion is, of course, also impaired. If you feel that you have a problem with chronic, ongoing overacidity (see section on Monitoring Acid/Alkaline Levels in this chapter), make certain that you decrease or eliminate meat while using urine therapy. Also, improve your diet by eating more alkaline foods, and decreasing acid foods before and after you start on urine therapy. Monitor your acid/alkaline level with pH strips to determine when your pH has returned to a normal or more balanced condition. In cases of chronic acidosis (over-acidity), do not do extended urine fasts or ingest large quantities over long periods of time. Use oral drops to begin; start with 1-2 drops once a day, and gradually increase to 5-10 drops two to four times a day, for one to three weeks, depending on your need. Monitor your pH levels and your symptoms (see symptoms of acidosis in this chapter). You can also dilute the urine in water, or use a homeopathic preparation of your urine.

5. How long should I use urine therapy?

The amount of time needed to achieve results with urine therapy is different for every person and each

condition. Many people have found that chronic, long-standing complaints require a longer period of time to heal, while others experience rapid results. Logically speaking, it probably depends on the condition, of your body's immune functions, ability to repair itself, amount of damage to the body that has been sustained during illness, etc. In general, do not use large amounts of urine internally for more than two to three weeks at a time. Once you have achieved solid results at whatever dose you're taking, begin decreasing the amount and number of days that you use the therapy internally, and use only a maintenance dose from then on, unless you come down with a cold, infection, etc., at which time you would increase your dosage amount and frequency during the period of illness. A maintenance dose for many people is one to two ounces of morning urine per day, although even 2-5 drops of morning urine per day or every other day could be considered a good maintenance dose, especially for those with acidosis or weak kidneys.

6. Can I do diagnostic urine tests at home?

There are several excellent urine testing kits that have been developed in the last few years that can be used at home and can save you an amazing amount of time and money. Now you can perform many of the same urine tests at home that your doctor performs in his office. Also, these tests are particularly helpful when using urine therapy because you can monitor your own health progress easily and inexpensively. The booklet, *Simple Diagnostic Tests You Can Do at Home* gives a wide range of information on what tests are available, how to use them, and how to interpret these tests. The booklet also explains how to interpret your urine color and appearance, which are important additional indicators of health conditions.

8. Can pets be treated with urine therapy?

Many of the research tests on urine recycling have been undertaken with animals, and veterinarians have used urine therapy for treatment by catheterizing the animal and administering oral urine drops with reportedly good results.

Urine home test strips are available to test for these conditions and many others:

- Kidney and Urinary Tract Infections
- Diabetes
- Blood in the urine
- Pregnancy
- Ovulation
- Liver Function

You can purchase these strips in drug stores or they are available by catalog

Summary

Remember to begin your treatment slowly with a few oral drops and increase the amount to a well-tolerated dosage. Make sure that you're eating well and decreasing your meat intake as you increase your urine intake. Do not use the therapy while ingesting heavy amounts of nicotine, caffeine or while using recreational drugs or therapeutic drugs than small amounts. If you do decide to use it, however, use only very small amounts (3-5 drops 1x day.) Frequent small doses of one to three ounces for two to three weeks can be extremely effective; larger amounts can be taken for several days if needed and if you have no history or presence of kidney disease; gradually decrease the amount once your symptoms have abated and healing is apparent. Drink as much water as you feel thirsty for, and keep well-hydrated, but do not force-drink large amounts of fluid during the therapy. Do not fast for long periods of time without competent, professional supervision. Daily maintenance doses vary from a few drops to one to two ounces of morning urine, depending on your sensitivity and preference.

Do's And Don'ts of Urine Therapy (UT)

Do:

1. Start with small amounts and work up to larger amounts gradually for internal use.
2. Use only fresh, urine internally.
3. Test your pH to make certain that you are not overly acidic before using the therapy and continue to monitor your pH periodically during internal use of UT.

Do not:

1. Rush into the therapy with large amounts.
2. **Do not** combine urine therapy with a starvation diet (or fasting) unless you have been using the therapy for at least two months.
3. **Do not** continue to work while fasting on UT. If you are ingesting large amounts of UT and fasting, you must rest and relax in order to avoid possibly stressing the kidneys.
4. **Do not** ingest large amounts while eating a consistently acidic diet.