

URINE THERAPY

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Introduction

Urine Therapy is a procedure that employs (either orally, topically, or via injection) the individual's own urine for therapeutic purposes.

In 1945, John W. Armstrong published a book called, *The Water of Life, A Treatise on Urine Therapy*. Armstrong's book described the "difficult-to-accept" idea that drinking one's own urine will promote healing, and will restore health to individuals afflicted with grave illnesses.

In the late 1980s, Martha Christy published a book on Urine Therapy, titled *Your Own Perfect Medicine*. Christy's approach is technical in presentation and includes injections of prepared urine-tissue, and taking urine drops under the tongue.

Armstrong's approach is much simpler - to resolve life-threatening disease conditions, drink every drop of your own urine and neither eat nor drink anything else until you are completely well!!

In his book, Armstrong provides the history of patients with a variety of serious conditions (cancers, massive infections, heart conditions, etc.) who were frequently near death; and in some cases, the patient was so gravely ill, that they couldn't produce any of their own urine. In those cases, Armstrong would 'jump start' the patient with his own urine. Afterwards, the patient was able to produce a small amount of his own. With each subsequent dose of urine, the patient would gain both strength and relief from pain.

For the most serious cases, patients drank nothing but their own urine for periods of 90, 120, 150 days! Some, even longer. Armstrong points out that rubbing the body with old urine (for a substantial period of time, e.g. 2 hours) is a necessary adjunct, in very serious cases, to ingestion. In less severe cases, rubbing with old urine will clear up most skin conditions and produce a smooth, blemish-free skin if applied regularly (ladies, take note).

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How Urine Therapy works

- 1) Replenishment of vital tissues lost to the ill person through the urine.
- 2) Re-ingestion, refinement, and re-filtering of antibodies and other immune enhancing substances, which allows the body to exclusively concentrate on destroying, unclogging, and removing the offending organisms and diseased tissue, without the burdens of routine work such as digestion and normal detoxification.

Normally, urine and stool elimination is considered as waste; however, urine, unlike faeces, is totally sterile. Nevertheless, urine is the filtrate of the individual's own blood.

Proponents of Urine Therapy, in normal health, drink urine daily in order to promote their health and to maintain physical beauty. In the event of survival difficulties, this simple technique can be a life-saver.

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How to Do It

There are many ways to apply Urine Therapy effectively - read through the following guidelines and methods, and then try the one that appeals to you.

General Guidelines

- Regular users say that it assists in the maintenance of energy levels, reduction of aging, and prevention of illness.
- For internal use, midstream urine should be collected in a clean cup. As urine breaks down rapidly outside the body, it should be used as soon as it is collected.
- To start with, only a few drops are to be administered each day in the early morning.
- Urine can be taken with a dropper, and one or two drops should be placed under the tongue. The dosage can be increased to five to ten drops twice a day over a period of three to five days.
- Diluting or boiling the urine decreases the efficacy; consequently, this should be avoided.
- Some individuals may experience mild headache, nausea, diarrhoea, tiredness or skin rashes, which are the body's natural responses against stored toxins. These symptoms normally disappear within 24 to 36 hours.
- In most cases, frequent small doses of one to three ounces for two to three weeks will suffice.
- Applying urine to the skin is an excellent treatment for many types of skin disorders such as skin rashes, eczema, psoriasis, acne, insect bites, etc. The urea in urine is excellent for cosmetic use and moisturising the skin. Fresh or old urine can be used as external application. In fact, old urine with its high ammonia content is more beneficial in many stubborn skin-diseases.
- A small cotton ball or pad is to be soaked in urine and rubbed over the affected area. This is to be discarded and another one is taken to repeat the process for five to ten minutes.
- Urine therapy should not be taken during pregnancy and by people suffering from kidney disorders without a qualified practitioner's supervision.

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Two Specific Methods

1) Homeopathic type Drops

First, collect midstream urine in a clean cup or container. This should be a clean catch, meaning the genital area (important for women in particular) has been cleaned beforehand. To 5ml of distilled water in a sterile bottle, add one drop of fresh urine. Cap and shake 50 times. Take one drop of this mix and add to another 5ml ounce of distilled water and shake 50 times. Take one drop of this mix and add to 5ml. of 80 to 90 proof vodka which acts as a preservative.

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.

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2) Fresh undiluted Urine

Use fresh urine drops direct - sub-lingual drops work well.

(Should always use fresh urine immediately upon collection. You should not boil or dilute the urine in any way. You must use it in its natural form)

Start by taking 1-5 drops of morning urine on the first day.

On the second day, take 5-10 drops in the morning.

On the third day, take 5-10 drops in the morning, and the same amount in the evening before you go to bed.

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. It may be that you'll work up to actually drinking 30ml or 60ml at a time.

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Other Methods

Other methods include:

Drinking - Morning urine is best. Take the middle stream. You can start with a few drops, building up to one glass a day. Good as a tonic, as a preventive and in minor illnesses.

Fasting - Drink all the urine you pass, except for the evenings - otherwise you won't get any sleep. You can also take some extra water. The urine will quickly change its taste into almost neutral. Fasting on urine and water cleanses the blood. Toxins are removed through liver, skin, and exhalation.

Gargle - Gargling with urine works wonders when having a throat-ache. Also good for toothache and generally when having a cold.

Enemas - Urine enemas work very well in cleansing the colon and in providing a direct immune stimulant.

Vaginal Douche - Helpful in cases such as yeast problems, white discharge, etc.

Ear and Eye Drops - For ear infections, conjunctivitis, glaucoma, etc. For the eyes, dilute the urine with some distilled water.

Sniffing Urine - Sinusitis and other nose problems. Very good preventive for colds and to clean the subtle channels in the head.

External Application - Massaging/rubbing: You can use either fresh or old urine. Old urine (4 to 8 days) is generally more effective, but it has a pungent odour. Massaging the whole body is an important complementary treatment when fasting. It nourishes the body through the skin and helps against increased heartbeat.

You can leave the urine on or wash it off after an hour or so, just with water or with a mild, natural soap. Fresh urine as an after-shave gives you a beautiful soft skin. It is also helpful in all kinds of skin problems such as itching, sunburns, eczema, psoriasis and acne.

Gentle rubbing of urine into acupressure points (for example, on the ears) is useful when reactions are otherwise too strong accompanied by heavy allergic reaction.

Foot Baths - Any skin and nail problems of the feet (athlete's foot, ringworm, etc)

Compress - When rubbing is not appropriate, this is another way of applying urine on the skin.

Hair and Scalp Massage - Renders the hair soft and clean. Sometimes stimulates new hair growth.

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Urine Therapy Rationale

Urine Therapy is based on the hypothesis that urine contains numerous substances that possess "therapeutic properties" - these include:

- Antibodies (each individual produces a unique set Antibodies specific to that person - these "customized antibodies" are excreted from the body via the urine - thus, Urine Therapy "recycles" these antibodies).
- Urea (a Nitrogen compound that is a vital element in the urea-cycle, which possesses therapeutic effects).

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Suggested Health Benefits

It is suggested that Urine Therapy is "effective" in treating a wide array of conditions such as:

- Acne
- Adrenal failure
- Aids/hiv
- Allergies
- Amebas
- Arthritis
- Asthma
- Athlete's foot
- Bladder cancer
- Breast lumps

- Cancer
- Candida
- Cold & flu symptoms (gargle, ingest)
- Colitis
- Constipation
- Cystitis
- Dandruff
- Diabetes
- Diarrhea
- Dissolving blood clots (heart disease, stroke)
- Ear infections
- Eczema
- Epilepsy
- Eye troubles (conjunctivitis)
- Fibroid tumor
- Food poisoning
- Gangrene
- Glaucoma
- Gout
- Heart disease
- Hepatitis
- Herpes
- Hyperactivity
- Impotence
- Insect bites
- Jaundice
- Liver cancer
- Lupus (lupus is a chronic inflammatory disease that occurs when the body's immune system attacks its own tissues and organs. Inflammation caused by lupus can affect many different body systems, including joints, skin, kidneys, blood cells, heart, and lungs, etc)
- Mononucleosis (an unusual proliferation of lymphocytes in the blood - glandular fever)
- Multiple sclerosis
- Nail problems
- Osteoporosis
- Pancreatic insufficiency
- Parasites
- Prostate - enlarged
- Prostate cancer
- Psoriasis

- Rashes
- Rheumatism
- Rheumatoid arthritis
- Ringworm
- Sciatica
- Skin and nail problems
- Stimulation of hair growth
- Sunburn
- Tooth abscess
- Toothache
- Ulcers
- Warts

Digestive System

- Urine Therapy helps to prevent Peptic Ulcers and also accelerates the healing of existing Peptic Ulcers (due to the Urogastrone component of Urine):
- Urine Therapy helps to prevent Duodenal Ulcers and also accelerates the healing of existing Duodenal Ulcers.
- Urine Therapy helps to prevent Gastric Ulcers and also accelerates the healing of existing Duodenal Ulcers.

Excretory System

- Urine Therapy is reported to cure some cases of Cystitis (where Cystitis is caused by proliferation of Eschericia coli).
- Urine Therapy reduces the symptoms of (acute) Nephritis and reduces the underlying infection that causes (acute) Nephritis.

Immune System

- Urine Therapy may improve the condition of Acquired Immune Deficiency Syndrome (AIDS) patients.
 - There are various anecdotal reports of T-Lymphocytes counts improving in AIDS patients using oral Urine Therapy.
 - It is known that the Urine of AIDS patients contains Antibodies to the HIV virus (but not the actual HIV virus) that causes AIDS and it has been speculated that oral administration of these Antibodies to HIV via Urine Therapy may be responsible for the effectiveness of Urine Therapy in AIDS patients. Antineoplastons may also contribute to the effects of Urine Therapy.
- Urine Therapy may help to alleviate Allergies (the Urine of Allergy patients often contains specific Antibodies to the substances (Antigens) to which the Allergy patient is allergic to):
 - The Urea component of Urine dissolves the “foreign” Proteins that form many Antigens.
- Urine Therapy inhibits/kills many types of Detrimental Bacteria (due to the Urea content of Urine) including:
 - Mycobacterium tuberculosis

Cancer

Urine Therapy may inhibit the growth of the malignant Cells that occur in Cancer. Types of Cancer that have been reported to respond to Urine Therapy include:

- Bladder Cancer
- Breast Cancer
- Cancers of the eye
- Cervical Cancer
- Colon Cancer
- Kaposi's Sarcoma
- Liver Cancer
- Lung Cancer
- Lymphomas
- Prostate Cancer
- Skin Cancer
- Stomach Cancer
- Uterus Cancer
- The specific components of human Urine that are speculated to account for the effectiveness of Urine Therapy in the treatment of Cancer include Human Urine Derivative (HUD), H-11, Retine, Antineoplastons and Uric Acid.

Fever

- Urine Therapy reduces Fever (due to the presence of an inhibitor of Interleukin 1 in Urine).

Viruses

Urine Therapy is reported to destroy some types of Viruses (due to the Urea component of Urine dissolving the Protein component of Viruses):

- Urine Therapy may destroy the Varicella-Zoster Virus that causes Chickenpox.
- Urine Therapy may destroy the Measles Virus that causes Measles.
- Urine Therapy may destroy Polio Viruses.

Nervous System

- Urine Therapy is reported to alleviate Migraine.

Respiratory System

- Urine Therapy alleviates some cases of Asthma.
- Urine Therapy alleviates some cases of Hay Fever.
- Urine Therapy is reported to alleviate some cases of Tuberculosis.
- Urine Therapy alleviates some cases of Whooping Cough.

Sexual System - Male

- Urine Therapy kills the Detrimental Bacteria that cause (bacterial forms of) Prostatitis.

Skin

- Urine Therapy is reported to alleviate Hives.
- Urine Therapy (using a patient's own Urine applied topically) alleviates Tinea.

Infection

- Urine Therapy helps to prevent Infection of existing Wounds (primarily due to the Urea component of Urine).

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Some Facts and Fallacies about Urine

Urine consists of 95% water, 2.5% urea, and the remaining 2.5% is a mixture of minerals, salts, hormones and enzymes.

In 1975, one of the founders of Miles Laboratories, Dr. A. H. Free, published his book, *Urinalysis in Clinical Laboratory Practice*, in which he remarked that not only is urine a sterile body compound (purer than distilled water - except in the case of a urinary or kidney infection), but that it is now recognized that urine contains literally thousands of compounds. Among the urine constituents mentioned in Dr. Free's treatise is a list of nutrients that will knock your socks off. Here's just a few...

Alanine, Arginine, Ascorbic acid, Allantoin, Amino acids, Bicarbonate, Biotin, Calcium, Creatinine, Cystine, DHEA, Dopamine, Epinephrine, Folic acid, Glucose, Glutamic acid, Glycine, Inositol, Iodine, Iron, Lysine, Magnesium, Manganese, Melatonin, Methionine, Nitrogen, Ornithane, Pantothenic acid, Phenylalaline, Phosphorus, Potassium, Proteins, Riboflavin, Tryptophan, Tyrosine, Urea, Vitamin B6, Vitamin B12, Zinc/

Stories have been told of individuals who have both lived and died by being trapped in places without food and water for days. Those that survived did so because they drank their own urine, those that perished did not. The ones that died probably could not overcome the mis-informed thoughts that urine is a waste product of the body. It's not. It's just a substance the body secretes that contains elements not needed at the time.

Fallacy: Urine is a biological waste, which contains a host of micro-organisms.

Fact: Urine is only a derivative of the blood. It is a fluid, which has tremendous variations of composition. These excess elements from the circulating blood are filtered and collected within the kidney in the form of a purified, sterile, watery solution called urine. This is almost free from all kinds of micro - organisms like bacteria.

Fallacy: The body has excreted it because it does not need it anymore.

Fact: The function of the kidneys is not excretion, but regulation. The kidneys do not filter out important elements in the blood not because those elements are toxic or dangerous for the body, but simply because the body is not in need of that particular concentration of the element at the time it was excreted . Researchers have observed that urine, because it is actually extracted from our blood, contains small amounts of almost all the life-sustaining elements, enzymes, proteins, hormones, antibodies and immunizing agents that our blood contains.

Fallacy: Synthetic derivatives of urine are better option.

Fact: Urine in its natural form is beneficial because it does not produce side-effects. And extract of urine called urokinase which is used to dissolve blood clots can cause serious abnormal bleeding as a

side-effect. In contrast, not even a single case with such serious side-effects was reported when natural urine (though it contains measurable amounts of urokinase) was used. Moreover, urine contains thousands of therapeutic agents, such as important natural antibodies, enzymes and regulating hormones that extracts like urea, uric acid or urokinase do not contain.

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Does it Work?

Ms. Christy was sick. Very sick. For a very long time. Pelvic inflammatory disease, ulcerative colitis, Chron's disease, chronic fatigue syndrome, Hashimoto's disease, mononucleosis. She had severe kidney infections, two miscarriages, chronic cystitis, severe candida, endometriosis, adrenal insufficiency, serious chronic ear and sinus infections, food and chemical allergies. And that wasn't the half of it. She had every conceivable medical test, her share of surgery, and drugs - plenty of them. Then she tried all forms of alternative therapy. Homeopathy, herbs, mega-vitamins and live-cell treatments in Mexico. After traditional medicine failed to work, she and her husband spent over \$100,000 trying to get her well with alternative approaches. Nothing worked.

And then one day, her husband brought home a little book that told of how individuals had been cured of even the worst diseases with a seemingly strange and little-known natural therapy. Soon afterwards, she began the therapy herself. From the first day she began, she received almost instantaneous relief from her incurable constipation and fluid retention. Within a week, her severe abdominal and pelvic pain was gone.

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

After a few more months, her colds, flu, sore throats and "on again off again" viral symptoms disappeared. Her hair which had fallen out by the handfuls after her fifth surgery became thick and lustrous. Her weight normalized, and her energy and strength came back. After nearly 30 years of non-stop illness, Martha Christy was whole again.

What was this therapy that she had discovered? What was this therapy that has helped seriously ill patients gain complete remissions from their afflictions? What was it that she actually did?

She orally re-consumed her own urine!

Adapted from, "*Your Own Perfect Medicine*", by Martha Christy

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