

The End of Disease



How to Cure Any Sickness

Dedicated to all those who want to heal themselves

Tony Scazzero

<http://www.drinkyourownwater.com>

tony@drinkyourownwater.com

Copyright 2011

The information in this booklet is based on the author's research and experience. For those who want to heal themselves, it is an overview to a free, alternative medicine. If you begin this treatment for a specific ailment, try it at your own risk and please accept responsibility for the results from any of the suggestions, procedures or testimonies discussed here. When the body is immunized by its own medicine, true healing takes place. Healing through this method may cause the body to detoxify which can cause unpleasant reactions. Additional study is recommended to comprehend its true value.

Table of Contents

Introduction	3
Chapter 1	4
Radiation Fallout & Disease	4
Chapter 2	6
The Solution	6
CHAPTER 3	9
Testimonies and Case Histories	9
Chapter 4	13
History of Urine Therapy	13
Chapter 5	15
Getting Started	15
Chapter 6	17
Conclusion	17
Chapter 7	18
Urine Therapy is Effective in Treating:	18
Chapter 8	
Substances Found in Urine	19
Bibliography on Urine Therapy	22
Internet Resources on Urine Therapy	23
References on Radioactive Fallout	24

Introduction

Modern medicine has done a great job extending and saving people's lives, however the medical community has not been able to overcome many dreadful diseases such as cancer, polio, asthma, AIDS, lupus and diabetes. There are many natural therapies available such as homeopathic, immunotherapy, acupuncture, essential oils, and massage just to name a few. Society has not given the naturopathic way the acceptance or funding that traditional doctors have. Physicians, with sophisticated equipment, perform dozens of tests yet malpractice, misdiagnosis and wrong drug prescriptions continue. In the hospital, a sick person may be monitored around the clock with pain killers and antibiotics to treat their symptoms. Most of these methods weaken the immune system and atrophy the body's own disease fighting mechanisms. They interfere with the production of antibodies while creating addictions to the products that were meant to heal them. This approach compounds the initial problems and is only a Band-Aid technique of treating the symptom, not treating the cause. The fact is, despite all the medical breakthroughs, modern medical science has yet to come up with a cure for even the common cold.

Meanwhile, every year over 7 million people worldwide die from cancer. The lifetime probability of developing cancer is 1 in 2 for men and 1 in 3 for women in the United States. The American Cancer Society estimates cancer will become the leading cause of death worldwide after 2010. Even as research and treatment has increased dramatically and funding has soared, the number of men and women diagnosed with cancer continues to rise. The government has spent billions of dollars for medical treatments that have no success in curing patients. Medical researchers have produced significant accomplishments in the last 100 years, yet new maladies like super bugs, swine flu and H1N1 are on the increase and some old ones, e.g. whooping cough, are making a comeback. Conventional medicine needs to be brutally honest how things are falling short. It is more than an inconvenience to be stricken with disease and having no cure. It is time to stop the madness and start thinking for ourselves regarding health.

Chapter 1

Radiation Fallout & Disease



The health impact of the worldwide dispersion of radioactivity from nuclear testing has significantly affected public health and the environment. Between 1945 and 1980, the U.S, the U.S.S.R, the U.K., France and China carried out more than 500 atmospheric tests of nuclear weapons totaling the explosive equivalent of 440 megatons of TNT. Microscopic, radioactive isotopes circulated in the air and eventually settled into the ground and the water. The years of nuclear weapons testing cause ionizing radiation to go into the atmosphere where it became a global radioactive fallout. When there were nuclear explosions, the spontaneous emission of alpha, beta and gamma rays from the disintegration of the nuclei of atoms produced much harm – the most serious being the altering of the genetic makeup of cells. Many of these radioactive elements got into the ground and the water and were eventually ingested through foodstuffs. Highly toxic charged molecules known as free radicals destroy cell membranes. The gradual and dangerous mutation of cells caused by free radicals causes cancer yet has an almost undetected latency period. Many other diseases stem from the genetic altering effects of radiation which affect chromosomes. However, the leading long-term hazard associated with ionizing radiation is increased cancer rates.

The legacy of open-air nuclear testing includes a significant increase of thyroid cancer, leukemia and certain solid tumors. The scope of the problem can only be described as devastating. Yet the majority of Americans are not aware of the grave dangers of nuclear pollution. Nearly every family has been scarred by the painful suffering and the tragedy of premature death due to cancer. Amazingly, this cause has either been ignored or overlooked even though radiation pollution could be considered today's number one worldwide environmental hazard. The cancer risks of fallout from

nuclear tests can be understood more fully in the 2006 issue of American Scientists at: <http://www.cancer.gov/PublishedContent/Files/cancertopics/causes/i131/fallout.pdf>.

Evidence indicates appreciable quantities of radioactivity continue to find its way into the environment. Nuclear reactor accidents, like Chernobyl in 1986, continue to increase cancer risks. In addition, low rate exposure released by nuclear technologies has done far more damage to plants, animals than previously thought. Once radioactive fission products enter the food chain, all immune systems become vulnerable. The lethal impact of ingesting fission products may continue to persist throughout most people's lifetime.

These are the hard realities and without understanding the origin of this problem there is no way to deal with it. Decades of study of fallout from nuclear testing has improved awareness of the effects from radiation exposure. This will assist in being better prepared to respond to nuclear terrorism and in educating the populace if any future event disseminates radioactive materials into the atmosphere.

Meanwhile, there is a treatment that can combat radioactivity effectively. It is not surgery, radiation or chemotherapy. It is not even a recent discovery, but a very old remedy that is not well-celebrated in modern society.

Chapter 2

The Solution

When people get sick, they trust the medical establishment to restore their health. However, the present system of prescription medication and surgery has not always been effective. Thousands of people die every year from the side effects of improperly prescribed medications and failed medical treatments. Emergency room errors have led to serious complications from medication overdoses, wrong diagnostic testing, and infections due to unsanitary conditions. The possibility of these and other kinds of injuries has led many to look for alternative methods to cure their illnesses.

There is natural, alternative medicine that is freely available. This panacea has been empirically proven to be tremendously effective in dealing with all kinds of diseases however it is not glorified by the media or the medical community. Since the beginning of time, nature has provided a safe, painless solution to every seemingly incurable disease. It may not be what most people imagine and an initial skepticism, distaste and even shock are among the first responses. In fact, no matter how strong the disbelief, most are astounded what they don't know about the history, effectiveness and ingredients of this almost completely unrecognized natural medicine. So what is this extraordinary mystery medicine that has been around since ancient times and yet remains hidden behind a cloak of secrecy? It is none other than human urine.

Urine is made in and by our kidneys in a system so complex that researchers still can't figure it out. The principal function of the kidney is not excretion, but regulation. A diagram of the urinary system shows clearly that it is not connected to the intestines or the stomach. When the blood enters the kidneys it is filtered hundreds of times a day through an immensely complex and intricate system of minute tubules called nephrons. Here the blood is literally filtered and cleansed at high pressure. In one way or the other, when the body is sick, it stimulates the kidneys to make the curative remedy. This antidote could be an antibody if there is an internal infection or an antiseptic if there is an external wound. When this urine is re-introduced to the body, the body's immune system is greatly enhanced. It contains the precise combination of substances that the body needs at the time it is produced. It contains thousands of compounds that are specific to the body and are tailored to keep the body from getting out of balance. Scientists have discovered that the 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 the blood has.

How could urine be healthy, let alone help cure illnesses? Modern research and clinical studies have proven that the thousands of critical body chemicals and nutrients that end up in urine reflect the body functions. When re-utilized, they act as natural vaccines, antibacterial, antiviral, anti-cancer agents, hormone balancers and even allergy relievers. Since it is so easily accessible, it gives a whole new meaning to the term free health care. In fact, there is no need to visit a doctor for a diagnosis or a store to buy any products. To its adherents, it has become the ultimate survival tool.

Not only does it cleanse the body but it revitalizes the spirit. It is a liquid of vital elements to support, strengthen and regenerate life. To many, this is totally incomprehensible because it is so unorthodox. But to others, who have tried everything and have nothing to lose, it has been the best kept medical secret. Most people are astonished when they learn about it and are even more incredulous they hadn't previously heard about it. Many are afraid to try urine therapy because it is not recommended by their physicians. Many doctors and medical practitioners say they have not heard of it and if they have, they say that it has not been proven effective. But the truth is that urine therapy is far safer and effective than prescription drugs and it has no side effects.

Urine is the most complex of all body fluids because it can control and regulate every function in the body. Modern research and clinical studies have proven that thousands of critical body chemicals and nutrients end up in our urine. Subsequently, when urine is used medicinally, the correct concentration antibody is produced to respond to that individual's health threat.

Most medical professionals agree that degenerative diseases like cancer, heart disease and arthritis set in due to the accumulation of toxins in the body. Various methods are suggested for removing those toxins but there is no greater harmless detoxifying agent in the world than urine. It not only purifies the system but regenerates and builds up old worn out and even dead tissues. The minerals and enzymes that are passed out in the urine can be easily assimilated to help in the process of tissue building and to fight disease.

Despite the many incredible discoveries medical science has made during the twentieth century, millions are still suffering or even crippled by illnesses today. The medical profession has dominated society to such an extent that urine therapy is almost unknown. Natural urine therapy has fallen into obscurity or totally forgotten. Not only has the medical community conditioned us to believe that drugs and surgery are all that is needed to restore lost health, but they have ignored the research on the efficacy of urine therapy. The extensive medical research on this natural medicine has not been

disseminated to the general public. Yet every year, thousands of operations performed and millions of prescription drugs dispensed are proof that the modern physician cannot cure disease but can only control it at best. Billions of dollars are spent yearly on research to find remedies yet the number of patients suffering from cancer, diabetes and heart disease continues to increase significantly. Meanwhile researchers sat in their laboratories and watched as simple urea from urine completely destroyed rabies, polio viruses, tuberculosis, typhoid, gonorrhea, dysentery bacteria and cancer cells. They watched as it saved the lives of cancer patients, cured and relieved asthma, eczema, whooping cough, diabetes, arthritis and a host of other illnesses. The general public was never told about such discoveries yet modern health epidemics grew. Was it was because urine therapy, unlike surgery and drugs, cannot be patented and sold for huge profits?

Believing there is a natural medicine that is free and can heal most ailments sounds totally ludicrous. Particularly if you add the fact that it has been around for thousands of years and works both externally and internally. Until its curative powers have been experienced personally, utilizing urine to combat sicknesses may sound impossible. It might not seem popular yet there are literally millions of people all over the world that are healthy as a result of drinking their urine daily. More remarkably, there are thousands of testimonies of patients who were seriously ill but who were miraculously healed.

CHAPTER 3

Testimonies and Case Histories

Although there has not been definitive research done on the significance of urine as a cure, there are numerous testimonies that cannot be denied. Probably the most notable testimony was the former Prime Minister of India, Morarji Desai. In 1978, he was interviewed by Dan Rather on 60 minutes and he stated that urine therapy was the perfect medical solution for millions of Indians who cannot afford medical treatment. He lived to be almost 100 and testified to the healing properties of urine to anyone who would listen. He even wrote a book entitled, “The Miracles of Urine Therapy”.

British actress, Sarah Miles has drunk her own urine for over thirty years, claiming that it immunizes against allergies. Major League Baseball player Moises Alou urinated on his hands to alleviate calluses, which he claims, allows him to bat without using batting gloves. Singer actress Madonna explained to talk show host David Letterman that she urinates on her feet to help cure her athlete’s foot. Alternative health guru Gary Null in New York City has devoted several segments of his popular radio program extolling the benefits of the urine cure. Occasionally, it is mentioned or examined in magazines, newspapers, TV and in movies. Many websites review different aspects of urine therapy together with personal experiences on YouTube. Still, the majority are unacquainted with its value.

In the early part of the 20th century, John Armstrong was the first to do pioneering research in this field. Armstrong fasted on his own urine and water for forty-five days to heal himself of tuberculosis. He also used urine therapy to cure his diseased foot. He suffered a grave laceration to his toes, ankle and foot. The toenails were torn off and the toes forced back into the fleshy part of the foot. He applied saturated old urine to the affected parts. The bandages were kept moist by repeated soakings: but were not removed until the fifth day. When finally removed the results were astonishing; all trace of the injury had disappeared and the foot was healthy and supple as it had ever been.

For years he supervised many people on urine fasts, including terminal patients thought to be incurable. According to Armstrong, any disease could be treated with urine therapy including venereal diseases, cancer, leukemia, malaria, dropsy and gangrene. What was amazing is that he treated everyone without diagnosis. His treatments for his patients are detailed in his book, “The Water of Life”.

Martha Christie, who wrote “Your Own Perfect Medicine,” stated that urine therapy helped her overcome several complications, including menstrual problems, pelvic inflammation, ulcerative colitis, Chron’s disease, Chronic Fatigue Syndrome, thyroid disorders and mononucleosis. In her book, she cites more than 50 research and clinical studies that detail urine’s healing properties. Many of these are aged reports by doctors and medical scientists giving patients injections of their own urine. These case studies feature amazing results overcoming candida, colitis, cancer, diabetes, depression and a host of other health problems. Also included is a report how safe and effective urine was in treating external wounds during wartime. Her book is considered one of the most authoritative on the subject of urine therapy.

There are countless experiences of people have had their health restored by urine therapy. Here are some examples how people have benefited:

- I had been suffering from migraines for twenty years. Because I also suffered from rheumatoid arthritis, I was often taking painkillers. Then I started drinking my urine. A few months later, my arthritis has disappeared and so did my headaches.
- ♦ I am a PWA (person with AIDS) and have been doing urine therapy for two and half months. My lymphadenopathy was gone within 48 hours after starting urine. I had a severe acne problem on my back. After five weeks the skin was clear. My energy level increased enormously within a few days of drinking my urine.
- ♦ I am a paramedic worker at Bethany Colony where people with leprosy are treated. We achieved good results with this treatment. I have treated many cases and the treatment has never failed. The problem is that the patient is often unwilling to drink his or her own water. Therefore we mix it with some juice and serve it for breakfast. I can honestly say it is the best treatment for leprosy ulcers, asthma and several skin disorders. I am extremely grateful for this therapy and plan to start a small clinic for urine therapy.
- ♦ A case may now be cited regarding a young woman who had developed a growth in her breast. She was put on a diet of her own urine plus tap water and used urine compresses. In a short time, four days, the growth had entirely disappeared.

- ♦ After a number of weeks in which I ritually drank my own morning urine, I noticed that changes were slowly beginning to take place in my body. Now after using urine for fourteen years I can confirm that I am 99% less susceptible to all kinds of epidemics, flus, infections and other miseries I used to be very susceptible to. You do not have to be sick to start urine therapy. It increases your resistance to disease. Even if you are healthy, it can prevent you from coming into disease.
- ♦ In the last five years I have gone through three serious operations. I had many difficult illnesses including arthritis, rheumatism, glaucoma, high blood pressure, a blood clot that caused my leg to turn black from the knee down due to no blood circulation, pancreatic problems that caused a swollen tongue and an inability to take food properly. After drinking my own water for seven months all the toxins in my body disappeared. I visited the doctor for a check-up; he was shocked and surprised saying I was completely normal. It is a wonderful medicine. Tons of antibiotics are not as effective as this medicine. People are spending billions of dollars to get costly medical care, but you have the cure right inside your body. There's an old saying, if the medicine is not bitter, it doesn't work. Once you know this information you won't need any pills, vitamins or hormone shots. It is a gift from God.
- ♦ A young man, twenty eight, was given three days to live. His condition was variously diagnosed as either cancer of the gullet or venereal disease. Through urine therapy the patient was completely cured.
- ♦ M.Q. contacted malaria and had it for three years. During the year before the treatment, he had suffered from thirty six attacks. He used to dose himself regularly with quinine. He finally cured himself completely with a urine fast lasting ten days.
- ♦ In Egypt, rescue workers found a 37 year old man alive in earthquake rubble. He survived almost 82 hours by drinking his own urine. His wife, daughter and mother would not and they died.
- ♦ During the nine day war in Jordan, the Red Crescent, the Islamic equivalent of the Red Cross, advised people against drinking polluted water by radio broadcasts saying: "your children are expiring of thirst; we cannot help you except by telling you that you may be able to save their lives by letting them drink their own urine".

This kind of awareness of the benefits of urine therapy can come in very handy in case of an emergency. Travelers in deserts and on the seas were accustomed to the use of urine. Whether it is from bad weather, being lost, trapped, shipwrecked, or just being unable to get help when needed, it has saved more than a few individuals survive difficult times.

There are many more testimonies in the books and websites in the reference section. Websites like, The Water of Life Foundation (<http://www.urindya.com/>) and Shirley's Wellness Café (http://www.shirleys-wellness-cafe.com/urine_testimonials.htm) have stories that are very inspiring. Additionally there are online communities (<http://www.urine-therapy.org/>) where you can learn from others. Through the internet more and more people around the world are learning about this new, free medicine for their illnesses.

Chapter 4

History of Urine Therapy

Urine therapy has been around for a very long time. The medicinal use of urine dates back to the earliest civilizations. It is often referred to as the world's oldest medicine. It has been known by every generation but has somehow fallen into obscurity. Yet the use of urine, as a medicine, in one form or another can still be found in the medical traditions of tribes which are still in close contact with nature. In India, the yogi's and the great spiritual masters are well aware of the miracles of this "sacred" fluid. So much so that it has an extremely lengthy and involved history in India dating back over 5,000 years.

Human urine has been considered a healing agent in many Asian cultures for centuries. It has played an important role in the holistic medical traditions of societies all over the world. It is an age-old tradition especially in sickness although many in good health practice it for preventive health maintenance. Ironically, it has been kept a secret by "medicine men" so they alone could have access to this "fountain of youth".

The Water of Life Foundation in India and the Chinese Association of Urine Therapy have been promoting urine therapy for many years. It is still playing an important role in some medical treatments in Germany, Japan, and has been gaining popularity in the United States. In Germany, urine treatments have been used since medieval times against all kinds of diseases. In Japan, urine therapy has been known for seven hundred years and is commonly prescribed even today against asthma, diabetes, hypertension and on an experimental basis against AIDS and cancer.

Urine therapy also has historical roots in ancient Egypt, Greece, Rome, the Aztec empire and since the Middle Ages in Europe. The history of drinking urine for therapeutic purposes dates back to the Holy Roman Empire when great urinal troths were erected in public squares of each city-state for residents to both contribute to, and benefit from. For hundreds of years, many European cultures including Russia have used urine to treat a wide variety of health problems. The ancient Indian text of Shivambu Kalpa Vidhi calls it the divine nectar that is capable of abolishing various types of diseases and ailments. In the Old Testament of the Bible, there is a symbolic reference, "Drink water from they own cistern" (Proverbs 5). For centuries, European Gypsies have known about the curative powers of urine. It has been reported that the Lamas of Tibet reach extended ages by drinking their own urine. For over 500 years ago, Native Indians in the Western Hemisphere had knowledge of this therapy. So

much so that natives of Mexico, Argentina, Peru, and Chile continue to consume it for illnesses and utilize it as an antiseptic to treat wounds.

The first soap was perhaps, urine. In England, France and probably elsewhere, the custom of washing one's hands in urine for its softening and beautifying properties, still exists among the ladies. Urine has also been used as a tooth-wash, a clothes wash and in the preparation of cosmetics, creams and even prescription drugs.

The number of uses are impressive and so are the number of its followers. According to Xinhua news agency more than three million Chinese drink urine to stay healthy. From India, in the state of Gujarat, there are nearly 300,000 users of urine therapy and in the city of Bombay nearly 30,000 plus are active users. Germany, Korea and Japan have a sizeable number of citizens engaging in urine therapy. It is also growing in the West.

In 2009, the 5th World Congress on Urotherapy was held in Guadalajara, Mexico where advocates from around the world gathered to share their experiences. The next World Congress is scheduled for Sydney, Australia in 2013. Meanwhile, other websites, like <http://www.urotherapy.com/>, are emerging to inform and educate the public. It is only a matter of time until it emerges as a natural home remedy for people who want a fast, efficient, inexpensive way to take care of their health.

Chapter 5

Getting Started

The thought of drinking their urine may offend the sensibilities of some Westerners. This initial revulsion is usually based on concepts that are based on ignorance or fears. The age old concept prevailing in our society is that urine is poisonous or dirty excreta of the body. But this fallacy is proven wrong by scientists on the basis of successful research and experiments done with human urine. The second difficulty comes on account of foul smell and disagreeable taste. This can be overcome by eating simple foods or by just mixing it with water. Moreover, once the pain of our physical problems becomes stronger than our concepts or fears, acceptance to urine therapy happens naturally. In other words, most people will try it as a last resort to overcome their pain and sickness.

There are some simple ways to overcome the feelings of aversion to drinking your own “water.” Start with a few drops, have it on the rocks with your favorite juice or just chase it down with water. Start by taking a small amount then increase gradually. Some make a homeopathic preparation which contains no taste or color from just a few drops. Many take it once in the morning, some more frequently, again depending on their own liking. The most common recommended dosage is 2 to 4oz. of fresh urine once daily in the morning as a tonic for keeping healthy and as prevention against illnesses.

Those who drink it regularly say the taste is mild and not unpleasant at all – a bit salty, like broth or sea water. The taste depends on your constitution and your daily diet. Everything you eat and drink has an effect on your urine. The better your dietary habits are, the better it will taste. If you are on a vegetarian diet, there will be almost no unpleasant aftertaste. If you eat spicy or fast food, then you will notice that it has a stronger or somewhat bitter taste. Drinking your own urine makes you think seriously about what you eat. A change in dietary habits plays an important role in the healing process. The taste is more enjoyable with fruits and vegetables and less with sweet, starchy or spicy food.

Whenever a leap of faith is taken, be prepared as the healing process may begin. Depending on the toxicity of the ailment, the body will begin to purify itself. In the detoxification period, poisonous substances that have been stored in the body for years are released. The body might start to fight certain viruses by increasing the temperature and causing a fever. By stimulating the body's natural powers, real healing

takes place. Urine contains antibodies and immune stimulating factors against all viruses, harmful bacteria and fungi. Urine is especially effective against allergies and other disorders of the immune system. The self-inoculation of urine is similar to when a flu shot introduces a virus into the body to make antibodies for it.

During the healing crisis, symptoms such as a rash, sweating, fever, diarrhea, vomiting, headache or coughing may arise. Afterwards, the majority feel much better in just a few hours to a few days. The technique and process can always be adjusted to personal preference.

Urine therapy consists of two parts: internal application (e.g. drinking urine) and external application (e.g. massaging with urine). Both aspects are important and complement each other. The easiest way to start is by using it externally. Urine therapy has miraculous healing abilities in the treatment of painful and disabling wounds, cuts, sores, bites, stings, blisters and rashes especially the ones which refuse to heal. For skin problems such as gangrene, psoriasis, eczema and dermatitis, a urine pack works well and can even prevent scar tissue. A urine compress should be moistened regularly and renewed several times daily. Urine therapy offers complete recovery for serious burns instead of unsightly scars, tightly puckered skin and stiffened limbs. Armstrong insisted that cures were faster and more effective in those who massaged themselves with urine.

Chapter 6

Conclusion

The practice of using one's own urine as a medicine and immune system booster is undoubtedly the most ancient remedy on the planet. Today this knowledge is freely available on the internet. Urine is medicinal, cleansing, and nourishing. Urine is anti-bacterial, anti-fungal, and anti-viral. It is the perfect medicine for the restoration of health and the destruction of maladies. Not only is it a panacea for any and every disease, it is free and easily available. It can prevent infections while at the same time give an aged person the vitality and vigor of youth. Some of the chronic diseases that it is effective against include cancer, heart disease, kidney failure, asthma, anemia, urinary diseases, colds, candida, diabetes, digestive problems, allergies and jaundice. Other problems such as injuries, warts, psoriasis, lumps and bites are often cured in a few days of treatment. The list of diseases for which it is effective is long enough to consider it a miracle remedy.

Modern medicine doesn't emphasize the importance of knowing simple home remedies. Most consumers feel that the knowledge of the body is best left in the hands of doctors who, "know so much more than we do." However, their results are not always dependable. Government studies now raise serious questions about the qualifications of physicians, their misdiagnoses, unnecessary or incompetent surgery, errors in medication and high hospital infection rates. Most hospitals have to rely on strong medical intervention to relieve symptoms from the medical errors that occur on a daily basis. On average 1 in 7 patients suffer harm from hospital care.

As a result, more people are turning away from conventional medicine. Urine therapy could be the medicine of the future for billions of people without health care. The medical establishment should adjust their system so that alternative medicines, like urine therapy, can be integrated seamlessly. This simple adjustment alone could tremendously reduce health care costs. The extra advantages of no diagnosis, no side effects and no costs make it more than an alternative. Urine therapy offers each individual the power to deal with any health crises efficiently, effectively and economically.

Chapter 7

Urine Therapy is Effective in Treating:

External:

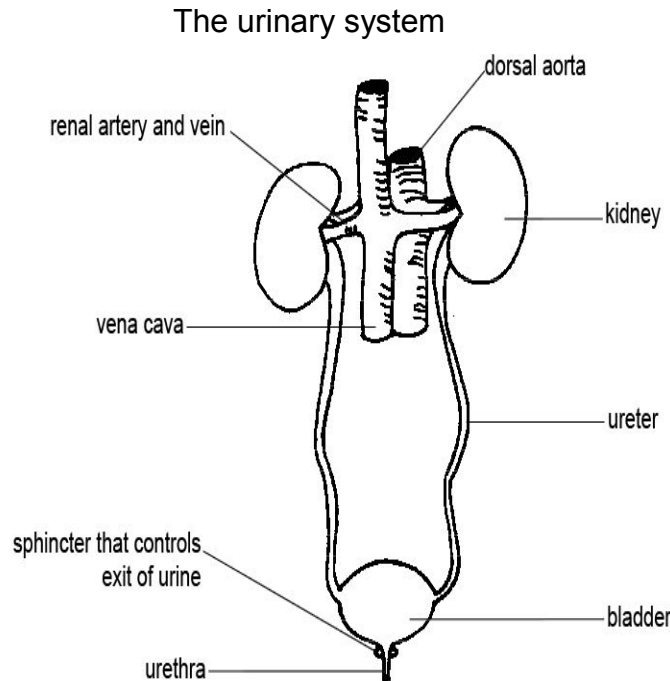
- Sunburn
- Cuts, scrapes, wounds
- Burns, rashes, sores
- Athlete's foot
- Eczema
- Gangrene
- Infections
- Insect bites
- Warts
- Varicose veins
- Pimples, acne
- Baldness
- Snake bites

Internal:

- Cancer
- Diabetes
- High Blood Pressure
- Hormonal imbalances
- Allergies
- Colds, coughs, fever, flu symptoms
- Conjunctivitis
- Asthma
- Herpes, venereal diseases
- Jaundice, hepatitis
- Mononucleosis
- Prostrate disorders
- Rheumatism
- Sexual impotency
- Meningitis
- Hepatitis
- Tuberculosis
- Parkinson's disease

Chapter 8

Substances Found in Urine



Many people have the mistaken belief that urine is waste. Waste products are eliminated through the skin, lungs and digestive system. As seen from the diagram above, urine is created directly from the kidneys. The function of the kidneys is to balance and filter the blood. It is not a byproduct of intestinal work. It is a sterile, antiseptic fluid containing thousands of elements. In fact, it contains many life-sustaining elements like vitamins, minerals, proteins, enzymes, hormones, antibodies, amino acids and the ions of hundreds of compounds.

Most people are generally unaware of the amazing elements found in urine:

Agglutinins and precipitins – have a neutralizing effect on polio and other viruses

Antineoplaston – prevents selectively the growth of cancer cells without harming the growth of healthy cells.

Allontoin – a nitrogenous crystal substance which helps heal wounds. It is an oxidation product of uric acid. This substance can be found in many skin cream products.

DHEA – This substance prevents obesity, prolongs the lifespan of animals, and offers a possible treatment for anemia, diabetes, and breast cancer in women. DHEA stimulates the growth of bone marrow and increases the production of substances manufactured by bone marrow such as red blood cells, monocytes, macrophages and lymphocytes.

Gastric secretory depressants - combat the growth of stomach ulcers.

Glucuronic acid - is created in the kidneys, liver and intestinal canal and has an important secretion function.

H-11 – inhibits the growth of cancer cells and reduces already existing tumors, without disturbing the recovery process.

HUD (Human's Urine Derivative) - urine derivative shown to have remarkable anti-cancer properties.

Interleukin – 1 – this substance has a positive influence on helper cells and inhibiting substances. It can signal the hypothalamus to produce a fever.

3-methyl-glyoxal – destroys cancer cells

Prostaglandin – in a hormonal substance which dilates the blood vessels and lowers blood pressure, relaxes the bronchial muscles, stimulates labor contractions, and a number of other functions relating to metabolism.

Protein globulins - contains antibodies against specific allergens; identical to proteins in immunoglobulin's of serum (blood)

Proteses – immunologically active products of allergic reactions

Retine - anti-cancer element extracted from urine

Uric acid – helps keep “free radical scavengers” (molecules which can cause cancer) under control, combats old age and even has a tuberculostatic effect

Inorganic substances in urine:

Bicarbonate, chloride, phosphor, sulphur, bromide, fluoride, iodide, rhodanide, kalium, natrium, calcium, magnesium, iron, copper, zinc, cobalt, selenium, arsenium, lead, mercury

Nitrogen-containing substances in urine:

Nitrogen, urea, creatine, creatinine, guanidine, choline, carnitine, piperidine, spermidine, spermine, dopamine, adrenaline, nor-adrenaline, serotonin, tryptamine, amino-levulinic acid, porphyrin, bilirubin, and others.

Amino acids in urine:

Alanine, carnosine, glycine, histidine, leucine, lysine, methionine, phenylalanine, serine, tyrosine, valine, hydroxyproline, galactosylhydroxylysine, xylo-sylserine, and others.

Proteins in urine:

Albumin, haptoglobin, transferrin, IgG, IgA, IgM, and others

Enzymes in urine:

Lactate dehydrogenase, gamma-glutamyltransferase, alpha-amylase, uropepsinogen, lysozyme, beta-N-acetylglucosaminidase, urokinase, protease, and others.

Carbohydrates in urine:

Arabibiose, xylose, ribose, fucose, rhamnose, ketopentose, glucose, galactose, mannose, fructose, lactose, saccharose, fucosylglucose, raffinose and others.

Vitamins in urine:

Thiamine (B1) riboflavin (B2), vitamin B-6, 4-pyridoxic acid, vitamin b-12, bioppterine, ascorbic acid, zinc, magnesium, potassium, folic acid, and others.

Hormones in urine:

Gonadotropin, coricotropin, prolactin, lactogenic hormones, oxytocin, vasopressin, thyroxine, catecholamin (adrenaline, noradrenaline, dopamine), insulin, erythropoietin, corticosteroids (aldosterone, corticosterone, cortisone), testosterone, progesterone, oestrogen, and others.

Bibliography on Urine Therapy

The Miracles of Urine Therapy

by Dr. Beatrice Bartnett and Margie Adelman, U.S.A., 1987

The Water of Life

By J.W. Armstrong, a Treatise on Urine Therapy. Health Science Press, 1974

Urine Therapy

by Flora Peschek-Bohmer, Ph.D., & Gisela Schreiber, Healing Arts Press, Vermont, 1997

The Golden Fountain - The Complete Guide to Urine Therapy

By Coen van der Kroon, Wishland Publishing, Arizona, 1993

Your Own Perfect Medicine

By Martha Christy, Wishland Publishing, Arizona, 1994

Urography, The Most Powerful Holistic Medicine

By Martin Lara, The Urography Press, New York, 1999

Urine, the Holy Water

By Harald W. Tietze, B.Jain Publishers, New Delhi, India, 1996

Wonders of Urography – Urine therapy as a Universal Cure

By Dr. G.K. Thakkar, B.Jain Publishers, New Delhi, India, 1996

Miracles of Urine Therapy

By Dr. S.K. Sharma, Diamond Books, New Delhi, India, 2005

Miracles of Urine Therapy

By Morarji Desai, Pankaj Publications, New Delhi, India

Auto-Urine Therapy

By Nauneet Publications Limited, Gujarat, India

Manav Mootra (Auto-Urine Therapy)

By Raojibhai Patel, Gujarat, India, 1997

Urine Therapy

By Dr. John F. O'Quinn, Life Science Institute, Pomeroy, Washington 2006

Internet Resources on Urine Therapy

<http://www.shirleys-wellness-cafe.com/urine.htm>

<http://www.all-natural.com/urine.html>

http://universal- tao.com/article/urine_therapy.html

<http://www.earthtym.net/ref-UT-notes-1.htm>

<http://cancerresourcecenter.com/articles/alt114.html>

<http://www.biomedx.com/urine>

<http://www.urine-therapy.org/>

<http://www.health-science-spirit.com/urine.html>

<http://www.lifepositive.com/Body/traditional-therapies/urine-therapy.asp>

<http://users.erols.com/martinlara/>

<http://net-prophet.net/health/phelps/phelps.htm>

<http://www.goodmanlivingwell.com/urine.htm>

<http://www.agamayoga.com/articles/amaroli.htm>

<http://urotherapy.com/>

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/PharmacologicalandBiologicalTreatment/urotherapy>

<http://en.wikipedia.org/wiki/Urophagia>

http://en.wikipedia.org/wiki/Urine_therapy

<http://www.hps-online.com/hindiasutra.htm>

<http://www.urine-therapy.org/>

<http://urindya.com>

<http://www.indiadinvine.org/audarya/ayurveda-health-wellbeing/932508-urotherapy-patients-cancer.html>

References on Radioactive Fallout

Exposure of the American Population to Radioactive Fallout from Nuclear Weapons Test, 2002

National Academies Press, Washington D.C.

Fallout, An American Nuclear Tragedy. Philip L. Fradkin. 2004, Johnson Printing Co. Colorado

Deadly Deceit, Low Level Radiation, High-level Cover Up. Dr. Jay M. Gould 1990, Four Walls,

Eight Windows Publishing, New York

Secret Fallout, Ernest Sternglass, 1981 McGraw-Hill publishing, New York

Population Control through Nuclear Pollution, Arthur R. Tamplin & John W. Gofman, 1970,

Nelson-Hall Co. Publishers. Chicago, Ill.

No More War!, Linus Pauling 1983 Dodd, Mead & Company. New York

Nuclear Radiation in Warfare, Joseph Rotblat, 1982, Oelgeschlager Gunn & Hain

<http://www.cdc.gov/nceh/radiation/fallout/q&a.pdf>

[http://www.cdc.gov/nceh/radiation/fallout/feasibilitystudy/Technical_Vol_1_ExecutiveSummary.p
df](http://www.cdc.gov/nceh/radiation/fallout/feasibilitystudy/Technical_Vol_1_ExecutiveSummary.pdf)

<http://www.ieer.org/comments/fallout/pr0202.html>

<http://archive.greenpeace.org/comms/nukes/ctbt/read9.html>

<http://www.nuclearweaponarchive.org/>

<http://www.cancer.gov/cancertopics/causes/i131>

<http://www.cancer.gov/PublishedContent/Files/cancertopics/causes/i131/fallout.pdf>

<http://rex.nci.nih.gov/massmedia/Fallout/contents.html>