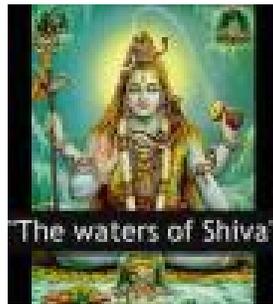




Munot's Alternative Medicine:

Self Urine Therapy, Shivambu, Accupressure, Sujok, Accupunture, Triorigin, Meridians, Yoga, Ayurveda, Meditation, Five Elements of Life, Aura, Chakra, Magnet Therapy, Colour Therapy, Seeds Therapy, Qi, Tao, Energy Flow, EAV, Electro Accupunture by Dr.Voll, Healing, WheatGrass, NLP, Graviola & Paw Paw Fruits, Gerson Therapy for Cancer, Reflexology, Auriculo Therapy, PanchKarma, Solar Healing or Sun Gazing, ElectroMagnetic Radiation, Distilled Water.



"SHIVAMBU"
'Water of Shiv'

"SELF URINE THERAPY"

The Bible proverb,
"Drink waters out of thine own cistern,"

**"Self urine therapy for all Chronic Diseases like Cancer,
Asthama, Skin Diseases etc"**

"The Last Resort or the First Choice"

www.Shivambu.in ,Alternative Medicine, Self Urine Therapy, Shivambu, Accupressure, Sujok, Accupunture, Triorigin, Meridians, Yoga, Ayurveda, Meditation, Five Elements of Life, Aura, Chakra, Magnet Therapy, Colour Therapy, Seeds Therapy, Qi, Tao, Energy Flow, EAV, Electro Accupunture by Dr.Voll, Healing, WheatGrass, NLP, Graviola & Paw Paw Fruits, Gerson, Reflexology, Auriculo Therapy, PanchKarma, ElectroMagnetic Radiation, Distilled Water. Kolkata, WB / India fax: 91 33 2231 8037 Sunil@Munot.in

conviction and enthusiasm concerning urine therapy, probably because through urine therapy, he cured himself of tuberculosis, which had been declared incurable.

Armstrong began urine therapy after a long and agonizing journey in which doctor after doctor proved unable to cure him of his symptoms. On the contrary, his condition only worsened. He decided to try urine therapy for two reasons. First of all, a quotation from the Bible stimulated his curiosity. Drink water from your own cistern. Flowing water from your own well. (The book of proverbs 5:15) secondly, he had childhood memories of his mother smearing urine on his face which was swollen from a bee sting and of his grandfather treating animals with urine.

Armstrong is unclear as to whether this quotation from the Bible should be interpreted as he has. But he does claim it to be source of inspiration for his beginning a forty-five day fast based exclusively on urine and water. He combined this fast with massaging urine on to his skin, based upon what he found in another passage in the Bible, the Gospel of Matthew 6:17-18: H"But when you fast, anoint your head and wash your face,..". He found that fasting was much easier and more pleasant if he also massaged himself with (old) urine.

After his own successful experience, Armstrong treated hundreds of people with urine therapy. Only after a number of years, and at the explicit request of those he had treated, did he write a book about his own experiences and knowledge. This is the previously mentioned and praised book "The Water of life". This book was and continues to be a great source of inspiration for everyone who works with urine therapy, both in the West and in the East.

As mentioned above, Armstrong realized all too well that his message was not in keeping with the prevailing scientific dogma. Unfortunately, his worthwhile results did not stimulate other doctors in England to delve into this subject.

Nonetheless, in other countries several attempts have been made by doctors to bring urine treatments to a scientific level. They worked with urine injections, which were first performed with the invention of the hypodermic needle and syringe. This method was applied in Europe as well as in the United states which is apparent from The physiological Memoirs of Surgeon-General Hammond, U.S. Army (1863) in which reference is made to this method. These days few doctors give urine injections. They specifically consider urine injections to be a worthwhile method of treating illnesses related to allergies. This application of urine therapy was recently highlighted on a German commercial television broadcasting station in which several people with allergies were shown injecting themselves with urine.

The medical interest in urine and its components increased around the beginning of this century, particularly in Germany. Experiments were conducted on injecting urine and the results were positive.

The German physician Dr. Herz was an enthusiastic proponent of this method and, in 1930; he wrote a book reporting his experiences (Die Eigenharnbehandlung, Auto-Urine Treatment)

Although scientists and clinics were initially interested in his work, his research came to a halt, since the German government at the time tightened the reins on scientific research. Even so a number of doctors kept practicing this therapy.

In the 1940's, doctors in German gave urine-enemas to children exposed to measles or smallpox. Those treated with urine-enemas came down with a milder form of these illnesses. The German physician Dr. Martin Krebs wrote *Der menschliche Harnals Heilmittel* (Human Urine as Medicine) a book about the application and results of urine therapy with children. Martin Krebs was a fervent follower of Dr. Herz.

In 1965, Dr. Edam from Germany recommended urine therapy as the most effective treatment for morning sickness during pregnancy, and advised the larger university hospitals to try this method instead of the frequent use of medication. He maintained that no side effects had been diagnosed, and he hoped more doctors would take an interest in this therapy.

substances, which are usually produced by extremely complicated and expensive methods, such as cell cloning. The company is working on bringing its first important product, Urokinase, on the market. Urokinase is an enzyme which dissolves blood clots and is used in treating heart attack victims. The company has contracts for supplying this enzyme to several prominent pharmaceutical companies.

This method was more or less copied from the Chinese. In the Shanghai, urine is collected in large basins in the public toilets. The city government then sells the urine to the pharmaceutical companies who extract Urokinase, among other things from this urine. This is exported and sold as medicine all over the world.

Recent Research, Practice and Literature

In the past few years, some people from within the medical world have shown an increased interest in urine therapy, particularly doctors who specialize in natural medicine and its principles.

In 1991, Dr. Johann Abele wrote a revised version of the book previously written by Dr. Herz, published under the same title (*Die Eigenharnbehandlung: nach Dr. med. Kurt Herz; Erfahrungen und Beobachtungen*) Abele's book however contains only part of the preface from the original book and discusses in a scientific manner the various applications of urine therapy particularly in the form of urine injections. Dr. Abele realises that there is no scientific proof for the effects of urine therapy, but still seriously recommends this therapy to the medical world.

'Although a lot of research in the field of Auro-Urine therapy was done before the Second World War and well known researchers were reported to have excellent results with it, it will surprise any unbiased observer that after 1945 this therapy like many other empirical systems of natural medicine- disappeared and was no longer openly subject to research and discussion. It has since only been preserved and developed by those who work outside the field of orthodox medicine.

During this modern era when pure physics and mathematics have entered into areas where science and religion -once strong enemies - can meet each other, it can no longer be tolerated that people dismiss such an interesting method of folk medicine by just saying that it must be a remnant of the magical, dirt practise used by uncivilised tribes. An ineffective therapy does not survive hundreds of years in the consciousness of people! The astounding results which therapists who work with this auto-urine-method have over and over again should bring them as well as others to use this therapy for otherwise incurable disease even though so far no explanation for its effectiveness has been given. For the most important task of a doctor should be, even when in opposition to public opinion and customs, to use any therapy which promises results in accordance with an old saying WHO HEALS IS RIGHT (*From: Die Eigenharnbehandlung: nach Dr. med. Kurt Herz; Erfahrungen und Beobachtungen, Sr. med. Johann Abele, 8, verbesserte Auflage, Karl F. Haug Heidelberg, 1991, P. 17-72*)

Besides the previously mentioned book by Carmen Thomas, another book was published in 1993 in Germany on urine therapy entitled *Die Heilkraft der Eigenharntherapie* (The Healing power of urine Therapy) written by Ingeborg Allmann, a former pharmacist. As with many other people who started to work with urine therapy, it was a personal health crisis which brought her into contact with this method of healing. Ingeborg Allmann suffered from severe allergic asthma, and allopathic medicine offered little relief. After some time, she developed an aversion to all chemical products, the former source of her income. In a complete turnaround, she turned to natural medicine, including urine therapy. Ultimately, Allmann wrote a book about her experiences in which she discusses urine therapy as well as a number of general principles of holistic therapies.

"More than any other method, urine therapy represents the principles of natural medicine, according to which one should not passively depend on being healed, but should instead heal oneself actively.

One's own urine is a specific medicine for anyone who is ill- it is made for him or her personally and is just right for what he or she needs at the present moment-because it changes its composition all the time.

It is not only something that cures, but it also sustains health when taken as a preventative.

"Looking at the surprising diversity of substances found in urine makes us understand its positive effect. A.L. (auto-liquid= urine, tr.) represents a living substance. This fluid is full of life and contains the life energy which is so important.

In complementary medicine we already deal with the principle of life energy. We have inside our human bodies an inner healing principle it is what I call "the Healer Within" This inner doctor is very intelligent and wants to keep the organism healthy whenever possible -whether it is a plant 0animal or human being. Independently and from within areas we are normally not aware of, he is always busy, never sleeps does not know Sundays nor holidays and is always there as long as the organism is alive" (*From: Die Apotheke in uns; Behandlung mit Eigenharn eine bewahrte Naturheilmethode, Dr. med. U.E. Hasler, Karl F. Haug Verlag, Heidelberg 1994, P.48*)

A few brief examples of the use of urine therapy in a number of other countries follow below.

Various schools and clinic in the United States which work with natural medicine also work with urine therapy. The Water of Life Institute in Florida (now Lifestyle Institute, Ruidoso NM, see address list in the back of this book) has contributed much to the promotion of the therapy. In New York City, a support group currently exists for those who use urine therapy, with some 700 members, many of whom are suffering from AIDS. Recently I heard about a similar support group existing in West Hollywood, California. Some people with AIDS have already benefited greatly from this therapy.

In 1994 the book *Your Own perfect Medicine*, written by Martha Christy, was published in the United States. This gives a very complete and good overview of scientific material concerning the medical value of urine and its substances.

Urine therapy is also used extensively in an institute in England. This institute is directed by Arthur Lincoln Pauls, a specialist in bio-orthonomy and author of the book on urine therapy, Shivambu Kalpa. A Juicier example of the use of urine therapy in Engalnd is the British actress Sarah Miles. She drinks a glass of her own life water daily and swears that this keeps her healthy and beautiful. Urine is terrific for skin care, a fact already well known by the ancient Egyptians. The present-day cosmetic industry is also aware of this fact: if you study the ingredients of a number of skin creams and various brands of toothpaste, you will regularly come across urea as a significant component.

Two books have recently been published in France on urine therapy. The book *Amaroli* suggests a list of names for urine therapy, including the playful name pipi-therapie. Besides an extensive summary of its practical application, *Amaroli* also places urine therapy within the broader perspective of modern holistic medicine and health concepts. One chapter discusses the transformative and (self) regenerative effect of drinking urine. From this perspective urine therapy is a modern way of sanctifying the body, as it revitalises the genetic structure on the deepest level. We see here a link to the sacred character of urine therapy as described by ancient traditions.

As a conclusion to this section, I would like to focus on a number of facts related to drinking urine in emergency situations.

Drinking urine is a good alternative wherever water is scarce. It not only satisfies the need for liquid, but also actually keeps the body healthy. Some time ago there was an earthquake in Egypt. A survivor was pulled out of the rubble in Cairo after being trapped for three days. The man had kept himself alive by, among other thing drinking his own urine and he was in excellent condition. I heard another story about a man who kept himself alive with his own urine for a week in a collapsed mine. At the time of his rescue, he looked fine and was in extraordinary health. I also recently read an article about an Italian athlete who was lost in the Sahara for ten days. Upon returning to the civilized world he told how he had drunk his own urine for lack of other liquids. He had kept himself alive by eating desert plants and insects and drinking his own urine.

Only the substance urea can be poisonous when present in very large amounts in the blood. However, this is irrelevant in the practice of drinking urine, as urine is not immediately put back in the bloodstream. In the small amounts urea gets back into the body, it is purifying, clears up excess mucus and has a number of specific, very useful effects. Moreover, it has a wonderful healing and tonifying effect when applied to the skin.

You can find urea in many skin products as one of the main components- specifically in many woman cosmetics.

Furthermore, urine is entirely sterile after secretion and has an antiseptic effect. We are talking here about urine from the point of view of somebody who follows a reasonably healthy diet, and who does not use chemical drugs or allopathic medicines. Urine therapy is a method based upon the principle of 'natural cycles'.

As long as we do not interfere chemically with the body's natural cycle, the body produces urine which is perfectly suitable for re-cycling. If you ingest a great deal of chemical substances - and these days all kinds of processed food contain chemicals - part of this will end up in the urine, in which case the composition of the urine changes. Normally, however, urine is a healthy substance which contains healthy, harmless and nourishing components.

Some natural cycles take place more quickly than others, but the cycle in general is the foundation of all life. If we let nature run her course, there will be no waste, and a disturbed equilibrium will always come back into balance. Just as we are capable of disturbing a natural equilibrium, we can also do our part in helping nature recover her balance. In order to support such a recovering of balance, we are equipped with a wonderful, natural 'house pharmacy': our own urine provides us with a swift and safe method for using the powers of the natural cycle.

What exactly are the effects of urine therapy?

Briefly, if urine is ingested and/or rubbed into the skin, it purifies blood and tissues, provides useful nutrients and sends the body a signal about what is in or out of balance. This last effect is called (oral) auto-immunization. This brings us to a last important feature of urine. Urine itself is, as said, not a toxic waste product. It does contain however minute particles connected with possible disease processes in the body. These minute particles are mainly antibodies, which upon re-ingesting can help the body to react on specific pathological situations.

Urine therapy has proven helpful in a great number of various diseases, ranging from a simple cold and a throat-ache, to tuberculosis and asthma, from minor skin problems such as itching, to more serious skin diseases such as eczema, psoriasis and even skin cancer.

Urine therapy in the East: therapy or way of living?

Urine therapy has been practiced for thousands of years and has merely fallen a bit into obscurity in the last century.

However much urine therapy may seem to be unorthodox and perhaps revolutionary, it does not introduce anything new or original. It has been known throughout the centuries both in the West and in the East. Especially within yoga and tantra tradition the use of urine has been kept alive. It served partially as a real 'therapy', a method to cleanse the physical body of impurities, but also as a way to further spiritual growth. As such it should be considered more as a spiritual practice or lifestyle. Very illustrative in this sense are the following remarks:

Swami Satyananda Saraswati states in 'Amaroli - The Way of the Yogi', the preface to the book Amaroli (Amaroli is the practice of ingesting one's own urine):

In this century it was the Englishman John Armstrong who was the urine therapy pioneer with his work and with his book *The Water of Life*, famous both in West and East. Armstrong realized that the powerful medical world entertained other ideas about the usefulness of urine.

Even so, he was exceptionally persistent in his conviction and enthusiasm concerning urine therapy, probably because through urine therapy, he cured himself of tuberculosis which had been declared 'incurable'.

Armstrong began urine therapy after a long and agonizing journey in which doctor after doctor proved unable to cure him of his TB symptoms. On the contrary, his condition only worsened. He decided to try urine therapy for two reasons. First of all, a quotation from the Bible stimulated his curiosity: "Drink water from your own cistern, flowing water from your own well." (The Book of Proverbs 5:15) Secondly, he had childhood memories of his mother smearing urine on his face which was swollen from a bee sting, and of his grandfather treating animals with urine. Recently, a lot of books have been published on urine therapy, especially in Germany, and some of those books have been written by regular doctors. This shows that there is a development towards a little bit more understanding and acceptance from people working within the regular medical field.

The authors of these books show, just like Armstrong did, how versatile the application possibilities of urine are. It works wonders in many minor problems and diseases such as ear- and eye infections, burns and bruises, allergic conditions (hay fever), fungus infections of the skin, warts, etc... But it also can help the immune system to cope with more serious conditions such as chronic colds, flu, stomach problems, bronchitis, etc... Furthermore it has proven very helpful in the treatment of a number of very serious, immune related diseases, such as chronic and severe allergies, asthma, cancer, M.E. and AIDS. In these cases it did definitely not always lead to long term healing results, but it often alleviated symptoms to considerable extent and sometimes indeed resulted into remarkable improvement of the dis-eased condition.

Urine therapy and yoga tradition

Let's go back to the Indian history, where even much older texts describing the practice of urine therapy are available. A presumably 5,000-year-old document has been found which describes the practice of urine therapy in different respects. In this document, there are many references to herbs and medicines still used in present day Ayurveda. This document consists of 107 verses (ślokas), is called Shivambu Kalpa Vidhi ('the method of drinking urine in order to rejuvenate'), and is part of a document called Damar Tantra. (The entire text can be found in Chapter 7 of *The Golden Fountain*) Shivambu literally means the water of Shiva, the highest god in the Indian pantheon. The name Shiva means auspiciousness. In India, at least among urine therapists, one often speaks of drinking Shivambu, which simply means drinking the water of auspiciousness. They also sometimes jokingly refer to it as 'Morarji Cola', as India's former Prime Minister Morarji Desai used to practice urine therapy. He openly advocated this therapy and said India would be well off when more people would use this extremely inexpensive and effective way of treatment. These are the opening verses of the Damar Tantra text, in which the god Shiva begins to speak with his wife Parvati:

Verses 1 - 4: "Oh Parvati! (The God Shiva speaks to his wife Parvati.) Those who practice this method can enjoy the fruits of their meditation and this method. For this, certain actions have been recommended along with certain types of utensils. The Shivambu is to be drunk from pots made of gold, silver, copper, brass, iron, tin, glass, earth, bamboo, bones, leather, or a bowl made of plantain leaves. The urine should be collected in any one of the above mentioned utensils and should be drunk. However, earthen pots are the best for use."

Practical instructions are given on how to collect and ingest urine, and advice on what is best to eat if you drink your own urine. It has to be kept in mind, however, that this document was written for those who practice yoga, work intensively with their body and soul and adapt their food to this lifestyle. Nevertheless, the following verse contains some helpful general guidelines for everyone who uses urine therapy.

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 out breath.

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

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

Vaginal douche - Helpful in e.g. yeast problems, white discharge, etc..

Ear-and eye drops - Ear infections; conjunctivitis, glaucoma. For the eyes, dilute the urine with some water.

Sniffing urine/Neti - Sinusitis and other nose problems. Very good preventative 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 strong to very strong smell. Massaging the whole body is a very 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. But it is also very helpful and healing in all kind of skin problems: itching, sunburns, eczema, psoriasis, acne, etc...

Gentle rubbing of urine into acupressure points (e.g. on the ears) - very useful when reactions are otherwise too strong, e.g. with very heavy allergic reaction.

Footbaths - Any skin and nail problems of the feet (athletes 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.

Some guidelines and warnings:

It is generally not recommended to combine urine therapy with the use of (prescribed) chemical, allopathic medicines or recreational drugs. The combination may be dangerous to your health. If you are taking any form of allopathic medicine, begin with the external application (urine massage) until you are free of all medication, if possible.

If it is not possible or safe to stop the use of certain medicines, start with taking a few drops of urine internally or use a homeopathic tincture or gently rub fresh urine into the acupressure points of your ears. Keep looking and feeling very carefully how you and your body are reacting on the treatment. When suffering from a serious illness or, generally, when in doubt, consult a good natural doctor.

Transmutation and the healer within [By Coen Van der Koon]

"It has always been a kind of vocation for me to connect East and West, ancient and modern, spiritual heritage and science. So with urine therapy: it has a rich history, certainly here in the East. It is connected with spiritual practice as well as with modern scientific research. A good example is the research project at

blood becomes stronger, the activity of leukocytes (white blood cells) increases, and the patient probably recovers. This phenomenon is known as auto-inoculation or self-vaccination and can be seen as mother nature's method of healing an illness without external intervention. Urine therapy can be seen as a form of self-vaccination: certain bodily substances which have been removed from the body, some of which may have been produced as a result of illness, are re-introduced into the body in small amounts. These substances are re-absorbed into the blood through either the intestines or the skin. According to this hypothesis, the immune system is then given the chance to react appropriately. The doctors Remington, Merler and Uhr have demonstrated that a particular part of urine-protein is able to eliminate certain pathogens.

This discovery supports the assumption that urine therapy can be used to treat or prevent certain illnesses. In the early nineteenth century, Dr. Charles Duncan conducted research into therapies with self-produced substances, including urine therapy.

He demonstrated that patients suffering from gonorrhoeic urethritis (infection of the urinary tube as a result of the venereal disease gonorrhea) produce their own medication in the form of their own discharge. Auto-therapy was applied here by placing a drop of a patient's discharge directly on the tongue, in order to stimulate the body's natural powers. This method had a strong healing effect at every stage of the illness: if applied at an early stage, it could cause the gonorrhea to disappear. Auto-therapy is based on the principle that the body can use all fresh, self-produced, unaltered diseased tissue substances which originate from the micro-organisms causing the illness. Seen in this light, patients have their own medication in exactly the form constructed by nature to heal their condition. The results of Dr. William D. Linscott's research suggest that auto-therapy strengthens and stimulates the immune system, in particular with regard to the T-cells. The T-cell population of several patients who initially displayed a low T-cell count increased after treatment with urine therapy.

The Transmutation theory

Most of what has been said here will be valid from a strictly mechanistic point of view. The transmutation theory, though, needs a new, holistic paradigm which is based more on the dynamics of energies.

In recent scientific research, a shift is visible from reductionism to holism. It is beyond the scope of this paper to go into this matter. I nevertheless want to take the new paradigm fully into account here in trying to find explanations for the effectiveness of urine therapy. Urine can be considered to contain an exact holographic picture of the body fluids and tissues. The biofeedback of this holographic information by re-ingesting the urine may well inform the energy system in a way which helps restoring a disturbed balance. The medical doctor and urine therapist Abele cautiously discusses the possible effect of urine as holographic feedback: "The question rises as to whether urine could possibly be considered to be a sort of liquid-hologram. Once the body has been made conscious of urine in an unconventional way (such as it being reintroduced into the body by intramuscular injection) the whole organism evaluates it and subsequently updates its own regulating mechanisms (at least in specific cases)."

The theory of transmutation implies that the body is capable, through energetic exchange within the body itself, to transmute certain substances or molecules into other ones. 'Short-circuiting' the system by ingesting one's own secreted body fluids might stimulate the transmutation forces within and challenge the body to transform unusable substances into usable ones without being constantly disturbed by new external input. It could possibly go as deep as to restructure disturbed DNA. This would specifically apply to fasting on urine.

An important aspect here is the theory of structured water. The body consists for the biggest part of water and so does urine. Not all water is the same though. The molecular structure of water can be less or more organized and in the latter case one speaks of structured water. The more it is organized, the better all kind of enzymatic processes can do their job. These enzymatic processes, in their turn, are responsible and necessary for the digestion, absorption and transmutation of all nutrients.

It is scientifically proven how water in biological systems becomes more organized. Water also becomes more organized through exposure to sunlight and through close contact with crystals. The body is both a

The kidneys take out unused material, minerals, fluids, and other substances from the blood to be passed in the urine. Urine has hundreds of different materials. What you eat, drink, how much you exercise, and how well your kidneys work can affect what is in your urine.

More than 100 different tests can be done on urine. A regular urinalysis often includes the following tests.

Color- Many things affect urine color, including fluid balance, diet, medicines, and diseases. How dark or light the color is tells you how much water is in it. Vitamin B supplements can turn urine bright yellow. Some medicines, blackberries, beets, rhubarb, or blood in the urine can turn urine red-brown.
Clarity- Urine is normally clear. Bacteria, blood, sperm, crystals, or mucus can make urine look cloudy.

Odor- Urine does not smell very strong, but has a slightly "nutty" odor. Some diseases cause a change in the odor of urine. For example, an infection with E. coli bacteria can cause a bad odor, while diabetes or starvation can cause a sweet, fruity odor.

Specific gravity- This checks the amount of substances in the urine. It also shows how well the kidneys balance the amount of water in urine. The higher the specific gravity, the more solid material is in the urine. When you drink a lot of fluid, your kidneys make urine with a high amount of water in it which has a low specific gravity. When you do not drink fluids, your kidneys make urine with a small amount of water in it which has a high specific gravity.

PHs- The pH is a measure of how acidic or alkaline (basic) the urine is. A urine pH of 4 is strongly acidic, 7 is neutral (neither acidic nor alkaline), and 9 is strongly alkaline. Sometimes the pH of urine is affected by certain treatments. For example, your doctor may instruct you how to keep your urine either acidic or alkaline to prevent some types of kidney stones from forming.

Protein- Protein is normally not found in the urine. Fever, hard exercise, pregnancy, and some diseases, especially kidney disease, may cause protein to be in the urine.

Glucose- Glucose is the type of sugar found in blood. Normally there is very little or no glucose in urine. When the blood sugar level is very high, as in uncontrolled diabetes, the sugar spills over into the urine. Glucose can also be found in urine when the kidneys are damaged or diseased.

Nitrites- Bacteria that cause a urinary tract infection (UTI) make an enzyme that changes urinary nitrates to nitrites. Nitrites in urine show a UTI is present.

Leukocyte esterase (WBC esterase) - Leukocyte esterase shows leukocytes (white blood cells [WBCs]) in the urine. WBCs in the urine may mean a UTI is present.

Ketones- When fat is broken down for energy, the body makes substances called ketones (or ketone bodies). These are passed in the urine. Large amounts of ketones in the urine may mean a very serious condition, diabetic ketoacidosis, is present. A diet low in sugars and starches (carbohydrates), starvation, or severe vomiting may also cause ketones to be in the urine.

Microscopic analysis- In this test, urine is spun in a special machine (centrifuge) so the solid materials (sediment) settle at the bottom. The sediment is spread on a slide and looked at under a microscope. Things that may be seen on the slide include:

Red or white blood cells- Blood cells are not found in urine normally. Inflammation, disease, or injury to the kidneys, urethras, bladder, or urethra can cause blood in urine. Strenuous exercise, such as running a marathon, can also cause blood in the urine. White blood cells may be a sign of infection or kidney disease.

Casts- Some types of kidney disease can cause plugs of material (called casts) to form in tiny tubes in the kidneys. The casts then get flushed out in the urine. Casts can be made of red or white blood cells, waxy or

the urine. The antigen is that which the patient eliminates in his urine, it is a protein non-toxic, produced by the body itself. When a daily intake of this urine is taken, the immune system of the body reacts and “learns” to combat the external agents, along with this it is very efficient in the elimination of cancer cells.

THE UROTHERAPY IS AN AUTO-VACCINE THAT ACTS AS IMMUNOMODULAR VERY SPECIFIC AND PERSONAL.

The Antigen Urinary in the urine of the patient, being a natural protein that the body eliminates, has no risk or side effects and can be taken in combination with other natural resources, allowing us to diminish slowly the immunosuppressors and chemotherapy medications required.

We have the ability to create our own vaccine, all the micro-organisms that infect our systems form toxins and endotoxins, and stimulates our immunologic system to form antitoxins (antidotes), which are discarded thru the urine and when we take it we force the bacteria to take their own toxins, that is why we say “poison kills poison”.

The Urotherapy is an auto-vaccine that has the same elements of our own illness; it has an antiviral action, antineoplastic, antispasmodic, diuretic, antiallergenic, anticonvulsive, and cardiovascular stimulant, anti-inflammatory, bactericide and antifungal as well.

THE UROTHERAPY AND ITS BIOCHEMIST ACTION IN CANCER

- * Immunologic system stimulated to cellular and humeral level
- * Blocks the reproduction of and in tumor cells.
- * Breaks the tumor’s protection because the urine has specific “antigens”
- * Diminish the release of toxic substances, promoting its elimination by reducing the free radicals.
- * Diminish the damage of the Chemotherapy and Radiotherapy by increasing the cells’ defense.
- * Increase the immune system in this white and red form.
- * Has an Immunomodular function.
- * Promotes changes in the Psychobioenergetic equilibrium of the patient.

THE UROTHERAPY FOR THE TREATMENT OF OTHER ILLNESSES

The Urotherapy has proven to be satisfactory for the treatment of the following illnesses:

Systematic Lupus Erythematosus
 Rheumatic Illness
 Poliarteritis Node
 Hemolytic Anemia Type Acquired Autoimmune
 Malign lymphoma
 Chronic Anemia
 Immunological Neutropenia
 Thrombocytopenic Purple
 Uveitis or Coriorentitis
 Esclerosis Multiple
 Polineuritis Idiopathic
 Leukemia mielocitica

blastocyst is formed and is made of two cells with a big interior cavity. The external shell forms the placenta and the embryo's cover; it is the trophoblast and the cell's mass that will form all the human tissues, which is called embryo blast.

EMBRYON CELLS:

These are obtained from the blastocyst, in this case the embryo is a mass of 150 cells with a ball shape. Some of these cells form the sphere that is inside liquid, which has the cellular mass, a group of mother cells, these cells are pluripotential, in other words they can create any body tissue, which is why it has a great therapeutic potential. After the eighth week, the fetus will urinate inside the sac and is part of the amniotic liquid that carries all the genetic information that is recycled and comes out with new information.

- THE SCIENTIFIC PRINCIPLE OF THE UROTHERAPY
- THE MISTIC PRINCIPLE OF THE UROTHERAPY
- THE HOMOPATHIC PRINCIPLE OF THE UROTHERAPY:

www.paraisodelasalud.org

BIOCHEMIST OF FASTING WITH URINE

The food flow, urine and intermediates substances for metabolic ways are controlled four ways.

Substrate availability

Activation or inhibit of the enzymes

Covalent modification of enzymes

Induction-repression of enzyme synthesis

This mechanism allows the body to adapt to great physiologic variations in the stage of feeding. This mechanism will regulate and capture available nutrients. And example would be... Glycogen, Triglycerol, and Protein.

Allosteric Effects. The allosteric effects usually include speedy reactions Example: the glucoses in the liver that is stimulated after a meal or urine intake happens at the same timeframe, with the increase of two, six Difosfructose that is an allosteric activator and the fosforfructosin and inhibitor of the 1,6 fructose disfosfatasa. In the feeding state, the high levels of insulin increase the enzymes synthesis, key to the metabolism or anabolic

THE LIVER AS A DISTRIBUTION CENTER FOR NUTRIENTS IN THE FOOD AND URINE

The liver is in charge of distributing and processing nutriments. Because the intestine drainage veins and the pancreas crosses the hepatic vein, before returning to general circulation.

The liver gets flooded by the blood that contains the nutrients absorbed from the food, urine and the high elevations of insulin secreted by the pancreas, during this period of absorption the liver captures carbohydrates, lipids, and the majority of amino acids. Then these nutrients are metabolized, stored or sent to other tissues. In other words, the liver acts as a regulator to absorb the great variations of fluctuations from available nutrients to the periphery tissues.

FASTING IS IMPORTANT

Inside the organism, the urine will stimulate all the senses, included in these stimulates are the pineal gland and hipophysis, and their production of curative substances and hormones, such as adrenaline, acetyl, colina among others. Stimulates the functioning of the basso and the spinal cord the formation of new antibodies.

Ref frm :<http://anandkunj.org>

Modern Medical and Scientific Aspects of Auto Urine Therapy

Over the years Urine therapy has proved to be an effective tool for healing. Most urine therapists some of whom have been practicing urine therapy for decades have never sought an explanation for why it works: their own experiences were sufficient proof for some time now however, there has been increasing interest in the search for a scientific explanation. This is because urine therapists believe it is important for urine therapy to be acknowledged as a valid method of treatment: doctor should be well informed about the effects of this therapy so that as many people can benefit from it. Since members of the medical world demand an explanation the interest in scientific research has grown.

Another reason for this growing interest is that a number of mainstream doctors have also had positive experiences with urine therapy, which is reason, enough for them to investigate how, and why it works. This is not a recent development: in the 1930s for example the German pediatrician Martin Krebs successfully treated many patients with urine therapy and subsequently published the results. As a physician he was convinced that urine therapy was an effective method of treatment but he also realized that other doctors would not readily accept this fact since it conflicted with the scientific dogma which formed the foundation of their profession.

In order to be able to acknowledge urine therapy as an effective method of treatment a number of doctors within the medical world are now interested in how it works. Discovering how it actually works however will not be easy. Random double blind, crossover research could be useful but is difficult to execute.

Actually a good deal of research has already been conducted within the medical world into the composition of urine and its separate components. The researchers Free and Free published a report listing two hundred substances found in urine. They point out that these are only the most significant substances, and that urine probably contains thousands of components. Several substances found in urine seems to be of value as medication some of which have already been processed and used.

A number of hypotheses have, however, been suggested which can serve as the basis for further scientific research. According to Dr. Barnett, applying urine therapy, using self-produced urine can be considered to be an extension of the methods of Jenner and Pasteur. An important task of the immune system is to rid the human body of diseased or unusable substances that have developed during the course of an illness. When these substances reach healthy tissue, the serum or blood becomes stronger, the activity of leukocytes (white blood cells) increases, and the patient probably recovers. This phenomenon is known as auto-inoculation self-vaccination and can be seen as Mother Nature's methods of healing an illness without external intervention.

Urine therapy can also be seen as a form of self-vaccination: certain bodily substances which have been removed from the body, some of which may have been produced as a result of illness, are re-introduced into the body in small amounts. These substances are re-absorbed into the blood through either the intestines or the skin. According to this hypothesis, the immune system is then given the chance to react appropriately.

The doctors Remington, Merler and Uhr have demonstrated that a particular part of urine-protein is able to eliminate certain pathogens. This discovery supports the assumption that urine therapy can be used to treat or prevent certain illnesses.

In the early nineteenth century, Dr. Charles Ducan conducted research into therapies with self-produced substances, including urine therapy. He demonstrated that patients suffering from gonorrhoeic urethritis (infection of the urinary tube as a result of the venereal disease gonorrhoea) produce their own medication in the form of their own discharge. Auto - therapy was applied here by placing a drop of a patient's discharge directly on the tongue, in order to stimulate the body's natural powers. This method had a strong healing effect at every stage of the illness: If applied at an early stage it could cause the gonorrhoea to disappear.

absorbed, the effects of which, need to be more closely researched. The external application of urine to the skin allows hormones to be re-absorbed by the body without being destroyed. Massaging with urine is therefore an important complementary component of urine therapy as urine is directly absorbed into the tissue. Enemas are also a good way to prevent destruction of certain hormones by gastric juices which, is why this method often helps to cure allergic disorders better. The same applies for urine injections.

Re-absorption can be vital in two ways. Firstly certain hormones have a very specific effect during a healing process. For example cortico-steroids secreted by the adrenal cortex inhibit infections and have a positive effect in the treatment of allergies such as asthma and hay fever, skin disorders such as eczema and psoriasis and inflammatory illnesses such as rheumatism. Auto Urine therapy has proved to be an extremely effective aid in the treatment of all these illnesses, but it has not yet been demonstrated that these hormones play a part in the treatment.

Secondly, re-absorption can be a means for the body to generally conserve energy. Re-ingestion of hormones gives the body the chance to re-use at least a number of these, so that it is not necessary to spend energy on manufacturing new hormones.

Hormones are actually extremely powerful molecules, the production of which requires a great deal of energy. Once produced they are able to cause a complete alteration in the balance of bodily processes, the personality, the emotions and the state of mind, even if only a few molecules are released. So even the slightest re-absorption of hormones may well have a powerful effect on our state of health and level of energy.

A hormone melatonin released from pineal gland is found in urine, which has a calming effect. The concentration of this hormone is found to be more in first sample of urine in early morning. Melatonin also has a powerful anti-cancer effect and anti aging property.

It is quite possible that the sages of olden times were well aware of the hormonal effects of urine. They state that if a person is unable to urinate, the urine from somebody of the same sex is acceptable but not from somebody of the other sex.

Although cultural and social factors could have played a part in this rule, the fact is that female urine contains considerably greater amounts of female hormones such as estrogen. If ingested over a long period of time by a man, this could have a feminizing effect. The opposite is true for a woman who ingests male urine.

Some people recommend using the first urine after sexual intercourse. During the process of sexual stimulation certain hormones are released by the higher endocrine glands which have a regenerating and rejuvenating effect on the body. This applies for men as well as women.

3. Re-absorption of enzymes:

Urine contains many enzymes, which might explain why urine therapy is effective against arteriosclerosis, heart attack, hypertension, pulmonary embolism, etc. Based on research conducted on the enzyme Urokinase, positive results can be expected from the effects of enzymes in urine as a 'total entity'. Urokinase found in human urine causes vasodilation and resembles nitroglycerine in its ability to strengthen the bloodstream from the coronary artery to the cardiac muscle. Urokinase is extracted from urine and is available in market as life saving drug. There are many other enzymes found active in urine, but more specific information is not yet available.

4. Re-absorption of urea:

Besides water, urea is the main component of urine, which is an end product of converted proteins. A person excretes approximately an average of 25 to 30 grams of urea per day. We come in contact with urea at an

Urea has the capacity to moisten the skin and regulate its condition & texture, one of the reasons why it is processed in many skin creams. Some pharmaceutical companies use horse urine for the production of urea and they actually have lots of horses in their factory just for this purpose.

Urea is an oxidizing substance, which ensures that the disintegrating proteins (proteins in the area of a wound or inflammation) dissolve. It dissolves fats and other natural bodily secretions. Urea is even more effective when heated.

Due to its strong anti-bacterial nature, urine has an inhibitive effect on the growth of tuberculosis bacilli. Bacteria-inhibiting or bacteria-killing effects of urine increase with a decreasing pH. Urea and ammonia, closely related, play an important role here. When brought in contact with urea, complex polymers are transformed or decomposed into monomers, which can then be endured by the body.

5. Immunological effect:

Clearly urine is not toxic, although some end substances might be present in urine in small amounts, especially if one is ill. This small amount of end substances possibly contributes to the effectiveness of urine therapy. If these triggering substances enter the body, the body's defense mechanisms are called into action (immune system). If substances, which leave the body via the urine, are the same as those involved in the illness process, they can stimulate the defense system to attack and in this way urine therapy has proven so helpful in treating allergies.

A similar process takes place when a person is vaccinated against certain disease, in which case, a small amount of poisonous substances is injected into a healthy body. This stimulates the immune system to manufacture antibodies (and thus defend the body), and could be called a homeopathic or isopathic effect. The practice of drinking and massaging with urine allows the antibodies, greater access to the body, which stimulates the immune system. The possible significance of urea and glutamine for the immune system is earlier discussed.

Abele suggests that the presence of antigens and antibodies in urine strengthens the immune system when urine is re-introduced into the body. The re-introduction of small amounts of bacteria or parasites found in urine may stimulate the production of IgE. IgA (a virus inhibiting substance that prevents micro-organisms from becoming embedded in the mucous) also plays a role here. IgA is found in mucous and in excretions of body, and therefore also in urine. Urine therapy increases the production of IgA which possibly explains why this therapy has a positive effect on infections of the urinary passages and the kidneys while other treatments offer little relief.

Several studies demonstrate that antibodies against for example salmonella diphtheria poliomyelitis and HIV can be found in urine.

6. Bactericidal and veridical effect:

Although it is not yet entirely clear why urine has a germicidal and antiseptic effect, it is known that urea plays an important role here. Ammonia and salt also have a similar purifying effect. Besides killing bacteria, urine also inhibits or destroys various viruses and fungi. Scientific research has demonstrated that both urea and ammonia have a powerful anti-viral effect.

Applying urine to a fresh cut or scrape prevents infection and keeps files away (important in countries with a warm climate). Urine compresses from fresh or old urine help to combat infections and often cause them to disappear. Although urine does not entirely prevent the growth of bacteria in the urethra (infections often arise), it clearly has a powerful Antiseptic effect when externally applied.

The effects of flowing and cleansing are particularly noticeable while one is fasting. The first time one urinates while fasting, the urine is often thick and tastes strong especially if one has a fever or is otherwise sick. However, after drinking this initial amount, the second flow of urine is thinner, even if one has not drunk extra water.

The continuous re-use of urine yields a large amount of clear and not unpleasant tasting urine in a short period of time. According to this hypothesis, this ultimately results in stimulated and cleansed kidneys, and a purified blood stream. At the same time, the intestines, skin and exhalation process probably entirely takes over the role of excreting the unusable metabolic products.

9. Transmutation theory:

The transmutation theory needs a new, holistic paradigm, which is based more on the dynamics of energies³⁶.

In recent scientific research, a shift is visible from reductionism to holism. Urine can be considered to contain an exact holographic picture of the body fluids and tissues. The biofeedback of this holographic information by re-ingesting the urine may well inform the energy system in a way, which helps restoring a disturbed balance.

The medical doctor and urine therapist Abele cautiously discusses the possible effect of urine as holographic feedback:

"The question rises as to whether urine could possibly be considered to be a sort of liquid hologram. Once the body has been made conscious of urine in an unconventional way (such as it being reintroduced into the body by intramuscular injection) the whole organism evaluates it and subsequently updates its own regulating mechanisms (at least in specific cases)"

The theory of transmutation implies that the body is capable, through energetic exchange within the body itself, to transmute certain substances or molecules into other ones. ' Short circuiting ' the system by ingesting one's own secreted body fluids might stimulate the transmutational force within and challenge the body to transform unusable substances into usable ones without being constantly disturbed by new external input. This would specifically apply to fasting on urine.

Another important aspect is the theory of structured water. The body consists for the biggest part of water and so does urine. Not all water is the same though. The molecular structure of water can be less or more organized and in the latter case one speaks of structured water. The more it is organized the better all kind of enzymatic processes can do their job. These enzymatic processes, in their turn are responsible and necessary for the digestion, absorption and transmutation of all nutrients.

It is scientifically proven how water in biological systems becomes more organized. Water also becomes more organized through exposure to sunlight and through close contact with crystals. The body is both a receptor of sunlight and it contains a high amount of solid and liquid crystalline-like substances. Also body fluids themselves form fluid crystals. Urine is thus a crystalline- like substance containing a high amount of structured water. This structured water, when taken in again promotes better enzymatic functioning and it has a higher solubility for minerals. A higher amount of structured water in the body system is correlated with better health and more energy.

The fact that urine is a liquid crystal substance, particularly because of the various salts in it. Implies that it contains crystalline vibrations completely in tune with the vibrational condition of the body. Re-ingestion might give the body valuable vibrational information needed for two things. Healthy vibrations will strengthen the already existing healthy body resonance. Diseased or stress vibrations will counteract any unhealthy resonance in the body. It is known that disturbing sounds of any sort can be counteracted best confronting it with the same sounds.

Enzymes in urine: Lactate dehydrogenase, gamma-glutamyltransferase, alpha-amylase, uroporphyrinogen, lysozyme, beta-N-acetylglucosaminidase, urokinase, protease, and others.

Carbohydrates in urine: Arabinose, xylose, ribose, fucose, rhamnose, ketopentose, glucose, galactose, mannose, fructose, lactose, saccharose, fucosylglucose, raffinose, and others.

Vitamins in urine: Thiamine (vitamin B1), riboflavin (vitamin B2), vitamin B6, 4-pyridoxic acid, nicotinic acid, vitamin B-12, biotin, ascorbic acid and others.

Hormones in urine: Gonadotropin, corticotropin, prolactin, lactogenic hormones, oxytocin, vasopressin, thyroxine, catecholamine (adrenaline, noradrenaline, dopamine), insulin, erythropoietin, corticosteroids (aldosterone, corticosterone, cortisol), testosterone, progesterone, oestrogen and others.

Specified Summary: 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.

Allantoin - a nitrogenous crystal substance, which helps, wound healing. It is an oxidation product of uric acid. This substance can be found in man skin cream products.

DHEA- (dehydroepiandrosterone or dhydroisoandrosterone)- a steroid secreted by the adrenal gland which can be found in large amount in male urine. This substance prevents obesity, prolongs the life span of animals and offers a possible treatment for anaemia, 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. A low DHEA level seems to be linked to ageing.

Gastric secretory depressants- combat the growth of stomach ulcers.

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

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

HUD (Human's Urine Derivative)- urine derivative shown on helper cells and inhibiting substances. It can signal the hypothalamus to produce a fever.

3- Methyl-glyxal - destroys cancer cells.

Prostaglandin- is a hormonal substance which dilates the blood vessels and lowers blood pressure, relaxes the bronchial muscles stimulates labour contractions, and has a number of other functions relating to the metabolism.

Protein globulins - contain antibodies against specific allergens; identical to proteins in the immunoglobulins of serum (blood)

Proteoses - immunologically active products of allergic reactions.

Retene - anti-cancer element extracted from urine.

Urine peptide (or polypeptide) - shows tuberculostatic activity which has been isolated in chemically pure form.

Lack of sleep, grief and happy, moments each influence the composition of urine. If we had sophisticated instruments to detect each and every product present in the urine we would get a perfect scan of the functioning of the billions of cells present in the body and perhaps know the complex role played by the body to restore health.

The content of this Web Site merely should be considered as information or suggestion only. Please do not follow blindly what I say here. Assume your own responsibility for whatever action you take in your life. The healing power and strength has got to emerge from your own determination and commitment within and not from outside.

HOW TO TAKE URINE THERAPY

Urine Therapy: The Last Resort or The First Choice?

There are three main ways to do Urine Therapy, namely, Drinking, Massage, and Urine Packs.

DRINKING: The early morning first urine is the best. Sleep early, so that you are able to get up between 5 and 6 in the morning. Just rinse your mouth with water without even brushing your teeth. Drink all of this first urine. And drink it not as medicine but, with a spiritual frame of mind, as an elixir of life. Follow it with Pranayama (Breathing Practice) and Meditation for at least half an hour. Then drink about two to three glasses of water which will help you to clear your bowls. You will feel fresh for your daily routine. Besides this, you may drink the urine one hour after lunch and one hour after dinner.

MASSAGE of head and body: Take the first morning urine and have it stored in a jar for at least 6 to 7 days, away from direct sun light. It will get matured. The day you want to do massage, Early morning fresh urine can also be used. It will get matured. The day you want to do massage, the previous night you should take bath with shampoo or soap. Next morning massage the whole body very gently from head to toe including hair. Let the urine get absorbed and dried completely on the skin, which may take an hour or two. Afterwards, bathe with plenty of water but **DO NOT USE SHAMPOO, SOAP or OIL**. Follow this procedure as frequent as you may feel, at least once a week is a must.

FASTING ON URINE & WATER: If the disease is of a serious nature kind and you are looking for fast recovery, you must go on a fast by drinking only urine and water during the day. By evening you may have fresh fruit juice or vegetable soup. Begin with one day fast. If you feel the results are encouraging and your energy level is maintained, you may continue fasting for more days.

GETTING RID OF ANY EAR AILMENT: Collect the first morning urine in a dark colour small bottle with a dropper lid. Older and matured urine is more effective. Take boiled hot water in a cup and keep this bottle having urine in it till the contents of the bottle get warm. Bend your head 90 degree sideways and pour a few drops into one ear. Bring the head back in a normal position. Take a tissue and dab it inside the ear to soak the extra urine. Repeat this process with the other ear.

CLEANSING OF EYES: For eyes always use fresh urine. Use an eye cup available from the chemist shop. Allow 10 to 15 minutes to bring the urine down to room temperature. Wash the eye cup, first with plain water and then with the fresh urine. Fill the cup up to the brim with urine and put the cup against the eye. Try to blink while the eye cup is firmly kept on to the eye for about one minute. Discard the used urine, rinse the eye cup with the stored fresh urine, and repeat the same process on the other eye.

URINE PACKS: Urine packs will definitely work wonders. Apply the urine-soaked packs to the affected area. To refresh the pack, whenever you pass urine, simply wet the pack with the urine. You may also keep the urine pack on the affected area while sleeping overnight.

cancer cells do not survive. Besides this we also strengthen our immune system to guard against any kind of disease.

Any kind of medicine is effective only 20 to 25% rest 75% healing happens through mindset alone. This healing process takes place when the mind is totally in the state of thoughtlessness and experiencing silence, oneness and emptiness of space. This state of awareness is meditation.

We get into state of Meditation simply by watching our thoughts, without expecting anything, as we look at sunrise, a stage show, or a movie, without any involvement or getting affected by the drama what's going on. It is as if watching the smile of a child. In this process, we notice that thought gets dissolved by itself. Then later on, another thought will emerge and we go through the same process. Meditation is nothing but total silence of the mind, and silence is the Meditative state.

The holistic potential of our Breath There is another way to enter into the same state of quietness, emptiness and silence, that is through Pranayama (breathing practice). For this, please go through the attachment carefully and do it diligently twice a day. Let the approach be spiritual and not just mechanical exercise. Think that you are neither your body nor your senses, but a part of the whole cosmic energy.”

This process of Pranayama may lead towards Meditation.

Easy, step by step towards Pranayama: Pranayama should always be done empty stomach. Depends on the health condition of the individual. In normal circumstances one should sit cross legs in relaxed position (Lotus pose / Sukhasana) See that the spine is straight and erect. So that the flow of energy generated through Kriyas at the base of the spine is moving upward without any obstruction.

If the person is unable to sit, he or she can do Pranayama while lying in bed or sitting on a chair, basically one has to be relaxed and there should be no tension in any part of the body. Even the face is adorned with smile. Secondly, both the hands should be kept on the knees, palms facing upward to let the cosmic energy enter.

* Remember, the objective is to move inward, spiritually and discover and invoke one's own ability to heal . After every Kriya sit quietly doing nothing. Simply watch the breath and feel how slow it has become or possibly, it has completely stopped. You may remain in this state of stillness for as long as you wish. Feel the emptiness of space. Oneness, with no interference of the Mind and Thought. This is MEDITATION. Witness these precious moments of Bliss wherein the TIME also stops.

Kriya-1

Bhastrika: It is simply deep breathing through the nose. Sit in a relaxed position with your spine erect. Take a deep breath through the nose filling the lungs fully. Retain for 2 to 3 seconds then exhale slowly through the nose only because there is direct connection with the lungs. Remain in that state for a little while and then again inhale. The inhalation and exhalation has got to be rhythmic at the medium pace, neither too fast nor too slow. This is one cycle. Repeat 20 times. Bhastrika increases the capacity of the lungs and makes our blood enriched with oxygen.

* After the above Kriya sit quietly doing nothing. Simply watch the breath and feel how slow it has become or possibly, it has completely stopped. You may remain in this state of stillness for as long as you wish. Feel the emptiness of space. Oneness, with no interference of the Mind and Thought. This is MEDITATION. Witness these precious moments of Bliss wherein the TIME also stops.

Kriya-2

Kapalbhati: In this kriya you are throwing the air out with a stroke (forcefully) through the nose but not through throat because there is direct connection of both the nostrils with the lungs. While doing so you will

Principles & Philosophy of AUT

Shivambu - [Shiva - Holy, Ambu - Water] the urine of self, is a product of body, flows out because it is excess.

Human Urine is an antidote to poisons. Sushrut Samhita [45 / 228]

There exists nothing in this world which cannot be used as medicine - Vagbhatt Hence Shivambu is neither harmful nor unless.

Properties of Shivambu

Shivambu has (Sharp, Subtle and Liquid) Properties.

Shivambu has Vyavayi property. Vyavayi substances are those which get absorbed & transported all over the body easily via body fluids.

Shivambu also has Vikasi property. These substances cause breakdown of combination of dosa & dusa Shivambu have both laxative & emetic properties (AQaopaadhr p`Baava,]qva-Baagahr p`Baava)

Apart from this few references are found in ancient texts of Indian Medicine about properties of human Urine.

Human Urine is basic, bitter and light. It destroys diseases of the eyes, makes the body strong, improves digestion and destroy coughs & colds. - Harit (1st Chapter on Urine)

Human urine destroys position, property used it gives new life, purifies blood, clears skin troubles, is sharp in taste & contains many salts. Bhawa Prakasha

Human urine controls bile in the blood, destroys worms, cleans intestine, control cough & calms the nerves. It is sharp in taste, destroy laziness & is an antidote to positions.

-Yoga Ratnakar [Mutrashtakam V. II]

Here one may not that, above references commonly emphasise, Shivambu preliminary detoxifies and purifies the body and elimination. Human body is made up of Five Great Elements.

Every cell in our body is composed of one or other five great elements- Earth, water, Energy & Ether Therefore any attrition in this original frame can only be prepared by using this five great elements in same are modified forms.

Nature Heals not Physician:

The human body has the inherent ability to restore health. Healing is an ordered process which includes the generation of symptoms that are part of mechanism of the biological system attempting to heal it self . The physician's role is to facilitate & augment this process with therapeutic actions complementary to, and synergistic with this healing process. Uroopathy strengthens this Natural Healing Power by purification and detoxification of whole person.

Whole person treatment:

- Stress, tensions and mental agitation.
- Running behind worldly pleasures.
- Eating unwholesome food - inadequate or excessive intake of nutritive food.
- Living in unhealthy, unhygienic dwellings.
- Lack of exercise, inadequate or too much rest and sleep
- Doing things untimely hours.
- Suppression of Natural calls and instincts.
- Association with wicked and negative thoughts.
- Much of sophistication and fashion. Use of various stimulants & drugs.
- Progressively spoiling surplus surrounding and bad environmental sanitation.

Those who always live according to the laws of Dharma (nature of ones own self) who respect and regard God (true consciences), who always take Satwik food, conquer Indrias, who possess noble character, the life of such person will be prolonged liberally - says shastra.

A healing crisis is an acute reaction, resulting from the ascendancy of Nature's healing forces over disease condition. Its tendency is towards recovery and in reality in the result of cleansing and healing efforts of Nature.

- All microbial agents are secondary cause for disease, primary cause is deposition or stasis of morbid substances. This disposition of morbid & toxic substances occur only due to violation of Natural laws & hereditary tendencies.

Pathology can only occur where there is morbid stasis & deposition, leading to lowered resistance. No infection can occur, unless there is already fertile soil, in which the germs can thrive. These morbid toxic substances could be endogenous or exogenous unutilized, unaccommodated products or end products of metabolism or any foreign or excessive substances in the body.

Modern science recognizes these morbid substances as 'Free radicals' These are solitary radicals attach themselves to stable biological molecules and cause breakdown of cell membranes. In Ayurveda these are considered as excessive dosa.

The main abode of these morbid toxic substances is alimentary tract but deposition, stasis occurs all over the body. It inhabits and hinders various physiological & biochemical process in the body leading to diminished immune resistance, abnormal composition of blood & lymph.

In Panch Karma it is said, that effect of vatta cause spreading of morbid toxins all over the body. The modalities of Uropanthi like Urine fast & Urine massage first reduce the vatta and brings all accumulated toxins in its abode for elimination Shivambu Chikitsa is an eliminative line of therapy helps to attain Samyak Shudhi.

Shivambu And Life Style:

Shivambu Fasting: It is complete voluntary abstinences from food except water and Shivambu. Therefore it demands total physiological and psychological rest. Emphasis is given on total urine and adequate water drinking. Autourine enema (or cow urine drinking) is very useful to clean the intestine. Generally fasting is continued until complete body purification is sought. The purification is confirmed by clean uncoated tongue, disappearance of foul breath and clean watery motions. Increasingly during shivambu fasting appetite is not felt.

Urine massage: In damar tantra the urine is asked to a boil and make it concentrated to its one fourth quantity in earthen pot and then matured urine is recommended for massage. Keeping these guidelines in mind at SYNC Urine is commonly stored and reduced to its ¼th quantity by charging it under different colour rays (blue, green, yellow, orange & red) in solar cooker for several days (21 or 48 or 108 days) The urine is stored in earthen or copper pots. Later this charged matured urine is filtered by line fold cotton cloth and then used for massage. For lubrication certain medicated oils are also mixed.

Generally massage solutions are prepared in following proportions in hot season Old charged Urine 75%

1. Sesame Oil 25%
2. Camphor 2-3 pieces (for good odour)
In cold season Old charged Urine 70%
3. Mustard Oil 30%
4. Camphor 2-3 pieces
In skin ailments Old charged Urine 70%
5. Neem Oil 30%

In certain disorders the matured urine is mixed with extracts of some herbs in specific proportions. The massage movements and manipulations (friction, stroking, kneading, hacking etc.) are performed in such a way that peripheral systemic circulation is stimulated and venous and lymphatic drainage is improved. Massage is a passive exercise hence in chronic patients with lowered vitality, massage should be done very smoothly.

Shivambu Mud Packs: Ant hill soil and Urine is mixed and mud packs of 9" x 12" x 1" size are prepared. During fasting these cold mud packs are applied over the lower abdomen (Covering hypo gastric & pelvic area) Similar mud packs of small size (2" x 4" x 1") are applied over the forehead. Ideal timing for application of these packs is early morning and afternoon. The application is applied for 20 - 30 min. During night in some patients hot mud pack of similar size is applied over the abdomen & sometimes on head.

Shivambu Kriya: Kriya form an important component of Shivambu kalpa. The flow of Prana (Life Energy) to all vital organs of the body is regulated in an orderly manner by practicing these kriyas. Kriya help to purify the nadis, balance and channelise the prana at subtler levels.

Commonly practiced kriyas are Shivambu Nasya, Neti, Vamana, Basti, Kapalbhanti, Nauli, & Trataka. Amroli Kriya is an advanced technique to be performed by spiritual sadhakas.

In morning after cleaning the mouth and doing certain kriyas, drinking the fresh Urine. All the diseases from birth will disappear.

Amroli is the drinking of midstream, leaving the first for it is too pungent and the last which is useless. He who drinks Amroli, suffs it daily and practices Vajroli (Yogic Kriya) is said to be practicing Amroli.

II] SOOTHENING PHASE:

This is the continuation of eliminative phase. The duration of this phase is same as the duration of fasting, 3 or 7 or 14 days. The fasting is gradually broken by liquid diet and eliminative treatments are tapered. Therapeutically, this fast-breaking period is very delicate and important as impatience or hurry in breaking the fast lead to complications. Soothing treatments like massage, mild sun bath, shivambu packs, compress, hot mud packs, simple yogic asanas, breathing exercises and acupressure are employed in this phase. Patients are encouraged to drink all the shivambu.

The joints and body will become strong, firm. He will live in (pranamanda) bliss. O' Parvati if he does body massage during night, he will attain brightness (Suvarnakaya) and his heart will be stronger.

O' Maheshani (Parvati), one who will regular body massage, he will become great warrior. Within three years his body will start shining (bright). He will acquire art and knowledge. He will win over speech and will live long healthy life.

When compared to other massage, after Shivambu massage patient feels light & energetic. It is thought that the salts in matured urine activate and balance the flow of Vayana prana in the body. After massage, one feels centered, calm and tranquil. It is observed that, pranik healer feel easy flow of prana after shivambu massage. Various fungal and other skin ailments are found to be disappeared after systematic application of matured urine.

O' Maheshani (Parvati), one who will do regular body massage, he will become great warrior. Within three years his body will start shining (bright). He will acquire art and knowledge. He will win over speech and will live long healthy life when compared to other massage, after shivambu massage patients feels light & energetic. It is thought that the salts in matured urine activate and balance the flow of Vayana prana in the body. After massage, one feels centered, clam and tranquil. It is observed that, pranik healer feel easy flow of prana after shivambu massage.

Various fungal and other skin ailments are found to be disappeared after systematic application of matured urine.

Medical effects: The manipulation and moments(like friction, rolling, kneading, percussion movements etc.) applied by operator have certain mechanical effects on the skin, mechanical emptying of veins & lymphatic.

Metabolic effects: This is the sum- total effects of massage to whole body. Supply of nerve excitability and prolonged strong manipulations decrease the irritability leading to sedation. Effects of massage on motor and **sensory nerves:** Gentle touch or light massage increase the nerve excitability and prolonged strong manipulations decrease the irritability leading to sedation. Effects on vasomotor nerves : Short and gentle application causes vasoconstriction. Prolonged gentle application causes vasodilatation. Strong manipulation cause sudden hyperemia(vasodilation) Massage improves circulation to skin, muscles and internal organs. It mobilize the fat, help for breakdown of adipose tissue. Secretor glands in the skin are activated and skin becomes smooth and elastic. Skin functions are improved. The circulation, nerve innervations and nutrition to the muscles is enhanced. Nerve and muscle fatigue is removed.

Psychological effect of fasting:

In fasting the digestive system get complete rest it's all energy is diverted for elimination As all toxins and disease agents are eliminated, blood and lymph get purified. Patient finds improvement in his complains. All extra fat in the body is reduced and patients feel calm and quiet, mind becomes clear. Complete shivambu fasting for patients with underweight and lowered vitality is not advisable. In patients below 40 Kgs. Of weight, fasting more than 4 days lead to complications. It is observed that one day fasting per 10 Kgs. of weight is optimum.

Physiological Effects of Shivambu Kriya:

Kriyas are purificatory procedures removes all the blocks from nadis leading to rhythmic balance flow of prana in the body. The hypersensitive mucous membrane of respiratory, digestive and ophthalmic tracts is hyposensitized (desensitized) by regular practice of various Yogic Kriyas. The voluntary control can be developed over the reflexes, and all allergies are removed.

If yogi performs Nasya every morning, his Kalpa, vatta and pitta diseases will be cured. Appetite will improve. Body will be strong and powerful.

COMMON QUESTION

Reference from: <http://anandkunj.org/faq.htm>

Frequently Asked Questions (FAQ)

1) Isn't urine a waste product, which the body excretes because it is poisonous?

The idea that urine is poisonous waste product is not based upon fact. It has been scientifically proven that, besides water, urine consists mainly of minerals, hormones and enzymes, which are not harmful to the body. The body can re-use many of these substances.

Urine is simply a healthy liquid, which is filtered out of the bloodstream. What at one moment was part of the blood can be found in urine a split second later. Certain substances are then filtered by the kidneys and secreted as raw materials, which can be directly absorbed by the body upon renewed intake by way of drinking or massaging.

The kidneys filter hundreds of liters of blood per day (approximately 1700 liters). The greatest part of the filtered urine, the so-called 'pre-urine' is directly re-absorbed into the blood. Excess substances and the end products of nitrogen and protein metabolism together with water from the one to two liters of excreted urine.

Actually kidneys are not excretory organs but they are regulatory systems. The kidneys are not intended to remove poisonous substances from the body - the liver, intestines, skin and exhalation take care of this. Obviously, the food you consume finds its way into the blood, and therefore into the urine, which is why it is important to follow a healthy diet. This in itself has nothing to do with therapy, but is important if you practice urine therapy.

Even if we assume that poisonous substances can be found in urine, this does not necessarily mean that they are harmful to the body when ingested. If these bodily waste products are natural (i.e., not chemical due to the use of medication, etc.) they can be used to manufacture antibodies which restore balance to the body. In fact, a homeopathic or isobathic effect takes place. Urine is a sort of information card, which registers the condition of the blood. When that information is carried back to the body, the body can consequently react according to this feedback and it will normally do this in an appropriate and precise way. In this respect, the body is an extremely advanced and intelligent system. We see how precisely this system works in animals: animals are not in danger of their own poison, as they lick their wounds without any problems. They do not do that just to clean their wounds but also to feed the 'wound information' back into body so that it can appropriately.

Furthermore, the intestines do not absorb all the substances we consume and they are able to make a selection. To a certain extent, they select what is useful to the body and excrete the rest through defecation. Certain substances are converted by the bacteria in the intestines into other substances, which the body can use or absorb better in that form. Such is the case with urea.

You might ask if urea not cause any poisoning symptoms when taken in again. Although urea is poisonous when present in very large amounts in the blood, only relatively small amounts of urea are ingested when you drink urine. This does not end up directly in the blood, but rather in the intestines, and primarily has a purifying, cleansing effect. The bulk of it does not show up as urea in the blood, but is converted into the highly useful substance glutamine.

2) Aren't there harmful and pathogenic bacteria in urine?

It is indisputable that the urine from ninety percent of the population is almost entirely free of all bacteria (sterile). Doctors and pathologists confirm this. This is simply because urine does not come into contact with anything until it is excreted, and furthermore contains substances which kill bacteria. In the other ten

Of course dietary habits greatly influence your health. Urine therapy and health dietary habits go together. As already mentioned, no substance which has not earlier been consumed will appear in the urine. A change in dietary habits as part of urine therapy undoubtedly plays an important role in a possible healing process.

Actually, urine therapy is also effective for those who already have healthy dietary habits and yet for one or another reason get sick. Furthermore, the rate at which symptoms improve when urine therapy employed is remarkably higher than when exclusively dietary habits are changed. Urine therapy also has an extraordinarily positive effect if you fast exclusively on water and urine, in which case you completely refrain, from eating. Furthermore the same results are achieved with a urine and water fast in one week as with a juice or water fast in two to three weeks.

The fact remains the substances you eat, drink or otherwise ingest are indeed important, especially regarding long-term health. Applying urine therapy while maintaining unhealthy dietary habits is like lighting a candle to the sun. As a closing remark, there are no unequivocal rules regarding a healthy diet and lifestyle. This is very personal and experiential, deep down; you know best what is best for you.

6) Can't the effects of urine therapy be attributed to suggestion or belief?

Those who seek refuge in urine therapy as a last resort' have often already made the rounds by every other method of treatment, from allopathy to homeopathy, Ayurveda, etc. They hoped and believed these other therapies would work. Yet it seems that many who did not achieve results with other methods of treatment have been cured by urine therapy. This is remarkable when you consider that the nature and obscurity of urine therapy initially evoke a skeptical reaction.

In India, it was observed with a urine therapist who in his role as supervisor at a national park also successfully treated animals with urine therapy. Here, there is no question of the treating animal under the influence of suggestion or belief.

However, it is generally important to believe in the method of treatment you choose. This is also true if you choose another treatment.

7) Doesn't urine taste disgusting?

Our aversion to urine the result of preconceptions and conditioning. We have been taught that urine is dirty. In reality, urine usually does not taste dirty. Many who have been drinking it for some time even think it taste and smells pleasant?

The taste of urine partly depends on what you have eaten and drunk the previous day. If you eat a great deal of animal proteins, use a lot of spice or drink strong herbal tea, your urine will probably have a strong taste. Also, when your body is out of balance, i.e. you are sick, urine often tastes stronger than normal. While applying urine therapy it is wise to reduce the intake of especially animal proteins and strong herbs and spices.

If you wish to gradually become accustomed to the taste, mix urine with water or mix a spoonful of honey into the urine.

In general, taste is subjective. What is delicious to one person is disgusting to another. Furthermore, your taste can change with time. Most people who drink beer or wine for the first time in their life think it tastes disgusting, but after some time they get used to the taste and actually enjoy it. The same is true for olives, blue cheese, etc.

Regarding medicine, it is interesting to note that people are willing to ingest the most disgusting tasting drink and pills as long as a doctor prescribes it. Likewise, if you are sick, you might also try to overcome your resistance to the taste of urine. But do it with love.

There will always be people who think it is bizarre or dirty. It is up to you to decide what is more important to you: your own good health or other people's opinions.

10) For which illnesses is urine therapy effective and for which is it ineffective? Are there any contra-indications?

In theory, urine therapy is effective for every illness. Actually, a diagnosis is unnecessary prior to applying urine therapy. This therapy is total treatment aimed at strengthening or recovering the balance in the body. Because there are countless ways in which the balance can be upset, there are also countless illnesses. Medical science has conveniently categorized and named these illnesses. Urine therapy is a very personal treatment and can be applied in many ways. Likewise, an imbalance in the body can occur in countless ways and on different levels. Because the application of urine therapy does not require medication, which goes with a certain symptom, a diagnosis is also unnecessary.

Nevertheless, because we are so accustomed to receiving a diagnosis it is for most of us reassuring to know which label is attached to our illness. Furthermore this can also help us in choosing other natural remedies, and these can certainly be used simultaneously with urine therapy. The treatments often support each other. In the Damar Tantra, of which the entire document can be found on this site combinations of herbal mixtures and urine are often prescribed.

Urine therapy can be applied at all times and for every illness, although in a number of cases extra attention. Furthermore pay attention to the degree of acidity of the blood and urine. If the blood is too acidic, the urine might also be rather acidic, which may cause irritations during application. Reduce the degree of acidity by fasting, taking natural medicines and following an appropriate diet (low in protein and vegetarian). So, there are no contra-indications but there are certainly conditions under which urine therapy can best applied. Once again one very important condition is the quality and combination of your diet.

11) Why is it particularly recommended to drink the morning urine?

The majority of useful, vital substances are found in the morning urine. This is because at night, while you sleep, your body is totally relaxed. This deep relaxation gives the body the chance to carry out its 'recovery activities'. The decomposition products partly end up in the urine and can be re-absorbed and used for new build-up processes. This process of filtering by the kidneys returns the so-called raw decomposition products to their original substances, which can subsequently be re-absorbed and re-used by the body.

Certain hormones are also released during sleep, a number of, which are intended to bring about the above-mentioned deep relaxation. Re-absorbing these hormones ensures that we are more rested during the waking hours. Moreover, it saves the body energy because it does not have to manufacture these hormones again.

Furthermore, ingestion of the morning urine, which is full of hormones, regulates the entire hormonal process. Some of these hormones have the particular function of maintaining hormonal balance.

12) Should you only use your own urine?

In theory, it is best to use exclusively your own urine, especially if internally applied. However, if you are in a state of shock and cannot urinate, the urine from somebody else can safely be administered. If possible, use the urine from somebody of the same sex. Different hormones can be in the urine from a male than in that of a female.

For certain illnesses, it seems to be beneficial to ingest the urine from children. The urine from a child is often very pure, especially if the child follows a healthy diet. In some cases, the urine from a child can also be used in the external massage application for the seriously ill who cannot produce enough of their own urine.

Wouldn't it be harmful to put those toxins back into the body? The toxins found within urine are not enough to be toxic to the body from which it came. Anything that was in your blood cannot be harmful to the person where it came from. Had it been that harmful, that person would have been dead. Besides, the urine you drink does not go directly to the blood stream, first it goes into the digestive system where its ingredients are sorted out. The useful ones are used again (recycled) and the toxins get rejected. When the level of toxins is too high, the toxins stimulate the intestines (lymphatic system) into flushing themselves out to eliminate any stagnated excrements accumulated in the colon.

What about doctors claiming that drinking urine will cause cirrhosis of the liver, and harm or paralyze the kidneys? They have a misconception with respect to drinking urine and what role the intestines play in urine therapy. Remember the answer to the previous question and keep in mind that the organ that removes cellular feces from the blood is the liver. The liver removes this waste, bile, and it dumps it at the beginning of the small intestine to aid in the process of digestion. The urine a person drinks goes into the same spot where the liver discharges the cellular waste, but the toxins urine contains are a very small amount in comparison to what the liver dumps at the same site.

Couldn't we filter those toxins out of the urine before drinking it? I guess the toxins could be filtered out, but those toxins are necessary to stimulate a cleansing reaction in each individual. Those toxins are also necessary to vaccinate and protect the body from future illnesses. The amount of toxins found in the urine of each person is directly related to the amount of stagnated excrement in his colon. Sometimes these toxins are related to certain foods which are difficult to digest requiring very strong acids that later on find their way into the blood stream. The amount of preservatives a piece of meat has determines the type bacteria required to digest it, that is why it is not healthy to eat too much meat, preserved meat products and cold cuts. This type of bacteria produces very strong acids to decompose flesh which is laying in the colon for too long while being digested, but those acids are toxic even to the intestines therefore the body absorbs them and circulates them in the blood where they cause much less harm.

Is there a way to purify the body to improve the taste of urine before starting to drink it? Ten percent of the people who start drinking their urine will find it too sour and bitter, even when diluted, and may experience nausea, headaches and other strong reactions before they get used to it and start seeing any results. And again I ask not to despair or give up. Remember that urine is a sample of what is flowing through your veins and repulsive urine should be a motivation to improve the internal conditions, rather than an excuse for not using Urography. When your internal conditions are too polluted, you need to purify the body before using Urography. However drinking your own urine mixed with juice is the fastest way to accomplish this task.

Can a girl drink her urine during the menstrual cycle? Yes, a girl can drink her urine during menstruation. The urethra and the vagina are two different organs. Furthermore, I can assure you that there is nothing in your menstruation fluid that can harm you if you accidentally drink a little of it mixed with the urine. With a little care, you can keep your urine separated from menstruation if you decide to continue drinking your urine during the menstruation cycle. If you are fasting, you must continue drinking your urine during the menstrual cycle.

Can a person drink his urine while on medications? For all intents and purposes the answer is no because there is the remote possibility of overdosing on a particular medication by recycling the portion of it discharged in the urine. However, you need to differentiate between medications and hormonal supplements because hormones supplements can be taken while drinking your urine. If you choose to drink your urine while on a hormone supplement, you should frequently monitor your hormone intake because as the affected organ improves, the supplement you need has to be reduced accordingly.

How come urine appears to be ineffective for some problems? Sometimes health problems are associated with mineral deficiencies and they are corrected when you recycle and reuse traces of the specific mineral found in urine. But there are times when there is a chronic deficiency of one or several minerals. In this cases there is none of that mineral in your urine, therefore the problem remains the same, although 20 other conditions may improve. A diabetic person, for example, may need to take chromium for the cells to use

Collect a gallon of urine and pour it into a hot bath to open the pores and activate the lymphatic system into draining waste in the form of sweat. Stay in the bathtub for about 20 minutes and rub the skin while in the water. Although it is better if you don't, you can rinse off with plain water and very mild soap after the bath.

Get a glove, boot, plastic bag, plastic wrap or the large leaf of a tree to cover or wrap burned skin, scraped skin or any other injury. This is done to keep oxygen away from the skin because oxygen is what causes the skin to blister and become painful. Fill the glove, boot or bag with fresh or stale urine and leave it on for a few days according to the severity of the injury. Do not apply creams or any other products on the skin. If urine is not available, immediately cover the burned area. That is the most important thing to do for burns. Refill bag, glove or rag with urine when the urine dries up. For a third-degree burn you may have to leave it on for a minimum of three to five days to give the body a chance to grow a new layer of skin. When you get a blister, the skin over it should be left alone, do not puncture it. The skin over the blister protects the area serving as a temporary incubator for the new layer of skin growing under the blister.

Wet a towel or rag with urine and apply it over the affected area. This is called a compress and it is very effective to clean and moisturize your face, neck and the rest of the body.

In a double pot, warm-up two-to-eight-day-old urine then wet a towel or rag with the urine and apply it over the affected area (this can also be done with cold urine). Leaving the compress on the affected area for 45 minutes or more makes this application even more effective. For benign or malignant tumors and other serious problems place a hot water bottle or small electric blanket over the compress at one hour intervals, which creates an artificial fever that stimulates circulation in the affected area. More circulation means more oxygen, removal of waste and gradual healing. Repeat four or five times a day. This application is excellent for gangrene, liver cirrhosis, lumps in the breasts and skin cancer.

Prepare a mud pack to stimulate circulation in the affected area (Pancreas and liver for diabetes, hypoglycemia and hepatitis). To prepare it mix urine (stale urine is better) with soil, spread it over a towel and apply it over the affected area. Use a strainer to remove all twigs and stones from the soil and sterilize it in the oven for 20 minutes at 375-degrees Fahrenheit before mixing it with the urine. If an oven is not available, use plain dirt. Spread the mixture over a towel or rag and apply over the affected area of the body with the dirt touching the skin. Leave it on for an hour or two. Apply this preparation once or twice a day for a week. This application is more effective when left on the skin overnight. For serious problems apply a hot water bottle or an electric blanket over the mud pack.

Wash the eyes or ears with fresh or stale urine or put urine drops in the eyes or ears.

Fast on urine and water for two days every week. It is best to do it on your days off, like Friday afternoon to Sunday afternoon. Fasting during the weekend is great for healthy people. It gives the body an opportunity to regenerate anything that is deteriorating long before it becomes a serious problem. While fasting, try peeing only the amount of urine you intend to drink and hold the rest in the bladder to keep it fresh and try to pee every two to three hours. Drinking urine at such intervals will calm your appetite and accelerate the healing process.

Boil fresh urine and deeply inhale the vapors. To use this application cover a pot or can with aluminum foil and cut a hole in it about the size of half dollar so all the vapors come out at the same spot. Use the inner tube of a paper towel roll or make a tube out of paper to stay away from the pot, put it to your nose and breathe the vapors deeply into your lungs for about 15 minutes once or twice a day for several days until the condition clears up.

The content of this Web Site merely should be considered as information or suggestion only. Please do not follow blindly what I say here. Assume your own responsibility for whatever action you take in your life. The healing power and strength has got to emerge from your own determination and commitment within and not from outside.