

Guide Urine Therapy

(Coen Van Der Kroon)

Urine consists of 95% of water, 2.5% of urea and the remaining 2.5% is a mixture of minerals, salts, hormones and enzymes. Only urea, the substance after which urine is named, can be poisonous when present in the blood. However, this is irrelevant in the practice of drinking urine, as urine is not immediately put back in the bloodstream. In small amounts urea gets back into the body, it is purifying, and clears up excess mucus. Urine is entirely sterile after secretion and has an antiseptic effect.

One of the liver's most important functions is detoxification of the blood. The liver removes poisonous substances from the blood and either stores them or secretes them into the gall bladder. In the latter case, the poisonous substances end up as bile in the intestinal canal. They then leave the body in the form of defecation. After the blood is detoxified by the liver, it flows to the kidneys.

The kidney's most important function consists of balancing out all elements in the blood. They remove all superfluous vital substances from the blood, and filter out a surplus of water. This water and the vital substances consequently form urine. In order to save energy and bring the blood into balance, the kidneys remove unused enzymes from the blood. The same goes for hormones, minerals and other substances. It is clear that urine is full of vital elements, which can hardly be called waste products.

Human urine has strengthening and curative characteristics concerning many deficiencies. A mixture of potato and sulphur powder, mixed with heated, old urine helps against hair loss. One should rub this mixture into the scalp; this slows down loss of hair. All kinds of throat inflammation can be helped by gargling with urine to which a bit of saffron has been added. Trembling hands and knees can be helped by washing, and rubbing one's own warm urine into the skin directly after one has urinated. An universal and excellent remedy for all distempers inward and outward. Drink your own water in the morning nine days together and it cures the scurvy, makes the body lightsome and cheerful. It is good against the dropsy and Jaundice, drunk as before. Wash your ears with it warm and it is good against deafness noises and most other ailments in the ears. Wash your eyes with your own water and it cures sore eyes and clears and strengthens the sight. Wash and rub your hands with it, and it takes away numbness, chaps and sores and makes the joints limber. Wash any green wound with it and it is an extraordinary good thing. Wash any part that itches and it takes the itch away. Wash the fundament and it is good against piles and other sores. More than any other method, urine therapy represents the principles of natural medicine. 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. Taken energetically, one could consider urine to be an exact hologram of both healthy as well as diseased body fluids. All information from the body fluids is collected and stored in the urine. One's own urine is the best medicine for the kidneys that we could imagine. It is clear for any holistic health practitioner that all cycles within the body are interconnected, and this means that the healing of one of those cycles will

have a positive effect on the others. Urine was often used at the front, for lack of other medication and as a disinfectant for surgery instruments. A Russia doctor treated many people from far and wide, and was able to alleviate or completely cure illnesses with nothing else than urine therapy, while other methods up until then had failed.

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 things, 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 civilised 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. Shipwrecked people can drink their own urine to survive, although one should not wait until the body is almost dehydrated before doing so. Drinking urine is also a smart way to survive in situations in which water is unsafe to drink. During earthquakes and floods, water is often infected with pathogens, while urine is always scenic. Drinking polluted water can cause serious, often fatal, illnesses. Urine is a perfect alternative: if drunk fresh, it quenches thirst without presenting any danger and is always available any time anywhere. Moreover, it will help combat possible diseases. Soldiers have survived long periods in the wilderness by drinking their own urine, and soldiers in the Foreign Legion are sometimes instructed to rub their own urine into their skin in order to build up resistance to illness. Soldiers sometimes also urinate into their shoes before starting on a march, as urine apparently helps prevent blisters. The method of using urine for (new) shoes was often applied in the past and today I sometimes meet people who know how to get their shoes fitting by using this versatile fluid. 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.

Urine therapy consists of two parts: internal application (drinking urine) and external application (massaging with urine). Both aspects complement each other and are important for optimal results. The basic principle of urine therapy is therefore quite simple: you drink and massage yourself with urine. Even so, there are a number of different ways to apply urine therapy. After your initial experiences, you will be able to determine. Throughout the civilized world, blood and blood products are used in the medical world without evoking the repugnance associated with urine. We often use prepacked cells, plasma, white blood cells and countless other blood components. Urine is nothing other than a blood product. We see babies being breastfed and we are not filled with repugnance. We drink cow's milk and eat cheese from cows, goats and other animals without a second thought. We eat dairy products in the form of blue cheese (moulded) or as sour drinks such as yogurt and buttermilk, not to mention all the other bizarre things which are considered to be delicacies. If it is not the color (and it is not, because we drink wine, beer and fruit juice of the same color); and if it is not the smell (and it is not, because we consume considerable amounts of cheese which smell much worse) and if it is not the temperature, then perhaps it is the taste. How many people do you know

who have drunk enough urine to really know what it tastes like? Probably not too many. Those who regularly drink their own urine say it. But taking urine into your mouth might be too big a step to begin with. Rubbing a drop into the skin and first smelling your own urine can help you to overcome part of the barrier. Really, it often does not smell bad at all. Many people even like its sometimes sweet odor. More extensive massaging of urine into your skin is also a good way to become accustomed to your life water. How can you overcome feelings of aversion to drinking your own golden elixir? Start by drinking a drop then a sip each day and slowly build up to a full glass of urine. This is the most comfortable way to allow your body, mind and soul to become accustomed to this therapy.

Another method, which I myself used, is to begin by **fasting for a few days**. The urine is then so watery that after the second glass you will notice only a slightly salty taste, which makes it much easier to let go of the idea that urine is dirty or at least tastes dirty. If you still cannot bring yourself to drink your own urine pure, mix a dash of it into a glass of fruit juice or mix it with water and honey. Then try to switch over from the dilution to drinking urine pure. Collect the middle stream of the first morning urine. The small amounts at the beginning and ending of urination do not have to be collected. The first part rinses the urinary passage clean, so the urine will be as sterile as possible. The last part sometimes contains sediment and is of little value. Only your own, fresh urine should be used. You are comfortable with. This may vary from one to several glasses per day. If you drink your urine not only in the morning but later in the day as well, the urine from approximately one hour after eating is usually the best. Do not eat up to thirty minutes after drinking your urine. After a meal wait for at least an hour before drinking any urine. A higher level of hormonal discharge takes place at night when the body completely relaxes and restores itself. Morning urine is therefore the most rich in vital substances. No extra diet restrictions apply if you drink one glass of morning urine per day, but a diet low in salt and (especially animal) protein is preferable and it will ensure that your urine tastes and smells milder. However, if you drink urine several times a day, a diet low in protein and salt is essential. A lot of fresh fruit and vegetables are recommended.

Before a fast: Two days before the fast, decrease the intake of proteinrich and heavy foods, especially fried and fatty foods. Fruit and raw vegetables are easily digestible and ensure that the intestines clean themselves so the actual fast can easily begin. In this period, start drinking greater amounts of urine. Actual fast: In this period, exclusively drink water and urine. It is best if you do not work during the fast. Although some exertion is possible, rest and relaxation are important in order for the purifying process to take place undisturbed. In the beginning, stay with drinking the middle stream. Alternated with urine, pure, clean water can be drunk. Once the fast has been in progress for some time, all the urine can be drunk. In this period, you will urinate quite easily (urinating every fifteen minutes is not unusual). A complete body massage every day with old, heated urine is highly recommended. Urine massage is good for blood circulation, and massaging with old urine also ensures that you do not have heart palpitations during the fast. Furthermore it serves as a way of feeding the body through the skin, immediately into the muscle and lymph tissue. During fasts, urine enemas are highly recommended. Many illnesses begin in the intestines and it is very important to get rid of toxic waste products stored in them and to keep them clean. After a fast: This period is necessary in order to slowly and carefully return to a normal and natural eating pattern. You should take at least one week to gradually and carefully readjust your eating habits. The best way to end a fast is to stop drinking urine and water at the end of the afternoon. After one hour, drink a glass of

orange juice, lemon juice with water, grape juice or apple juice. The next day, drink another glass of fruit juice during lunch. From this time on, start eating juicy fruits. The following day, eat vegetable broth, steamed vegetables and rice. This is a good way to return to your old pattern of eating, excluding the unhealthy habits.

If fasting exclusively on water and urine is too great of a strain, consume one light meal per day. This fast proceeds according to the same basic rules as a complete fast, except for a few differences:

- 1) Eat a light meal consisting of wholemeal bread, brown rice with steamed vegetables, raw vegetables or fruit preferably at the end of the afternoon. Chew the food well.

- 2) Refrain from eating or drinking (including urine or water) one hour before and after the meal. During a chronic illness, the body often has a high level of toxicity, which means that poisonous substances can be found in the tissues. Administering an enema is a good way to remove poisonous substances from the body, and especially from the intestines. Furthermore, a number of substances found in urine are better absorbed by the body in this way than by oral ingestion.

Urine should be kept in the mouth for twenty to thirty minutes or, when that seems too much, as long as possible. Gargling with urine is an effective way to fight gum problems or other mouth and tongue disorders. In addition, toothaches disappear quickly and teeth stay healthy. It can help heal aphts quite fast. After gargling, spit the urine out again.

Painful, burning and tired eyes can be relieved by applying a few drops of fresh or boiled urine to the eyes. Eye cups with urine are also quite useful. It is sometimes wise to dilute the urine used for eyedrops with a bit of water. Eyedrops are very helpful in cases of conjunctivitis. Irritation due to the wearing of contact lenses can disappear or be relieved by this treatment. Regular eye treatments with urine therapy may improve eyesight. You can use fourday old urine for earaches or ear infections, as old urine enhances the effect of this method, but fresh urine will do as well. Put some drops in the ears and close them with some cotton wool dipped in oil. Salt water or urine is sniffed in the nose from a small bowl. Sniffing urine is the most effective treatment for a stuffed nose, other sinus disorders such as sinusitis, and problems with the uppermost part of the respiratory canal. This method also affects the eyes positively. If pure urine is too strong, dilute it with water. A 1/1.00.00 solution of urine should be placed under the tongue. Begin with two drops a day and increase this amount to ten drops a day. It is best to keep urine in a dark brown glass bottle which can be closed with a cork or some cotton wool, or glass pot with the top or lid placed on top of it (rather than screwed on). In this way the bottle or pot is closed while allowing air in, which is necessary for the fermentation process. When I go on vacation, I always keep a bottle of old urine on hand as a first aid remedy for wounds. It works excellently. Simultaneous compresses on the anus and abdomen are very effective in the treatment of hemorrhoid. A mixture of clay and urine applied directly to the skin, can be used in the treatment of skin diseases.

For those who value smooth, flawless skin and a healthy appearance massaging fresh urine daily into the skin in the morning or in the evening is recommended. This is the secret of many a sex symbol and beauty queen. You can use this method during your morning shower. It is also extremely

effective as an aftershave lotion. If you can smell the urine after using it as an after shave use a (natural) perfumed body or skin lotion. I rub fresh urine thoroughly into my skin in the morning before I take a shower and pay extra attention to my face and hair. Skin becomes soft and smooth, and hair lustrous and clean. A foot bath is good for the circulation and can also affect the entire body, as reflex zones are situated under the foot. Both heated, old and warm, fresh urine are suitable for these purposes. If you plan to take a foot or hip bath, collect your urine over the course of one day so that you have enough to fill a washtub halfway. You can dilute the urine with water to increase the amount of liquid in the washtub.

This is an excellent remedy for dandruff, lifeless hair and even baldness and hair loss. Massage urine briskly into the scalp, allow it to be absorbed for thirty minutes to an hour, and then wash it out with lukewarm water (do not use soap or shampoo). Hair becomes clean and lustrous. If you do not rinse out the urine, the effect is even more powerful. You can use both fresh and old urine for this. Your hair will, however, become more beautiful and vital. Those who apply urine therapy often do not turn grey but retain their original hair colour at a later age. If intensively applied, hair might grow again on bald spots.

While practicing the more intensive form of urine therapy follow a diet low in protein and salt. Avoid refined preprocessed and synthetic foods such as sugar, white flour, and canned foods. Herbs (also in herbal tea) might cause the urine to taste sharp and bitter making it more difficult to drink. Some urine herapists advise against drinking milk, primarily because dairy products are processed and contain unnatural additives, and because milk produces a great deal of mucus in the body. In general, it is advisable to decrease the intake of acidproducing foods and to increase the intake of alkalinepromoting foods. Reduce the use of alcohol, tobacco and caffeine to an absolute minimum. **Urine therapy** is most beneficial if your diet contains no alcohol, tobacco products, coffee, junk foods & meat.

Rub the infected areas with urine. Let the urine soak in for one to two hours and then rinse with water. If this method is not effective, place compresses on the areas. Never squeeze or puncture pustules or blisters. They usually disappear with correct treatment after three to seven days.

Vomiting particularly occurs when urine tastes and smells very strong and unpleasant, such as is the case with fever, jaundice and a number of other diseases. In some cases drinking urine can be extremely unpleasant. However, if you drink as much urine as possible, the urine will quickly become thinner and taste more pleasant. Vomiting is good in so far as it cleans the stomach, so there is no cause for worry. After vomiting, you will be less tense and feel better. If vomiting continues even after the stomach is empty, call in professional help. After vomiting out urine, rest and consume only some light liquids, such as water with lemon juice. Once wellrested, continue with urine therapy.

Fever is actually the most thorough way for the body to discard unwanted substances. Reduce the amount of urine to be ingested, depending on how high the fever is, and get a lot of rest. If necessary, temporarily cease urine therapy until the fever has come down.

During a cleansing process the body sometimes removes excess mucus from the lungs and bronchial tubes. If a great deal of mucus is released, reduce the amount of urine to be ingested or stop temporarily. Start inhaling urine through the nose, as this clears the upper part of the bronchial tubes. Avoid milk and dairy products, as well as all mucusproducing nutrients such as fat and carbohydrates. This can occur as a result of the extra energy the body must exert in order to excrete the surplus of poisonous substances. Pregnant women can practise urine therapy with the following restrictions. The first morning urine should NOT be ingested. After drinking water, tea or milk, you may drink the second or third flow. The urine should be light in colour, not too sharp or bitter and not too concentrated. Women can drink their urine during their menstruation period. Many women experience this as unpleasant, in which case it is better to stop for a few days. It is always best to consider what feels good for yourself.

It is advisable to monitor and balance your pH, i.e. the acid/alkaline condition of your body, especially with intensive application of urine therapy & fasting. Your urine pH should ideally vary from approximately 5 (more acid) to 8 (more alkaline) during the course of a day. When there is a tendency to either overacidity (acidosis) or overalkalinity (alkalosis), your body is not functioning correctly.

Everything you eat and drink has an effect on your body and consequently on your urine. The healthier your dietary habits are, the better your urine will taste. Urine therapy in itself does not perform miracles. Unless you provide your body with the essential nutrients, it will not possess the raw materials needed to maintain good health. If you eat healthily and consciously, your urine will contain many essential nutrients which can be reused. Even so, the body may have a deficiency of certain nutrients if they are not supplemented by a complete range of foods. In the long run, this may result in illnesses and ailments. The human body is not made to digest and absorb the many harmful additives to which we are nowadays exposed. Chemical products and radiation added to food products have been proven to be harmful. The recommended range of foods consists of fresh vegetables and fruit, whole grains, seeds, nuts, bean, natural sweeteners such as honey, and a limited use of dairy products.

It is advisable to follow a vegetarian diet during intensive application of urine therapy. This means that it is best for you to refrain from eating all meat and dairy products, or at least reduce this to a minimum, especially if you practise the therapy for an extended period of time. This also applies if you are fasting or if you drink several glasses of urine per day. If you continue to eat meat, you probably have a high concentration of nitrogen wastes, uric acids and other acidic substances in your urine, which are not helpful when reingested in these large amounts. A surplus of these substances in the blood can lead to an abnormally high degree of acidity. The body consequently acidifies, creating a breeding ground for illnesses. The above mentioned substances in high concentrations cause the urine to taste extremely unpleasant. If you wish to keep eating meat, the best meat products are fish and fowl, free of hormones. Avoid foods containing refined flour products, white sugar and white rice. These nutrients also acidify the blood and body. Avoid processed & radiated foods, and foods which contain colorings or flavorings.

Unfortunately, it is not easy to come by good, clean water. Tap water is full of harmful substances, such as fluoride, chlorine and aluminium. It is advisable, especially for drinking & to use purified water from bottles or containers. You can also purchase a good water filter. It is more difficult to come by fresh air. You can, however, go to a wooded area or the beach for the exercise you need. Exercise (in moderation) is important. It increases the heartbeat, stimulates the circulation and strengthens the muscles. It also deacidifies the blood. Most importantly, it should form a part of your daily routine, and preferably a pleasurable part.

The idea that urine is a 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 reuse 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 litres of blood per day (approximately 1700 liters). The greatest part of the filtered urine, the so-called 'preurine', is directly reabsorbed into the blood. Excess substances and the end products of nitrogen and protein metabolism together with water form the one to two litres of excreted urine. 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.

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; it will normally do this in an appropriate and precise way. The body is an extremely advanced and intelligent system.

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. You might ask if urea will 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 purify, cleansing effect. The bulk of it does not show up as urea in the blood, but is converted into the highly useful substance glutamine.

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 substance which kill bacteria. In the other ten percent, microorganisms can be found, which can be caused by a latent

illness or infection of the kidneys or urinary passages. Drinking urine which contains a certain amount of microorganisms can nevertheless be considered harmless. We constantly eat, drink and inhale bacteria. A large number of bacteria permanently exist in our body, and they generally do not make us sick. Externally applied, urine is an excellent antiseptic remedy. Fresh urine is sterile & therefore excellent for cleaning wounds. Old urine contains ammonia & other substances which ensure that the infection & decay are combated.

Nature works in cycles, allowing matter to return to its original substance and be reused for construction. Many substances still floating through the blood in compounded form are filtered by the kidneys and return to their original substances. In this way they can easily be reabsorbed by the body. Once again, I refer to the example of a tree which lives off its fallen leaves. Nature possesses an infallible capacity for recycling, of which urine therapy is a remarkable, but sadly forgotten. I would again like to point out that we have all experienced this urine cycle as a fetus in the womb. For almost nine months, we drank our own urine in the form of amniotic fluid. This liquid was an important contribution to the development of our bodies. Drinking urine is certainly not strange. It is the foundation of our existence.

Rational thinking has completely suppressed many natural human instincts. For example, all animals void eating if they are sick. Many illnesses can be quickly cured in this way, since digesting food requires a great deal of energy. By not eating, we can direct much more energy towards the recovery process. Human beings, however, often continue eating when they are sick. On top of that, the patient is often advised to eat especially well, even if he or she is absolutely not hungry.

Urine therapy and healthy 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. Exclusively change your dietary habits. Urine therapy also has an extraordinarily positive effect if you fast exclusively on water and urine, in which case you completely refrain from eating. 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 important, especially regarding longterm health. Applying urine therapy while maintaining unhealthy dietary habits is like lighting a candle to the sun.

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 spices or drink strong herbal tea, your urine will probably have a strong taste. Also, when your body is out of balance, i.e. if 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 fruit juice or mix a spoonful of honey into the urine. The remedy, urine, is not lucrative. Urine is free and always available for those who need it. In a world which money talks, urine therapy can appear to be threatening to those who earn their living by manufacturing or prescribing medicine. In short, urine therapy does not fit in the current economic picture of scarcity.

Many people believe we are healthier nowadays thanks to advances in medical science. This is partly true. The flip side of the coin is that we have had to give up a great deal of freedom and independence. The enormous efforts of medical science are partly based upon the failure to really cure illnesses. Fighting symptoms is considered to be crucial, but this does not take care of the cause. Urine therapy, being a real nature cure, not only reduces the symptom, but also deals with the cause of the illness. When you are convinced it works for you, the reluctance to talk about it will gradually subside, and maybe even disappear. Perhaps you will start to enjoy talking about it, as I do. You can be sure that you will be surrounded by plenty of laughter, which in fact can be rather pleasant. The odor of urine is much less repulsive than most people think since most associate urine with public toilets. Actually, it often smells rather pleasant when applied fresh on the skin. I myself regularly use pure urine as aftershave and hair lotion.

The majority of useful, vital substances is 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 reabsorbed and used for new buildup processes. This process of filtering by the kidneys returns the so-called raw decomposition products to their original substances, which can subsequently be absorbed and reused by the body. Certain hormones are also released during sleep, a number of which are intended to bring about the above mentioned deep relaxation. Reabsorbing these hormones ensures that we are more rested during the waking hours. It saves the body energy because it does not have to manufacture these hormones again. Ingestion of the morning urine, which is full of hormones, regulates the entire hormonal process. These hormones have the particular function of maintaining hormonal balance.

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 found 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.

Urine from different people usually does not differ much in its ingredients, which is why the urine from one person will also to some extent work for somebody else. However, your own urine contains personal, characteristic substances and provides the particular information the body needs in order to carry out the healing process as effectively as possible.

In general, it is no problem to combine urine therapy with any other form of natural treatment. This also applies to the use of nutritional supplements as long as they are natural. One should refrain from any chemically manufactured supplements. Experience has shown that the use of vitamin supplements in combination with the practise of urine therapy can considerably cut down the amount of supplements you need to take, because of the recycling effect. Many substances, such as vitamins and enzymes, act as carriers for other. Urine therapy can also be seen as a form of

selfvaccination: certain bodily substances which have been removed from the body, some of which may have been produced as a result of illness, are reintroduced into the body in small amounts. These substances are reabsorbed 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.

In the early nineteenth century, Dr. Charles Duncan conducted research into therapies with selfproduced 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. Autotherapy 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. Autotherapy is based on the principle that the body can use all fresh, selfproduced, unaltered diseased tissue substances which originate from the microorganisms causing the illness. Seen in this light, patients have their own medication in exactly the form constructed by nature to heal their condition.

Ten effects of **Urine Therapy**: Reabsorption and reuse of nutrients, Reabsorption of hormones, Reabsorption of enzymes, Reabsorption of urea, Immunological effect, Bactericidal and virucidal effect, Salt therapy, Diuretic effect, Transmutation theory, Psychological effect.

The filtering process in kidneys should break down this tissue to its original materials, after which it can be reused by the body to build in new tissue. Reabsorption can be a means for the body to generally conserve energy: reingestion of hormones gives the body the chance to reuse at least a number of these, so that it is not necessary to expend 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 reabsorption of hormones may well have a powerful effect on our state of health and level of energy.

I have already referred to research on the effects of melatonin, a hormone found in urine which possibly has a calming effect. Melatonin also has a powerful anticancer effect. Some people recommend to use the first urine after sexual intercourse. During the process of sexual stimulation certain hormones are released in the higher endocrinal glands which have a regenerating effect on the body for men as well as women.

On research conducted on the enzyme Urokinase, positive results can be expected from the effects of enzymes in urine as a total entity. Urokinase 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 brought on the market as medicine on a large scale.

Besides water, urea is the main component of urine and is a decomposition 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 early age, as a fetus in the womb. The level of urea in amniotic fluid, which consists for the most part of urine from the fetus doubles in the last two months of pregnancy. Before we are born, we drink well over half a litre per day of this liquid. The fetus also breathes it in;

this is essential for proper development of the lungs. Scars disappear after an operation on a foetus in the womb due to the healing capacities of the urea in the amniotic fluid.

Bacteria are not yet active in the intestinal canal. Once we are born, the intestinal flora start to work, which have a special role in the conversion of urea. Scientists estimate that 25% of the urea in an adult finds its way into the intestines, where it is decomposed into ammonia by intestinal bacteria. The body reuses a certain part of urea; the extra supply created by applying urine therapy increases the glutamine level in the body. This consequently strengthens the immune system and specialised organs, and at the same time heals damages to the digestive tract. Urea has the capacity to moisten the skin and regulate its condition 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.

Early urine is not toxic, although some toxic substances might be present in urine in small amounts, especially if one is ill. This small amount of toxic substances possibly contributes to the effectiveness of urine therapy. If toxic substances enter the body, body's defence mechanisms are called into action (the 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 defence system to attack and in this way fight the illness. This might explain why urine therapy has proven so helpful in treating allergies. The practise of drinking and massaging with urine allows antibodies greater access to the body, which stimulates the immune system. Applying urine to a fresh cut or scrape prevents infection and keeps flies 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.

Salt solutions remove old mucus embedded in the mucous membranes. If one drinks a salt liquid, part of the salt goes into the body, where it dissolves the surplus of mucus in the lungs and in other organs. As a salt liquid, urine also has a laxative effect and is recommended to relieve constipation. As it moves through the intestinal canal, the salt detaches waste and draws water into the intestines, as a result of which bowel movement becomes easier. According to this theory, drinking urine, like drinking salt water, accelerates the metabolism. It removes a surplus of sugar from the blood and draws out toxic substances from cells. In this way, urine therapy is a good cleansing technique. Using urine instead of salt is also more effective because urea and ammonia are organic solvents: they dissolve fats and other natural bodily secretions. These substances probably ensure that the mucous membranes and body cells are powerfully affected.

By ingesting urine, one stimulates the body not only to excrete part of these metabolic products at an accelerated rate, but also to convert another part into useful substances. A previously mentioned example of this is urea, which is converted through ammonia into glutamine.

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. Shortcircuiting the system by ingesting one's own secreted body fluids might stimulate the transmutational forces 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. Urine is thus a crystallinelike 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. Reingestion might give the body valuable vibrational information. Healthy vibrations will strengthen the already coexisting, healthy body resonance. Diseased or stressvibrations will counteract any unhealthy resonance in the body. It is known that disturbing sounds of any sort can be counteracted best by confronting it with the same sounds. The vibratory patterns of the body, both in the bones (solid crystals) and in the tissues and fluids (liquid crystals), play an important role in the process of transmutation. The resonance field of a crystal can make a protein, for example, change its form into one that is more useful for the body, or easier adaptable by it.

Applying your own bodily substances in an attempt to heal can lead to a considerably broadened outlook on the intelligence and power of the body, and can increase your appreciation and love for yourself as a physical and spiritual being. Instead of regarding excretions (really just a part of yourself) as enemies, you regard them as your helpers. This healthier way of seeing yourself might well have a powerful healing effect on your body. Urine therapy confronts us with a very concrete 'healer within' which works both on a mechanistic and on an energetic level. The latter implies that urine, as a holographic substance, can affect all levels of being, from the physical, through the electromagnetic fields of the emotions and the mind, up to the subtler genetic vibrational information of the soul.