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*Page 3/24*

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## **How To**

Basically, the little e-pamphlet that is Urine Therapy amounts to a

stranger nudging you on a bus and saying "Hey, guess what?"

Read the full ebook  
Sample Reader review  
here . Strong eye

contact and a winning smile counts for a lot, but I have to say, if

someone wants me to believe that drinking urine can cure herpes

I'm going to need to ...

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**Urine Therapy - How  
To Drink Your Own  
Urine by Craig Smith**

This book provides an introduction to the principles of urine therapy, the history of its use, recent research and literature, various medical uses, and personal stories from people who have been cured by urine therapy. Included is a complete bibliography for those interested in

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expanding their  
knowledge of urine  
therapy through other  
sources.

**Golden Fountain:  
The Complete Guide  
to Urine Therapy ...**

In general, it is  
advisable to decrease  
the intake of acid-  
producing foods and to  
increase the in-take of  
alkaline-promoting  
foods. Reduce the use  
of alcohol, tobacco and  
caffeine to an absolute

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minimum. Urine therapy is most beneficial if your diet contains no alcohol, tobacco products, coffee, junk foods & meat.

## **Complete Guide to Urine Therapy - Blog**

Urine therapy is most beneficial if your diet contains no alcohol, tobacco products, coffee, junk foods & meat. Rub the infected areas with urine. Let

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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.

## **Complete Guide to Urine Therapy - Ancient Alchemy ...**

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



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your body adjust gradually. Fill a clean medicine dropper from the cup of urine and place one or two drops under your tongue. This method lets you get used to the taste slowly and will still give you health benefits.

## **Urine Therapy - Mantak Chia**

Urine Therapy includes many case histories of people who have successfully treated

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### Therapy How To

their ailments with urine, along with cogent explanations of why urine does what it does, how to ensure that the wastes flushed out with your urine aren't taken back in, and why urine may be the best tonic available for your immune system. In addition to protocols for using urine to treat a wide array of diseases, the book offers a program that teaches you step-

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by-step to overcome  
any initial aversion to  
urine ...

**Urine Therapy:  
Nature's Elixir for  
Good Health:  
Peschek ...**

Golden Fountain: The Complete Guide to Urine Therapy. by Coen van der Croon. A good guide and introduction to the principles of urine therapy, its history, medical uses, recent research and

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literature, with  
numerous first-hand  
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powerful curative  
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is a popular, effective

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and free remedy for many ailments. There are many books available on urine therapy. For thousands of years it has been used to heal a wide variety of ailments. People drink it, and also apply it to the skin. Urine is a ...

## **Urine therapy natural traditional remedies**

To 1/6ounce of distilled water in a sterile

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bottle, add one drop of fresh urine. Cap and shake 50 times. Take one drop of this mix and add to another 1/6ounce of distilled water and shake 50 times. Take one drop of this mixand add to 1/6 oz. of 80 to 90 proof vodka which acts as a preservative.

## **Urine Therapy: A cure for all diseases - Falconblanco**

Urine therapists  
*Page 14/24*

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suggest their patients start with 5 drops of fresh morning urine on the first day, increase to 5 or 10 drops on the second day, and take 10 drops on the morning of the third day and the same amount that evening before going to bed.

### **Urine Therapy is Nature's own Perfect Medicine**

When I started writing a book about a rarely

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discussed topic like urine, I was prepared to break taboos and fight against excessive hygiene education. The reactions of my readers to my first book, Urine therapy-a taboo gets broken, and my daily experiences in my naturopathic office in Hamburg-Winterhude proved me right to an astonishing degree.

**Urine Therapy**

*Page 16/24*



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Therapy How To  
**(Nature's Elixir for  
Good Health)**  
Drink Your Own  
Urine

Urine therapy - the drinking and external application of one's own urine as a healing agent - is an ancient Eastern tradition, claimed by devotees to be the oldest of natural remedies. This book deals with urine therapy. It provides research details with case histories to urine therapy's practical application in relations

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to specific ailments.

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Urine Therapy Topics.  
Drinking Urine. Collect  
the first midstream  
urination of the day in  
a clean, that is, let the  
first few ounces of  
urine go, to clean out  
the pipes as it were  
and the last few  
ounces, to avoid any  
sediment, and capture  
the middle of the

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stream.  
Drink Your Own

### **Allegedly Dave: Urine Therapy**

It is the safest method of treatment and it does not have any side effects. You can Buy Book online. I have mentioned the full details for the method of treatment. You have to drink plenty of water, few glasses of juices and drink minimum 2.5 litres of Urine (and above) per

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day and eat light diet.

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Your Pee. Sometimes  
people get grossed out  
by the thought of  
drinking it. I've been  
doing it for years and  
I've come up with a  
great method of not  
tasting it at all. First of  
all the best way is to  
start very small. I'm

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talking just a drop or  
two in a glass of w.

## **Why You Should Start Drinking Your Own Pee - The Benefits ...**

To do this, you must do something that can give you this health benefits of urine therapy. You must get the cleanest urine first, don't pick the urine with the thick colour. And then, you can combine it with the

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potato flour, or as you called as potato starch. Combine these two and mix them into something new to treat your hair.

## **12 Marvelous Health Benefits of Urine Therapy - The ...**

The Boulder-based author of a new book about urine therapy explains the health benefits of internal and topical use of what he refers to as "healing

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water."

Drink Your Own  
**Urine Therapy**  
**Explained by**  
**Boulder's Brother**  
**Sage | Westword**

Urine therapy  
advocates who tout  
urine's healing  
properties point to the  
fact that urine contains  
vitamins, hormones,  
proteins, and other  
constituents generally  
accepted as beneficial.  
However, detractors  
point out that the

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body's process of  
elimination is more  
than merely efficient,  
ridding itself of what it  
can't store.

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