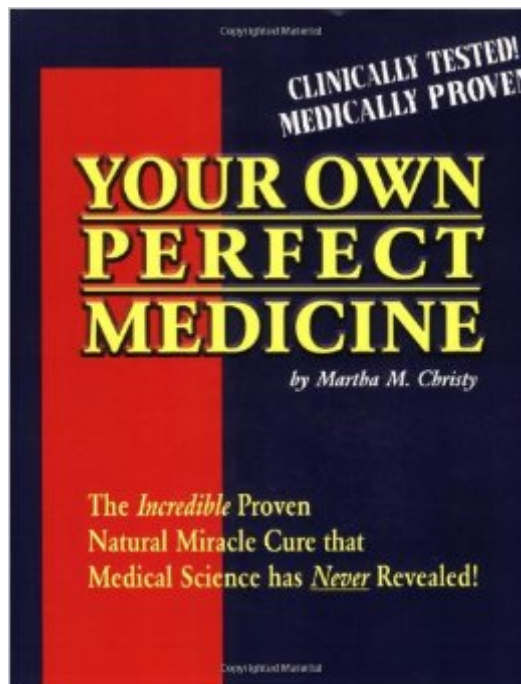


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# Your Own Perfect Medicine: The Incredible Proven Natural Miracle Cure That Medical Science Has Never Revealed!



## Synopsis

An overview of the mainstream medical use of urine, which contains more than 200 nutrients, vitamins, hormones, minerals, antibodies, and amino acids.

## Book Information

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## Customer Reviews

I had previously read John Armstrong's "Water of Life" and had tried drinking my own urine 20 years ago. Now comes Martha Christy's excellent review of the scientifically-proven and medically-documented studies showing how drinking one's own urine can be highly therapeutic, even in the most difficult cases. Urine therapy has historical roots in ancient Egypt, ancient China, ancient India, and even in this century, there have been hundreds of medical studies (even doctors who injected it directly into the blood, apparently because the taste was too objectionable). The main theory is that it helps build immunity to disease, much like a vaccination. Martha Christy goes into all of this, and focuses on its use as a cosmetic, among other things. She recommends starting off with just a few drops, applied topically to the skin. Urine is helpful for acne, eczema, psoriasis, ringworm, sores, fungal infections, insect bites, snake bites, wounds, burns, and abrasions. It is a rich source of hormones, especially DHEA and melatonin, and of all the sex hormones. It is also a rich source of enzymes, and vitamins and minerals. It contains vitamin C, vitamin B-12, B-6, and other vitamins, and many minerals. It is fresh, raw, and alive, and totally free (to say the least). No wonder the general medical profession doesn't know more about it - - there's no money in it for doctors or for pharmaceutical companies (although there are many pharmaceutical preparations, moisturizing lotions, etc, which derive from urine). Urine is anti-bacterial, anti-fungal, and anti-biotic. It is used in cases of AIDS (only AIDS anti-bodies in urine); cancer; fatigue; anemia; all sorts of

kidney diseases, for weight-loss, colds and flu, candida, diabetes, digestive problems, etc, etc, etc.

All of us have fixed ideas floating around in our heads. We learned them from our parents and teachers, we picked them up from friends, acquaintances, TV, newspapers, magazines, books, movies, and so on, and they all have one thing in common: we never pause to examine them. Our usual response when such ideas crop up is to say: "Everybody knows that." One of the most deep-seated and strongly entrenched ideas of all is the widespread notion that urine is a dirty and disgusting substance. "Everybody knows that urine is a dirty waste product," we say. We can't, of course, be blamed for thinking like this because pretty well everyone thinks the same. And our natural tendency is to automatically reject any view that conflicts with what "Everybody knows." Most of us, for example, would probably dismiss as crazy someone who came along and said: "No. Your urine is not nasty stuff. In fact it's a precious and nourishing life-enhancing substance and quite pure, and it could be doing all kinds of good things for your mind and body if you knew how to use it wisely." Until very recently I used to think that urine was nasty stuff too, that is until I read Martha Christy. Maybe I'm foolish but when an articulate, serious, responsible, concerned, mature and obviously intelligent person tells me something new or different, no matter how crazy it may seem, I'm inclined to listen to what they have to say and to give them the benefit of the doubt, particularly if there's some way I can test what they are saying and find out the truth for myself. If you think about it, only two kinds of people are really qualified to tell us about urine. One is the biochemist who sits down in her lab, analyzes it, and then tells us about its constituents.

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