

Your Own Perfect Medicine

by Martha Christy

You may think that when it comes to alternative health therapies - you've heard it all. But there is *one* natural therapy you've probably never heard of - even though it's one of the most powerful, most researched and most medically proven natural cures ever discovered. No matter how hard it may be for you to stomach, the fact is that knowing the truth about this incredible natural substance will be one of the most crucial health facts you'll ever learn. And one of the most remarkable things about this incomparable natural therapy is that the medical community has already been aware of its astounding efficacy for decades, and yet none of us has ever been told about it. Why? Maybe they think it's too controversial. Or maybe, more accurately, there wasn't any monetary reward for telling people what scientists know about one of the most extraordinary natural healing elements in the world.

But no matter why the medical establishment has chosen to keep this invaluable information a secret, it's time that every man, woman and child be told about the only health tool in the world that is always available to everyone and never out of reach - physically or financially. So open your mind and get ready to learn the incredible medical facts about human urine - the facts that will change your life.

Our bodies produce an invaluable source of nourishment and healing that we can utilize to heal ourselves and to maintain our lives and our health in both everyday circumstances and in emergencies and life-threatening situations.

The following excerpt from a news broadcast vividly illustrates the tragic consequences of the public's lack of information and our completely unfounded misconceptions regarding our bodies' own perfect medicine:

Tom Brokaw, *NBC Nightly News*, October 16, 1992: *"In Egypt, rescue workers found a 37-year-old man alive in earthquake rubble. He survived almost 82 hours by drinking his own urine. His wife, daughter and mother would not and they died."*

The medical proof

For most of the 20th century, doctors and medical researchers have been proving in both laboratory and clinical testing that our own urine is an enormous source of vital nutrients, vitamins, hormones, enzymes and critical antibodies that cannot be duplicated or derived from any other source. *They* use urine for healing cancer, heart disease, allergies, auto-immune diseases, diabetes, asthma, infertility, infections, wounds and on and on -- yet *we're* taught that urine is a toxic waste product. This discrepancy between the medical truth and the public information regarding urine is ludicrous.

When I contracted a crippling, incurable disease early in life, I used every available conventional medical and alternative healing method over the course of many years without success. When an acquaintance suggested I try "urine therapy," I thought she'd lost her mind, but with no options left, I swallowed my prejudice and decided to give it a

Your Own Perfect Medicine

by Martha Christy

go. To my own (and everyone else's) amazement, my healing was so rapid and so profound with urine therapy that no question remained in my mind that someone in the medical community had to know more than they were telling about this incredible body substance. As a matter of fact, they did know more—a lot more.

After many months of haunting university libraries, scanning countless microfiche files and poring over piles of medical journals, I had amassed a small mountain of research on the use of urine in medicine and healing. I discovered that urine, far from being a toxic body waste, was actually a purified derivative of the blood made by the kidneys which contains, not body wastes, but rather an incredible array of critically important nutrients, enzymes, hormones, natural antibodies and immune defense agents.

At the end of it all, as I sat tiredly in my chair eyeing the stacks of research papers covering my desk, I realized that the medical community had pulled off one of the biggest hoodwinks in history. Take for instance the doctor who reported that "urine acts as an excellent and safe natural vaccine and has been shown to cure a wide variety of disorders including hepatitis, whooping-cough, asthma, hay fever, hives, migraines, intestinal dysfunctions, etc. It is completely safe and causes no side effects." (J. Plesch, M.D., *The Medical Press*, 1947); or the oncologist who reported that "a patient with intractable ovarian cancer was treated with Human Urine Derivative and is now completely well and enjoying the rest of her life." (Dr. M. Soeda, University of Tokyo, 1968). These remarkable findings were published in medical journals - but did you ever hear about them?

What about the immunologist who, after extensive clinical and laboratory research stated: "It was rapidly appreciated that undiluted urine administered orally was therapeutically effective for Immune Therapy and was initiated when it became obvious that an allergic condition had become uncontrollable" (Dr. C.W. Wilson, 1983, Law Hospital, Scotland)? Or the Harvard medical researchers who discovered that active "antibodies to cholera, typhoid, diphtheria, pneumonia, polio, leptospira and salmonella have been found in the unconcentrated urine of infected individuals" (Lerner, Remington & Finland, Harvard Medical School, 1962)? What about the Scandinavian researcher who, in 1951, conclusively proved that human urine can completely cure tuberculosis? Since tuberculosis is now resistant to antibiotics and is considered deadly, isn't it time we found out that our own urine is medically proven to reverse it?

Then there's the research into wounds and burns using urea (the primary solid component of urine). As only one research study among many reported: "In America, urea has been used for the treatment of various infected wounds and it has been found to be extremely efficient...even the deepest wound can be treated effectively.... Urea treatment has been successful where other treatments have failed. For external staph infections we found urea preferable to any other dressing...there are no contra-indications to its use." (Dr. L. Muldavis, 1938, Royal Free Hospital, London).

Your Own Perfect Medicine

by Martha Christy

These medical reports are only a few of the more than 50 research studies I compiled and published in the book *Your Own Perfect Medicine*, but they certainly give an indication of the importance of what we've *never been told* about urine by the medical community. As far back as 1954, the *Journal of the American Medical Association* (July) reported that "More scientific papers have probably been published on urine than on any other organic compound." Another publication revealed that, "more than 1,000 technical and scientific papers, related only to low molecular weight substances in urine, appeared in medical and scientific literature in one single year."

I think one of the most interesting pieces of information on urine I came across was the fact that the amniotic fluid that surrounds human infants in the womb is primarily urine. Actually, the infant "breathes in" urine-filled amniotic fluid continually, and without this fluid, the lungs don't develop. Doctors also believe that the softness of baby skin and the ability of in-utero infants to heal quickly without scarring after pre-birth surgery is due to the therapeutic properties of the urine-filled amniotic fluid.

Reports on the extraordinary external benefits of urine abound as well. Medical studies relate remarkable cases of stubborn or "incurable" chronic, severe eczema that miraculously disappear with urine therapy. Because urine is both anti-viral and anti-bacterial, it's ideal for treating cuts, wounds and abrasions of all kinds. Acne, rashes, athlete's foot and fungal skin problems respond dramatically to urine soaks and compresses as well.

For home use or emergency treatment care for wounds, poisonous bites or stings, and even broken bones, urine is an incomparable, proven natural healing agent that provides instantaneous therapeutic benefits under any circumstance.

For years, people have said to me, "Well, I have heard of people surviving by ingesting their own urine, but I thought it was just a myth." Myth it isn't; medical fact it is. As Dr. John R. Herman remarked in his article which appeared in the *New York State Journal of Medicine* in June, 1980: "*Auto-uropathy (urine therapy) did flourish in many parts of the world and continues to flourish today....there is, unknown to most of us, a wide usage of uropathy and a great volume of knowledge available showing the multitudinous advantages of this modality. Actually, the listed constituents of human urine can be carefully checked and no items not found in human diet are found in it. Percentages differ, but urinary constituents are valuable to human metabolism.*"

Your own super supplement

In 1975, one of the founders of Miles Laboratories, Dr. A.H. Free, published his book *Urinalysis in Clinical Laboratory Practice*, in which he remarked that not only is urine a sterile body compound (purer than distilled water), but that "it is now recognized that urine contains thousands of compounds and as new, more sensitive analytical tools evolve, it is quite certain that new constituents of urine will be recognized."

Your Own Perfect Medicine

by Martha Christy

As Dr. Free comments, the ingredients listed below are only a few critical nutrients found in urine (in milligrams per day):

Alanine—38; arginine—32; ascorbic acid—30; allantoin—12; amino acids—2.1 g/day; bicarbonate—140; Biotin—35; calcium—23; creatinine—1.4; cystine—20; dopamine—0.40; epinephrine—0.01; folic acid—4; glucose—100; glutamic acid—308; glycine—455; inositol—14; iodine—0.25; iron—0.5; lysine—56; magnesium—100; manganese—0.5; methionine—10; nitrogen—15 g/day; ornithine—10; pantothenic acid—3; phenylalanine—21; phosphorus—9; potassium—2.5; proteins, total—5; riboflavin—0.9; tryptophan—28; tyrosine—50; urea—24.5; vitamin B6—100; vitamin B12—0.03; zinc—1.4

As you read over this extraordinary list of nutritional elements, you can begin to understand why the stories you may have heard of people surviving on their own urine are true. But what about other elements in urine that you've heard about?

Clearing up the misconceptions

If you asked a person on the street what uric acid is, he or she would invariably answer that it's a toxic body waste. Not so, say medical researchers at the University of California at Berkeley who in 1982 reported they had discovered that "uric acid destroys body-damaging, cancer-causing free radicals and is considered to be one of the physiological factors that enable human beings to live so much longer than other mammals."

But what about urea? Urea is in urine and isn't that the toxic stuff that causes uremic poisoning? Actually, medical researchers discovered many decades ago that urea, far from being a toxic body waste, is an incredibly versatile, far-reaching and effective medicinal agent. In numerous medical studies, it was shown that urea is one of the most potent non-toxic virucidal agents ever discovered. In one particular study, the rabies and polio virus [sic] were killed so quickly and efficiently by concentrated urea, that even the laconic researchers themselves were surprised: "Urea is such a relatively inactive substance and certainly not a protoplasmic poison such as are most virucidal agents, that it is in a way surprising that rabies and poliomyelitis are killed so easily by urea solutions" (McKay & Schroeder, Society of Experimental Biology, 1936).

In reality, urea is an FDA-approved medicinal agent that doctors and researchers utilize in an amazing variety of therapeutic modalities. Because of its remarkable and comprehensive anti-neoplastic (anti-tumor) properties, it's presently being used in anti-cancer drugs and is extensively studied for use in cancer treatments. The urea compound drug, glicazide, is used successfully by the medical establishment in treating both insulin-dependent and non-insulin-dependent diabetics.

As a natural diuretic, urea is unparalleled, and is a proven and accepted treatment in cases of edema or swelling such as excess cerebral and spinal pressure, glaucoma, epilepsy,

Your Own Perfect Medicine

by Martha Christy

meningitis, even premenstrual edema and many other disorders in which excess fluid is a problem. As one American neurosurgeon reported regarding a patient who nearly died from complications following brain surgery: "Urea was administered intravenously as an emergency measure. Within 20 minutes from the start of injection, her blood pressure had returned to normal....from this time on her recovery was uneventful. In this case, urea was definitely life-saving, because prior to its administration, the patient's survival was unlikely. In many similar instances urea was found to be life-saving" (Dr. M. Javid, University of Wisconsin).

The medical findings on urine and urine constituents are overwhelming, and yet it's difficult for most people to understand why our bodies excrete elements that are so obviously valuable to human health and well-being.

The commonly-asked question, "If your urine is so good for you, why does your body excrete it?" is best answered by looking into how our kidneys function. As your blood moves through the circulatory system, it flows through the kidneys at a rate of about 1200 ml of blood per minute. Inside the kidneys, the blood is continuously filtered through a huge system of minute tubules called nephron which sift out excess water, vitamins, minerals, enzymes, salts, and hundreds of other elements including vital antibodies, urea and uric acid.

A large portion of these key physiological elements are reabsorbed into the bloodstream, but a certain amount of critical blood constituents are pooled by the kidneys into a liquid which doctors refer to as a "plasma ultra filtrate" (we call it urine). Much of this sterile, nutrient filled ultra filtrate, or urine, is reabsorbed and some remains in the kidney for a period of time and is eventually released into a tube called the urethra which empties the urine into the bladder where it is finally excreted. Now you're probably wondering why the body excretes valuable nutrients, water, hormones, enzymes, etc. that are critical to body functioning. Doesn't it make more sense to retain these elements? If urine is a collection of such life-sustaining elements, why does the body get rid of it?

The answer is that the kidneys excrete a portion of urine as a way of removing certain key elements in your blood that are simply not needed at a *specific point in time*. For instance, you've just been out jogging. You come home and have one or two big glasses of water to drink. Now at this point you've probably taken in more water than your body actually needs. But not to worry —your kidneys will balance the amount of water delivered into your bloodstream by your copious water drinking and through the urine will excrete whatever amount of water from the blood that isn't needed at the time.

It's a physiological fact that in order for us to function normally, the amounts or concentrations of every element in our blood must be carefully and strictly controlled and this is done by the kidneys. Too much water in the blood is fatal. Too much salt in the blood is deadly. As wonderful a nutrient as vitamin C is, too high a concentration of it or

Your Own Perfect Medicine

by Martha Christy

any nutrient could kill you. This is why the kidneys excrete valuable elements from the body—too much of any good thing isn't good for your health.

The same is true of urea. People who have heard of uremic poisoning are surprised when they read the medical research showing urea to be a widely-used, FDA-approved medicine. But just like any other element in the blood, urea only becomes dangerous to the body when the kidneys are damaged or diseased and can't properly balance the amount of urea (and all other substances) in the bloodstream.

Your kidneys aren't doing damage to your body by getting rid of excess nutrients, they're just simply excreting the precise amount not presently needed by your body at a given time. And the same goes for practically every nutrient, enzyme, and hormone that are critical to your survival—the kidneys keep what your body needs at a certain time, and excretes what it isn't momentarily using into your urine. And as medical scientists and doctors have discovered, these urinary ingredients extracted from the blood can be therapeutic magic bullets.

At a time when new viruses and bacteria are outwitting even the best efforts of space-age medicine, and increasingly frequent natural disasters put basic necessities out of reach, the facts about the one medical and survival tool that the FDA can't regulate and that's always there when you need it most, may well become the greatest survival lesson any of us will ever learn.

The above article is a shortened version of the full article available at <http://all-natural.com/natural-remedies/urine/> Martha Christy, is a medical research writer, natural health consultant and author of *Your Own Perfect Medicine*, as well as several other books on natural healing.

Effective MRSA treatment

This short note is a response to the MRSA article in the December, 2008 edition of *The Idaho Observer*. MRSA (methicillin resistant *staphylococcus aureas*, an anti-biotic resistant bacteria) is a worsening problem in the prisons because the prescribed antibiotic ointments made the sores worse.

MRSA first appeared on me several months ago when I was at FCI - McKean. I noticed on the inner portion of my arm opposite my elbow the classic bump which is the start of the disease. To treat the problem I applied the triple antibiotic ointment available at McKean which only accelerated the problem because bending my arm caused more skin-to-skin contact, spreading the MRSA even more.

Your Own Perfect Medicine

by Martha Christy

A fellow inmate here at FCI - Elkton was telling of how several guys at the last place he was at were being treated for MRSA and most of them stopped applying prescribed ointments because they only made the sores worse. He then explained how several of them began applying their urine to the MRSA and it went away in just a couple of days.

So with nothing to lose and no ability for sick call until after Christmas, I tried applying urine to the MRSA spots with my finger. To my surprise, the MRSA was gone in about three days. In fact, this was the fastest I had ever healed from anything my entire life.

People can say what they may but after seeing with my own eyes how fast this took care of it, I am without doubt about our body's ability to cure itself or to produce what is necessary to heal if only properly applied. Presently I am using this on some other places where the skin under the surface is white. The substance can be mashed out but returns. So far it appears that the infection is being cured by the urine.

I would suggest anyone dealing with MRSA to seriously consider this simple trick before the quacks in your medical department cause you more problems.

Donald G. Jackman, Jr.

Lisbon, Ohio

^ ^ ^ ^

Another testimony for urine therapy

My name is Orlando Mora and I am currently serving a life + 110 year sentence for drugs that were never found on the basis of one man's uncorroborated hearsay testimony. I've been locked up since 1998. However, I will be out soon by the Grace and Mercy of Almighty God. I am writing in response to an article that was in the January 09 issue of *The Idaho Observer* entitled, "YOUR OWN PERFECT MEDICINE," by Martha Christy. I was so impressed by the article that I purchased the book. I've been studying alternative medicine under Dr. Joel Wallach for 8 or 9 years now and, in his books, he endorses urine therapy. So I already knew about urine therapy, but Martha Christy's book went into great detail about it. Furthermore, I never thought about trying it until I got sick in my liver. I suffered for 7 months with a lot of pain in my liver so I decided to try urine therapy.

Within 3 days the pain in my liver started going away. I couldn't believe it; I was dumbfounded. Within 2 weeks the pain in my right shoulder that I've suffered with for 6 years was gone! I injured it working out in 2003, and with the years arthritis must have set in. I used to work through the pain, but now I work out with no pain at all! AMAZING! It also improved the bad circulation in my right arm. For years now, I used to wake up every morning and spend 5-10 minutes shaking my arm out, because it

Your Own Perfect Medicine

by Martha Christy

would be completely numb. Not anymore. I still have a little numbness some mornings in the tips of my fingers, but that's all.

I was surprised that her book documents that urine therapy cures hepatitis, cancer, HIV, diabetes, arthritis, polio, rabies and any kind of virus or bacteria. Your body creates an anti-body for any disease that you might acquire, but it doesn't create the anti-body until you have the specific disease that the anti-body is needed for, and these anti-bodies are secreted into your urine. Now that I'm well, I still drink a preventative maintenance dose everyday. I highly recommend if you are sick that you purchase her book.

I'm happy to report that I'm not the only one that's been healed. There are many sick people here dying of Hep-C, cancer and other ailments, so I made 20 copies of the article one time and then 30 copies another time and passed them all over the compound to people that I knew were sick. There is a 75-year-old friend of mine here in my unit with cancer; they have given him months to live. Praise God, he's doing much better. All kinds of people with Hep-C are doing much better. Unfortunately, some of the guys with Hep-C told the quacks in the Medical Department that they were doing urine therapy; besides them denying that it was of any use, now no one that they suspect here of doing urine therapy can even get a doctor's appointment, because they don't want to give any documentation that those doing the therapy are better. Go figure, who needs them? I've watched many inmates die over the years because of these fakesters in the Medical Department. I only wish I had known about urine therapy two years ago when I watched my good friend Bill Lanter, a freeman from Montana, die a slow and painful death from Hep-C, and these people did nothing to help him.

For those who cannot afford the book, here is what you do. Catch 1-4 ounces of morning urine. Urinate the first part out to wash out your urea tube, catch the middle part of it midstream and urinate the last part out. All you want is the middle part of it.

If you have cancer, drink all of it for a few weeks, then back off to 1-4 ounces. And, if you have cancer, you want to change your diet, no more fried foods or carbonated drinks, especially not the diet ones. Carbonation neutralizes your stomach acid. No Tums, Roloids or any kind of antacids; they are to be avoided. Ingest nothing that has caffeine or burnt animal fats. Fried foods cause free radicals. Boil your meats. No pork. You also must purge your intestines with fiber powder, 2 heaping spoonfuls 3 or 4 times a day for life. Drink one ounce of hydrogen peroxide twice a day in 8 ounces of aloe vera juice or orange juice. Peroxide is liquid oxygen. Germanium and Selenium are also 2 minerals that fight cancer. Germanium oxygenates the body and Selenium is an anti-carcinogenic agent. Cancer and Aids cannot live in an oxygen environment. More can be said about cancer; it is very curable. But space is limited. Dr. Wallach is known as the mineral doctor and has taught me how to prevent and reverse over 400 kinds of diseases. www.drjwallach.com.

God Bless you all. I hope this helps.

Your Own Perfect Medicine

by Martha Christy

Orlando Mora

Florence, CO

For more amazing testimonies to inspire you to try this free approach to resolving your health issues, go to <http://all-natural.com/natural-remedies/urine/>

Testimonies are at the end of her excellent article.