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Drinking from your own spigot. Sipping a warm cup of herbal pee. Whatever you want to call it, the practice of drinking urine goes back millennia. Known today as urine therapy, urophagia, or...

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Urine Therapy - How To Drink Your Own Urine eBook: Smith

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Stop collecting before your bladder is empty. Drink the urine for a couple of weeks, then take a break for a week or two. It is best not to drink large quantities for extended periods. Rather, let smaller quantities of urine act as a stimulant and pick-up. Urine is also an effective remedy for many skin complaints.

Urine therapy natural traditional remedies

If you wanna try to drink or use urine to heal illness you can follow these steps before start it. If you are doubt about urine taste, and if its consider as too big step to drink your urine directly, try to rub it... Before drinking urine, smell and rub it to nose first to make sure the smell. ...

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15 Health Benefits of Urine Therapy (No.8 Shocking ...

You want the urine that you drink to be more clear when first starting out. As you are more comfortable with drinking more of your urine, you can add a teaspoon or tablespoon of Bragg's Apple Cider Vinegar. This stuff is so strong and powerful that you won't taste the urine at all.

Why You Should Start Drinking Your Own Pee – The Many ...
Add New Post. While drinking one's own urine (the core practice of urine therapy) understandably has a squirm-inducing factor for some people, the practice is ages old and has very enthusiastic proponents. What is certain is that urine is antiseptic -- capable of killing micro-organisms -- and for that reason was in fact used to keep surgical instruments free

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of disease causing germs during the American Civil War and into the 20th century.

Urine Therapy: Your Own Natural Remedy!

For 79-year-old Bao Yafu, urine therapy is just another daily routine: he drinks three cups of his own urine every day, and even washes his eyes and wipes his face with it. “In these 22 years [of...

Drinking your own urine: The unorthodox Chinese 'miracle ...
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urine for many people the routine has a twist they go to the bathroom and

Urine Therapy How To Drink Your Own Urine [EPUB]

In alternative medicine, urine therapy or urotherapy, (also urinotherapy, Orin Therapy, Shivambu, uropathy, or auto-urine therapy) is the application of human urine for medicinal or cosmetic purposes, including drinking of one's own urine and massaging one's skin, or gums, with one's own urine. No scientific evidence exists to support any beneficial health claims of urine therapy.

Urine therapy - Wikipedia

Oakley heard about "urine therapy" two years ago, and she

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decided to give it a go. She now she drinks a glass of her own pee each morning and also puts some on her face. Oakley told the Daily Mail...

Why Urine Therapy Is Actually Dangerous | Health.com
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Drinking someone else's urine may expose a person to

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numerous diseases. Although urine contains antibodies, it also contains bacteria. A study involving 100 children found a range of bacteria,...

Drinking urine: Are there any real health benefits?

The middle stream of fresh, warm, morning urine is the most potent, and drinking it mixed with freshly squeezed orange juice is probably the fastest way to accomplish this task, although it is best not to mix urine with other foods or drinks or to take it within an hour before or after eating.

Urine Therapy is Nature's own Perfect Medicine

“When you drink urine, it will eventually come back out again and be much more concentrated, which could lead to gut

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problems,” he says. “The kidneys will have to work hard to filter out all ...

Please can everyone stop drinking their own urine? - BBC Three

Sep 07, 2020 urine therapy how to drink your own urine

Posted By Nora RobertsMedia Publishing TEXT ID 24116f68

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However, the poisonous substance becomes irrelevant in the

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practice of drinking urine, as urine is not immediately put back in the bloodstream. Be that as it may, urine therapy consists of two...

Urine Therapy: The health benefits of imbibing your own ...

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

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