

# Urine Therapy and Periodic Cleansing of the Body for Health and Enjoyable Longevity

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### Editorial

We are self-organized systems, which have the ability to self-repair or self-fix themselves. How to activate the self-organization? The answer is - by closing the cycle. We drink water and other liquids and the urine is the waste product of our body functioning. To close the cycle means to start drinking the first urine – one 200 ml glass every morning (before breakfast, of course). By doing this we are raising a red flag: Attention, the body is malfunctioning, turn on the self-regulation [1]. To turn on the self-regulation mechanisms of your body, you must of course drink your own urine - don't fall in the traps of companies trying to sell you products made from their urine.

Urine therapy has been used as a way to fix health problems for millennia. They didn't have and didn't need explanation how it works – they just knew from experience that it works. At the age of 60, my energy level was very low – I was barely dragging my feet, I couldn't make a step without pain and I couldn't open a jar - I had severe arthritis. Maybe you will say it is an old-age problem, but I have the proof that it was congested-body problem. We know that we need to change the filters of our cars and houses, if we want them to run properly, why we never think that we need to flush our body, if we want it to function properly. Flush the body and it will run like new – here is the proof of it [1].

We all have parasites, but when we are young and our body is strong, the strong body can keep the parasites under control. With the aging, our body get clogged and slow functioning and the parasites take over. So, I decided to get rid of the parasites first. I did the parasite cleansing described in the last chapter "Flushing Our Body Clean" of my book "Delicious Herbal and Folk Remedies" [1]. I combined the parasites cleansing with urine therapy to turn on the self-regulating mechanism of the body. Do not expect fast results. Just think how many years it took for the body to get congested, expect to take time to get clean [1].

It took three months of cleansing to feel the difference. Before flushing my body clean my energy level was very low – I could barely cut the grass of ½ of the yard and leave the rest for another time. After I did the cleansing of my body, the pain of my body disappeared, and my energy went up. I would finish cutting the grass of the whole yard and I felt I have energy to do another yard. This proves that my low energy, pain, and arthritis was not an old-age problem, it was congested body problem – after I flushed the body, it started to run like new [1]. I started running everywhere I go, the way I used to when I was 20 years younger.

The oldest man that lived on Earth, and we have written records about it, lived in China and died at age 256 years. Everything was documented since birth. He received 3 certificates from the Chinese government that he was most long-living man on Earth – one at age 150, second one – at age 200, and third one at age 250. When they asked him, what is the key to his longevity, his answer was short – "inner peace and periodic cleansing" [2]. So, periodic cleansing is essential, if we want to be healthy and live a long life – a healthy life that we can enjoy. A crucial part of this cleansing is the urine therapy, which activates the self-regulating mechanisms of the body.

Thus, when speaking of longevity, it is not only important how long we live, it is important to be healthy and able to enjoy the life we live!

### References

1. M. Kuman, *Delicious Herbal and Folk Remedies*, Health and Happiness Books, 1993.
2. M. Kuman, *Ancient Wisdom and Modern Science about Health and Happiness*, Health and Happiness Books, 1999.

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