

# golden fountain the complete guide to urine therapy

Golden Fountain: The Complete Guide to Urine Therapy

**golden fountain the complete guide to urine therapy** may sound unusual at first, but it's a subject that has fascinated and intrigued people for centuries. Urine therapy, sometimes called urotherapy, involves using one's own urine for medicinal or cosmetic purposes. While this practice might raise eyebrows in modern society, it has deep roots in various ancient cultures and holistic healing traditions. If you're curious about what this therapy entails, how it works, and whether it's worth exploring, this comprehensive guide will walk you through everything you need to know about golden fountain the complete guide to urine therapy.

## Understanding Urine Therapy: What Is It?

Urine therapy is the practice of using urine externally or internally to promote health and healing. Historically, it has been recommended in traditional Indian Ayurveda, ancient Chinese medicine, and even some European folk remedies. The term "golden fountain" is often used to describe urine's purported healing qualities, symbolizing its potential as a natural remedy.

Urine is a complex biofluid composed of water, electrolytes, urea, hormones, and trace amounts of other compounds. Advocates claim that these substances can help detoxify the body, improve the immune system, and even aid in treating certain skin conditions and infections.

## The Origins and Historical Context of Urine Therapy

The idea of urine as a healing agent is not new. In Ayurveda, a practice called "Shivambu Kalpa" involves drinking one's own urine for rejuvenation and longevity. Ancient Egyptians and Greeks reportedly used urine to treat wounds and skin ailments. Even during the Middle Ages, urine was sometimes applied as a disinfectant.

This rich historical background contributes to the allure of golden fountain the complete guide to urine therapy, encouraging modern enthusiasts to revisit and reconsider these age-old practices.

## How Does Urine Therapy Work?

The science behind urine therapy is a topic of ongoing debate. While Western medicine generally dismisses urine as waste, proponents argue that urine contains antibodies,

hormones, and nutrients that can stimulate the body's natural healing processes.

When used topically, urine's urea content can act as a natural moisturizer and exfoliant, which explains its use in treating skin conditions like eczema or acne. Some people also believe that the hormones and enzymes present in urine can support immune function when ingested in small amounts.

## Methods of Urine Therapy

Golden fountain the complete guide to urine therapy often highlights several common methods:

- **Oral Consumption:** Drinking one's own urine in measured amounts, often starting with small sips.
- **Topical Application:** Applying urine directly to the skin to treat wounds, burns, or skin conditions.
- **Nasal Irrigation:** Using diluted urine as a nasal rinse for sinus infections.
- **Eye Drops:** Some practitioners use sterilized urine in the eyes to soothe irritation, though this is more controversial and requires caution.

Each method carries its own set of recommendations and precautions, which should be carefully considered.

## Potential Benefits of Urine Therapy

Supporters of golden fountain the complete guide to urine therapy often report a variety of benefits. While scientific evidence remains limited, anecdotal experiences suggest several positive effects:

### Detoxification and Immune Support

Many believe that consuming one's own urine helps the body eliminate toxins more efficiently and boosts immune function by reintroducing antibodies and beneficial compounds.

### Skin Health

Urine's urea and ammonia content may promote skin hydration and healing, making it useful for conditions like acne, eczema, psoriasis, and minor cuts or burns.

## **Digestive Aid**

Some users claim that small amounts of urine can help balance gut flora, improve digestion, and reduce gastrointestinal discomfort.

## **Cost-Effective and Natural Treatment**

Since urine is free and readily available, it presents an attractive option for those seeking natural remedies without the expense of pharmaceuticals or commercial skincare products.

## **Risks and Considerations: What You Should Know**

Despite the potential benefits, golden fountain the complete guide to urine therapy also comes with risks and important considerations:

### **Hygiene and Safety Concerns**

Urine is typically sterile when it leaves the body, but contamination can occur. Using urine from an infected individual or applying it to open wounds without proper care can lead to infections.

### **Medical Conditions and Medication**

Individuals with urinary tract infections, kidney problems, or those taking medications should avoid urine therapy, as harmful substances may be present in their urine.

### **Lack of Scientific Validation**

While historical and anecdotal evidence exists, modern clinical studies supporting urine therapy's effectiveness are scarce. It should not replace conventional medical treatment, especially for serious conditions.

## Psychological Barriers

Many people find the idea of using urine uncomfortable or unappealing, which can affect adherence and overall experience.

## Getting Started with Golden Fountain the Complete Guide to Urine Therapy

If you're intrigued and considering trying urine therapy, it's important to approach it thoughtfully:

1. **Consult a Healthcare Professional:** Discuss your interest with a doctor, especially if you have underlying health issues.
2. **Start Small:** Begin with topical applications or minimal oral intake to monitor your body's response.
3. **Maintain Cleanliness:** Use fresh urine collected in a sterile container and practice good hygiene.
4. **Observe Your Body:** Track any changes in symptoms or side effects and discontinue use if adverse reactions occur.
5. **Educate Yourself:** Read reliable sources and communities focused on urine therapy to learn from others' experiences.

## Preparation Tips for Urine Therapy

- Collect the first morning urine, which is believed to be the most concentrated and potent.
- Use a clean container and avoid storing urine for long periods.
- If applying topically, cleanse the skin area before use.
- For oral intake, start with small sips and increase gradually if desired.

## Integrating Urine Therapy with Holistic Health Practices

Golden fountain the complete guide to urine therapy doesn't exist in isolation. Many who practice it combine urine therapy with other natural health approaches such as:

- Detox diets and fasting
- Yoga and meditation
- Herbal supplements and natural skincare
- Hydration and balanced nutrition

This holistic perspective enhances the body's ability to heal, promoting wellness from multiple angles rather than relying on a single treatment.

## **Exploring the Cultural and Spiritual Dimensions**

Beyond physical health, some practitioners view golden fountain the complete guide to urine therapy as a spiritual practice. In certain traditions, it symbolizes a return to natural cycles, self-reliance, and deep connection with the body. Engaging with urine therapy can be an opportunity for mindfulness and self-care, encouraging a more intimate understanding of one's own health and vitality.

While this aspect is more subjective, it adds a meaningful layer to the therapy's appeal for many users.

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Whether you approach golden fountain the complete guide to urine therapy with curiosity or skepticism, it's important to gather information and proceed responsibly. This ancient practice continues to spark conversation about natural healing options, offering an alternative perspective on health that challenges conventional boundaries. For those willing to explore, urine therapy might open doors to unique insights about the body's resilience and the surprising potential hidden within everyday substances.

## **Frequently Asked Questions**

### **What is 'Golden Fountain: The Complete Guide to Urine Therapy' about?**

'Golden Fountain: The Complete Guide to Urine Therapy' is a comprehensive book that explores the practice of urine therapy, detailing its history, methods, benefits, and potential applications for health and healing.

### **Who is the author of 'Golden Fountain: The Complete**

## **Guide to Urine Therapy'?**

The book was written by Coen van der Kroon, a Dutch author and advocate of natural health therapies, particularly urine therapy.

## **What are the main health benefits claimed in 'Golden Fountain' regarding urine therapy?**

The book claims that urine therapy can help detoxify the body, boost the immune system, improve skin conditions, aid in healing wounds, and support overall wellness.

## **Is urine therapy safe according to 'Golden Fountain: The Complete Guide to Urine Therapy'?**

The book argues that urine therapy is generally safe when practiced correctly, emphasizing the need for proper hygiene and understanding of the methods to avoid any potential risks.

## **How does 'Golden Fountain' suggest starting urine therapy for beginners?**

'Golden Fountain' advises beginners to start with small amounts of urine ingestion or topical application, gradually increasing usage while monitoring the body's response.

## **Does 'Golden Fountain' provide scientific evidence supporting urine therapy?**

While 'Golden Fountain' includes anecdotal evidence and historical references, it acknowledges that scientific research on urine therapy is limited and encourages readers to consider both traditional knowledge and modern perspectives.

## **What types of urine therapy methods are detailed in 'Golden Fountain'?**

'Golden Fountain' covers various methods including drinking urine, applying it topically to the skin, nasal irrigation, and other therapeutic uses.

## **Can 'Golden Fountain: The Complete Guide to Urine Therapy' be used as a medical reference?**

The book is intended as a guide for alternative health and personal experimentation rather than a substitute for professional medical advice; readers are encouraged to consult healthcare professionals before starting urine therapy.

# Additional Resources

Golden Fountain: The Complete Guide to Urine Therapy

**golden fountain the complete guide to urine therapy** explores an unconventional and often controversial health practice that has intrigued alternative medicine practitioners and curious individuals alike. Urine therapy, sometimes referred to as uropathy, involves the use of one's own urine for medicinal or cosmetic purposes. This guide delves into the origins, purported benefits, scientific scrutiny, and practical considerations surrounding this practice, providing a balanced and professional examination of its place in the modern wellness landscape.

## Understanding Urine Therapy: Origins and Historical Context

Urine therapy is far from a contemporary trend; its roots stretch back thousands of years across various cultures. Historical records suggest that ancient civilizations in India, China, Egypt, and Greece experimented with urine for healing purposes. In Ayurvedic medicine, for example, “amaroli” or urine therapy is documented as a holistic treatment. Similarly, traditional Chinese medicine references urine's potential in detoxification practices.

The term “golden fountain” is often used metaphorically to describe the healing properties attributed to urine, emphasizing its value beyond a mere waste product. This historical backdrop sets the stage for understanding why some individuals continue to embrace urine therapy despite skepticism from mainstream medicine.

## What Is Urine Therapy?

At its core, urine therapy involves using one's urine in various ways—drinking small quantities, applying it topically, or even using it for nasal irrigation. Proponents argue that urine contains beneficial compounds such as urea, hormones, enzymes, and antibodies, which may promote healing or rejuvenation.

The practice is generally divided into two categories:

- **Internal use:** This includes drinking fresh or aged urine, sometimes diluted with water.
- **External use:** Application of urine on the skin to treat wounds, acne, or other dermatological conditions.

Despite its unconventional nature, urine therapy has garnered a niche following, often

intersecting with holistic and natural health movements.

## **Scientific Perspective and Health Implications**

From a scientific standpoint, urine is primarily a waste product composed of water, salts, and metabolic byproducts filtered by the kidneys. While it does contain trace amounts of hormones and immune factors, the concentration and efficacy of these components when reintroduced to the body remain subjects of debate.

## **Potential Benefits Explored**

Some advocates claim urine therapy can:

- Boost the immune system by reintroducing antibodies.
- Enhance skin health through topical application of urea, a known moisturizing agent.
- Support detoxification processes.
- Alleviate chronic conditions such as arthritis or allergies.

However, robust clinical evidence validating these benefits is scarce. A few small-scale studies have examined urea-based creams for dermatological use, which is a medically accepted practice. Yet, the ingestion of urine or its broader therapeutic claims lacks comprehensive scientific endorsement.

## **Risks and Concerns**

Medical professionals caution against urine therapy due to:

- Risk of infection from bacteria or pathogens present in urine, especially if the individual has underlying health issues.
- Potential accumulation of toxins or harmful substances, as urine reflects bodily waste.
- Possible allergic reactions or skin irritation upon topical use.
- Psychological effects stemming from the practice's unconventional nature.

It is crucial to note that urine is sterile only at the point of production in the kidneys; once excreted, it can contain microorganisms. Therefore, hygiene and safety are paramount concerns.

## Golden Fountain: Practical Guidance and Usage Methods

For those intrigued by golden fountain the complete guide to urine therapy, understanding practical applications is essential. The methods vary based on personal preference and intended outcomes.

### Internal Consumption Techniques

Some practitioners advocate for:

1. **Fresh Urine Drinking:** Consuming freshly voided urine, often in small quantities (10-50 ml), typically in the morning when it's considered most potent.
2. **Aged Urine:** Allowing urine to ferment for several hours or days before consumption, believed to increase its therapeutic properties.
3. **Dilution:** Mixing urine with water to reduce taste and potential irritation.

While these approaches are common within urine therapy circles, they should be approached cautiously and under informed guidance.

### External Application Methods

Topical use is generally considered safer and includes:

- Applying urine directly to minor cuts, abrasions, or acne to harness urea's moisturizing and antimicrobial effects.
- Using urine-soaked cloths as compresses for skin conditions.
- Incorporating urine into homemade skincare routines, sometimes combined with other natural ingredients.

Clinical dermatology acknowledges urea's benefits in topical creams, which lends some

credibility to this aspect of urine therapy.

## Comparative Analysis: Urine Therapy vs. Conventional Treatments

Evaluating golden fountain the complete guide to urine therapy against established medical treatments highlights significant contrasts.

- **Evidence Base:** Conventional medicine relies on rigorous clinical trials and standardized protocols, whereas urine therapy is mostly supported by anecdotal reports and traditional beliefs.
- **Safety Profile:** Pharmaceutical and dermatological products undergo safety testing; urine therapy's safety is less documented and can vary widely based on individual health and hygiene.
- **Accessibility:** Urine therapy is cost-free and readily available, appealing to those seeking natural or low-cost alternatives.
- **Acceptance:** Medical communities largely do not endorse urine therapy, which may limit its integration into mainstream healthcare.

This comparison underscores the importance of informed decision-making when considering alternative therapies.

## Legal and Ethical Considerations

In some regions, promoting or practicing urine therapy may face regulatory scrutiny, especially if marketed with unsubstantiated health claims. Ethically, transparency about the limitations and potential risks is crucial to safeguard consumers.

## The Cultural and Psychological Dimensions

The persistence of urine therapy within certain cultural contexts reflects broader themes in health and wellness—trust in natural remedies, skepticism toward pharmaceuticals, and the quest for self-healing. Additionally, the psychological impact of engaging in such a practice can vary; some report empowerment and improved well-being, while others may experience discomfort or stigma.

This complex interplay suggests that golden fountain the complete guide to urine therapy is as much a social phenomenon as a medical one.

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In navigating the landscape of urine therapy, it becomes clear that this practice occupies a niche at the intersection of tradition, alternative health, and modern skepticism. While the allure of a “golden fountain” of healing is compelling, critical examination and awareness of scientific evidence and safety considerations remain essential. Whether embraced as a holistic approach or approached with caution, urine therapy continues to provoke discussion and curiosity within the wellness community.

## **Golden Fountain The Complete Guide To Urine Therapy**

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**golden fountain the complete guide to urine therapy: The Golden Fountain** Coen van der Kroon, 1996-10 Urine therapy is an ancient Eastern tradition that has recently gained popularity in the West as a natural alternative to modern drugs and surgery. Using the body's own natural antibodies, it can be used internally to relieve symptoms of tuberculosis, tumors, parasites, anemia, common colds, and allergies. It can also aid in external ailments including rashes, acne, boils, burns, and dry skin. 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 expanding their knowledge of urine therapy through other sources.

**golden fountain the complete guide to urine therapy: The Golden Fountain** Coen van der Kroon, 2022-08-01 “The most complete book on Urine Therapy to be published” -from the Foreword by Swami Pragyamurti Saraswati Practiced for thousands of years in the East, urine therapy - the application of your body's own urine as an agent for the promotion and management of good health - has gained popularity in the West as more people seek effective, affordable and holistic alternatives to modern medicines. Dutch auto-urine expert Coen Van der Kroon first encountered urine therapy when he cut his foot at an ashram in the mountains of India. Conventional antiseptics and treatments did nothing for the injury, and the infection steadily worsened until he was advised to wrap his foot in a cloth soaked in his own urine. To his great relief the treatment worked; the wound healed rapidly. This event served as an awakening for him, beginning his journey of learning and sharing the positive health benefits of urine therapy. Van der Kroon combines his years of research with a wealth of personal experience to document the history and implementation of urine therapy. He introduces and explains its fundamental principles, explores its history, lists many practical applications, and documents recent research and literature on the subject. Remarkably, the medicinal properties of urine have been shown to work as a natural remedy for a variety of bodily ills ranging from skin conditions to the common cold to cancer. Complete with an extensive bibliography and numerous illustrations, this user-friendly guide is a thorough primer for the curious, and an informative resource for those already versed in this practice and its benefits.

**golden fountain the complete guide to urine therapy: Education of Cancer Healing Vol. VII - Heretics** Peter Havasi, 2012

**golden fountain the complete guide to urine therapy: URINE THERAPY** Yoh Balse, 2024-06-27 This letter to humanity scans through the centuries old research on Urine Therapy,

giving you a quick, working and practical plan with it.

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**golden fountain the complete guide to urine therapy:** Pseudoscience and Extraordinary Claims of the Paranormal Jonathan C. Smith, 2011-09-26 Pseudoscience and Extraordinary Claims of the Paranormal: A Critical Thinker's Toolkit provides readers with a variety of reality-checking tools to analyze extraordinary claims and to determine their validity. Integrates simple yet powerful evaluative tools used by both paranormal believers and skeptics alike Introduces innovations such as a continuum for ranking paranormal claims and evaluating their implications Includes an innovative Critical Thinker's Toolkit, a systematic approach for performing reality checks on paranormal claims related to astrology, psychics, spiritualism, parapsychology, dream telepathy, mind-over-matter, prayer, life after death, creationism, and more Explores the five alternative hypotheses to consider when confronting a paranormal claim Reality Check boxes, integrated into the text, invite students to engage in further discussion and examination of claims Written in a lively, engaging style for students and general readers alike Ancillaries: Testbank and PowerPoint slides available at [www.wiley.com/go/pseudoscience](http://www.wiley.com/go/pseudoscience)

**golden fountain the complete guide to urine therapy:** **Drink Your Own Water** Tony Scazzero, 2023-01-19 There is too much sickness in the world and almost everyone needs to be healed from something. God has provided a natural way to re-balance ourselves. Urine therapy is a free medicine that can heal most ailments. It has been around for thousands of years and works both internally and externally. Many people will be incredulous to learn that their kidneys can produce a remedy for any malady. Drink Your Own Water brings a whole new meaning to the term Free Health Care.

**golden fountain the complete guide to urine therapy:** **The Universal Medicine** Art Corpus, 2014-11-14 Laughter is not the best medicine. If you have a weak heart, you can die laughing. But you cannot die by drinking your fresh urine--even if you have a weak heart. On the contrary, your weak heart will become strong because it will be cured of its disease that made it weak. Moreover, if you have other diseases, they will all be cured if you drink your fresh urine. This book will show you how this magic is done by urine. Urine is not a waste. It is a residue. Your body takes and uses the little nutrients it needs from the food and liquid you take. The residue is taken out of your body through your urine. Hence your urine is full of precious healthy nutrients. By drinking your fresh urine, you can give back to your body these nutrients that will cure and prevent all diseases. This book will tell you how this is done. Since urine is a medicine that is manufactured by your body, and since your body is made and designed by God, urine is truly God's medicine. That is why it is so effective and cures all diseases. For this reason, the wise people of India have been using for ages their urine to cure and prevent diseases. And also for this reason, they call urine Shivambu meaning water of Shiva, who is one of their major gods. Indeed, it is urine which is the best medicine--no other.

**golden fountain the complete guide to urine therapy:** *Extreme Cuisine* Jerry Hopkins, 2019-05-28 I could not have written A Cook's Tour without this book. There is so much I would have missed. So dig in. Enjoy... Eat. Eat adventurously. Miss nothing. It's all here in these pages. --From the Foreword by Anthony Bourdain Sit down for a meal with the locals on six continents--what they are eating may surprise you. Extreme Cuisine examines eating habits across the globe, showing once and for all that one man's road kill is another man's delicacy! I've tried to make this book a guide to how the other half dines and why. Over a period of twenty-five years I've augmented my meat-and-potatoes upbringing in the United States to try a wide variety of regional specialties, from steamed water beetles, fried grasshoppers and ants, to sparrow, bison and crocodile. I've eaten deep-fried bull's testicles in Mexico, live shrimp sushi in Hawaii, mice cooked over an open wood fire in Thailand, pig stomach soup in Singapore, minced water buffalo and yak butter tea in Nepal, stir-fried dog tongue, and five penis wine in China. --From the introduction by Jerry Hopkins Dive headfirst into food culture from around the world. Join author Jerry Hopkins on a culinary and

cultural tour as he explores foods that may seem bizarre, and often off-putting, to us. As he says, What is considered repulsive to someone in one part of the world, in another part of the world is simply considered lunch. Part travelogue, part cultural commentary and history, and part cookbook (yes, really), with Extreme Cuisine anyone can become an adventurous eater--or at least learn what it's like to be one. Chapters include: Mammals Reptiles & Water Creatures Birds Insects, Spiders & Scorpions Plants Leftovers

**golden fountain the complete guide to urine therapy: Strange Foods** Jerry Hopkins, 1999-11-15 This gastrological romp shares tales of gustatory tidbits from six continents. Weaving history and autobiography, author Jerry Hopkins regales with an array of startling facts about the world's eating habits. Strange Foods begins with rat tales from the Roman Empire and imperial China and continues on to stories from locales where rat remains a mouth-watering hors d'oeuvre or hearty entrée today. There are at least 40 serving suggestions for crocodile alone! And there are more than 250 photographs from acclaimed photographer Michael Freeman, whose aim is true and who eats what he shoots. This is gonzo food writing that's sure to change your mind, if not your palate.

**golden fountain the complete guide to urine therapy: Radiant Healing** Isabel Bellamy, Donald MacLean, 2005 A compendium of information covering various aspects of the subtle energies of Man. With illustrations and diagrams, this work presents an account of how our bodies and our world work and how our etheric, astral and mental bodies channel cosmic and earth energies through our meridians and chakras.

**golden fountain the complete guide to urine therapy: Foundations of Complementary Therapies and Alternative Medicine** Robert Adams, 2009-12-04 Looking for a comprehensive introduction to the field of complementary therapies and alternative medicine? This authoritative textbook will meet all your needs. Featuring perceptive case studies, study support material and resources for further reference, Foundations of Complementary Therapies and Alternative Medicine provides fascinating information about a broad range of approaches. Core content includes: - Introductions written by practising experts in the field - Basics of anatomy and physiology - Practical advice on working with clients and patients - Information on setting up your own practice - Discussion of ethics and codes of conduct - Study skill aids and professional development advice With coverage of theory matched by a firm grounding in practice issues, Foundations of Complementary Therapies and Alternative Medicine is a complete learning resource. It is a must-have book for all undergraduate and foundation degree students taking courses on complementary therapies, alternative medicine, holistic therapies, nursing, health and related subjects.

**golden fountain the complete guide to urine therapy: MYBYBLE** Carole Lynn Steiner, 2014-03 Mybyble gives you things that can be used today to save or improve health and lifestyles. A tip that lasts a lifetime is invaluable, especially considering the extended lifespan. Please refer back to Mybyble often. Cough to Get Your Heart Beating; Reverse/Prevent Brain Aging; Hot Flashes; Urine Heals Paper Cuts; Caraway Seeds for Nauseousness or Upset Stomach; Solutions during Pregnancy; Coconut Oil and Emu Oil to Open Hair Follicles; Help Regrow Hair; Wash the Face with Coconut Oil-not Soap; Acne/Rosacea; Vaginal and Penile Lubrication for Personal Relations; Cleaning Spots on Clothing with Distilled Water, which Leaves No Ring; Fix Hips, Jaw, Shoulders, Spine, Rib Cage; Short-term Memory Loss; Digestion, Circulation, Venous Insufficiency; Firm Back of Arm Flab; Isometrics for Nerve, Muscle, Tendon, Ligament Damage; Bladder and Kidneys Need Toning; Teeth (Remineralize Them); Gum Health; Tighten that Chin and Skin around Eyes; Sleep Aids; Weight Loss Made Easy; How to Interview an Investment Advisor; Margin: When If Ever; Never Eat Meat with Potatoes and never eat fruit AFTER food; Cervical Dysplasia/Class 2 Pap Smear; Chopsticks usable even with hand tremors; Pet Care/Nutrition; Peroxide for Plants and Gardening; Hum for Healthy Vocal Cords; Constipation/Elimination Details, concepts, and quick fixes that can be used for a lifetime and shared with others. I wish you well, and please smile and think of me when happily using a Mybyble tip and someone tells you, Wow! You should write a book!

**golden fountain the complete guide to urine therapy: Bacchic Medicine** Harry W. Paul, 2016-09-27 Wine has always been a part of popular medicine. Bacchic Medicine analyses the historical role of wine in the treatment of disease and preservation of health. The Hippocratic texts gave wine therapy a canonical statement over two millennia ago; but the nineteenth century was the golden age of alcohol and wine therapy. The Germans and the British gave us early canons of wine therapy and, heavily endowed with wine cultural capital, the French followed. But like all therapies, alcohol and wine therapies were not without danger and some of the 'iatrogenic' tales are still with us. In the twentieth century, many doctors rallied to the defence of wine both as a substitute for more dangerous alcoholic drinks and as an efficacious medicament, with an impressive case for the efficacy of wine in fighting bacteria, heart disease and cancer. New science based on animal models and ionic theory fortified their arguments. According to the controversial 'French Paradox', wine drinking makes it possible for a population to enjoy a high fat diet yet suffer little. Bacchic Medicine also discusses the contemporary debate over the role of alcohol and wine in preventive medicine.

**golden fountain the complete guide to urine therapy: *Urine the Holy Water*** Harald Tietze, 2002

**golden fountain the complete guide to urine therapy: Liberating Yourself from Lyme** Vir McCoy, Kara Zahl, 2020-12-29 Learn to understand what your body is telling you and discover the optimum treatment path for your unique Lyme symptoms • Shares the authors' 10-year journeys to overcome chronic Lyme and details their successful healing protocol • Reveals how to increase your sensitivity to what your body is telling you to discover remedies and healing actions for your individual symptoms • Explores the antibiotics, herbs, diet, exercise, beliefs, immune health, and self-healing meditations that the authors used for a complete healing For some people, recovering from a Lyme disease infection can become an endless battle with physical, mental, and neurological symptoms, especially if it's not diagnosed early. After they both contracted Lyme in 2001, Vir McCoy and Kara Zahl embarked on standard antibiotic protocols. Soon they both began to have intuitive or sensory impressions about specific remedies their bodies needed, the nature of the disease, and why they were chronically ill. Backing up their intuitive impressions with scientific evidence, they developed a protocol that brought them each a full recovery after nearly 10 years battling chronic Lyme. In this medical intuitive approach to Lyme, the authors share their personal Lyme journeys and their integrative healing protocol that bridges the scientific and the spiritual. They explore the peculiarities of Lyme disease, including how Lyme is often misdiagnosed, giving it time to establish itself deep within the body's organs and nervous system, and examine in detail new and standard remedies, with thorough scientific references. They share the spiritual/psychological strategies they successfully employed against Lyme and its coinfections and explain how to increase your sensitivity to what your body is telling you to discover natural remedies and healing actions unique to your individual symptoms. Outlining a program of herbs, diet, and exercise that can work in tandem with traditional Lyme treatments, they also explore how to help the body get rid of this pathogen that possesses an incredible ability to adapt to various treatments and thwart their effectiveness. Expanding beyond Lyme, the authors offer self-help meditations to help you heal on a deeper level and explain how to access the "holographic medicine chest" to draw on for stronger immunity, energetic healing, and support at any time.

**golden fountain the complete guide to urine therapy: Medicine Balls** Phil Hammond, 2008-09-15 This is the popular best-seller in a revised and updated new edition. The world is full of TV doctors, but only Dr Phil has appeared on Have I Got News For You seven times and Countdown nineteen times, a true mark of greatness (whatever Lord Winston says). He is also Private Eye's medical correspondent and possibly the only comic to have appeared at a Public Inquiry. Dr Phil (46, Capricorn) has worked in the NHS for twenty years but only used it twice. He takes no drugs (apart from Australian Shiraz) and has never knowingly been Rolfed. So how does he remain so healthy? And what sort of Doctor is he? Here, at last, are transcripts of his most life-enhancing consultations and comedy, including 89 Minutes to Save the NHS.

**golden fountain the complete guide to urine therapy: *Terapi Auto Urin*** (Tanya Jawab & ...) ,

**golden fountain the complete guide to urine therapy:** The Spiritual Life of Water Alick Bartholomew, 2010-11-18 Water's wisdom on renewal, communication, and holism • How water, as a conscious organism, unites all of creation in one vast communication network • Includes the research of Masaru Emoto and Viktor Schauberger • Discusses the energetics of water, water treatments, finding the best-quality water, and the perils of bottled and distilled water Once held sacred the world over, water contains a wisdom few today acknowledge. Driving everything from our metabolic processes to weather patterns and climate change, its real significance lies in its role as a medium for metamorphosis, recycling, and exchanging energy and information. Seeking a return to our ancestors' reverence for water, Alick Bartholomew explores water's sacred uses, its role in our bodies and environment, and the latest scientific studies to reveal that water is a conscious organism that is self-creating and self-organizing. Examining new discoveries in quantum biology, he shows how water binds all of life into one vast network of energy, allowing instant communication and coherence. Covering the research of water visionaries such as Viktor Schauberger, Mae-Wan Ho, and Masaru Emoto, he examines the memory of water and reveals how the same water has been cycling through Earth's history since the dawn of time, making water nature's greatest recycling and reclaiming agent. With information on the energetics of water, water treatments, finding the best-quality water, and the perils of bottled and distilled water, this book offers us a path to reclaim the spirituality of water.

**golden fountain the complete guide to urine therapy: Craving for Ecstasy and Natural Highs** Harvey B. Milkman, Stanley G. Sunderwirth, 2009-06-17 A new edition of a bestselling book which presents a positive approach to various types of addictions

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