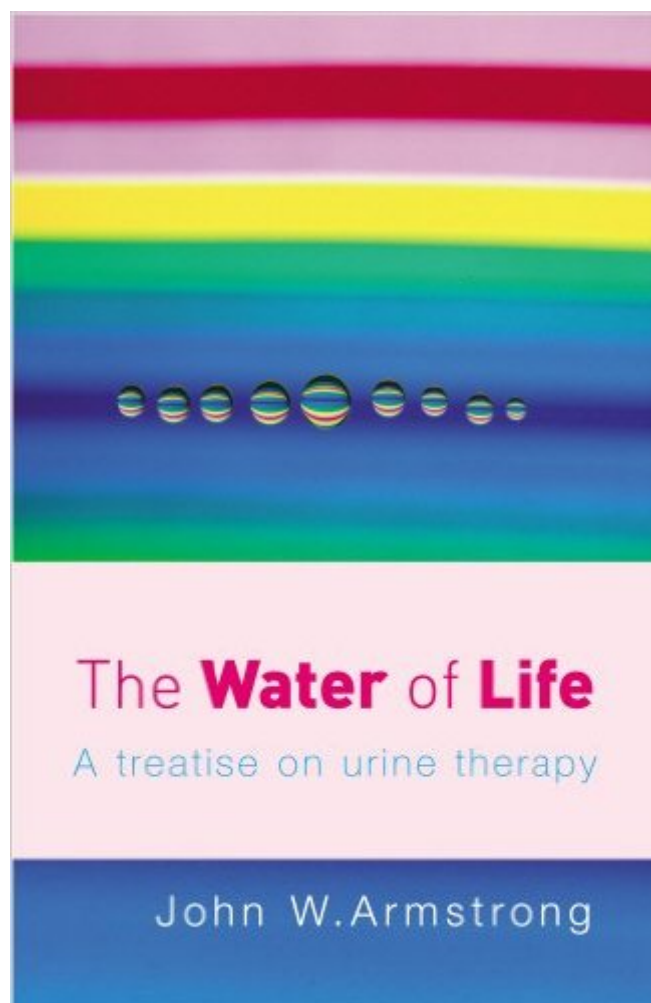


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# The Water Of Life: A Treatise On Urine Therapy



## Synopsis

In this revolutionary treatise, J.W. Armstrong puts the compelling case that all diseases (except those caused by traumatism or structural disorders) can be cured by one simple means. The therapy is an entirely drugless system of healing that treats the body as a whole. Moreover, the only ingredient needed is a substance manufactured in the body itself, rich in mineral salts, hormones and other vital substances, namely human urine. It may seem strange to take back into the body something that the body is apparently discarding. Yet the theory is similar to the natural practice of organic composting. Fallen leaves, when dug back into the soil, provide valuable mineral salts to nourish new plant life. The same principle holds true for the human body.

## Book Information

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## Customer Reviews

THE WATER OF LIFE : A Treatise on Urine Therapy by John W. Armstrong. Saffron Walden, Essex : The C. W. Daniel Co.Ltd., 2nd Edition 1971, Twelfth Impression, 1998. Since its first publication in 1945, 'The Water of Life' has achieved something of the status of a classic. Having just finished reading it, I can understand why. Armstrong, who was a British naturopath, was a very modest man who never intended to write his book. But after repeated requests, and after considering that he had a duty to his fellow men and women to reveal the details of the miraculous therapy he had discovered, he went ahead, and we should all be intensely thankful that he did. The book is a goldmine of good sense, practical advice, brief though fascinating case studies, and astute observations on a wide range of matters. His discovery - or perhaps rediscovery is a better word, since urine therapy was and is known and practised in many cultures and is even known to the

animals - came about in a curious way. As a young man he suffered from consumption, had been passed through the hands of a whole slew of orthodox medical practitioners, none of whom had been able to cure him, and some of whom made his condition worse. But he seems to have been a religious man, and one day, while pondering Proverbs V.xv : "Drink waters out of thine own cistern, and running waters out of thine own well," he had a flash of inspiration which led him to link this passage with a few tales he'd heard about the curative properties of urine. Could this reference to "waters," he wondered, be a reference to the body's own water - urine? Having nothing to lose, he decided to give it a try.

My first impression of this book was unfavorable, as I was surprised the author's introduction was dated 1944, when I was expecting a book published in 2005 to be 'modern'. The book is about the accomplishments of a healer who worked between 1918 and 1944 . I quickly found this book to be one of the most extraordinary accounts of healing I have ever read. Most of the book is comprised of case histories of extremely sick people that healed themselves with the guidance of John W. Armstrong. People found their way to Armstrong after being abandoned by their doctors and other healers and told to go home to die, or they refused the conventional surgeries for fear of death. People recovered from gangrene, tuberculosis, kidney failure, kidney stones, breast cancer, pancreatitis, leukemia, burns, malaria ( of 40 cases treated, 40 went in to complete remission ) and many other diseases and injuries that had advanced to life threatening status. Non life threatening conditions are addressed, including treatment of the common cold, gum disease, and skin disorders. Part of the book is devoted to how he came to heal himself, and the rationale for his therapy. Armstrong's method of self healing involved removal of all medicines and fasting for five to up to forty five days. The patients drank water and most of their own urine. Urine was also used to massage into people's skin. It turns out urine is a sterile solution of minerals, vitamins, hormones , living cells, etc., that can have profound healing qualities when used externally and or internally. I wonder if the medical use of urine was somehow a selective advantage that got us naked apes to where we are today !

The first I ever heard of this came about when Gandhi endorsed the practice for wellness in either a book or movie (I forget which) some years ago. It startled me somewhat at the time. However, I've since seen the practice recommended in movies made in the Far East, in books about English sailors who traveled the world, and in accounts of people who survived disasters of various kinds and drank their own urine in the absence of potable water until rescue. The book is quite interesting

and even persuasive, but the language is dated. Some of the illnesses do not readily correspond to modern terms. While I was grateful to read the book, it left me wishing for a more modern treatment of the therapy with some scientific studies to support it. While I recommend reading this book, I also recommend Martha M. Christy's "Your Own Perfect Medicine," and "Urine Therapy" by Flora Peschek- Bohmer and Gisela Schreiber. While there is some overlap in the two latter books, there is also much that isn't contained in both. The Christy book also has a number of recent studies done by reputable clinics and doctors in the US and Europe. I expect to see more good studies about it in the future. I have celiac disease and many allergies, and I have been diagnosed with SLE and suffered nerve pain, rheumatoid arthritis and other autoimmune diseases. For these I have taken quite a few prescribed and OTC medications and supplements, desensitization injections, and even used HEPA filters on my windows coupled with showers (and washing hair) and rinsing my clothes after coming indoors during pollen season; I have avoided the typical foods that are listed as "oral allergies" through the tree, grass, and weed pollen seasons.

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