

THE GOLDEN
SECRET TO HEALTH

Urotherapy



THE GOLDEN SECRET TO HEALTH

Urotherapy

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THE GOLDEN SECRET TO HEALTH *Urotherapy*

INTRODUCTION

God designed our bodies so perfectly that even without the intervention of conventional Western medicine, it can function normally. It is equipped with many amazing systems that we often take for granted. And some we are not even aware of yet.

It has a system regulating bodily functions and allowing us to interact with our environment. It also has a system that enables efficient around-the-clock transport of essential nutrients, hormones, and waste products that happens even without us thinking about it.

Our bodies can also eliminate toxins naturally and even fight off disease! Would it not make sense that it was also equipped with a self-healing mechanism to heal the body from anything that would damage it?

In this eBook, we will go in-depth into one of the lost arts of natural healing – urotherapy.

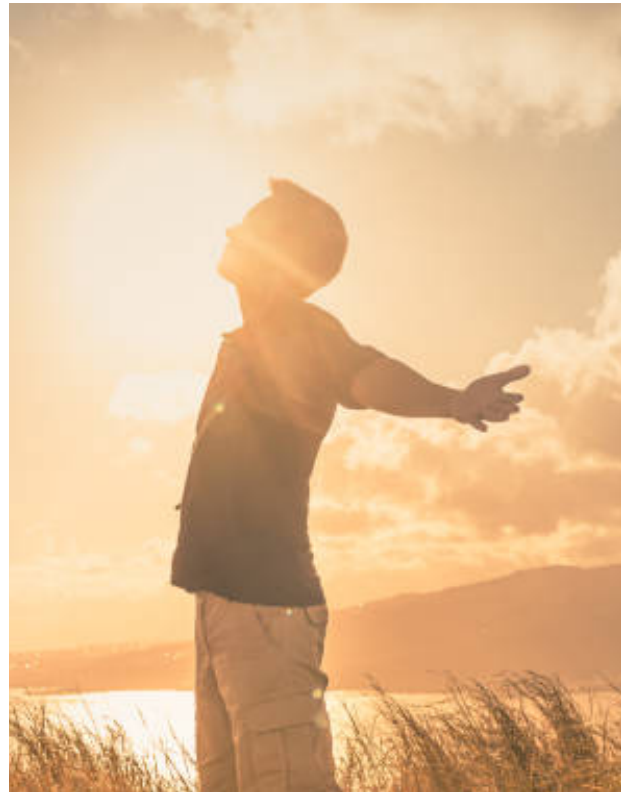
You will learn that urotherapy is an art of natural medicine that has been used effectively for thousands of years.

Urine has amazing healing properties – backed by numerous, buried scientific studies – that dispel the myths promoted by the Big Pharma-funded medical establishment and repeated by the Big Pharma-sponsored corporate media.

In fact, Big Pharma is using compounds found in urine to create many of their drugs! And the skincare industry is also using urine-based ingredients in their most effective products!

You will also learn about the diseases that urotherapy is proven to reverse completely and the modern medical myths surrounding urine. Furthermore, this eBook will also reveal some of the hidden ancient texts on the use of urine – Shivambu Kalpa Vidhi (The Method of Drinking Urine in Order to Rejuvenate).

Join me in this eBook as we embark on a journey of learning one of the lost secret arts of healing and how you would be able to apply this to your very own lives.



CHAPTER ONE

*Urotherapy
Throughout the Ages*



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12th - 2nd Century BC

This period was a time of significant historical, cultural, and societal developments. Some notable events during this period were the Trojan War in the 12th Century BC, the Founding of Rome in the 8th Century BC, and the founding of the Persian Empire in the 6th-4th BC, among many things.

Teeth Whitening and Cleansing Properties of Urine

People already used urotherapy as a type of mouthwash during this era. Old records reveal that it gave early civilizations a whiter smile and a great way to remove stains and plaque from their teeth. The Egyptians used urine medicinally, as evidenced by their hieroglyphics.

Urine contains a chemical compound called ammonia, composed of two elements: nitrogen (N) and hydrogen (H). Modern scientific studies show that ammonia is very effective in removing stains.



Notably, experts also note that a Bible passage also seems to hint at the beneficial use of urine in the Book of Proverbs 5:15 states, *“Drink water from your own cistern, flowing water from your own well.”*

Urotherapy in Ancient Greece

In Ancient Greece (8th Century BC- 6th Century BC), records reveal that they used urine externally to heal the wounds of their warriors. In Ancient Rome, they used urine to treat wounds, dog and snake bites, skin diseases, eye infections, burns, and scars.

Urotherapy in Ancient Rome

Urine was so valuable in Ancient Rome that the Roman Emperor Vespasian levied taxes on every drop collected in public toilets and urine jars. Urine jars are large stone jugs placed on street corners of Ancient Rome and played a vital role in their health and economy.

The textile industry used urine collected from jars to clean and dye textiles. Urine was also used in the tanning of leather to soften and preserve animal hides and was even vital in laundry due to urine's ammonia content.



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The 18th Century

The period when several notable historical events took place, such as the Age of Enlightenment, the American Revolution, the French Revolution, the Industrial Revolution, scientific advances, and the Age of Exploration and Colonization, among many other things.

During this Century, German and French doctors praised urine as a valuable mouthwash with amazing cleansing and whitening properties, similar to the discovery of civilizations during the 12th - 2nd century BC.

The same group of German and French doctors found urine to be effective in curing the following health conditions:



- **Jaundice** – the yellowing of the skin, eyes, and mucous membranes caused by the liver’s inability to process bilirubin effectively.
- **Rheumatic Disorders (rheumatic disorders or musculoskeletal disorders)** – are conditions that affect the joints, muscles, bones, and other connective tissues in the body.
Some common rheumatic disorders include rheumatoid arthritis, osteoarthritis, systemic lupus erythematosus (SLE), Sjögren’s Syndrome, fibromyalgia, and psoriatic arthritis, among other things.
- **Gout** – a type of inflammatory arthritis caused by the buildup of uric acid crystals in the joints. Gout normally affects one joint at a time, often the big toe, causing sudden and severe pain, swelling, and redness in the affected area.
- **Dropsy** – the old medical term for Edema. It is characterized by the swelling of body tissues due to an accumulation of fluid.
- **Sciatica** – a term used to describe pain that radiates along the path of the sciatic nerve, which is the longest nerve in the body. Sciatica occurs when there is irritation, compression, or inflammation of the sciatic nerve or its roots in the spinal cord
- **Asthma** – a chronic respiratory condition that affects the airways in the lungs. It causes inflammation, narrowing of the airways, and increased sensitivity to certain triggers, which can result in difficulty breathing. People with asthma often experience recurring episodes of wheezing, coughing, shortness of breath, and chest tightness



Grossen Vollständigen Universallexikon

A German encyclopedia written by Johann Heinrich Zedler in 1747 that regarded urine as an amazing substance that has both strengthening and curative effects when used externally or internally.

According to the encyclopedia, others mix urine with other substances to cure different ailments, such as:

- Old urine mixed and heated with potato and sulfur can help against hair loss when the mixture is applied to one's scalp.
- A mixture of lightly boiled urine and honey can heal any kind of eye injury.
- Throat inflammation can be cured by gargling a mixture of urine with saffron.
- Trembling hands and knees can be helped by washing and rubbing one's own warm urine onto the affected area after one has urinated.

The 20th Century (1901 - 2000)

People regard this century as a period of immense change and innovation that reshaped the world. Some notable events that occurred during this century include World War I and World War II, the development of computers and the World Wide Web, space exploration, and the advancement of women's rights, among many other things.

In-Depth Studies on the Benefits of Urine

During this century, several in-depth studies on the benefits of urine arose, such as:

- **Professor Jean Rostand** – discovered that urine contained vital adrenal and sexual hormones.

The adrenal glands produce adrenal hormones. These hormones are crucial in the body's physiological processes, including metabolism, stress response, blood pressure, and the immune system.

- **Dr. T. Wilson Deachman** – recognized the enormous value of urine as a self-healing feature of the human body. He says, "What cannot be cured by the forces of the body cannot be cured by forces outside the body."

He also revealed case studies showing that cancerous growth in the human body was completely stopped by simply applying one's urine in the form of a compress and consumption.

Urine was also recognized as "one of the finest antiseptics." Antiseptics are substances that are used to disinfect and inhibit the growth of microorganisms, such as bacteria, viruses, and fungi, on living tissues or surfaces. They are primarily used to reduce the risk of infection and promote healing.



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Urine and Cancer

- **Albert Szent Gyorgi** – In the 1960s, he was awarded a Nobel Peace Prize for isolating 3-methyl glyoxal in urine, a substance that is known to destroy cancer cells.

This led to the internal and external application of urine to destroy and/or mitigate the risk of developing cancer of any kind.

Urine and Smallpox/Measles

In the 1940s, doctors in Germany gave urine enemas to children exposed to measles or smallpox. The case study revealed that children who were administered the urine enemas were shown to have a milder form of the illness as compared to those who did not receive the urine enema.

Measles, also known as rubeola, is a highly contagious viral infection caused by the measles virus. It is characterized by fever, cough, runny nose, and a distinctive red rash that usually starts on the face and spreads to the rest of the body. Measles can lead to serious complications, especially in young children and individuals with weakened immune systems. It can cause pneumonia, encephalitis (brain inflammation), and even death.

Urine and Pregnant Women

Urine plays a vital role in pregnancy, especially in keeping the baby alive and the baby's physical growth and development. Little do we know, the first time we ever had a sip of our own urine was when we were in our mother's womb.

Fetuses in the womb rely on the amniotic fluid in order to develop their lungs. It was found that fetuses literally breathe this fluid into the lungs, and without this fluid, the lungs would not be able to develop properly.

Surprisingly, the urine of the fetus is the most important component of the amniotic fluid!

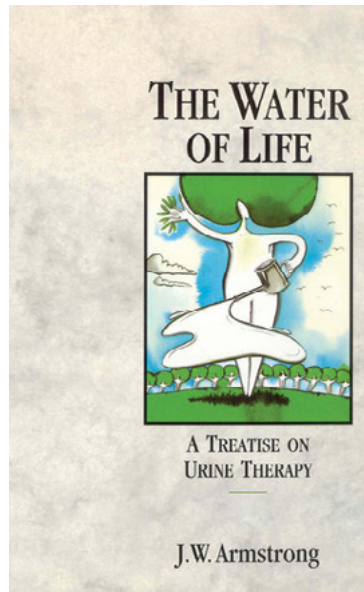
It was also discovered that surgery carried out in the womb does not leave a scar. This is because the amniotic fluid and the urea ensure perfect healing of every wound within the womb.





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The Water of Life: A Treatise on Urine Therapy



A book published by J.W. Armstrong in 1971 became one of the many well-regarded documents in the field. In this book, he disclosed how several health conditions can be cured simply by urine. Notable health conditions mentioned in the document include:

- **Distempers** – Refers to contagious viral diseases that affect animals. According to Armstrong, urine is a powerful antiseptic which, if applied on animals, is an excellent and universal remedy for all contagious viral animal diseases such as Avian Influenza (Bird Flu), Rabies, and Swine Flu, among many other things.
- **Scurvy** – A nutritional deficiency caused by a lack of Vitamin C in the diet. This disease is characterized by a range of symptoms, including fatigue and weakness, bleeding gums, joint pain, anemia, and slow wound healing, among many other things.
- **Ear-Related Ailments** – Washing one's ear with urine is a good defense against many ear-related ailments such as deafness, tinnitus (ringing, buzzing, or other sounds in the ear without an external source), Meniere's Disease (an ear disorder that can cause vertigo, tinnitus, and hearing loss), among many other things.
- **Eye Problems** – Washing one's eyes with urine has been shown to cure sore eyes (the term used to refer to a wide range of uncomfortable sensations in the eyes including eye irritation, conjunctivitis, eye strain, etc.) and promote stronger vision.
- **Dysuria** – A medical condition characterized by discomfort, pain, or a burning sensation that occurs during urination. It can be caused by a wide variety of things including urinary tract infection (UTI), sexually transmitted infections (STI), bladder stones, vaginal infections, etc.
- **Ischuria** – Commonly known as urinary retention and is characterized by the inability to completely empty the bladder or difficulty in passing urine.

CHAPTER TWO

Modern Scientific Research on Urotherapy



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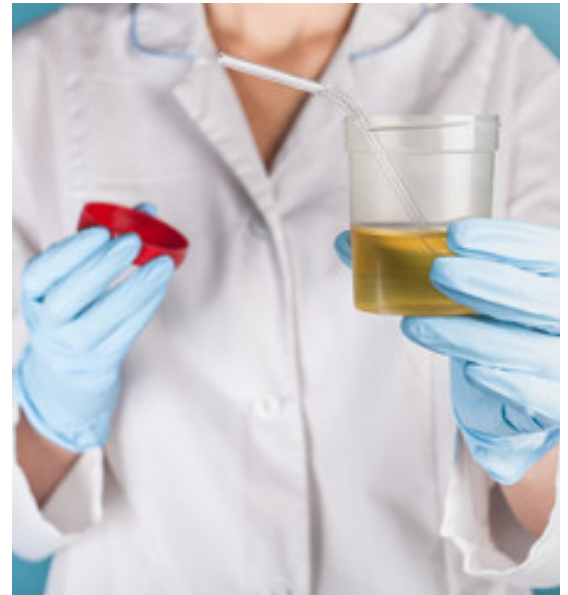
The Golden Fountain - Is Urine the Miracle Drug No One Told You About?

This study was published in 2010 in the National Library of Medicine, PubMed Central.

Key results of the study showed that drinking or applying urine externally on both humans and animals has been practiced worldwide for millennia due to its amazing healing properties and is capable of healing almost any kind of health condition.

The study regarded urea, a chemical compound found in urine, as having a powerful diuretic effect. Diuretics are commonly used in medical settings to treat hypertension, edema, congestive heart failure, and kidney disorders.

The study further revealed that modern medical establishments and pharmaceutical industries have kept the knowledge of urine's many fantastic healing properties due to its inability to generate profit.



Urine Therapy and Its Effects

This study was published in 2013 by ResearchGate.

The researchers of the study concluded that urotherapy is found to boost the immune system and is good as a natural and holistic treatment for several health conditions, such as:

- **Acne** – a common skin condition that occurs when hair follicles become clogged with oil, dead skin cells, and bacteria. It is often characterized by the presence of various pimples, whiteheads, blackheads, papules, pustules, nodules, and cysts.
- **Eczema** – a chronic skin condition characterized by inflammation, redness, itching, and the development of patches of dry and scaly skin. Eczema can be caused by several things, including irritants (such as soap, detergents, fabric, etc.), allergens (such as pollen, pet dander, or dust mites), temperature and humidity changes, microbial infections, and even stress.
- **Psoriasis** – a chronic autoimmune skin disorder characterized by the rapid buildup of skin cells that leads to the formation of thick, silvery scales and red patches on the skin's surface.
- **Ringworm** – a common fungal infection that appears on a person's skin, nails, or hair and is characterized by a circular and red rash.



Ringworms are caused by various species of fungi known as dermatophytes. These fungi thrive on dead tissues, are highly contagious, and can be transmitted through direct skin-to-skin contact.

- **Wounds** – A type of injury that causes the skin to break or other body tissues, this includes cuts, scratches, scrapes, and punctures.
- **Burns** – A type of injury to the skin or underlying tissues caused by heat either thermal, radiation, chemical, and/or electrical heat.

Burns are often classified into three categories based on the severity of the injury: first-degree burns are burns that affect only the epidermis or outer layer of the skin, causing redness, dryness, and pain.

Second-degree burns damage the epidermis and the dermis layer, characterized by a red, swollen, blistered, and painful burn site.

Third-degree burns destroy the epidermis and dermis and may damage underlying bones, muscles, and tendons. This type of burn is characterized by a white or charred burn site and having no pain sensation due to the destruction of nerve endings.

- **Abrasions (Scrape or Graze)** – A type of open wound that occurs when the skin's epidermis is rubbed against a rough or abrasive surface.

Background on the Science and Practice of Urotherapy as A Cure for Diseases Including Cancer

This study was published in the year 2014 by Healing Cancer Naturally.

After an in-depth study, the researchers concluded that urotherapy can be more powerful and even more effective than natural remedies since, unlike natural cures, urotherapy can regenerate and/or heal damaged tissues caused by disease.

Urotherapy in Ayurvedic Books

In Ayurvedic books (books focusing on an ancient holistic healing system), urine was regarded as:

- The Killer of All Poisons;
- The Rejuvenator;
- The Blood Purifier;
- The Holy Liquid;
- The Elixir for Body, Mind, and Spirit and;
- The Cure for All Skin Diseases



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Urotherapy and Health Conditions

This study regarded urotherapy as a powerful cure-all natural and holistic treatment. As the holy liquid regarded as the killer of all poisons and toxins in the body, it was shown to be highly effective in treating and completely eliminating the following health conditions from the body:

- **Acute Cystitis** – The sudden and severe inflammation of the bladder caused by several things such as bacterial infection, sexual activity, urinary retention, catheter use, weakened immune system, menopause, and diabetes, among many other things.
- **Urinary Retention** – A medical condition characterized by the inability to empty the bladder or even at all. It can be caused by several things, such as obstructions (bladder stones, tumors, enlarged prostate), neurological conditions (nerve damage, spinal cord injury, stroke), medications that can interfere with the bladder's ability to contract and relax effectively, and infections and inflammations, among other things.
- **Diabetes** – Case studies done in this study revealed that diabetes, even at late stages, was utterly reversed within two (2) weeks of oral administration or urine.
- **Nephritis (Glomerulonephritis)** – A condition characterized by an inflammation of the glomeruli, which are the tiny filtering units within the kidney responsible for filtering excess fluid from the blood to form urine.
- **Basal Cell Carcinoma** – The most common type of skin cancer and commonly develops in areas of the skin that are frequently exposed, such as the face, scalp, ears, neck, shoulders and upper back, arms and hands, legs, lips, and even the eyelids.

The study reveals that applying urine to the affected area has shown promising results in eliminating, healing, and completely reversing BCC.





Urotherapy: The Many Health Benefits of Drinking Urine

This article was published in the year 2018 by The Guardian Nigeria News.

Among many things, this revealed that urine can be used to address many facial skin conditions, such as acne and oil. Hence, urine was revealed to be effective when used as an exfoliator (something that can be used to remove dead skin cells from the surface of the skin), facial cleanser, and acne treatment. The article also reported that medical researchers from Harvard have written several journals about the potential health benefits of urotherapy for its ability to cure cancer, hepatitis, asthma, migraines, and whooping cough.

For skin health, applying urine on the skin was found to slow down the aging process and improve overall skin health. Surprisingly, urea is commonly used as an ingredient in a wide range of skincare products for dry and rough skin. Individuals who have used urine for skin care reported having softer and clearer skin after a few weeks of use.

Urine was also reported to have amazing benefits when used as a hair care product. Individuals reported that it can clean hair follicles, eliminate dandruff, promote hair growth, and prevent tangling.

A Review - Shivambu Kalpa - Various Therapeutic Uses of Urine

The term Shivambu translates to urine in Sanskrit, while Kalpa refers to ritual or practice. Essentially, the term translates to the practice of using urine for therapeutic purposes. Among many things, the study reveals that human urine has strengthening and curative characteristics concerning many deficiencies. Meaning, that human urine, when used internally or externally, can strengthen and cure damaged tissues, bones, cells, etc.

Injuries/Deficiencies that Human Urine Can Cure:

- **Hair Loss** – A mixture of potato and sulfur powder mixed and heated with urine can help against hair loss. The mixture should be rubbed on the scalp, effectively slowing down the hair loss.
- **Throat Inflammation** – All kinds of throat inflammation can be cured/reversed by gargling a mixture of urine and saffron. Saffron is a highly-valued and sought-after spice derived from the dried stigma of the Crocus Sativus flower. It is often called the Golden Spice due to its vibrant reddish-golden hue.
- **Trembling Hands and Knees** – This condition can be alleviated by washing and rubbing one's own warm urine into the skin directly after one has urinated.
- **Scurvy** – Scurvy is considered as a serious and life-threatening medical condition caused by a deficiency of Vitamin C in the diet.

The study reveals that drinking one's own urine for nine (9) days can cure urine and make the body lightsome and cheerful.



Guidelines to Consider When Doing Urotherapy - Dr. Ed Group

SUMMARY

1. When doing urotherapy, it's important to do the following things:
 - Open the detoxification pathways of the skin;
 - Eat less;
 - Avoid chemicals and toxins in the food we eat, the environment we live in, the air we breathe, and other sources.
2. Urine is a fantastic liquid light with over 3,900 amazing components that improve human health.
3. People should not consider urotherapy a magic bullet, even though it is an amazing cure. We should still be mindful of what we put in our mouths, our lifestyles, and the environment that we live in.

“Well, more or less, the biggest finding that we have as far as urotherapy is concerned, we’ve been talking a lot about the Damar Tantra, and you’ve heard a lot of people that have been talking about it in the urotherapy realm of things, because that’s a book that was written about 4,000 years ago. And we finally have a copy. It’s one of the hardest books to get a copy of, and we finally have a copy, and it’s on the urotherapyresearch.com website. And I’ve been just amazed going through it, and scrolling through it. For example, I’ve got it pulled up right now, and it just so happens I scrolled and I stopped on eyesight because I was really been trying to find a solution for my eyes, and I have been using urine in my eyes.

There are few things out there that we just haven’t seen really good results with. But remember, when you’re using urotherapy, it’s really, really important to open up your detoxification pathways with your skin. That’s why I recommend get a far infrared sauna, sweat, get outside, wipe the sweat off. Because the more and more that we’re researching into urotherapy, it has a lot to do with the amount of meat that you consume, the amount of dairy that you consume, the amount of sugar that you consume, the amount of gluten that you consume. And really what it boils down to is the amount of parasites in your body and the amount of poisons that are in your body. Yes, urotherapy by far, in my opinion, after 25 years of doing research, there’s nothing more powerful in the world as a single therapeutic action, because it’s produced by your own body and it’s very highly vibrational.

It is like a liquid light with over 3,900 components in it. And molecules we haven’t been able to understand or even identify yet. But that doesn’t mean that it’s a magic bullet and it’s going to take care of everything. You can’t continue to poison yourself and live in a toxic environment, and expect that this is just you’re just gonna take one sip and all your diseases are gonna go away. So, it’s very important for people to understand to get the best and most powerful use of your urine. Your urine is filtered blood, so whatever you’re putting in your mouth, whatever you’re putting on your skin is going to be filtering in your blood. And then ultimately, that’s going to, could potentially, weaken the potency of your medicine. Even though there’s not gonna be anything toxic in your urine coming out, you’re still gonna be signaling back to your body that your body wants to eliminate some of these things.



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There's a lot of people out there that have been doing looping for 40, 50 years. They're drinking all their urine for 40, 50 years. That's way more advanced than what I've been doing. So these are all the people that we need to learn from. But they also have learned how powerful meditation is with drinking your own urine. They have also learned how important it is to eat less, how important it is to avoid chemicals and toxins in the food, in the air, and in the home. How important it is to practice deep breathing exercises. How important it is to utilize the things that we've been given for free to heal-- sunlight and grounding and walking in nature, and sleeping 8 hours a night, uninterrupted. How all of these things work together.

Urine's Amazing Ability to Regenerate Damaged DNA - Dr. Ed Group

SUMMARY

1. The mRNA shots alter our body's DNA to start producing spike proteins. Quercetin, Zinc, and other holistic treatments can stop viral replication, but only urine can repair the damaged DNA.
2. Urine contains the original memory of our DNA, before the mRNA shots damaged it.

What people need to understand is once you have injected into you mRNA, which is a messenger RNA, that goes into your DNA and changes your DNA to where your cells actually start producing spike proteins. It alters and changes your DNA. Fine, right, we can take quercetin, we can take zinc, we can take different things to slow down and possibly stop the mRNA production or the binding capabilities of the mRNA, but what is out there that's going to actually repair the DNA?

If you go take a quercetin, let's say, the quercetin's not going to have your original memory of your DNA in it. If you go take Ivermectin, Ivermectin not going to have your original DNA in it. My solution was to develop an antidote program, a universal antidote, anti poison, anti harmful organism, anti nanobot, EMF protection, DNA cellular repair program, that people could use to recover completely their DNA. In order to reverse the DNA damage, I was only able to find a few things that could do that, because you need to have something that contains your original memory of your DNA to repair your DNA. The only thing I could find that could do that was the urotherapy. Urotherapy, or the urine therapy contains your original memory of your DNA. We use the urotherapy in combination with everything else like the Ivermectin, the iodine, the CDS or the MMS, the chlorine dioxide, the supercharged C60, which we know will grab the graphene oxide and all those other contaminants out of the body and bring it out. We use the quercetin, we use a good probiotic, we use Paratrex, which is another harmful organism, which is another subject I'd like to touch on later on is the amount of harmful organisms that we have inside the system.

Then the big thing that most people are deficient in, that I believe people should be taking on a daily basis, is zinc as well. That's been talked about a lot during this whole process. Those are all great to stop the spike protein or to neutralize the spike protein. However, we still have the issue with how do we repair the DNA back to its original state. We have the urotherapy for that. We have water only fasting has been shown to bring the body back into autophagy state, where the body actually starts producing original stem cells.

CHAPTER THREE

An In-Depth Look at What's In Urine?



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Our urine is undeniably more than just a waste product. Contrary to popular medicine belief, urine is sterile and home to many essential nutrients, vitamins, substances, and compounds vital to physiological functions and bolstering the body's natural defense systems.

This Golden Secret to Health has been intentionally hidden for one vital reason – the lack of profitability. Big Pharma's expensive and life-threatening pharmaceuticals would not sell if the solution to all health conditions were readily available from our bodies.

In this chapter, we will uncover the substances in your urine that Big Pharma has desperately tried to hide for years and how they affect your overall health from a cellular perspective.



Enzymes

Biological molecules that act as catalysts in living organisms, including the human body. As catalysts, enzymes facilitate and accelerate biochemical reactions without being consumed or permanently altered.

They are crucial in various physiological functions and essential for life.

The following are some of the known enzymes found in urine and their respective positive impacts on human health:

Urease

A special enzyme found in certain bacteria and plants that plays an essential role in nitrogen metabolism.

The nitrogen cycle is crucial for life because it ensures a continuous nitrogen supply for all living organisms. It helps plants grow and provide food for animals.

Nitrogen is a crucial building block for proteins and DNA, essential for the growth and functioning of all living things, including the human body.

Without the nitrogen cycle, life as we know it would be impossible, as living organisms would not have access to the nitrogen compounds they need to survive and thrive.



Alkaline Phosphatase

An enzyme found in urine that plays a crucial role in various important processes.

Enzymes are tiny helpers in our body that help with specific tasks. Alkaline phosphatase is one of these helpers.

This enzyme helps to break down specific molecules in our body. It is essential for healthy bone development and growth, as it helps build and repair bones. This enzyme is also important for liver function and proper digestion.

Alkaline phosphatase helps keep our bones strong and ensures that our body can absorb nutrients from the food we eat.

Lactate Dehydrogenase (LDH)

An enzyme that plays a critical role in cellular energy production and glucose metabolism.

LDH is an essential enzyme in the process of cellular respiration, where glucose is broken down to produce energy in the form of adenosine triphosphate (ATP).

It facilitates lactic acid fermentation, a process that occurs when there is insufficient oxygen supply in the cells. Lactic acid fermentation allows cells to continue producing energy in the absence of oxygen, such as during intense exercise or in certain tissues with limited oxygen supply.

It is also important in muscles, where it helps regulate the balance of lactate and pyruvate. During strenuous physical activity, muscles produce lactate as a byproduct of energy production. LDH helps prevent excessive lactate buildup, which can lead to muscle fatigue and discomfort.

Amylase

An enzyme that plays a crucial role in the digestion of carbohydrates in the human body. It is primarily produced in the salivary glands and the pancreas.

Salivary amylase starts the digestion of carbohydrates in the mouth as we chew our food. Once food reaches the small intestine, pancreatic amylase continues, breaking down carbohydrates further into absorbable sugars.

By breaking down carbohydrates into simple sugars, amylase ensures that these nutrients can be absorbed through the walls of the small intestine and transported to various cells in the body. These sugars provide energy for bodily functions and are essential for proper metabolism.



The breakdown of carbohydrates by amylase helps regulate blood sugar levels, preventing rapid spikes in blood glucose after meals.

It is also one of several digestive enzymes in the body. Proper balance and coordination among these enzymes are necessary for efficient digestion and overall digestive function.

Creatine Kinase (CK)

A type of enzyme that plays a crucial role in energy production and storage within the cells, especially during short bursts of intense physical activity. This enzyme is mostly found in the skeletal muscles and the heart, with lesser amounts found in the brain.

To make the function of CK better understood, our cell's primary energy source comes from the adenosine triphosphate (ATP). The ATP provides the energy necessary to perform various cellular processes.

However, during times of increased energy demand, such as doing exercise or other strenuous activities, and the energy reserves of ATP are insufficient, CK helps rapidly regenerate the energy the cells need, providing a quick and accessible source of energy for muscles and cells to function.

Aspartate Aminotransferase (AST)

An enzyme that plays a crucial role in moving building blocks of proteins (amino acids) from one place to another in the body, a movement that helps in making energy and other important substances, such as different amino acids, glutamate (a neurotransmitter important to memory, cognition, and mood regulation), and oxaloacetate (an organic compound important to healthy aging and longevity).

It is an enzyme found in various body organs and tissues, but it is mostly found in the liver.

AST also plays a crucial role in the urea cycle, which removes excess nitrogen from the body. And when cells are damaged or injured, AST is released into the bloodstream. Therefore, measuring AST levels in the blood can be a diagnostic assessment for potential cell and tissue damage.

Vitamin C (Ascorbic Acid)

An essential nutrient that plays a vital role in helping heal wounds, iron absorption, and supporting the immune system. Ascorbic acid is also used to prevent and treat scurvy (a disease that causes weakness and fatigue, gum problems, skin issues, joint pain, anemia, impaired wound healing, and aggravated muscle soreness).

It is also found to be able to protect your cells from free radicals, which may play a role in heart diseases, cancer, and other heart diseases.



Calcium

An essential nutrient associated with keeping the bones and the teeth healthy and strong. Other roles of calcium in the human body include:

- **Muscle Contraction** – When calcium ions are released from their storage sites within muscle cells, this triggers a signal for the muscle fibers to contract. Without calcium ions, muscles would not be able to contract effectively, leading to severe limitations in our muscles' range of motion.
- **Blood Clotting** – Calcium is also a key component in blood clotting or blood coagulation to stop a wound or a damaged blood vessel from bleeding excessively.
- **Nerve Transmission** – Calcium ions are also involved in the neurotransmission process, also known as nerve signaling. This process is characterized by nerve cells (neurons) communicating with other body parts, which is essential in controlling body movement, sensations, thought processes, and other bodily functions.

Magnesium

Magnesium is an essential mineral that plays a vital role in numerous biological processes within the body:

Health Benefits of Magnesium to Human Health

- **Nerve and Muscle Function** – Magnesium is essential for the proper functioning of nerves and muscles. It helps regulate nerve impulses, muscle contractions, and relaxation.
- **Energy Production** – Magnesium is a cofactor in many enzymatic reactions involved in energy metabolism. It plays a crucial role in converting food into energy at the cellular level.
- **Bone health** – Magnesium is necessary for maintaining bone density and strength. It works with other minerals like calcium and vitamin D to support healthy bone formation and reduce the risk of osteoporosis.
- **Heart health** – Magnesium is vital for maintaining a healthy heart rhythm and supporting cardiovascular function. It helps regulate blood pressure and can play a role in reducing the risk of cardiovascular diseases.
- **Protein synthesis** – Magnesium is involved in protein synthesis, which is essential for building and repairing tissues throughout the body.
- **Blood Sugar Regulation** – Magnesium is involved in insulin secretion and action, helping to regulate blood sugar levels. It may contribute to reducing the risk of type 2 diabetes and improving insulin sensitivity.
- **Relieving Muscle Cramps** – Magnesium is effective in reducing muscle cramps and spasms, especially in individuals with magnesium deficiency.
- **Migraine Prevention** – Studies reveal that magnesium helps reduce the frequency and intensity of migraines in individuals who experience migraines.



- **Mental health** – Adequate magnesium levels have been associated with improved mood and a reduced risk of depression. It also helps with anxiety and stress management.

Chloride

It is an essential nutrient crucial for human health because it plays several essential roles in maintaining the body's physiological balance and functioning.

Health Benefits of Chloride to Human Health

- **Electrolyte Balance** – Chloride is one of the key electrolytes, along with sodium and potassium, that helps maintain the body's electrical balance. These ions are critical for nerve transmission, muscle function, and maintaining proper cell membrane potential.
- **Acid-Base Balance** – Chloride, in the form of hydrochloric acid (HCl), is a major component of gastric acid in the stomach. This acid is essential for the digestion of food, particularly proteins. Additionally, chloride and bicarbonate ions help regulate the body's acid-base balance, which is crucial for maintaining the proper pH levels in various body fluids.
- **Fluid Balance** – Chloride regulates osmotic pressure, which helps maintain the balance of fluids between cells and the surrounding extracellular space. This balance is essential for maintaining proper hydration and preventing edema or dehydration.
- **Immune System Support** – Chloride helps the immune system function properly by assisting in producing hypochlorous acid, a natural disinfectant that can kill harmful microorganisms.
- **Transport of Nutrients and Waste Products** – Chloride, in its ion form, aids in transporting nutrients such as glucose and amino acids across cell membranes. It also plays a role in removing waste products from cells.
- **Blood Pressure Regulation** – Chloride, in conjunction with sodium, plays a role in regulating blood pressure. An appropriate balance of chloride and sodium is vital for maintaining healthy blood pressure levels.

Sulfate

A chemical compound that contains sulfur and oxygen. It is an essential component of various biological processes and is crucial to human health.

Health Benefits of Sulfate to Human Health

- **Detoxification** – Sulfate is involved in detoxification processes in the liver, helping neutralize and eliminate harmful substances, including drugs and toxins.



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- **Protein Synthesis** – Sulfate is necessary to synthesize various proteins in the body. Proteins are essential for the structure and functioning of cells, tissues, enzymes, hormones, and other molecules.
- **Cartilage and joint health** – Sulfate is a key component of glycosaminoglycans, essential for the structure and function of cartilage and connective tissues in the joints.
- **Gut health** – Sulfate plays a role in maintaining a healthy gut lining and promoting the growth of beneficial gut bacteria.
- **Brain and Nervous System Function** – Sulfate is involved in the synthesis of compounds like sulfated proteoglycans, which play critical roles in the development and functioning of the brain and nervous system.
- **Hormone Regulation** – Sulfate is important for regulating and activating certain hormones in the body.
- **Cellular Signaling** – Sulfate-containing compounds are involved in various cellular signaling pathways, influencing cell behavior and communication.

Uric Acid

Health Benefits of Uric Acid to Human Health

- **Antioxidant** – Uric acid is a natural antioxidant in the body, helping to neutralize and eliminate free radicals, harmful molecules that can damage cells and contribute to various diseases.
- **Nitric Oxide Production** – Uric acid contributes to the production of nitric oxide. This molecule is critical in maintaining blood vessel health, regulating blood pressure, and supporting cardiovascular function.
- **Joint Health** – Uric acid is involved in forming urate crystals, which can accumulate in the joints in high concentrations. While excessive urate crystal formation can lead to gout, a painful inflammatory condition, normal uric acid levels are important for maintaining the health of joints and connective tissues.
- **Brain Health** – Research suggests that uric acid has neuroprotective properties and is beneficial for brain health, potentially playing a role in reducing the risk of certain neurodegenerative diseases.

Is Uric Acid Good for You?

This study was published in 2011 by the QJM International Journal of Medicine. Among many other things, the study sought to understand what uric acid is, its benefits and uses, and to determine whether there are any health benefits from consuming or ingesting it.

The researchers concluded that, contrary to popular modern medicine belief, uric acid is not merely a waste byproduct of purine, a natural substance found in food. Instead, uric acid possesses antioxidant effects capable of neutralizing free radicals and potentially having neuroprotective effects.

Antioxidants are a diverse group of compounds that protect the body's cells and tissues from the damaging effects of harmful molecules called free radicals.



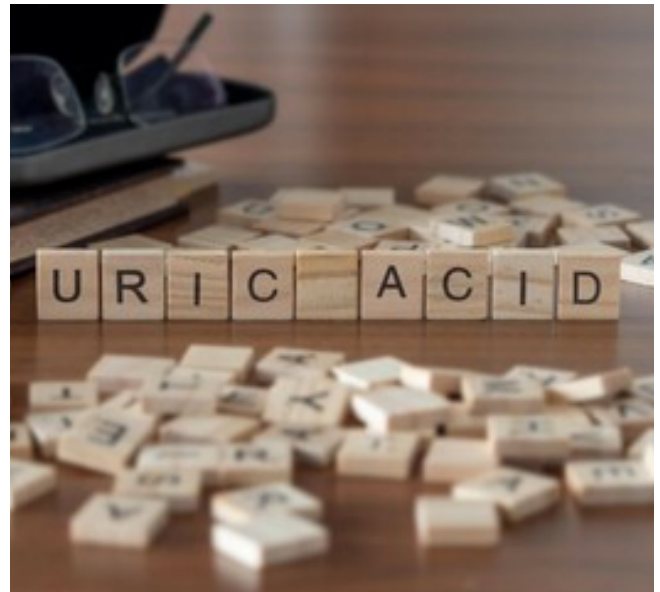
Towards the Physiological Function of Uric Acid

This study was published in 2011 by the Free Radical Biology and Medicine.

The researchers aimed to correct the popular notion that uric acid is nothing but a waste product when, in fact, the results of their study show that uric acid is a powerful antioxidant with important protective abilities in the body.

Uric acid can neutralize harmful free radicals in the body and convert them into harmless substances. This antioxidant action of uric acid has been observed not only in a laboratory setting on a petri dish but also in real-life scenarios, such as in the lungs of a human being.

The study stresses that uric acid is not merely a waste product but is crucial in the body's overall natural defense mechanism against harmful substances other than free radicals.



Urokinase

Health Benefits of Urokinase to Human Health

- **Clot Dissolution** – Urokinase is primarily used as a thrombolytic agent, which helps dissolve blood clots forming in blood vessels. This can be beneficial in conditions where blood clots are causing obstruction, such as in cases of deep vein thrombosis (DVT), pulmonary embolism (PE), and arterial thrombosis.
- **Acute Ischemic Stroke** – Urokinase has been used in treating acute ischemic stroke to help dissolve blood clots, blocking blood flow to the brain.
- **Peripheral Arterial Thrombosis** – the formation of blood clots in the arteries of the limbs. It can help restore blood flow and prevent tissue damage.
- **Central Venous Catheter Clearance** – Urokinase is sometimes used to clear blockages in central venous catheters, which are used for various medical purposes like intravenous medications or dialysis.
- **Deep Vein Thrombosis (DVT)** – a condition where blood clots form in deep veins, usually in the legs. By dissolving these clots, urokinase can help alleviate symptoms and reduce the risk of complications.
- **Pulmonary Embolism (PE)** – a condition where blood clots travel to the lungs and block pulmonary arteries. By breaking down these clots, urokinase can improve blood flow and oxygenation.



Urokinase – A Very Popular Cardiovascular Agent

This study was published in 2008 by the Recent Patents on Cardiovascular Drug Discovery. According to the study, urokinase can be used as a superior alternative as a cardiovascular agent, meaning that it can be used to affect specific conditions of cardiovascular health to improve heart function, blood flow, and vascular health.

Specific examples of urokinase as a cardiovascular agent include:

- **Antihypertensive Agent** – Urokinase can lower high blood pressure (hypertension) and reduce the workload on the heart and blood vessels.
- **Anticoagulants and Antiplatelet Agent** – It can be used to prevent blood clot formation, thus effectively reducing the risk of stroke, heart attack, and other cardiovascular events. Popular synthetic choices include warfarin, heparin, and aspirin.
- **Nitrates** – urokinase can relieve angina (chest pain) by dilating the blood vessels and improving blood flow to the heart.
- **Thrombolytic Agents** – Urokinase can dissolve blood clots and restore blood flow, particularly in acute conditions like heart attacks and strokes.

Urea

Health benefits of Urea

- **Keratolytic Agent** – A substance found in urea that helps break down and dissolve skin flakes and scales found in our skin, improving its appearance and feel to the touch.
Furthermore, this substance removes dead skin cells, which promotes new cell growth and aids in the penetration of other skincare products into our skin.
- **Humectant Properties** – Another substance found in urea that draws water into the skin, nails, and hair, thus promoting hydration and preventing dryness, leaving the skin soft and supple to the touch.
- **Soothing Properties** – Urea is also known for its anti-inflammatory properties that can reduce redness and soothe itches and burning sensations.

Bilirubin

Health benefits of Bilirubin

- **Antioxidant and Anti-inflammatory properties** – A natural antioxidant and powerful anti-inflammatory pigment that can potentially protect the body from chronic diseases.
- **Cardiovascular Benefits** – Studies show that higher levels of bilirubin in the blood are associated with a lower risk of heart failure, heart attack, and stroke.



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Methylglyoxal

Health benefits of Methylglyoxal

- **Antibacterial Properties** – Experts have discovered potent antibacterial properties in Methylglyoxal that can fight various bacterial infections, including antibiotic-resistant strains. It can also inhibit the growth of harmful bacteria.
- **Antiviral Properties** – It has also been found to be effective against certain viral infections, inhibiting the replication of viruses, and supporting the immune system.
- **Anti-inflammatory Properties** – It has anti-inflammatory effects that can help reduce pain and inflammation in the body, which are helpful in conditions like arthritis and bowel diseases.
- **Antioxidant Properties** – Methylglyoxal also helps in naturalizing harmful free radicals in the body, supporting overall health and reducing the risk of chronic diseases.



CHAPTER FOUR

Debunking Modern Medical Myths on Urotherapy



Myth # 1: Urine is Toxic

The claim that “urine is toxic” and other similar narratives to it is a common misconception that has been widely spread to the populace and is perpetuated by modern medical sciences, discouraging people from using this miraculous and God-given substance to better their health and overall well-being. However, it is important to clarify and look at urine objectively and not unquestioningly believe the narratives of modern medicine.

Dispelling the Myth: Understanding Urine Composition

- **Agglutinins and Precipitins** – substances found in urine that have a neutralizing effect on polio and other viruses.
- **Antineoplaston** – chemical compounds found in urine that were first studied by Dr. Stanislaw Burzynski which he found to have the ability to prevent the growth of cancer cells without harming the growth of healthy cells.
- **Allantoin** – a nitrogenous compound that helps heal wounds. In fact, numerous skin creams contain this compound.
- **DHEA (dehydroepiandrosterone)** – is a substance found in urine that prevents obesity and stimulates the growth and function of the bone marrow. Furthermore, DHEA is a possible treatment for anemia, diabetes, and breast cancer in women.
- **Gastric secretory depressants** – substances that combat the growth of stomach or gastric ulcers.
- **Glucuronic acid** – organic compounds created in the liver, kidneys, and intestinal canal that detoxify certain substances to make them more water-soluble and easier to excrete.
- **H-11** – inhibits cancer cell growth and reduces existing tumors without disturbing the recovery process.
- **HUD (Human’s Urine Derivative)** – shown to have remarkable anti-cancer properties.
- **Interleukin-1** – a type of cytokine that plays a key role in immune response and responding to inflammations within the body.
- **3-Methyl-glyoxal** – is a molecule that has been found to destroy cancer cells and have antimicrobial properties.
- **Prostaglandin** – a type of lipid compound involved in regulating inflammation, immune response, blood pressure, and other essential bodily functions.
- **Protein Globulins** – a diverse type of protein that contains antibodies against specific allergens.
- **Retina** – an anti-cancer element extracted from urine.
- **Urea** – an oxidizing substance that ensures that the disintegrating proteins (proteins in the area of a wound or inflammation) dissolve. If urea is present, disintegrating tissue cannot feed itself with other rotting material. It dissolves fats and other natural bodily secretions.



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1. **Uric acid** – a compound that helps control free radicals (molecules that can cause cancer). Furthermore, researchers have found that it combats aging.
2. **Urokinase** – an enzyme that has been found to have the ability to cause vasodilation (lowering blood pressure), dissolve blood clots, and as a treatment for heart attack victims.

URINE IS NOT TOXIC – DR. ED GROUP

“It’s the perfect manufactured substance on a minute-to-minute basis that your body produces that contains what I would call the antibodies, the antivenoms, the anti-compounds to counteract any type of poisoning that you might be bringing into your body every single day. The best case scenario is somebody who takes the time and effort to do really good intestinal cleansing, liver and gallbladder cleansing, parasite cleansing, chemical and heavy metal cleansing. And looks at their life, and cleans out any type of emotional disturbances from their life, which most of the time are coworkers, could be friends, family, people in their lives or even social media that’s causing them lots of stress and anxiety and emotional disturbances, which to a certain sense, the urotherapy actually helps over time cleanse those things. So I would say, like what I’ve noticed is more of a balancing effect and more of a recovery and a slow detoxification.

And people that do take the time and effort to go through and continue to take 2 steps back and clean their bodies, it’s like 100X or a hundredfold increase in the benefits and how fast it actually works. Just think about it, if you’re putting clean things into your body, then you’re going to have clean and powerful urine coming out. If you’re putting poisonous things in your body, still, your urine is not toxic. I don’t believe it’s toxic. No one has ever died that I’ve been able to find that’s been consuming their own urine. I think that the majority of the things that are coming out are broken down into microparticles that can actually help trigger the senses in your body to eliminate more of those things cause one of the most common questions I get mostly from medical doctors is because they’ve all been taught that urine is a toxic waste product.

And they’re saying, “Well, you have metals, and you have chemicals, and you have all this stuff in there and bacteria.” But if you look at people that have been doing the urine therapy, actually their metal counts end up going down over a period of time. Their toxicity ends up going down over a period of time. There’s not one case that I’ve ever reviewed or ever seen where somebody has an accumulation or more of anything in their body after they’ve been doing urotherapy for a certain amount of time. Now, I was on a call yesterday actually, and we’re actually working with, potentially, Wake Forest University and another university to do some of these studies, which I’m going to be helping fund, so we can gather more scientific evidence that through transmission, electron microscopy, and some other things to actually prove that these are just tiny, tiny, let’s say, nanoparticles or conjugated broken down elements that are in the urine. And they’re not anything that’s actually going to harm you by re-consuming it. So I think over the next, hopefully, 5 years, 3 to 5 years, maybe even a couple years from now, we’ll be able to have- There’s no schools that are willing, and there’s nobody out there that’s willing to fund the research because there’s not a vested interest. It’s like this is God’s medicine. And who’s gonna be funding all this scientific research to be done at major universities when there’s not really a product to sell on the other side of it, or a pharmaceutical to create?



Myth # 2: You Could Die from Consuming Your Urine

Modern medicine has led us to believe that our urine is not sterile, that it is not free from all living microorganisms, including bacteria, viruses, fungi, and spores, and consuming or ingesting urine would damage your health.

However, this is a myth.

World-renowned experts such as Dr. Group state that urine is very sterile and that case studies have shown that individuals who have consumed their urine had lower heavy metals and toxicity in their bodies.

Further, factual and unbiased medical research has revealed that consuming urine reintroduces many elements crucial for the blood that have enormous medical value in the body. As an effect, drinking our urine would boost the body's immune defenses and stimulate healing rather than the opposite, which modern medicine has brainwashed us with.

Lastly, in almost 100 years of laboratory and clinical research on the use of urine, no toxic or dangerous side effects have ever been reported as a consequence of ingesting urine. In fact, the result was the opposite – extraordinary health benefits have been seen!

Myth # 3: You're Re-Consuming Toxins and Heavy Metals

Modern medical science has led us to believe that our urine is full of toxins, heavy metals, and other nasty stuff that the body has filtered from our blood and excreted through urine. Thus, when you consume your urine, you are essentially reintroducing the toxins and heavy metals that your body has already excreted.

However, this belief is wrong!

Accurate and unbiased medical literature and top experts would testify that if you look at urine under a microscope, you would be surprised at the number of nutrients, vitamins, and other molecules that are great for the body.

Further, Dr. Ed Group states that he has actually seen firsthand that people had lower heavy metals and toxins after consuming their urine as opposed to those who did not.

Why Urine is Not a Waste Product

According to a study published in PubMed Central (2010), urine is mostly composed of water, lots of urea and uric acid, creatinine, electrolytes, phosphate, organic acids, and proteins.

Furthermore, there is no possibility of re-consuming toxins and heavy metals because of the filtration done by the kidneys, making urine sterile.



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Another study published in PubMed Central (2010) states how a microbial evaluation of urine made it feasible to consume and use as an alternative therapy, the consumption of urine, particularly in Africa, where there is a lack of modern medical technologies.

URINE IS THE ORIGINAL HOLY WATER – DR. ED GROUP

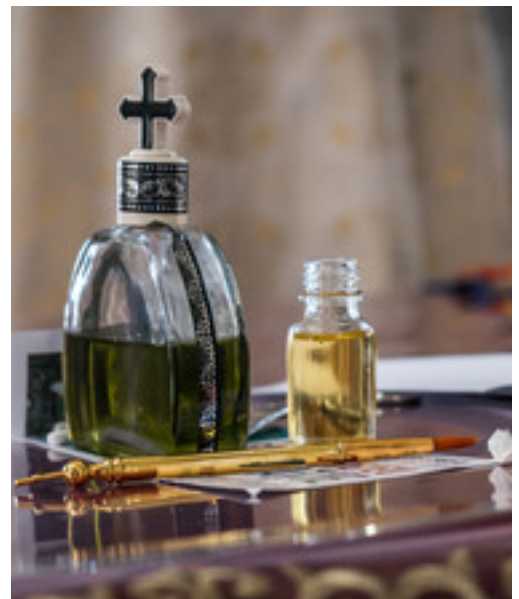
“That is literally what I believe was the original holy water – urine.

This is the urine metabolome, and most people don't know this actually exists. But this is how much research has been done on urine. If you go up to the browser and you can look at the metabolites that have been found and studied in urine, this is one of 20 of 5,661. I always usually say over 3,500, but now it's up to 5,661. These are all the ingredients that are found in urine. I'm sure some of them are going to be chemicals and stuff and pesticide residues and stuff like that you're finding because of the things. But if you look at the right side, the biospecimen locations, blood, cerebrospinal fluid, feces, urine, blood, saliva. All of these are found in urine, and you could spend days upon days going through and searching through them.

You can see all kinds of different things in the urine, and that doesn't necessarily mean it is going to be toxic. It could mean that the body wants to remove more of this, like in the case of mercury or something like that. It's sending you a signal of this ingredient telling you that you need to remove more of it or you need to detoxify that.

You'll see every hormone that's going to be in there, every neurotransmitter, lots of the enzymes, even good bacteria. Basically every single thing that's in your body that's coming out through your urine. It'd be interesting to see someone develop a test that could use this biome and put a drop of your urine on something and it could scan and tell you everything that's in your own urine. This is everything that's been identified from probably multiple different types of urines. This doesn't mean that your urine is going to contain all this stuff.

Just from talking to individuals, I would say that on average, your urine's going to contain over 3,000 components. That's kind of a standard. I would assume that maybe everybody's different. That's the beautiful thing about urine. It's just specifically for you. It's not a science thing. People want to always turn things into science and say, “I want to prove do this.” But with urine, it's more of a biological god energetic vibrational thing that's specific to you and your body only. Who knows how many each individual have? It's probably going to be different for each individual. So that question, all the practitioners just like, urine therapy should be simple. It shouldn't be turned into this big scientific experiment and everybody wanting to know this and that. It's a connection between you and your body really. It's about you tasting, healing, believing, and understanding that feedback system that's happening.”





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Myth # 4: Urotherapy is Not Backed by Credible Scientific Evidence

Numerous credible scientific evidence backs urotherapy contrary to popular Western medicine belief! Some of which have already been discussed in Chapter Two of this Book.

The practice of consuming one's urine for health benefits is something that is not new. In fact, it was seen as early as the 2nd Century BC! Or during the times when the Punic Wars and Roman Expansion occurred.

Furthermore, several ancient and contemporary texts, studies, and articles point to the same thing – urotherapy is good for you! And that it can completely cure and eliminate a great majority of toxins and diseases in the body.

After so many centuries of use, we have yet to hear of an actual and legitimate case of an individual experiencing adverse reactions from drinking their urine. In fact, no one has recorded any deaths from consuming one's urine to date!



CHAPTER FIVE

Ancient Texts on Urotherapy



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Shivambu Kalpa Vidhi (The Method of Drinking Urine In Order to Rejuvenate) is an ancient practice that originated in India. It is an ancient text used as a reference material for purification and rejuvenation of the human body.

Shivambu is derived from the Sanskrit words shiva, meaning beneficial, and ambu, meaning water or urine.

This ancient text consists of 107 verses (slokas) and is part of a document called Damar Tantra.

Excerpts from this ancient text:

Damar Tantra Verse 5

*“The follower of the therapy should **avoid pungent, salty ingredients in his meal.** He should follow a **balanced and light diet.**”*

Damar Tantra Verse 37

*“Sulfur, dried fruit of Amla, and nutmeg powder should be mixed together and taken daily, followed by Shivambu. **All pains and miseries vanish.**”*

Damar Tantra Verse 48

*“Shivambu should be **applied to the whole body.** It is **exceptionally nourishing and can relieve all ailments.**”*

Other Ancient Texts on Urotherapy

Harit, Chapter One on Urine

*“Human Urine is basic, bitter, and light. It **destroys diseases of the eyes, makes the body strong, improves digestion, and destroys coughs and colds.**”*

Bhawa Prakasha, Verse 7, Chapter on Urine

*“Human urine **destroys poison.** If properly used, it gives new life, purifies the blood, clears the skin of troubles.”*

Sushrut Samahita, 4/2 28

*“Human urine is an **antidote to poisons.**”*



CONCLUSION

Accurate and unbiased medical information reveals that urine is NOT a waste product.

Urotherapy is backed by credible scientific studies, published over several decades, pointing to the vast and amazing health benefits of consuming urine or applying it externally.

And since Big Pharma can't profit from people using their own urine, they are doing everything within their power to suppress scientific evidence of urine's incredible healing powers.

Urine contains many essential nutrients, vitamins, minerals, and other compounds that can heal almost any kind of internal or external injury, and even repair damaged DNA!

The human body is equipped with so many amazing systems for preventing disease, detoxing, and maintaining good health that it would only be logical that it is also equipped with a very effective self-healing mechanism.

Furthermore, urine's function is not limited to only reversing disease. In fact, urine has been extensively studied to be essential in the organ development of babies during pregnancy. Without urine in the amniotic fluid, babies' organs and physical development would not be possible.

With this knowledge, I hope you take that first step in taking control over your own health and live a better and more robust life!



THE GOLDEN SECRET TO HEALTH

Urotherapy

ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for ***The Truth About Cancer*** and ***The Truth About Vaccines***, Jonathan has created several highly-acclaimed, groundbreaking docuseries — ***Depression, Anxiety & Dementia Secrets***, ***Autoimmune Secrets***, ***Natural Medicine Secrets***, and ***Autoimmune Answers*** — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan’s unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID “vaccines” — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world’s top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID “vaccines” — which have caused deaths and injuries to millions of people — to create his newest docuseries, ***Vaccine Secrets***, ***COVID Secrets***, and ***Unbreakable: Destined to Thrive***.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.