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Environmental influences and their effect on Auto Urine Therapy.

Shakespeare would have said:

“To drink pee or not to drink pee, that is the question”.

There are two opinions about urine therapy, as all promoters, practitioners and researchers in this field know. There are the ones who say urine is "Your Own Perfect Medicine" and the others who say, "Urine is toxic waste". The second group is the bigger group; the first group is the better-educated group, like all here at the World Conference.

However, as I mentioned at the last World Conference in Brazil and at the International Symposium last year here in Korea, there are some concerns we have to think about, especially if we recycle a high percentage of our daily production. There is no concern from my point of view with homeopathic urine or the "drop under the tongue method" as promoted by my late friend Dr Nakao from Japan.

Urine contains minerals, amino acids, enzymes, hormones and antidotes specific and essential to us at that moment. However, not all ingredients are beneficial in a recycling process as it is in Urine therapy. I have some reservation in regard to the recycling of the acid-forming minerals in urine like phosphorus, sulphur and chlorine.

Over several decades I studied the effect of acidity to the health of animals and humans. I have written over 30 health related books so far and found that the pH factor, as a health giving or health destructive force to our health, is widely overlooked. With all the research work I have done so far, the pH related influence on our health is the most important matter.

Since I write for many magazines in all parts of the world and my book about Urine “Urine the Holy Water” is translated into 5 languages I can say that I have lots of feedback from all sorts of people.

We all know that our diet influences the quality of our “perfect medicine”. However, in many cases I found that environmental influences have an effect on Urine Therapy.

I looked for answers to the following questions:

1. What kind of effect does our environment have on our body and the quality of our urine?
2. Which parts of our environment cause the changes in our urine?
3. Why is our environment influencing our urine?

The main environmental influencing factors are:

1. Stress - within and close to your house and workplace.
2. Electro Magnetic Fields and Frequencies from the area near your house but more important the electromagnetic pollution IN the house, especially in the bedroom. We sleep one third of our life to repair and recharge our body. Under the influence of high EMF's and frequencies our body can not properly rejuvenate during sleep.
3. Earth Energy Fields or Earthrays are lines giving energy to living creatures like humans and animals but should be avoided for sleeping. Animals in the wild and natives - stone age “ in areas like Papua New Guinea do not sleep on these lines.

Most people are concerned about the global environment, but our homes are environment problem number ONE.

It is the environment WE are in charge of and we are able to change it.

The average house is 10 times more polluted inside than the close by outside environment outside is.

All the above influences have an ACID FORMING effect and with it, have an influence on the quality of our urine.

Taking larger amounts of acid urine could result in negative side effects.

My research did not focus on other environmental compounds like pesticides.

Youthing not Ageing!

Ageing is a slow process - and so is Youthing.

Immortality?

There are several modern scientists in both the East and the West who claim, that we could live up to 400 years or perhaps even become immortal. The promises are based on calculations from tests on insects using electric currents, magnets and radio frequencies.

Seeing it from a different standpoint, we are all living proof of immortality because the sperm and the egg combine to form new cells and new life. However, the “old cells” die, and this is what we want to reverse.

Ageing is organic waste build up

Learning from the research of Alexia Carrell, there could be immortality under certain circumstances, but living in a solution and only eating “blood friendly” food – who wants to live under these conditions for any length of time. This is not what we want as yet. We want to age very slowly, remain healthy into advanced age and die in peace when our time has come, to make space for the next generation.

Where our main problem lies is not so much to extend the life span but more the quality of life. During the last 50 years, the average life span in Western countries increased by 10 years, which is 13%. On the other hand some chronic illnesses like asthma and allergies increased by 100% in only 10 years!

The build up of organic acid waste is our main problem.

Over the years organic wastes have been building up in our body. On the other hand, even strong alkaline food has some acid forming components, which can still cause acidic waste to build up. This is the reason urine can still be acidic while an alkaline forming diet is consumed. I have monitored my urine for 16 years and in the early stages could not believe my urine was really not a mirror of my diet at that moment, but a mirror of the past decades and my own environment. It took me quite a time to find out that urine samples have no real value in determining if one is acid or alkaline.

Organic Wastes

The most common organic acid waste products in our body are **acetic acid, ammonia, carbonic acid, carbon dioxide, cholesterol, fatty acid, lactic acid and uric acid**. Certainly we need some of these components, but with modern diet and stress, the balance is disturbed and elevated levels can result in arthritis, gout, rheumatism and so on.

We are born alkaline.

When we are born we are in the most alkaline state of our life.

The developing embryo absorbs alkaline compounds from the mother. This is the reason pregnant women suffer from alkaline deficiency with morning sickness calcium and other alkaline deficiency related complaints. With every day of ageing, from the day of our birth onwards, the acidic waste build up increases in our body. Over decades this build up is the main cause of age related illnesses. We accept it and all the related suffering as part of the “normal” ageing process.

Certainly, the onset of age related diseases are occurring at a younger age. It is becoming more common to find young men with prostate disorder and arthritis, rheumatism and low libido in young folk. I think there must be an awakening in what we eat and how to “digest” clever advertising. No wonder many young people following the powerful advertising for high acid forming foods are getting these complaints. You will understand this suggestion when you read further about the food we prefer and the diseases we trade in for these preferences.

Reversing ageing and curing age related diseases are long-term treatments.

Everyone wants to stay healthy as they get older. Many therapies, treatments, diets, exercises and other means for longevity are practised but I believe we have to think bigger and our aim should be to reverse or slow down the ageing process.

Reversing the slow but steady build up of acid waste in the body slows the ageing process, reduces the build up and eliminates the stored acids to a gradually decreasing level. This **reverses ageing** and eliminates slowly but steadily the cause of “age related” diseases.

In different parts of the body are different levels of pH. A healthy body is able to balance the needed pH and to eliminate excess compounds.

The following shows the average pH readings of a healthy person:

Stomach juice	1.5	
Skin / Perspiration	4.7	
Saliva	6.4	(resting value)
Urine	5.5 – 6.0	(resting value)
Cell	7.1	
Blood	7.4	
Pancreatic juice	8.8	

How can I know if a food or urine is acid or alkaline forming?

Whether a food is alkaline **FORMING** or acid **FORMING** depends on the **Calcium / Phosphorus ratio**. Certainly, there are other minor factors influencing the pH value as well, but they are negligible according to Herman Aihara, author of the book “Acid and Alkaline”.

With the pH ratio, you can calculate your diet to find out if it is alkaline forming or acid forming. Just for fun, calculate the “Australian shopping list” (alcohol is not included in the list and beer and wine is acid forming) and ask yourself the question why are the hospitals full, why are people low on energy and suffer so much from chronic illnesses. Maybe ask yourself another question, why are animals in nature healthy and animals eating our “good” food keeping vets busy.

For example

Food	Ca (mg)	P (mg)	Ca/P	Acid / Alkaline forming
Radish leaves	190	30	6.3	strong alkaline forming (over 3)

Carrot leaves	200	74	2.7	alkaline forming (2.99 to 2.00)
Tofu	160	86	1.9	weak alkaline forming (1.99 to 1.00)
Carrots	47	60	0.78	weak acid forming (0.99 to 0.50)
Eggs	65	230	0.28	acid forming (0.49 to 0.20)
Sunflower seeds	120	837	0.14	strong acid forming (under 0.20)

Ca = calcium. P = phosphorus

Organic or non-organic?

Alkaline forming food could be In fact acid forming!

As I said, to find out if a food is acid or alkaline is not easy, even if the foods you compare are both organic. Tables from different areas have different results. However, there is no doubt, that there is a big difference between organically produced food and non-organically produced food. The difference can be so great, that an alkaline forming food could actually be an acid forming food. According to the above information the following is calculated:

	Ca/P	Acid / alkaline forming
Snap beans		
Organic	1.11	Alkaline forming
Non-organic	0.68	Acid forming
Cabbage		
Organic	1.6	Alkaline forming
Non-organic	0.9	Acid forming
Lettuce		
Organic	1.65	Alkaline forming
Non-organic	0.7	Acid forming
Tomatoes		No change
Organic	0.65	Acid forming
Non-organic	0.28	Acid forming
Spinach		No change
Organic	1.85	Alkaline forming
Non-organic	1.7	Alkaline forming

I know that this is very confusing, but it is a fact that actual alkaline forming food could well be acid forming food. I think it is time to get things in order again so that we have the food we deserve – natural food. Take the power into your hands and ask for **real food**. Do not look for the red tough strawberries with a long shelf life, look for the good tasting ones – I'm afraid you will not find them.

Most allopathic drugs are acid forming minerals and have therefore as we know negative side effects when taken over a long period of time. The same applies to Urine EXTRACTS, all of which, except urea have negative side effects.

The pH of Urine

The normal urine pH in the morning after a long rest (first morning urine) is 5.5 – 6.0. During sleep, the body uses the time of rest to repair itself and clean out the wastes. If we go to bed with undigested food in our stomach, our body is too busy to digest it and cannot go into proper relaxation – no wonder if you do not sleep well, your urine reading in the morning may not be at the right level.

If the morning urine pH reading is over 7 one should seek further tests and find out about the cause of the high reading.

Today we have many environmental influences while we are sleeping which we did not have through our evolution. These influences as mentioned above, especially in the bedroom, disturb the cellular interaction. Over long-term, this can lead to disease.

The ORP of Urine-

ORP stands for “Oxidation Reduction Potential”

ORP is still overlooked or for most people not yet discovered.

It is the measurement that shows if a substance is an Anti-oxidant or Oxidant.

Is Your Urine an Oxidant or Anti-oxidant?

Antioxidants

Antioxidants are, if you like, the opposite to a radical, and will combine to form a harmless molecule. If our body's balance is upset by an overload of free radicals, our immune system cannot cope with the problem. Antioxidants derived from herbs and some unprocessed foods can restore the balance and bring about a return to good health. Antioxidants provide the partner for radicals, thus preventing cell damage. Examples of powerful antioxidants are Vitamin C, Vitamin E, Beta-Carotene, ionized alkaline water etc.

“Anti-oxidation or free radical scavenging with *antioxidants* is now an accepted way of slowing down the ageing process”.

Dr. A. Echano

Oxidation - Reduction - Potential?

The Oxidation - Reduction - Potential or in short “ORP” is, as the name suggests, a water or other liquid that has an oxidation or anti-oxidation effect. Certainly, we wish

to age slowly, stay young and healthy, and need the antioxidants. But how can we find out if something is an anti-oxidant or an oxidant? The key is the ionic charge of the hydrogen. Hydrogen is the “energy of life”. Hydrogen is necessary for nearly all biological processes. However, hydrogen protons are responsible for acidic foods, but **negative** charged hydrogen ions fight free radicals, improve energy levels, and are essential in cellular function and to restore health.

How to measure the oxidation reduction potential?

Hand-held meters to measure the negative hydrogen ions are called ORP or Redox meters and are now available at affordable prices. It is probably the most important meter one can buy to determine the antioxidant measurement. Why not do your own research and find out for yourself whether a freshly juiced, organic vegetable juice is a better antioxidant than a “well-preserved” one in a colourful container from the shelf of a supermarket.



A simple hand-held ORP meter to measure antioxidant capability. Ideal are readings in the minus range. The lower (minus range) the reading the stronger is the antioxidant.

The “shelf life” of the ORP

The ORP in ionised water decreases quickly if the water is stored in an open container or in a “common” plastic water bottle. The common water bottles are made for the purpose to store “common” water. However, ionised water is activated water and exchanges ions through the bottle.

I visited a person with cancer and was offered ionised water. I was surprised that the person had ionised water, but was even more surprised, that the water had not the same characteristics as the ionised water I am used to. I told the person that there must be something wrong with their water ioniser. I was told, that this water is from a new high tech water ioniser and that he checks the pH of the water regularly. I had my water meters (pH meter, conductivity meter and ORP meter) with me and checked the ORP of the water in my glass. The ORP was plus 130, well within the positive charged range instead of the negative charged range. He was now curious and asked me to find the problem. As expected, the fresh water from the ioniser was highly negative charged and a good antioxidant but the bottles nearby, which he filled a few hours earlier, had a positive charge. To save time, he bottled the water for the day in common water bottles, which are not suitable to store ionised water even for a short period of time.

The same applies for urine. I tested samples taken during the day over a period of time and measured ORP and pH from the fresh urine and after 2 hours.

The results varied but the difference was always the same in the same environment.

For example a typical fresh sample had a pH reading of 5.4 and an ORP reading of minus 15. After 2 hours the pH reading was 5.5 and the ORP reading plus 43.

Is your food an anti-oxidant or an oxidant?

Raw food is a stronger antioxidant than is cooked, or otherwise processed food. Foods with a high content of selenium and beta-carotene are good antioxidants. Spirulina, for example, is a very good antioxidant.

Egg (free range) fresh minus 50

Egg from super market plus 125

Tomato fresh from the garden minus 27

Tomato from Supermarket plus 45

Mandarin fresh from tree (organic) minus 23

Mandarin from Supermarket plus 87

These are only a few measurements - you will find in Health For All # 14 more comparisons between organic food and non-organic food.

Please note that there are enormous differences in food depending on the environment, soil and the way that the food was produced. The method of storage of food greatly influences the ORP as well. Food stored in an area with a high electrical field will have a reduced ORP. An organically grown vegetable could after a while change to the quality of a non-organic vegetable if stored under the influence of strong electro magnetic fields.

Urine ORP and pH

The pH and the ORP are influenced by our environment like working in a high electro magnetic field, resting (sleeping) in a place with no electro magnetic pollution or walking on the beach.

Here is one example:

Morning 3 am = ORP minus 59 (Tap Water – 30)
after long rest without electro magnetic fields.
pH 5.4

Morning 4 am = ORP minus 6
after 1 hour computer work
pH 5.8

Midday 1 pm = ORP plus 5
after working partly with electric equipment
pH 5.9

Afternoon 5 pm = ORP minus 70 no electrical influence, after a
walk on the beach.
pH 5.6

Better test results by measuring the pH of Saliva and Urine

Comparing the different readings of saliva and urine allows certain conclusions about malfunctions or diseases to be drawn.

Twenty years ago, when I first started checking my body's pH levels, I adjusted my diet to my urine readings. I wondered why I could not get any readings to make sense in comparison with the food I ate. I checked the pH of my urine whenever I had time. Only later, when I studied the unbelievable possibilities of Urine Therapy and learnt about the first midstream morning urine and saliva in connection with the sensors in the mouth, did I realise why and how homeopathic medicine works.

A urine pH reading of over 6.4 over a long time-span and at the same time a saliva reading lower than 6 pH could be a sign of adrenal exhaustion, cancer, chronic infection and fatigue. The amount of the difference between the two readings gives an insight into the toxicity of the blood. The further apart the numbers the more toxic the blood.

A first morning urine reading over 6 (too alkaline) and a saliva reading under 6 (too acid) is a sign of acid blood, an inability to assimilate essential fatty acids, of adrenal exhaustion and digestive disorders.

A urine reading of 7 or above and a saliva reading under 6 is a dangerous sign and advice is recommended.

If the urine and the saliva are both alkaline (over 6.4) this is a sign that there are deficiencies in the diet (eg strict vegetarian).

Before concluding the environmental impacts on the pH of Urine, following other factors have to be considered

Too acid urine can be caused by

1. Acidosis
2. Diabetes if uncontrolled
3. Diarrhea
4. Dehydration
5. Respiratory diseases (carbon dioxide retention)
6. Starvation

Too alkaline urine can be caused by

1. Chronic renal failure
2. Pyloric obstruction
3. Salicylate intoxication
4. Renal tubular acidosis
5. Respiratory disease involving hyperventilation.

Other important points to consider:

1. A diet high in meat consumption leads to a more acidic urine.
2. Measuring urine should be done only with fresh urine. The pH will change over time due to chemical activity
3. The morning urine is usually acidic, due to sleep and slow breathing.
4. Urinary tract infection caused by bacteria results in alkaline urine. Bacteria responsible for the urinary tract infection split urea into ammonia and other alkaline compounds.

Ionised Urine as a solution?

I did not mention the possibility of ionised urine in my first edition of "Urine – The Holy Water" since I was not ready and unsure with my only, at that time, very brief research.

Ionisation of urine can be of benefit as this process separates the acid forming minerals and the alkaline forming minerals. The recycling of the alkaline forming beneficial ingredients of urine for internal use, and the acid forming minerals for external use makes a lot of sense.

There is a wide field of possibilities with ionised urine. Since there are as many as 2500 ingredients in urine, we do not know yet where all the specific compounds like antidotes and hormones end up in ionisation. Research will take some time.

Why are we too acid?

The food we eat is certainly one of the main factors.

However, a well functioning body is able to digest well and expel, in the urine, via the kidneys components not essential for the body at the time.

Environmental influences like Earthrays and Electro pollution can confuse the metabolic process and with it the pH of the urine.

When I wrote my first book in 1984, I made a statement that “Electro pollution and Earthrays amplify each other disproportionately”. I was unable to prove my point other than by dowsing. Some years later I found the proof by measuring the body’s electricity, over Earthrays, and without the influence of Earthrays. By moving only one step out of Earthrays zones, the body electricity can change from say 3000 mV to only 50 mV. Our body is an Antenna and reacts to Earthrays and electro-pollution.

There is another reason I made the statement. There is no difference, when comparing the “typical” complaints from long-term exposure to Earthrays, and to electro-pollution. During the 6 years while researching alkaline and acid water, I also compared the typical acidity diseases, with the typical electro pollution diseases as well as typical Earthray diseases known before the use of electricity.

Earthrays

This form of water treatment is very effective. The positive and negative reactions of our body are forgotten and/or ignored. Every living thing like trees and animals as well as humans, use water veins to regain energy and health when active. Animals (there are exceptions) and humans develop health problems when sleeping in areas affected by water veins.

Natural water veins are underground water courses that are responsible for around 95% of geopathic stress to our health. Other forms of geopathic stress, can come from interfering crossing grid lines, mineral deposits, earth fault lines etc. Since water veins are the main part of geopathic (Geo. = earth, pathogen = ill provoking) locations all these radiation’s are commonly called water veins. A better name would be geopathic location or Earthrays (see book, *Earthrays - The Silent Killer*). In the following, I will therefore use the word Earthrays instead of water veins.

Earthrays can be measured in various ways such as an increase of radioactivity, change of conductivity, growth retardation and health damage including cancer of plants, animals and humans.

“Where plants perish and animals are absent, there you also should not live. The place is unhealthy. You will experience disharmony and lose your poise. When however, you find the place where happy, vital, and healthy people live, and many old folk in good health, then stay there. You will soon do without medicine or physicians. The mysterious forces of Earth make you healthy”. (Nostradamus)

Electro pollution

“High magnetic fields interfere with the cell membrane and make it highly penetrable. This way, people get toxic acidic shocks. The protective barrier is out of balance, is confused, which leads to diseases like cancer, arthritis and depression”.

Paul Herrmann, Building Biologist, Australia.

The confused cell is also explained in Reinhard Kanuka-Fuchs book “Healthy Home – Healthy Office” as follows: “What are the changes that take place in this process? Hormones play a key role in regulating most of the functions of our cells, tissues and organs, ie. cell growth, differentiation, reproduction and immune response. They may carry nerve impulses from the brain across the cell membrane as neuron transmitters, or bind with receptors on the cell membrane. Melatonin, which regulates our

biological clock and influences our mood, will inhibit tumour growth and fight cancer. **Calcium ions** are released by receptors and stored as primary messengers of our cells in the cell membrane. They also stimulate production of enzymes, which regulate the tumour killing of lymphocyte cells. Individual cells are found to communicate electro-magnetically with hormones as chemical messengers, providing a sort of postal system and with nerve cells as a “hard wired” network providing the telegraphic system. Coherent oscillations along a chain of cells resonating at the same frequency can act in a “line-of-sight” communication network, providing a type of “bucket chain-brigade”. Polarisation and depolarisation may proceed as a travelling wave along the cells. These electrical potentials provide a homeostatic regulatory system together with direction determining functions of ferromagnetic materials in cells”.

Magnetic fields are present nearly everywhere in every modern house, since our power lines and appliances deliver not only the necessary electricity to run your washing machine, stereo, TV and so on, but pollute at the same time your home environment with magnetic fields and frequencies. You can shield electro-pollution to a certain degree but you will have a problem with magnetic fields and frequencies. This fact creates a big problem, since magnetic fields can confuse the cells by changing their chemistry.

Conclusion

The aim of my research was to confirm my concern that an **acid forming environment** makes the urine acid forming. Taking urine in larger amounts like 250 ml per day and over, this would have a reverse effect. Certainly, there many other benefits in the consumption of urine, like hormones, enzymes, trace minerals that would be of benefit and still makes urine a good medicine.

However, the impacts of environmental influences are acid forming, but the cells might be confused as mentioned above. Instead of expelling the acid forming compounds, the body seems to hold or store this compounds and releases only the alkaline components. The acid waste stored this way in our body manifests in so called age related diseases like arthritis and rheumatism and the developing of stones in the kidney and bladder.

Measuring the pH of urine shows only what the body under the environmental influence expels but does not give a clear picture of the health maintaining function of our body, especially the function of the kidneys.

Alkaline urine could mean that, even with an optimal alkaline forming diet, the body retains the acid waste.

My original opinion that urine produced under environmental stress factors could be more harmful than beneficial was wrong. Exactly the opposite is the case - urine produced under these environmental circumstances is exactly the “perfect medicine” to balance the body’s needs at that particular time.

Cheers!

And Good Health For ALL and read my book of course.

**Thank you
Kamsahamnida**