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### **The beneficial synergistic effects of traditional medicines and Urine Therapy.**

Herbal production and treatments followed me from early childhood. Born in 1945 in a refugee camp in Germany I had to collect herbs from public grounds as soon as I could walk, to help the family income. Two years of my 8 years of agriculture school I studied in a monastery with herb production. My practical year I did on a farm with 40 hectares of herb production. When I migrated to Australia I founded a medicinal herb nursery there.

During my nearly 60 years of involvement with herbs I found some simple facts.

- Herbs should be used that are beneficial for the person. Old herbal stock is in most cases useless.
- Herbs have to be used in a way that they do not harm, but at the same time help the patient.
- Even from “nature” herbs can have negative side effects, even the commonly used herbal teas like chamomile and peppermint should only be used wisely and when there is a reason for it.
- A very high dosage taken orally could have negative side effects. To fight an illness successfully, a very high dosage is in many cases necessary, which, when taken orally, could well be harmful. Applications via the skin would be recommendable, which will be discussed further down.
- The urine after taking harmful herbs, by dosage or species, can be beneficial without negative side effects.

Modern medicine is very young. You will observe in the future that many treatments and medications, which we use and praise today, will be outlawed and illegal in the future. Look back what modern medicine did in the past and you can imagine how we see our time in the future.

Traditional medicine, especially herbal medicine has not changed, except, that we use today processed and long stored herbs, which we should not compare with the traditional ones.

**The Australian Aborigines used urine and herbal remedies at the same time.**

There are uncounted traditional remedies the Australian Aborigines used to fight disease. As with most natives, they used urine to treat wounds and other disorders.

In urine therapy usually the person's own urine is used. The reason for this is that everyone produces the antidotes to the individual disorders.

However, since the rabbit was only introduced into Australia around 200 years ago, it cannot be viewed as a traditional therapy of the Aborigines. On the other hand it may well be that Aborigines found out more about the treatments than white man in Australia and overseas by using their incredible sixth sense.

Rabbit urine is used by Aborigines to treat infectious diseases. Wild rabbit urine in Australia is the most or one of the most concentrated urines on the planet

It is common treatment by some shamans to recommend a herbal treatment and at the same time urine therapy. The synergistic effect of herbal treatment and urine therapy is applied by many natives worldwide.

Sometimes we have to look at the negative side of treatments and remedies to recognize and understand the beneficial side.

With the following I wish to make very clear that I'm not for social drug use and that I never have taken any illegal or so called social drugs.

**Recycling of illegal or so-called social drugs**

Modern illegal or so-called social drugs like opium, morphine, LSD and so on is one of the biggest problems of our time. Since addiction is very expensive, some drink their own urine or the urine of others to recycle the drugs. It is suggested that the negative effects of the drugs are reduced or totally eliminated.

*A few months ago a woman called me and said "Harald I had to call you and thank you for writing the book. I can't tell you my name but I find it important that you publish what I tell you. I am addicted to heavy drugs and used every method to finance my addiction. I don't have to tell you that I committed crimes to get the money I needed. After reading your book friends and I now re-cycle our expensive drugs by drinking our own urine, which works very well, we have the same highs but don't feel bad afterwards. The good thing with this method is that we don't need so much money any more and we are better people. Please tell others and thank you again for your book".* This telephone call really shocked me but made me happy at the same time, since I have never taken any of these drugs. I do know some people who are addicted and what terrible problems it causes for them and their families and friends. Over the last years many people have contacted me about using this method, confirming that the urine re-cycling method carries the *benefits* of the drug but without the negative effects. I am very grateful to the woman who called me and gave me the message and I would like to thank her and hope she reads this edition of my book.

I hope that we see one day that drug addiction is a part of the past!

Converting poison to a beneficial remedy.

### **Hemlock against Cancer?**

This is a rather strange way of recycled urine therapy.

Everyone will agree that hemlock kills cancer, but everyone knows as well that it kills the patient at the same time. Not so, says Doctor Blumenschein from Germany. He recommended hemlock urine to one of his cancer patients. Inspired by the German book “Die Dreck Apotheke” (The Dirt Pharmacy) and by my book “Urine The Holy Water”, Dr Blumenschein came to the conclusion that, urine refined by another human or animal must be suitable as a treatment for people with cancer. We know that some hallucinogenic drugs cause health problems but the urine from these people give only the desired hallucinations and not the negative side effects. It is bit difficult with hemlock, since hemlock is a very toxic plant, where even extended skin contact can cause death. We know from history that criminals and other unwanted citizens were killed by giving them a hemlock drink. Socrates was the most famous person to die from hemlock poisoning. But who would take hemlock to make the urine to treat the patients? Dr Blumenschein did his own research. He found that goats can eat hemlock without doing them harm. With only this knowledge my friend Joe and his wife Marta went looking for hemlock in the South Germany area and in Austria and for a goat for the refinement of hemlock. Since there are many plants like parsley and other herbs that look similar to hemlock, they went to the botanic gardens to learn how the real hemlock looks and where it grows. There are no, or next to none, hemlock plants left in South Germany so the search had to be extended to Austria, where after many days someone found the hemlock for Joe. There are not too many goats in South Germany either, and now the search began for a goat keeper willing to be part of the experiment. After several days of searching they found a goat keeper with two goats that were more or less part of the family. However, in view of the cancer treatment, the goat keeper allowed that one goat be fed the hemlock. Now the waiting began for the urine. Since a goat doesn't drink much water and urinates only once a day, Joe and his wife were standing in the area where the goat was kept for many hours and when the goat made the signs to urinate they had to come with a bucket and try to catch the urine. The female goat didn't like the interruption and prolonged the waiting time by going a few steps away and roaming around the area. After a while the urge for the goat to urinate was so strong that the collection of the urine was possible and the medicine was “ready to use”.

Joe was given up by modern medicine nine years earlier and sent home to die. Today, 14 years later, Joe is still treating his cancer with different methods and he his happy and travels the world. When I visited Joe and his wife last, we had a lot of fun when they told stories about the unconventional treatments Joe went through.

### **Natural remedies and urine for synergistic benefits**

The quality of urine and with it the healing effect, depends on your diet. Incorporating herbal teas in the diet can amplify the healing effect of urine therapy. The following are only very few examples how traditional herbal remedies are amplified by urine recycling.

Herbal teas and urine therapy are only part of holistic healing. I mention the supportive herbal teas only as one step further towards holistic healing since herbs are

part of my life. There are of course many more ways of herbal treatment like using oils, herbal baths, ointments, compresses and so on.

The successes of traditional healing with herbs are based on a **balance** with nature. With a **disturbed balance** by using modern extracts, we need to have proof of our experiences over long periods of time before making claims. Will the new experience with an unbalanced nature be a successful experience?

Herbs have to be fresh for best results. Old herbal teas are perhaps good for garden mulch but not for healing, ask for the **harvest** date of herbal teas and not for the use-by date.

### **Do herbs have negative side effects?**

Where there is light there is shadow as well. The dosage makes it poison and the dosage makes it medicine.

High dosages of medicinal herbs can have negative effects. In some cases it might be advisable to bathe in herbs to avoid negative side effects. Strong herbal medicine should only be used if there is a clear indication and need for this particular herb or herbal mixture.

If you are healthy, then enjoy it and take only harmless herbal teas to maintain health and for good taste.

### **When should a medicinal herbal tea be taken?**

Stimulating herbs should be taken in the morning and calming herbs in the evening. For example green tea, black tea, rosemary tea in the morning; St Johns Wort, valerian and chamomile in the evening. Many herbs have multiple properties like chamomile (*matricaria chamomilla*) a tonic carminative and sedative - useful in neuralgic pain, infantile convulsions, stomach and gastro-intestinal disorders but also constipating.

Medicinal herbs can *overwrite* the symptoms. The illness can under some circumstances develop further. For example if blood in the stool is treated with oak bark, the bleeding may stop but a possible cancer growth may develop further and early detection may be delayed.

### **Mixing Different Herbal Teas**

There are many slimming, sleeping, bladder and asthma mixtures one can develop with different herbal teas for all sorts of complaints.

**It is advisable to alter the herbal teas after a few weeks to give the body a new stimulant for better effects as well as to avoid negative side effects.**

I give details in my book "Herbal Teaology"

### **Herbal treatments via the skin into the urine.**

***"There is a herbal remedy for treating every illness "***

This statement by Sebastian Kneipp is his most often used quote in German health books.

Pastor Kneipp combined the hydro treatment with the age-old culture of bathing in herbal teas. The "herbal bathing" is especially healthy because the healing power of the herbs affect the body on three separate levels, in which way they are again ending up in the urine.

- The active ingredients of the medicinal herbs are absorbed through the skin and therefore directly into the blood. Up to approximately 30 times more active ingredients are taken through the blood during a bath than with just *aroma therapy*. When bathing for 20 minutes, the body will absorb so many essential oils, that these are often enough for the treatment without having a negative effect on the digestive organs.
- Parts of the essential oils are also absorbed through the lungs when breathing.
- In the complete healing method of Sebastian Kneipp, an important part of the treatment is that of the soul.
- The herbal steam affects the limbic part of the brain through the sense of smell, which is regarded as the connection between body and soul.

### **Fermented herbs are better absorbed.**

Fermentation conserves the properties of the herbs for long-term storage and improves assimilation of the herbs.

One of the best examples of this fermentation process is sauerkraut, which is lactic acid fermented cabbage. In the 17th century a law was passed in Germany that the German navy had to take sauerkraut on their ships since this was the only way to preserve vitamins in those times. Without the important vitamin C (app. 20 mg per 100 grams of sauerkraut) the men on these ships would have contracted scurvy. Not only vitamin C is conserved with lactic acid fermentation but also the vitamins A, B1, B2, B6, B12, D, E, K and others as well.

To avoid calcium deficiency, it was common to add egg- shell flour to the sauerkraut. Sauerkraut is a very effective herb and not only a food mainly eaten by the Germans. Sauerkraut means sour-herb. For treatments sauerkraut should not be cooked as it is with sausages and pork roast in Germany. Temperatures over 45°C destroy the ferments.

### **“Sauer-herb” fermentation**

Most herbs are suitable for the lactic acid fermentation process. However some ferment easier than others. You can mix herbs together which you harvest on the same day such as Dandelion, Lady's Bedstraw, Balm, Knotgrass, Raspberry leaves, Peppermint, Ribwort, Plantain and other herbs which grow around your area or you may want to get it out of your garden. Only mix together herbs that are beneficial for a certain complaint.

### **Fermentation with the Kombucha culture**

This is, for the beginner, the easier way of lactic acid fermentation.

You may use different herbal teas and ferment this to your **taste** or **needs**. You may use dried herbs or fresh herbs as if you were making a herbal tea for immediate consumption. Add sugar and Kombucha tea culture and ferment as you normally brew your Kombucha.

An exception to this common brewing is Pawpaw leaf ferment, which is used to aid cancer treatment.

There are uncounted medicinal herbs in the world, but some herbs are very powerful and help many people.

The following are only very few examples, which are mentioned in the book “Herbal Teaology”.

**Papaya is a very effective herbal remedy in cases of cancer and especially when the urine is recycled.**

There are several ways to use Papaya, the mature green fruit, the seeds, the skin or the leaves.

The most common recipe for pawpaw leaf juice is as follows.

Use seven medium size pawpaw leaves - not very old ones, and not too young. The leaves should be washed thoroughly and partly dried. Cut them up like cabbage and put them in a saucepan together with so much water that the leaves are just covered. Bring the water and leaves to the boil and simmer (without a lid) until the water is reduced by half. Strain the liquid and bottle in glass containers.

The concentrate will keep in the refrigerator for three to four days. If it becomes cloudy it should be not used any more.

For Kombucha brewing the concentrate is mixed together with green tea or other medicinal teas to one's needs.

Kombucha fermentation conserves the properties of the pawpaw leaves in a natural way.

The recommended dosage in the original recipe is 50 ml three times a day. The concentrate can also be added to other juices.

If papaya concentrate is fermented together with other teas the dosage is calculated on the proportion. For example if one litre of pawpaw concentrate and one litre of green tea is fermented together the calculated dosage is 100 ml three times a day.

Some people use the **semi-mature** (mature green) pawpaw fruit (with seeds and skin), which is said to have the same healing effect as the pawpaw leaves. The pawpaw can be processed in a kitchen blender and can be mixed with other fruits.

**Prostawort** (*epilobium roseum*) There are nearly 200 different types of willow herb found in the world yet only 6 or 8 types can be used as a healing herb. The Prostawort is seldom heard of in herb books. It is mainly found in the Bavarian, Austrian and Swiss books. The Prostawort has the Latin name *epilobium roseum* or *epilobeum parviflorum*. The Prostawort is one of very few remedies and the safest remedy for prostate disorder. A lot of elderly men suffer from this painful disorder. It causes the urine to be in small amounts, which give a burning sensation on discharge. It is used in cases of tumour of the prostate and bladder with the aid of Calendula, Stinging Nettle and Lady's Bedstraw. Even in chronic cases, one should only drink two cups daily. Take one heaped teaspoon of the herb and pour a quarter litre of boiling water over the herb. Let stand for 3 to 5 minutes. One cup should be taken one hour before dinner and the urine the next morning. If needed another cup is taken before sleep. An improvement should be noticed within one or two weeks. One man told me that he used to get up 8 to 10 times during the night. Now after taking the Prostawort, he only has to get up 1 to 2 times during the night.

**Dandelion** (*taraxacum officinalis*) grows in many parts of the world and is considered by most people as a terrible weed. Its strong rootstock makes it very hard to rip out. The wind blows the seeds, hanging on little parachutes over long distances. Its a herb for general well-being, purifies blood, detoxifies and stimulates the function of the liver. It is used in all digestive disorders, in rheumatism and gout.

Dandelion did not only save once my life when I was young and suffered from ulcers, it also saved me from visits to the dentist, which I really do not like. I had several times infections in the roots of my teeth and with it the pain we all know. Instead of going to the dentist I “weeded” neighbours gardens and used the dandelion as salad. Within very few days my toothache was gone and that every time! I was not at a dentist for 25 years. I know many people suffering from ulcers off all kind where dandelion worked like a miracle. Dandelion-urine, is from my point of view, the best remedy against ulcers, where ever they are.

**Hawthorn** (*crataegus oxyacantha*) grows wild in many countries around the world. The leaves of the Hawthorn are dark green on the top side and silvery-white on the underside. In Germany it is called Weißdorn, which means white-thorn. This makes it easy to identify since other bushes look similar and flower at the same time.

Hawthorn is cardiac tonic. It stimulates the supply of oxygen to the heart muscle. It regulates blood pressure and heart action.

'Rests' are always advisable as the body adjusts to treatments, however, with Hawthorn there seems to be an exception. There are many people who have taken Hawthorn on a daily basis over decades with great results. There were some warnings and Hawthorn was banned in Australia for its alkaloid content. Overdoses can have negative side effects. As with other things, the dosage makes it a poison or a medicine.

A good example is the blood pressure and heart problems of my father. Born in 1899, he had to join the army at the tender age of 17. The military doctor advised that he be discharged after a short time of training due to his heart condition. During the last 20 years of his life he took Hawthorn tea or tincture regularly to control his heart problem and blood pressure. When he was hospitalised at the age of 95 and his death was imminent, I asked the doctor how much time he had, the reply was that his heart was too strong and this was preventing him from dying. The dosage of Hawthorn treatment was only increased on days of extreme difficulties. Blood pressure readings had been taken daily. Rest from the treatment was only for a maximum of one or two days when conditions worsened but alternative homoeopathic medication was taken with good results.

**The following are some diseases and their herbal support via urine therapy.**

**Asthma** Fresh urine drops under the tongue as well as injections and holistic treatment. Sniffing urine combined with urine massage of chest and spine has also proven beneficial.

☞ Herbal support: *Valerian (root), Melissa, St John's Wort, Thyme, St. Benedict (root), Elder Flower, Mullein, Coltsfoot, Iceland Moss, Black Cohosh, Elecampane, Golden Rod, Marshmallow, New Jersey, Saw Palmetto, Soapwort, Wall Germander.*

**Urinary tract infections** Homoeopathic drops, fresh urine drops under the tongue.

It may sound a bit paradoxical that one can get a bladder or a urinary tract infection when urine is said to be such a wonderful healer. The problem is, that urinary tract infections are caused by bacteria, which are responsible for the urinary tract to become very alkaline with a urine PH reading of around 8.

☞ Herbal support with the following teas is used successfully:

Mixture A: Prostawort 1, Calendula 1, Horsetail 1, Dandelion

Mixture B: Couch Grass 1, Calendula 2, Shepherd's Purse 1, Jasmine 1, Sorrel 1.

Other teas to alter mixture:

Barberry, Corn Silk, Cowberry, Lady's Bedstraw, Maiden Hair Fern, Mouse Ear, Pipsissewa, Prostawort, Rose Hip, Seven Barks, Strawberry, Wild Clover

### **Blood pressure:**

**too low** Adjust the diet; drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

**too high** Adjust the diet; drink small quantity only or use homoeopathic drops or fresh urine drops under the tongue.

☞ Herbal support: In my opinion **Hawthorn** is one of the best herbs to balance blood pressure. Other teas may be taken to alter or as an addition to Hawthorn tea like Dandelion, Elder Flowers, Heatherscotch, Sage, Scurvy Grass, Shave Grass  
Incorporate virgin coconut oil in the diet!

### **Diabetes**

Adjust diet (anti-acidosis), drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

☞ Herbal support:

Mixture A: Bilberry 1, Galega 1, Knotgrass 1

Mixture B: Burdock 1, Chicory 1, Fenugreek 1

Galega (*galega officinalis*) is used in the treatment of the early stages of diabetes but should not be taken if a patient is on L-dopa treatment since it might increase the blood sugar level.

Diabetes sufferers should **not** use Lady's Bedstraw (*galium verum*) in tea mixtures.

**Heart problems** Massage of the whole body, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

☞ Herbal support: Hawthorn, Horehound, Lavender, Mint, Motherwort, Rose, Shepherd's Purse.

Incorporate virgin coconut oil in the diet.

**Heartburn** Adjust diet, urine drops under the tongue.

☞ Herbal support: *Angelica, Savoury, Mint and Yarrow, which seems to be the best remedy and has with recycling a nearly 100% success rate.*

**Insomnia** The *Factor-S* in urine is an inducer of natural sleep.

☞ Herbal support:

Mixture A Speedwell 1, St John's Wort 1, Jasmine 1, Melissa 1

Mixture B Cowslip 2, Valerian Root 1, Orange Flowers 1, Passion-flower 1

Other teas to alter mixture with: Chamomile, Dandelion, Heatherscotch, Lady's Bedstraw, Mint, Primrose,

### **Kidney problems**

☞ Herbal support: Tea mixture: Prostawort 2, Calendula 2, Juniper 1, Bedstraw 1, Dandelion 1

Other teas to alter mixture: Barberry, Birch, Golden Rod, Heatherscotch, Maiden Hair Fern, Rose Hip, Sarsaparilla, Seven Barks, Shepherd's Purse,

*Caution: Horsetail and Juniper should not be taken with kidney infection!*

**Liver complaints** Compress to liver area, drinking of urine, homoeopathic drops, fresh urine drops under the tongue.

☞ Herbal support:

Mixture A Agrimony 1, Chicory 1, Dandelion 2,

Mixture B Dandelion 2, Elder Flowers 1, Corn Silk 1

Mixture C Rhubarb 1, Dandelion 2, Barberry 1, Fumitory 1

The above mixtures are only mild. To stimulate the liver more intensively, wormwood and centaury may be added to the mixture. Both teas are very bitter!

Other teas to alter the above mixtures:

Bedstraw, Bogbean, Evening Primrose, Hemp Agrimony, Mouse Ear, Oat, Orris Root, Wild Clover

**Malaria** Drinking of urine, homoeopathic drops, fresh urine drops under the tongue, fasting, holistic treatment. Urine treatment has good results but the combination of wormwood tea and the recycling of the urine after drinking Wormwood seems to me the most successful treatment of Malaria.

### **Conclusion.**

Observing all the different treatments I studied so far I must say that urine therapy is the most unique and effective therapy and is accessible for ALL. Combined with traditional herbal treatments, it is without any doubt to me the best wide spectrum remedy available to us.

**Thank you**

**Kamsahamnida**