

Can we Make this a type of A to Z illnesses as well. I put Acidosis!!

We are putting this list of Testimonials together to help more people to the Fountain of Youth.

Acidosis

24 June 2019

My name is Peter from Australia. I started UT 6 years ago and haven't looked back.

I had acidosis and chronic constipation Before starting.  
I started pH testing on my urine before stating UT and found not much would lift it except distilled water . And it was hard to bring my pH up.

I kept researching and found Urine Therapy. I tried it and my pH came up straight away and the constipation and dehydration was fixed as well.

There's been a lot of other health issues that have been fixed. Bulged disc, Gingivitis, balding stopped and my overall health has been amazing. I found a type of calming effect as well. Things became less strenuous

Facebook groups have been a wealth of knowledge for me and i use most protocols. I put it in my eyes i use aged urine like soap in the shower, Found this to be an easy way to apply more often. I've bathed in aged urine and found that to be the most powerful thing to do. I believe with the right protocol with UT there is nothing it can not fix if done right. Urine rubs "Aged" is paramount.

At the moment I drink  $\frac{2}{3}$  of what i pass in the mornings and do a bit of looping during the day. Keeping an eye on my salt tasting levels i stay hydrated and found UT to be the closest to the fountain of youth.

So if your looking to start. Have a fruit dinner first and hydrate more than normal and your morning passing will be so much better. It all depends on what we eat. This alone helps us to eat better.

Good luck with the water of life!

## Testimonial of Steven Williams

I first heard about urine therapy over 20 years ago when I was visiting a friend in LA, during my time working on some film projects my camera man was diagnosed with a disease. Later that night I was asked if I could help out, not knowing what that implied he asked me to assist him in a taboo therapy.

Struggling with the news of his illness he had heard about urine therapy as a great treatment but was struggling with the idea of being able to drink it. He asked if I would also do a glass to help with the process, while being open to most things i said yes "what could happen ? " we grabbed a glass each from the kitchen and filled our own glasses full. Standing in the bathroom daring each other to go first.

On the count of 3 we went down the hatch at a rapid rate, the first taste was quite a shock with the expected reactions. Urine tasted like it smelt with a slight aftertaste and getting over the shock I brushed my teeth and went to bed. This process continues for the remaining few weeks and when I returned to Australia I did not see a reason to keep drinking.

Little did i know 20 years later I was going to make a film about urine therapy, and it was only when I was looking for a subject late night on youtube i saw a young guy drinking his piss. I laughed and was grossed out and could not stop watching, My personal flashback of a time long ago reminded me I had done this not knowing the full understanding of this therapy I new this was the subject I was looking for.

Like most I purchased every book and watch the hand full of video on the web, It was time to put myself in this experiment and give it a proper go. I struggled at first as the mental blocks pushed me back from drinking I was resisting the process. Now i know why my friend asked me to drink with him as the support made it easy.

Over the next few months I tried it cold, warm with ice, added juice and finally i become custom to the flavor and soon it was just like drinking salty water. I drank more when i had a flu or cold this helped clear the throat rapidly so i tried in a neti pot to flush out the nose and in 5 minutes I could breath normally. Once you start this therapy it is hard to stop as I used it for an ear infection putting small drops in my ear 3 times a day, within 6 hour the swelling had gone and the infection was gone.

I was sold on the idea of this therapy as it comes in handy and works so fast from colds to cuts and a host of other experiences, Massaging and soaking gave me a sense of clarity and fasting on urine for over 5 days gave me so much energy and power not only physically but mentally lifting the spirits and giving you a greater boost in your higher self and connection to the inner cosmos that we all hold.

## MY URINE THERAPY JOURNEY INTRODUCTION

I am Dr. Bunmi Sunmoila

Prostate Cancer

51 years old, spiritualist, herbalist, an entrepreneur, I was blessed with a lot of skills. INITIAL ENCOUNTER I woke up this blessed morning. I saw a mad woman drinking her urine. I rushed to my grandma and said MAMA come and see this woman drinking her pee. She told me that I was given urine when I was a baby to stop convulsion at 5 years old. She told me that urine was not poison. When I was 20 years old I had a hemorrhoid that affected me very badly. I took lots of medications that did not work. In 2009, when I was 42 years old, I had it surgically removed and the doctor warned me not to eat any product containing flour especially bread. From the doctor's warning I understood that I am the problem for myself. What I ate and drank define me. I started fasting and eating fruits and raw vegetables to fight the problem. After the operation, I was nervous to even pass gas for fear of soiling my clothes. The doctor informed me that the operation was successful and I didn't have any other problems. After, I changed my diet to raw vegetables, fruits and fasting. In 2017, I was faced with the challenge of prostate cancer. The doctor advised me that if care is not taken I will have another operation which I can't stand for another operation. I remembered what my grandma said about urine therapy. I opened my computer and started to research urine therapy. I looked into several urine therapy groups until I found the WATER OF LIFE GROUP. I read that the body will heal itself if you can fast and change your diet to raw fruits and vegetables and drink your urine daily. I was very surprised to find out that I can drink urine everyday. My grandma never taught me that I can loop my urine all day but I was afraid to do that. I started the journey with faith. I sent messages to many groups with not much response then one day, I received a video call from my President Anthony A.K King that helped me to build my confidence. I watched several videos on UT like Dave Moore and Jerald Roth. I started my journey fasting and looping and eating raw fruits and vegetables for 3 months. I was completely cured of Prostate cancer symptoms. I discovered that drinking your own urine first thing in the morning may promote Tranquility during meditation according to Australian researchers. Urine is rich in Melatonin and hormone which can make people feel slightly sedated. This could also explain why traditional Yogi's of the Indian subcontinent recommended the practice, known as Amaroli. MY EXPERIENCE I went further to know more about urine therapy after my encounter as observed above. I had a wound in the finger and I soaked it in aged urine and drank a spoon from same aged urine, surprisingly, it healed me like magic. I drank my fresh urine with my nose when I had chest pain and sore throat, which made eating and drinking very difficult for me. Again, I cured myself less than one week. I used to have Insomnia, now, I sleep like a baby due to application of UT. Thanks to water of life symposium group for the support and all the UT professional. Love you all, SPECIAL THANKS TO WATER OF LIFE BROTHERS AND SISTERS, ANTHONY A.K KING, DANIELLE AUDREE GRAHAM, JERALD ROTH, DANIEL DRURY, BRYAN JUSTICE, TONY HILL, THERESA

ALLEN, MONICA SCHUTT AND MANY MORE. My experience in urine drinking, drink with nose, bathing and foot socking at the moment. I sleep like a baby My skin looks fantastic I have no joint pains My digestive system change to normal My eyes vision improved My thinking improved Healing my wounded finger Cure my prostate Urine is cure HEALING I SUPPORT I have been helping myself and other friends With herbs, urine therapy to cure people and sun energy. I treat a friend of mine who has kidney problem with urine fasting, I did foot detoxification, I did urine fasting and raw fruit to cure eczema. I treated friends

Diabetes

25 June 2019

I got diagnosed with diabetes 10 years ago, but I don't know how long before I developed it. The doctor put me on insulin right the way, I was shocked I had to use that syringe every day and I was determined to beat it!!! I tried everything natural you can find advertised, most very expensive, but nothing really worked. It was like I had an animal inside that constantly asked for food, nothing would help cravings. My blood sugar got so high one time that the meter could not register the number. I was scared that soon I would be going to dialysis!! I started reading about UT, I was disgusted at the idea and also never in a million years I would have thought it could cure diabetes!!! So as I was still reading about it, a friend of mine told me that her son was having bad complications from skin issues. I suggested UT because I was reading a lot of successful stories with skin issues. Her response was: "gross" I also felt hypocrite since I had not tried it myself. That was May 24th of this year. On May 25th I got the courage and had my first glass in the morning. Did not taste bad at all, I could relate it to a cup of tea... I started drinking it every day, today it's exactly a month, and the numbers of my blood sugar are PERFECT!! Morning and night! Insulin bye bye! I would love to scream it to the world, it works and it's FREEEEEE!!! It has taken the cravings away, I eat small meals, mostly fruit and vegetables. I have used aged urine in my gums and they are healthier than ever!! My eyes had a lot of gunk in the morning, something similar to thick glue, maybe due to allergies and eye drops did not work, aged urine drops sting but the gunk is gone. I had psoriasis/eczema on my hands and I peed on them a couple of times and it's gone, I had tried lots of expensive lotions and creams and actually was making it worse. I literally owe my life to this group and to my friend that without knowing, encouraged me to try! I need to thank Peter for inviting me to this group to allow me to share and keep getting encouraged with all the daily miracles I read about! I wish I had the courage to scream it to the world!! Thank you thank you!!

Juanita-marie Franklin

Depression 28 June 2019

My first experience with Shivambu was in the mid '70s, on Maui, armed with Armstrong's little red book.

I took to it like a duck to water

I had declared that if I could connect with my ESSENCE, I'd surely feel better, more secure, about myself

With a backdrop of healthy living, a fulsome garden, and a life in the hills, nude sunbathing, daily washing, rubbing, nostrils became my very life!!

My vision became extraordinary..like I could see in the dark.

I practised, alone..and in secret for about 6 years, then left the Island.

I have re-connected with the practice, only NIW, I have a most extraordinary crew of 'pros', and my experience is heightened 10-fold!

I soak my feet most mornings, as I do nostrils, face and sip.

I've been known to wrap my torso in a towel soaked with 2-month old urine, or sleeping with socks soaked in aged. My wonky 74 yr. Old knees are responding to this practise.

I feel more vibrant, more grounded, and really feel the difference when time does not allow.

I go to the doctor for yearly check ups, but use nothing they prescribe, and haven't done, even before this life-style.

My efforts to eat better are working. I don't do much cooked..but for steaming veggies. And the more fruit I eat, the better my waters taste.

It's changing my mind-set and my frequency.

I respect this crew of Shivambu warriors, and am in a constant state of receiving knowledge and inspiration.

29 July 2019

Jenny

I have been on u.t. for about 18 months. The results I have witnessed are sciatica no more face body skin amazing I had psoriasis completely gone tummy flat without sit-ups could not believe that one Inner sense of calm I eat healthy was fruitarian but now plant based. in the beginning I was constantly drinking but now I have my first morning and then the second and that's it Aged rubs as soap sometimes leave on no smell I hide this with coconut oil mixed with essential oils fresh leave on daily no smell For me it's a way of life that is part of me

Testimony David R. UK.

Started UT 4 yrs ago. Dave Moore being the inspiration.

Hit it pretty full on with first morning, and then looping on a 24 hour fast.

I found mood was hugely improved, more relaxed and instinctively started to improve my food intake, less, and fresh fruit and veggies. Then came the fresh rub, and then the aged.

Awesome, especially outside in the sunshine.

Skin improved, eyes improved and mental clarity was much improved.

I have for the last 2 yrs traveled around the world. Urine has always been my go to whilst flying long haul. I take small squirt bottle to spray up my nose in order to fight off the effects of the foul air on the aeroplane.

I always rub fresh on my skin , in the toilet if course whilst flying. I have never caught a cold since doing this.

In fact, I've not had any virus at all for 3 yrs, although I have sometimes felt challenged, of course, but no more than 3 days.

I experienced some healing crisis although nothing severe.

I also do enemas with aged and fresh. Just awesome.

I'm athletic and have used my own water whilst riding for 3 hrs + and then on return home.

Recovery is much faster.

UT therapy has helped me lose weight although not hugely overweight, I m 2 stone lighter ever so slowly.

Next for me is the aged bath, in an old freezer.. that's gonna take some organising as I have a family. They don't practice at all. Yet!

Harry Mattenden , Peter here ( Clayton) Monica, Dave Moore, brudda sage, Casey, many more have all inspired me.

To the future. I raise a glass.

Blessings

DR.

### **Valerie Miller**

I have EDS a connective-tissue disorder that I was Born with. I live with a host of symptoms, disabling pain and fatigue being the most prominent. Also Digestive issues and bladder. Five years ago my condition took an extreme. And rapid turn for the worse and was very frightening. My journey over the last five years has been long and complicated so I am just going to Focus on this one aspect of my first experience with urine therapy.

My bladder was causing me extreme, debilitating Pain with seemingly no treatment. I Was Passed around different specialists who are all told me that there was nothing wrong!! The feeling was very similar to cystitis but with additional Symptoms including cramps... However there was no

sign of infection. I had read about interstitial cystitis which is common with connective-tissue disorders but had not received any diagnosis or been offered any treatment. I barely slept for three years as I would be back and forwards to the toilet and in such severe pain. My relationship fell apart. Sex was obviously out of the question During this period. It was really a living hell on top Off the other symptoms happening through my whole body.

Two years ago a friend gave me some books on urine therapy and asked me to check it out...I had come across this treatment in another book some years previously and had been intrigued but wasn't suffering enough to be motivated to try it out. At this stage I certainly was desperate and willing to try anything!

I began straightaway looping fresh urine. I learned very quickly that I found it too stimulating to take in the evening so stopped mid to late afternoon.

The result-after just one week off doing this I slept through the whole Night without going to the bathroom! When I woke up in the morning, I could not believe it. I lay there in absolute disbelief. Even upon waking... I did need the bathroom but it wasn't the usual painful and desperate feeling. Just a normal sensation of needing to Pee.

And that was that... My bladder was healed. I have no idea if this is true as it is just going by my feelings. But it feels like the inner lining of my bladder was damaged and this therapy repaired it.

What I do know is true with absolute certainty... Is it worked!

I have stuck with my regime since I began a couple of years and I am always exploring new ways to use it. I have had other fantastic results which I will share when I have more time but this was my first and most miraculous experience.