

CATE STILLMAN'S BEGINNER'S GUIDE

Urine Therapy





Urine Therapy

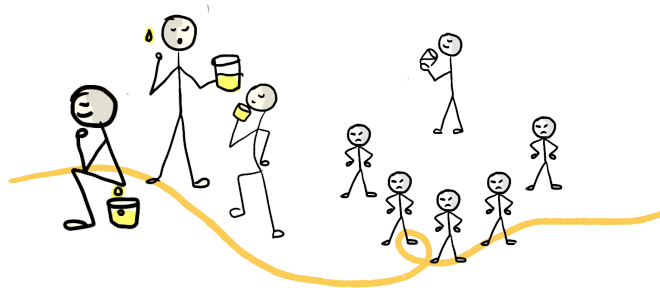
Your Beginner's Guide



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How Upcyclers Use Their Pee

Your Beginner's Guide

Pee is the organized water of the body.

Your pee is 95% organized water from your body.

From quantum physics professor, Paul Davies: "The water from the tap in your bathroom is completely different from the water inside your cells, because water is a polar molecule and the way it line up around organic molecule and so on. The waters in a biological system become ordered. They are not just chaotic."

So - mostly organized water. Urine users report that pee is quickly hydrating due to the already organized, bio-recognizable water.

What else?

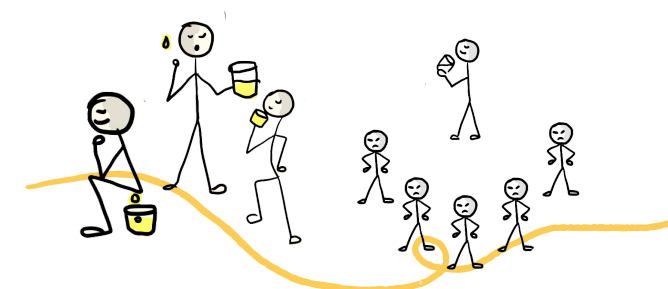
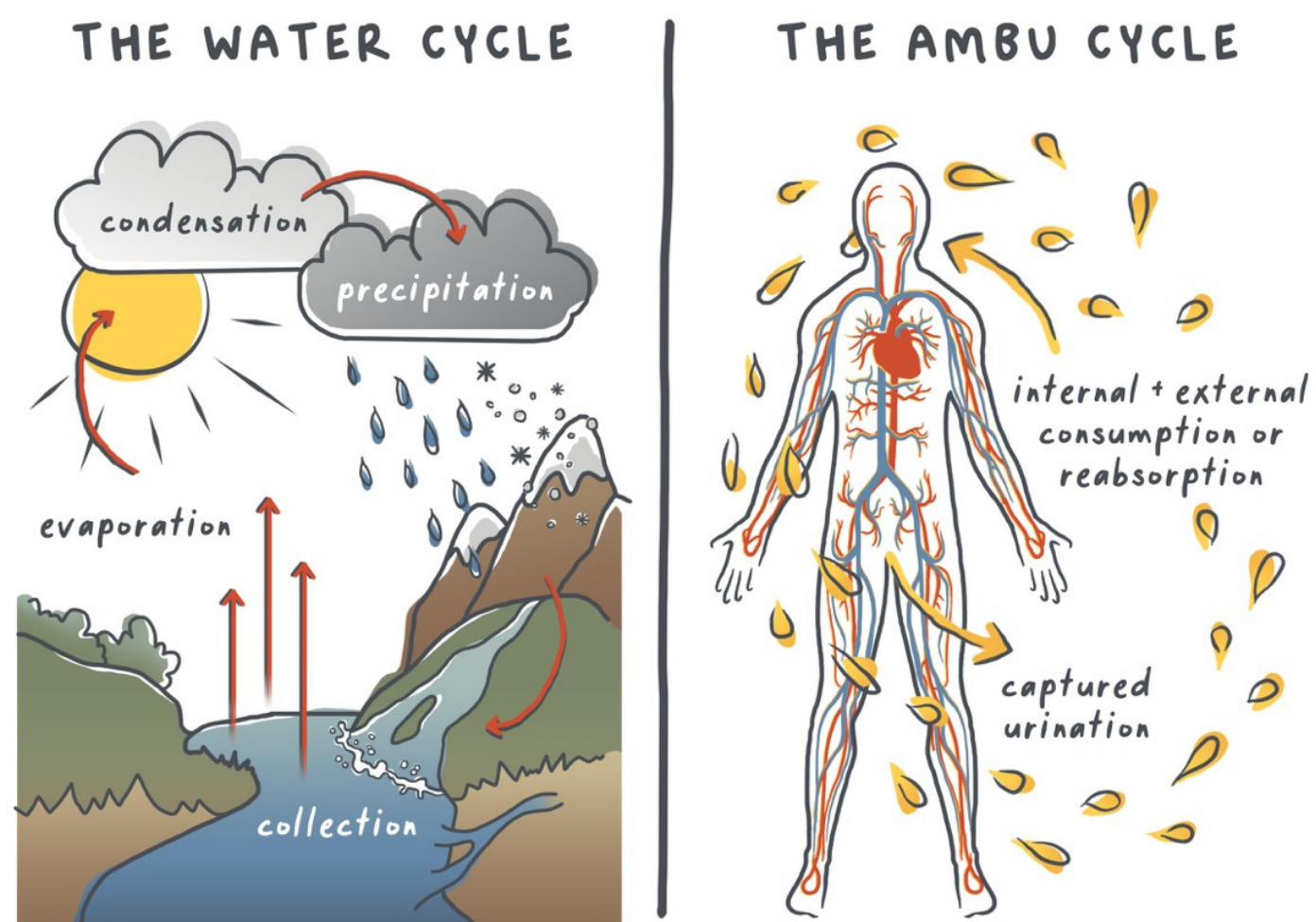
What is in your pee was just in your blood. Your pee is an exact unique finger print of your blood plasma is this moment. Three percent is packed with stable nitrogen compounds like urea, uric acid and ammonia.

For some reason scientists labeled nitrogen a waste. Nitrogen in a regenerative system - like a human being - is fertilizer for the microbiomes to generate nitric oxide.

Nitrogen fertilizes growth. What happens to urine once it leaves the body? It ferments. Nitrogen is the elemental fuel of fertilization and fermentation.

The plot thickens.

The remaining 1-2% of what is in urine looks like a probiotic soup of lysosomal enzymes, amino acids, hormones, minerals and electrolytes. Lysosomal enzymes regulate autophagy. Amino acids build protein. Swimming in a watery nitrogen and mineral-rich bath your pee cocktail is 100% authentic, 0% synthetic; 100% organized watery essence of you.



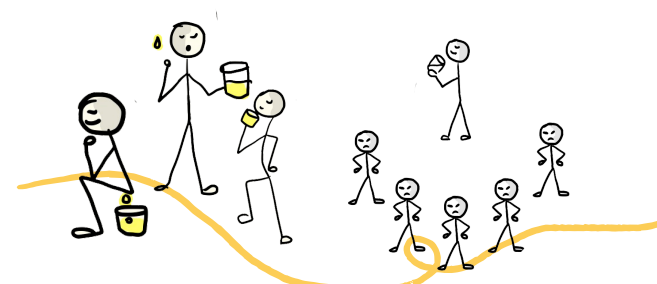


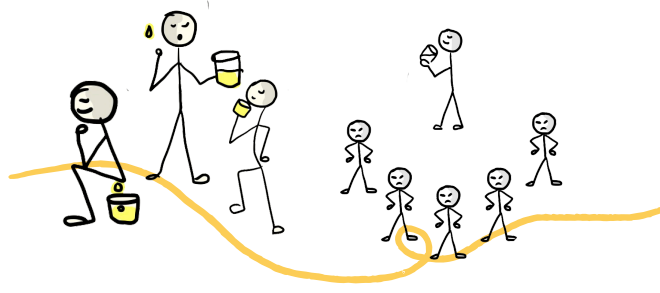
Urine Therapy

Your Beginner's Guide



HOW UPCYCLERS USE PEE





How Upcyclers Use Their Pee

Pee Upcyclers Beginner's Guide

Your pee is antibacterial. Antiviral. Antibiotic. Antibacterial. Anti-parasite. Anti-fungal. Anti-neoplastic (anticancer). Anti-convulsive. Antispasmodic.

You pee out elements that are sold back to you as supplements like calcium, magnesium, potassium, and trace elements like zinc, chromium, selenium and manganese, or hormones like melatonin, serotonin, dopamine. It's all in your pee.

You pee out respectable amounts of stem cells and even trace amounts of growth hormone. While pee is the most studied compound from the human body, most doctors I know barely know anything about it as a microbiome-fertilizing medicine that native peoples have known about forever.

Urine is a stable form of oxygenated nitrogen in liquid form, that also packs hydrogen and carbon. Custom made for mammals by mammals as their only necessary medicine, and secondary hydration source.

Urine is chock full of nitrogen, potassium and phosphorus, which are the nutrients plants need to thrive—and the main ingredients in common fertilizers. The nitrogen-heavy urea and uric acid in pee become fertilizer for the microbiome when you put in back into the body via rubbing, snorting, swishing, drinking, and using enemas.

Drinking pee boosts your blood with nitric oxide, due to the specific nitrogen-hydrogen-oxygen rich amino acids in pee: L-citrulline and L-arginine. Those amino acids make nitric oxide. Nitric oxide is the quantum tunneling vasodilator - the third gas- that increases oxygenated blood while catalyzing inflammation out of blood, killing dysbiosis where it finds it, and feeding eubiosis into the endothelium.

How cool is that?

Urine drinking easily fills in the gaps during fasting... both for nutrient deprivation in the wild, and for humans fasting for autophagy to cure disease, prevent disease, or explore peak performance.

Your first morning pee is the best bitter to break down the stagnation from chronic inflammation.

How?

Lysosomes.

Lysosomes are packets of digestive enzymes within cells. We pee out these enzymes that regulate autophagy and digest inflammation and can turn a cell from degenerative to regenerative.

Urine has .03% uric acid. Uric acid is the most abundant anti-oxidant in human blood.

Blood plasma nourishes the tissues of the body. Your blood plasma carries everything your cells need from nutrition to immune intelligence (immune cells) to regulatory intelligence (hormones). You leak a watered down blood plasma sample, a snapshot of this moment in blood, every time you take a leak. Your kidneys are the chemists; your urine is the pharmacy, the medicine. If your pee is gross - change how you FAST and FEAST.

The microbiomes get hydrated and shift into peak performance digesting inflammation and fueling the immune system.

Urine is also full of carbon, oxygen, and hydrogen - which feed building blocks to symbiotic bacteria to build smart protective biofilms and thin mucus in the epithelial layers - or layers of tissue that mediate between inside and outside the body. Think skin, entire g.i. tract mouth to anus, entire breathing tract, even the lining of the circulatory system.

Positive feedback loops kick in when you upcycle urine. Pee seems to eat inflammation. Fast.

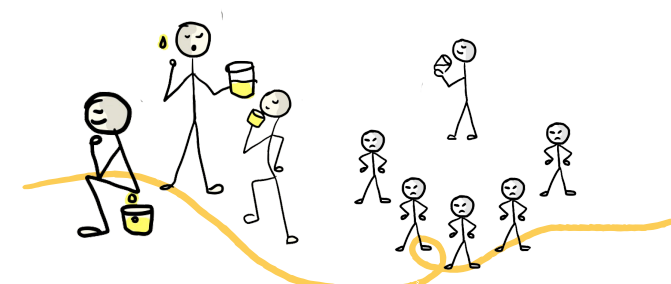
Literature

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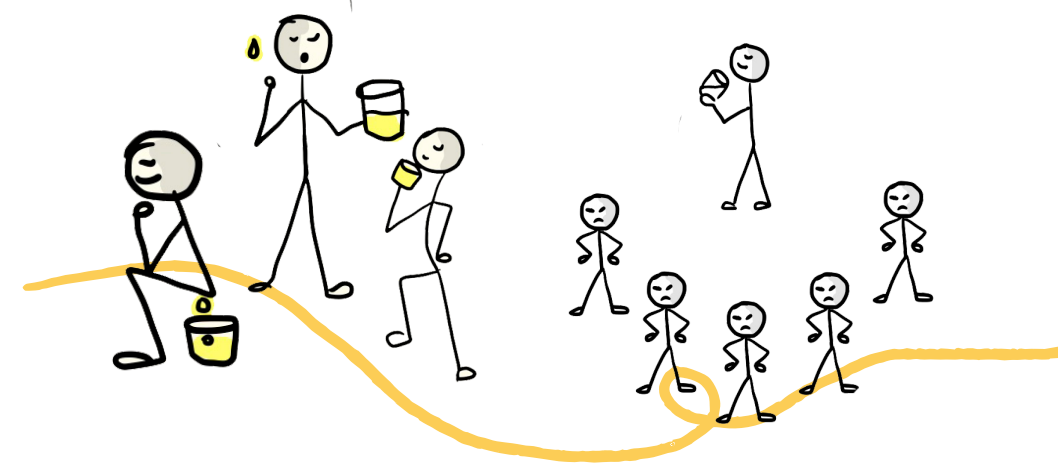
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Deying Zhang, Guanghui Wei, Peng Li, Xiaobo Zhou, Yuanyuan Zhang, Urine-derived stem cells: A novel and versatile progenitor source for cell-based therapy and regenerative medicine, *Genes & Diseases*, Volume 1, Issue 1, 2014, Pages 8-17, ISSN 2352-3042, <https://doi.org/10.1016/j.gendis.2014.07.001>.


World Science Festival: Quantum Biology: The Hidden Nature of Nature <https://www.youtube.com/watch?v=ADiql3FG5is&t=1358s> (minute 20) Paul Davies - quantum physics professor at ASU.



How to Start Pee Upcyclers Beginner's Guide




HOMEOPATHIC DOSE



Tastes like water!

1 oz. water
+ a few drops pee



A few drops under the tongue.
Sublingual Veins → direct input into the bloodstream
→ works for anaphylactic reactions

Drops not Gulps

If you want to start slow, begin with a few drops under your tongue.

Under your tongue is a the sublingual vein. If you've ever taken a homeopathic pill you dissolved it under your tongue for immediate absorption into your blood stream via the sublingual vein.

Fun fact:

For an acute or poisonous sting or bite or allergic reaction use fresh urine under your tongue to induce a feedback loop of the antibodies that your body instantly generated in response to the pathogen.

Drops into Skin

When you stack rubbing a few drops of pee on your skin with the already established habit of peeing... you are well on your way to running a true experiment with urine therapy.

If you start with this simple habit stack - rub a few drops of pee on your skin when you are peeing - your intuition will guide you from there.

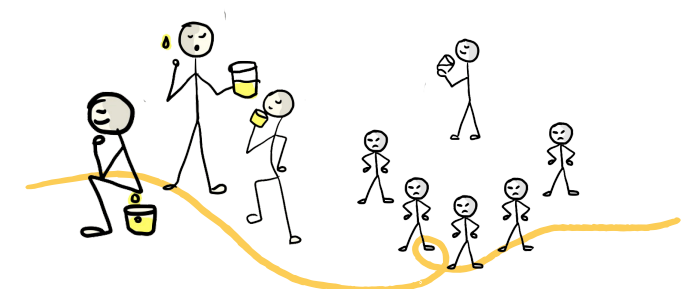
How do I get myself to drink it?

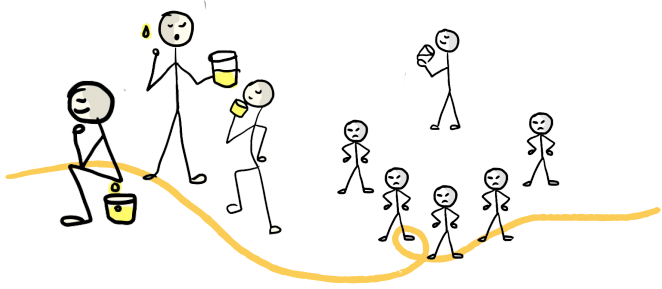
Start by rubbing your pee on your skin.



SKIN CARE

<ul style="list-style-type: none"> 🍷 Wounds 🍷 Burns 🍷 Acne 🍷 Dermatitis 🍷 Antibiotic (use a pack) 🍷 Fungus, warts 	<ul style="list-style-type: none"> 🍷 Age spots 🍷 Bug bites 🍷 Sun burn
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How Upcyclers Use Their Pee

Your Beginner's Guide

HEALTHY MOUTH ORAL CARE

- Repairs gums
- Cleans teeth
- Whitens teeth



BATHE YOUR FEET IN PEE



20 minutes
warm or cold
use 1/2 gallon + reuse

- Refresh your mind (dopamine, oxytocin, oxygen)
- Fastest absorption (biggest pores)
- Heals athlete's foot + fungi
- Moisturizes dry feet
- Absorb ultra-filtered nutrition + vitamins

SKIN CARE

- Wounds
- Burns
- Acne
- Dermatitis
- Antibiotic (use a pack)
- Fungus, warts
- Age spots
- Bug bites
- Sun burn



REWILD YOUR HAIR CARE



- Rinse hair with pee + water
- Massage tresses (+ coconut oil if dry)
- Restore scalp + hair pH
- Enhance natural body
- Revitalize crown
- Refresh senses + mind

NOSE RINSE WITH PEE

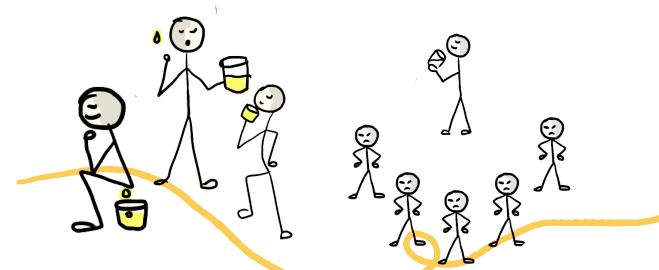


- Decongests breathing pathways
- Relieves allergies
- Improves breathing
- Dissolves mucus
- PRO-TIP**
- Pull your pee from your nose to your mouth
- If you have allergies, also do enemas for antibodies

PEE ENEMA



Buy a saline enema bottle for \$2. Empty it. Fill it with pee. Try it before you get your day on... or before bed.



Why do people do it?



Pee Upcyclers Beginner's Guide



Blood plasma nourishes the tissues of the body. Your blood plasma carries everything your cells need from nutrition to immune intelligence (immune cells) to regulatory intelligence (hormones).

You leak a watered down blood plasma sample, a snapshot of this moment in blood, every time you take a leak.



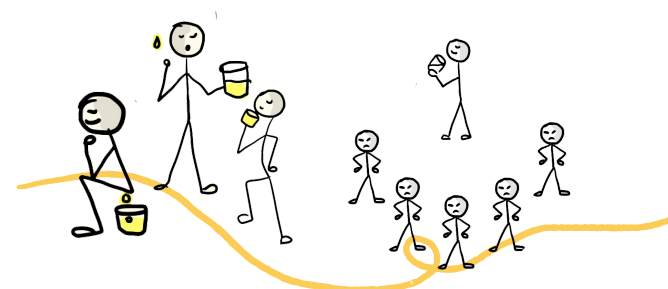
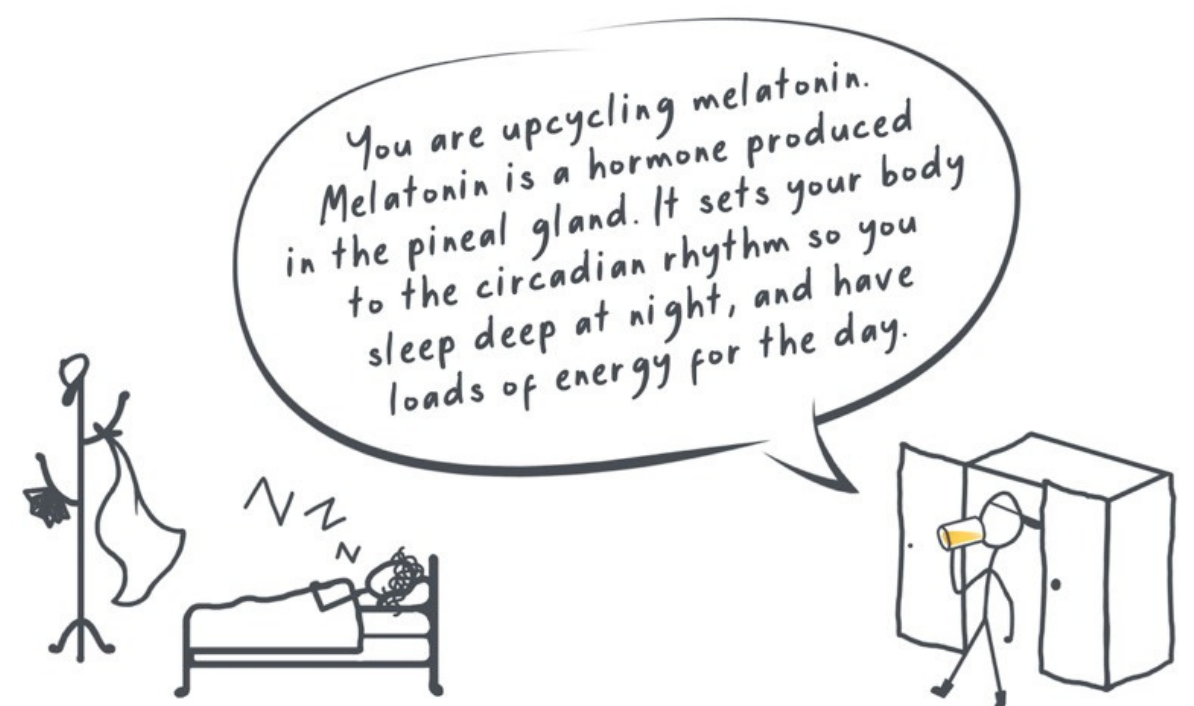
Your kidneys are the chemists; your urine is the pharmacy, ...the medicine.

If your pee is gross - change how you FAST and FEAST.

WHY DID MY HORMONAL, MENTAL, + EMOTIONAL ISSUES DISAPPEAR?

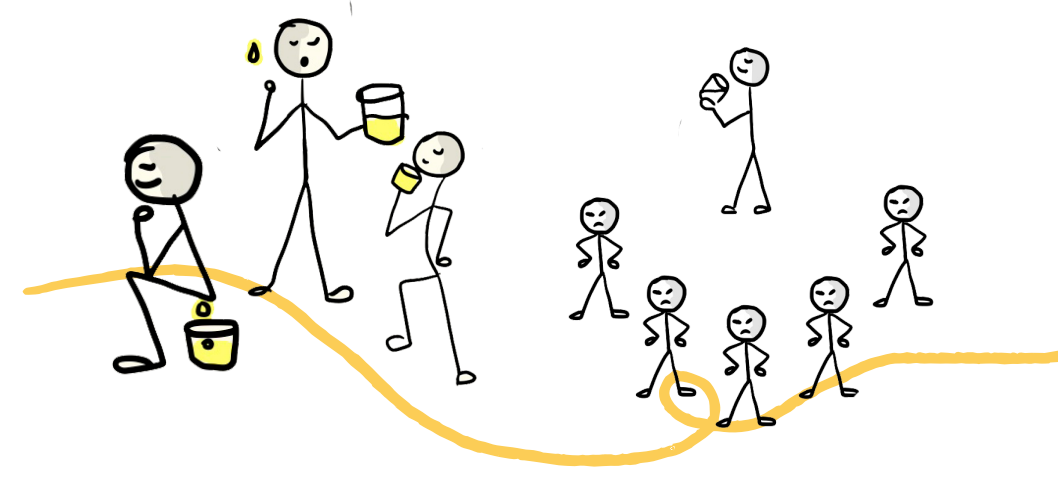


WHY AM I SLEEPING SO DEEPLY?



Massage + Foot Baths

Pee Upcyclers Beginner's Guide



Pee Massage

Urine is an intuitive healer.

Wherever is easiest to start for you - start there. Start with a tiny amount. A few drops on the back of your hands. Or the bottoms of your feet before bed. Or around your belly button. Or if you have any body aches and pains - start there.

Your skin has pores. These tiny orifices covering the surface of you absorb directly into your blood. Urea is a super skin healer and softener - so wherever you rub you'll notice what urine does on skin. That is enough to get started.

FIRST TIME PEE MASSAGE



It will feel totally bizarre, or even embarrassing, to do this - even if you have the essential habit of a quick daily massage. Users report after a few weeks of pee massage that it feels rewilding, instinctual, and normal.

FOOT BATHS

Your feet have the largest pores in your skin. Larger pores can absorb larger molecules. Molecules like hormones are better reabsorbed by your feet than down the gullet.

The urea in urine tenderizes the feet. Urea is the most powerful moisturizing agent. After a 10-30 minute foot bath you'll notice the skin on your feet is soft, smooth, and clean.

Due to the antibacterial and anti-fungal properties of urine your feet will also be more protected from fungus. Many people find that the most persistent cases of athlete's foot and remarkably, toenail fungus, resolve with repeated foot baths. Aged pee is more powerful to be rid of fungus.

Foot bathing directly affects the mind. If you are stressed or in an adrenaline addiction pattern of tired and wired - give foot baths a try.

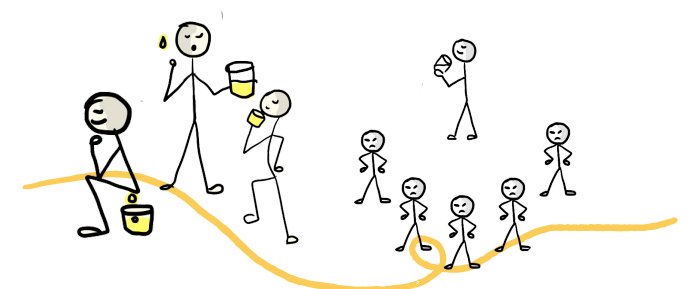
BATHE YOUR FEET IN PEE



20 minutes

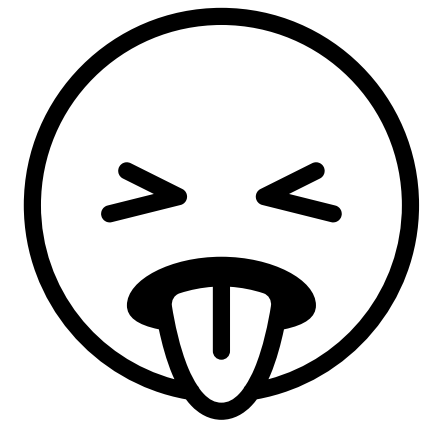
warm or cold
use 1/2 gallon + reuse

- Refresh your mind (dopamine, oxytocin, oxygen)
- Fastest absorption (biggest pores)
- Heals athlete's foot + fungi
- Moisturizes dry feet
- Absorb ultra-filtered nutrition + vitamins

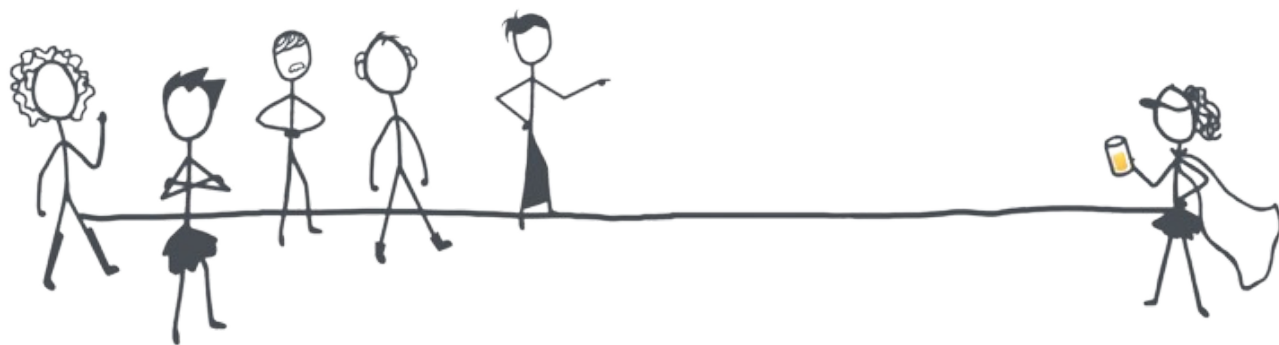




Is Pee Disgusting?



Pee Upcyclers Beginner's Guide



Taboos discriminate against normal habits and turn them evil.

Disgust looks like biological instinct, but it's not. Disgust when it comes to food, body or environment appears biological and is linked to smell as a sense organ. Living things smell, as Haruki Murakami assessed: "Being alive, if you had to define it, meant emitting a variety of smells."

Disgust is a fundamental motivational driver and survival mechanism for human beings. What the tribe is disgusted by, you best follow suit, or you risk the perils of exile.

Disgust is pre-determined by those who came before or the belief system in power. Disgust doesn't come from your lived experience, a posteriori. It comes from "common knowledge" or a priori.

Most people don't test the validity behind their disgusts.



BELIEF CATEGORIES	
1. Food	ex. pork
2. Environment	ex. weeds
3. Body	ex. urine, dress code

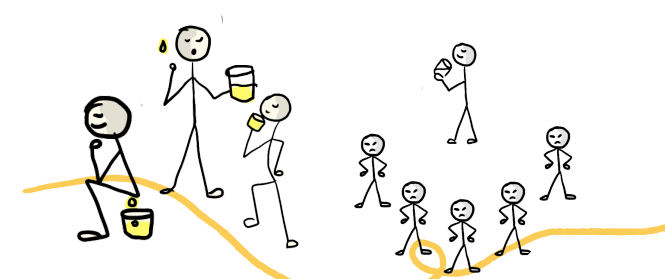


Smell and disgust are common bedfellows.

Many taboos have a primal scent. Live ferments have smell - and urine ferments.

Smell is the easiest way to create a biological aversion. When the powers that be decide what is disgusting, it's reinforced through repetition, so much so that the the biology can develop a strong visceral aversion.

It's natural for pee upcyclers to keep quiet... even when the habit is upleveling their lives.





Snort + Swish

Pee Upcyclers Beginner's Guide

SWISH

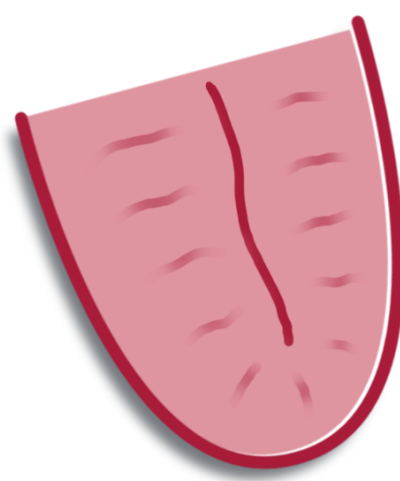
The tongue is the ambassador for the body. Your tongue tastes. That is a huge responsibility. Your tongue and your microbiomes communicate through taste and moisture. If you aren't using your tongue to enjoy the regulate the six tastes in their most primal forms - sweet, sour, salty, pungent, bitter, and astringent... your microbiomes are not happy and your immune health is at stake. As they say in Ayurveda, bitter is better. Turns out - so thinks the sinus microbiome.

In the crypts of your tongue live specialized bacteria that indicate if you are healthy or sick. You can move the needle dramatically towards regenerating if you swish your tongue with pee. If you're not up for pee- start with one teaspoon to one tablespoon of coconut oil.

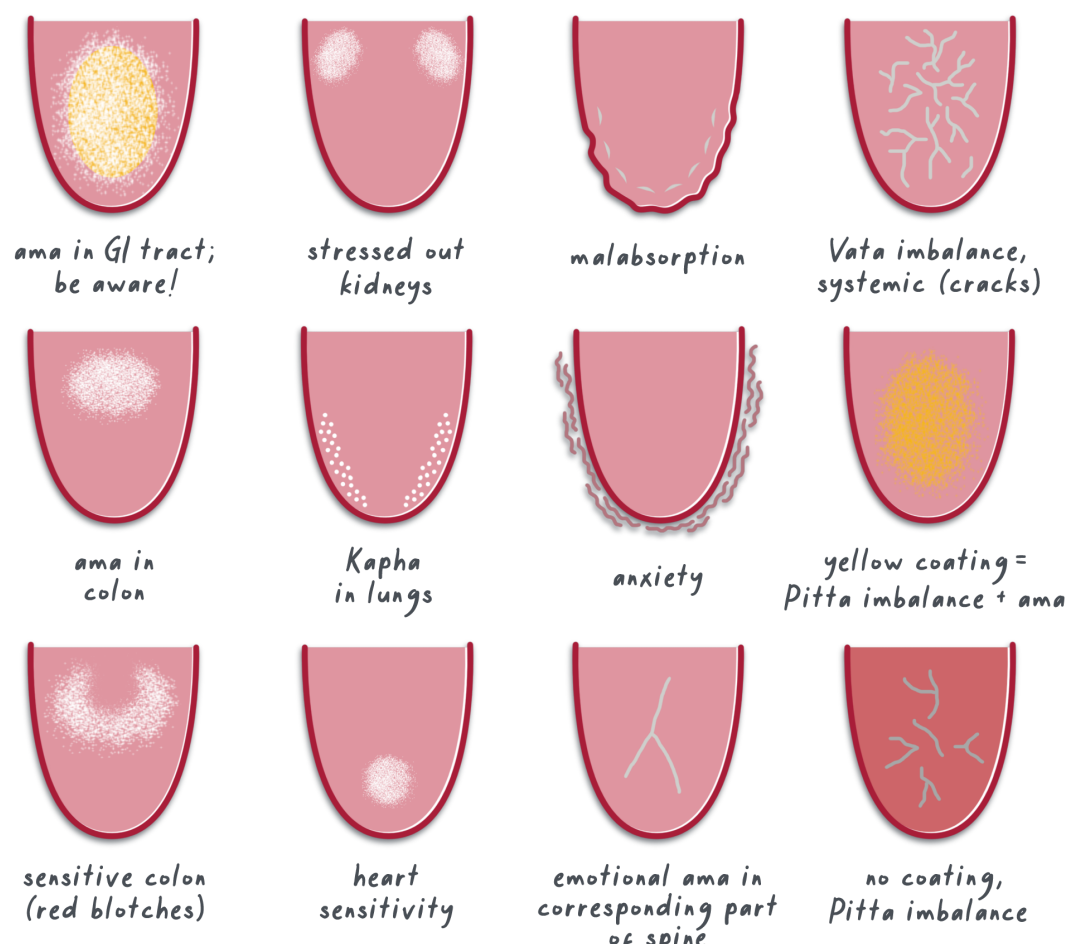
Your tongue microbiome - if it's thriving - reduces nitrate into nitrate. Then, specialized tongue bacteria convert nitrate into nitric oxide. Go tongue bacteria.

Without thriving bacteria in tongue crypts nitric oxide isn't produced there. Not enough nitric oxide is a sign of oxidative stress. Swishing tongue crypts with pee feeds the microbiome, which produces endogenous nitric oxide.

CRYPTS OF TONGUE



bacteria produces nitric oxide



Your body is designed to feed oxygen through your nostrils into your paranasal sinuses. The paranasal sinuses produce nitric oxide, and sending both oxygen and nitric oxide to the lungs.

The ostia separates your nasal passages from your paranasal sinuses. When the ostia are closed the sinuses don't produce and release nitric oxide.

What seems to happen snorting aged urine is first this microbiome medicine cleans the sinus cavities of dysbiotic biofilms.

Urine is the strongest medicine for your sinus microbiome. Rinse your nose with a neti pot, or snort your pee with a syringe or eye dropper. Notice the biofilm that comes out. Notice if you can breathe a little deeper.

SNORT

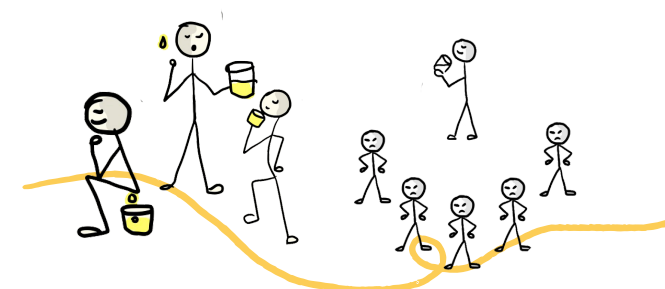
NOSE RINSE WITH PEE

Use fresh warm pee.

Check that out - you are running pee through your nose. Crazy!

PRO-TIP

- Decongests breathing pathways
- Relieves allergies
- Improves breathing
- Dissolves mucus
- Pull your pee from your nose to your mouth
- If you have allergies, also do enemas for antibodies



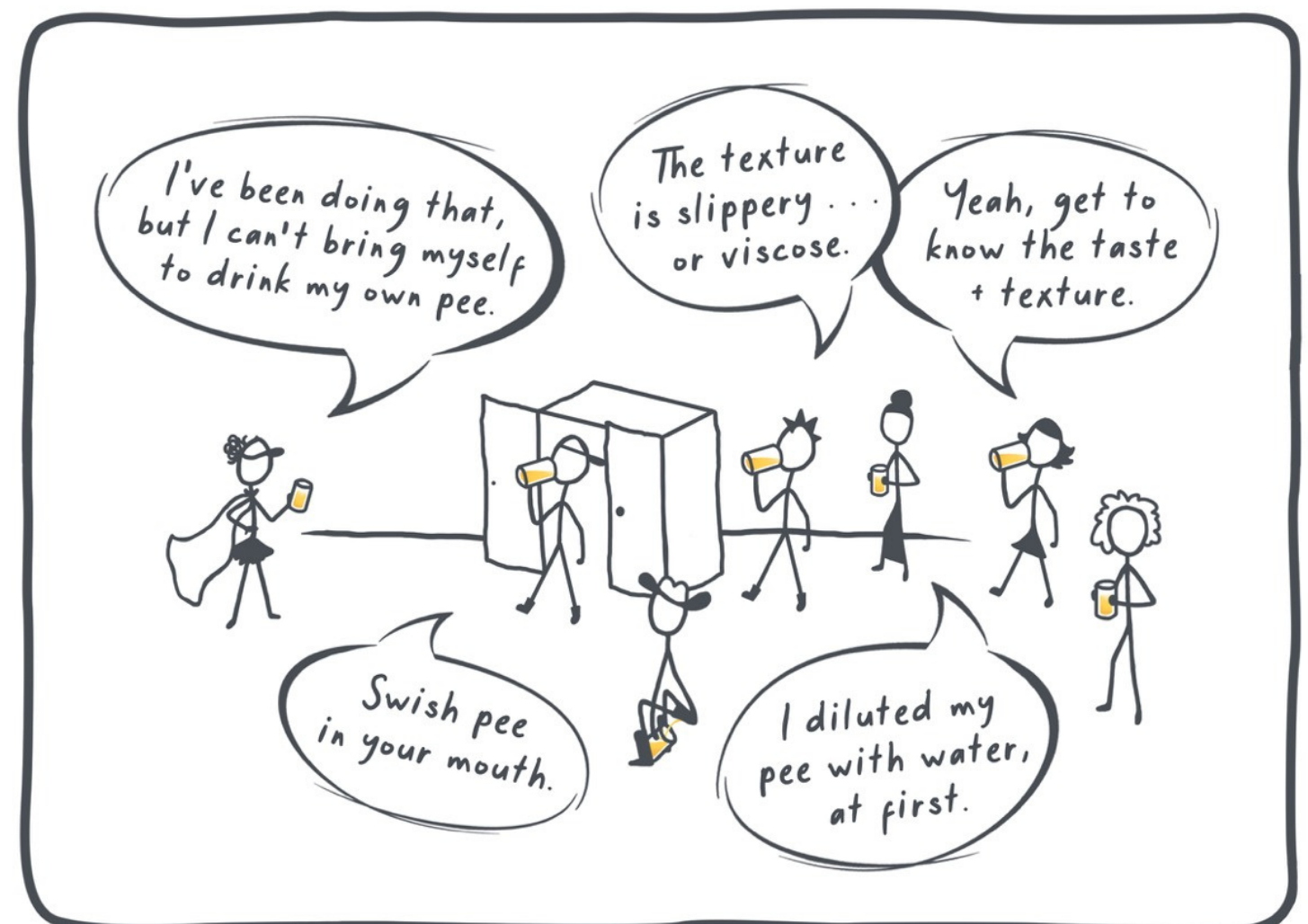
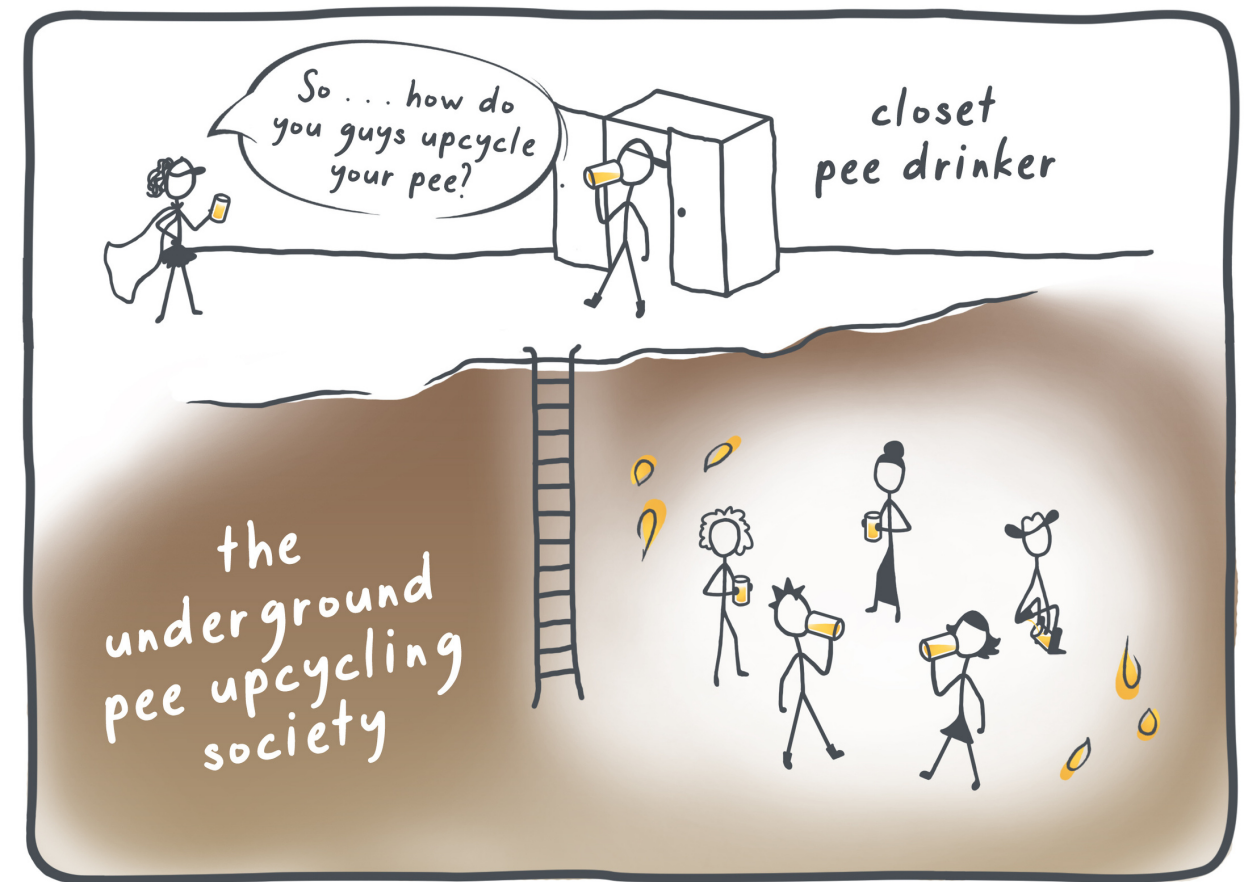


Drinking Pee



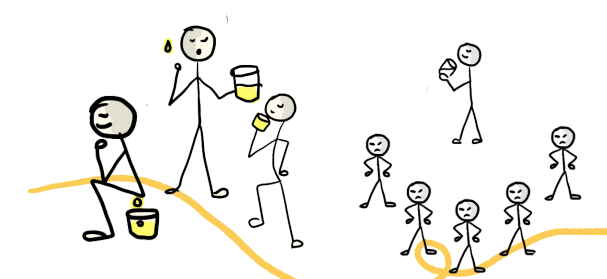
Closet Pee Drinkers

As pee drinkers reacquaint their bodies with urine, their sense of smell, and which smells are disgusting changes. Many had to overcome their disgust of the taboo, which they upheld for many decades. Yet, within a matter of months pee drinkers report no longer being disgusted by their pee.



While the first catch of the day is the most powerful, it's the strongest in scent and taste. Late morning to mid-afternoon pee, on the other hand is quite mild in scent and taste. If you are beginning, only attempt drinking pee when you are well hydrated.

Eat sweet fruit like watermelon or pineapple or apples or drink coconut water or green juice in the spell before.





Pee Upcyclers Beginner's Guide



Positive feedback loops kick in when you upcycle your pee.

Pee seems to eat inflammation.

Fast.

The fastest path with urine as whole system anti-inflammatory goes to multiple holes all the time.

The sicker one starts the more they use.

Multiple holes means multiple microbiomes get fed. Dysbiosis - while it's mostly been studied in the gut and skin microbiomes - can arise in any microbiome.

The hole you target targets that microbiome.

Skin microbiome? Skin massage.

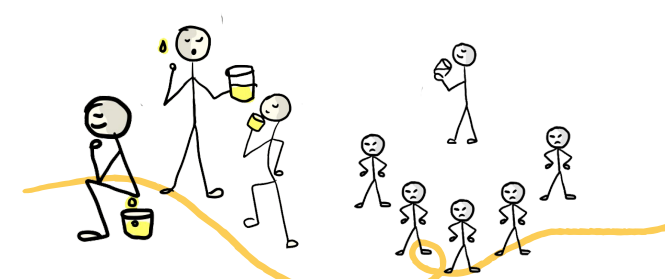
Gut microbiome? Drink pee.

Colon microbiome? Enema with pee.

Sinus microbiome? Snort pee.

Mouth microbiome? Swish.

Lung microbiome? Swish and snort.





What to Expect

Your Beginner's Guide



Pee upcyclers notice eating healthier because their taste change.

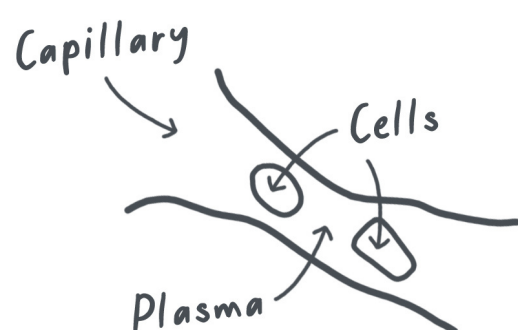
Beginning pee upcyclers find their diet immediately needs improving. The pee steers your intuition to feed your deeper tissue as a nourishing and detoxing feedback loop that supersedes cognitive function.

FEEDBACK LOOP

PEE = HYDRO-NUTRITION



- 🍵 Deep hydration
- 🍵 Electrolytes
- 🍵 Probiotic
- 🍵 Nutrient-rich
- 🍵 Alkaline
- 🍵 Oxygenated



Compost



Garden

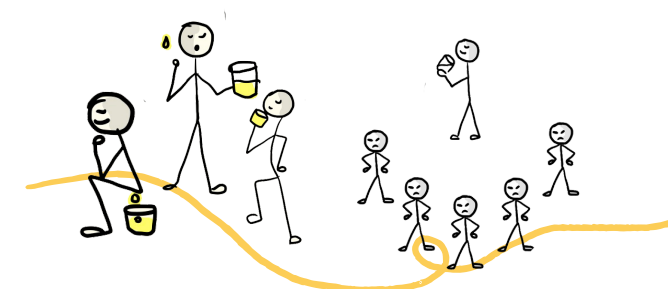


Soil

If your pee is gross - it's your own fault. Which means you can change it... fast!
Look to yesterday and amend today.

Too salty? Reduce salt.
Too thick? Drink more water.

Also, notice if you are becoming more hydrated. Better hydration reduces appetite and overeating.





Free Your Pee Beginner's Guide



What is actually upcycling?

Pre-filtered, micronutrient-rich blood plasma.
Pee is your designer personal pharmacy.



HOMEOPATHIC DOSE

1 oz. water
few drops of pee

A few drops under the tongue.
Sublingual Veins → direct input into the bloodstream
→ works for anaphylactic reactions.

DID YOU KNOW?

Due to the ammonia in pee, it kills bacteria and viruses. Soldiers cured gangrene with pee in WWI.

Pee is antiseptic + wound healing.
Your pee is also antibiotic, antibacterial, and antiviral.



BEFORE BED...

for skin or muscle compress



Dip your wool sock in old pee. Wring it out. Put it where you need it. Cover the sock with a plastic bag to lock in the moisture & odor.

PEE AS SKIN CARE TREATMENT FOR...

- Wounds
- Burns
- Acne
- Dermatitis
- Antibiotics (use a pack)
- Fungus, warts
- Age spots
- Bug bites
- Sun burn



REWILD YOUR HAIR WITH PEE...

Using fresh warm pee...

- Rinse hair with pee + water
- Massage tresses (+coconut oil if dry)
- Restore scalp + hair pH
- Enhance natural body
- Revitalize crown
- Refresh senses + mind



WHY DON'T I GET INFECTIONS, COLDS OR FLUS?

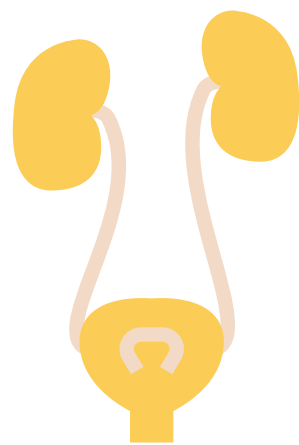


The ammonia is anti-viral.

Urea converts ammonia into glutamine

Other terms of endearment

- Gold Fountain
- Universal medicine
- Elixir of Life
- Human pipe cleaner
- Self-transfusion therapy
- Plasma ultra filtrate
- Divine nectar
- Nectar of heaven
- Holy liquid



START THE DAY RITUAL

- Catch pee
- Swish mouth with pee (mouth washing, teeth whitening, gum health)
- Pee for vision (eye rinse)
- Pee massage (revitalize scalp)
- Pee for nose rinse
- Drops in ears for hearing
- Drink pee



Schedule your free BODY GOALS Session!

Schedule here →

clubthrive.global/bgsession

