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therapy. Monitor your add/alkaline level with pH strips to determine when your pH has returned to a normal or more balanced condition. In cases of chronic addosis (over-acidity), do not do extended urine fasts or ingest large quantities over long periods of time.

Use oral drops to begin; start with 1–2 drops once a day, and gradually increase to 5–10 drops two to four times a day, for one to three weeks, depending on your need. Monitor your pH levels and your symptoms (see symptoms of addosis in this chapter). You can also dilute the urine in water, or use a homeopathic preparation of your urine.

5. How long should i use urine therapy?

The amount of time needed to achieve results with urine therapy is different for every person and each condition. Many people have found that chronic, long-standing complaints require a longer period of time to heal, while others experience rapid resuite. Logically speaking, it probably depends on the condition, of your body's immune huncions, ability to repair itself, amount of damage to the body that has been sustained during illness, etc.

In general, do not use large amounts of urine infernally for more than two to three weeks at a time. Once you have achieved solid results at whatever dose you're taking, begin decreasing the amount and number of days that you use the therapy internally, and use only a maintenance dose from. then on, unless you come down with a cold, infection, etc., at which time you would increase your dosage amount and frequency during the period of illness. A maintenance dose for many people is one to two ounces of morning urine per day