

rope bounds in front of the very camera

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if you are fasting or if you drink several glasses of urine per day. If you continue to eat meat, you probably have a high concentration of nitro-gen wastes, uric acids and other acidic substances in your urine, which are not helpful when rein-gested in these large amounts. A surplus of these substances in the blood can lead to an abnormally high degree of acidity. The body consequently acidi-fies, creating a breeding ground for illnesses. The above mentioned substances in high concentrations cause the urine to taste extremely unpleasant. If you wish to keep eating meat, the best meat prod-ucts are fish and fowl, free of hormones. Avoid foods containing refined flour products, white sugar and white rice. These nutrients also acidify the blood and body. Avoid processed & radiated foods, and foods which contain colorings or flavorings.

Unfortunately, it is not easy to come by good, clean water. Tap water is full of harmful substances, such as fluoride, chlorine and aluminium. It is advisable, especially for drinking & to use purified water from bottles or containers. You can also purchase a good water filter. It is more difficult to come by fresh air. You can, how-ever, go to a wooded area or the beach for the exer-cise you need. Exercise (in moderation) is important. It increases the heartbeat, stimulates the circula-tion and strengthens the muscles. It also deacidi-fies the blood. Most importantly, it should form a part of your daily routine, and preferably a pleasur-able part.

The idea that urine is a poisonous waste product is not based upon fact. It has been scientifically proven that, besides water, urine consists mainly of minerals, hormones and enzymes which are not harm-ful to the body. The body can reuse many of these substances. Urine is simply a healthy liquid which is filtered out of the bloodstream. What at one moment wa