

lifespan separates before the near grief

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as you pass during the day until it becomes completely dear; stop ingesting for a few hours and then resume. Decrease or stop your intake at night and begin again when you awake in the morning. Alternate urine intake with small sips of cool water or ice-chips if desired. Drink as much water as you feel thirsty for, and stay well-hydrated at all times, but do not force-drink large quantities of water; as research shows (Kaye and Schlegel), this can dilute the urine, and decrease the urea's anti-bacterial action. Force-drinking water, in addition to urine ingestion, may also stress the kidneys. Combine urine fasting with urine skin massages, particularly on the face, neck and feet. John Armstrong insisted on this method because he felt that it gave extra nourishment to the body while fasting and eliminated possible headaches and nausea. The rubs are also refreshing and make the skin dear and soft. When breaking the fast, start by eating a simple homemade fresh vegetable soup broth such as one made of fresh kale, carrots, fresh green leeks, scallion tops and a little fresh ginger. Do not add salt or seasonings. Eat only the broth for a day or two, the broth and vegetable the next day, and begin gradually adding in more vegetables and carbohy-drates such as rice and millet ov

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