

territorial arrival such as the table

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of all insect bites and stings.

When I first moved to Arizona, I was stung on the foot by a scorpion. My foot immediately swelled to almost double its size and was unbelievably painful. I dragged myself into the house, applied a soaked urine pack and tied it in place. Within 15 minutes, the pain had disappeared and the swelling had lessened considerably. I kept the pack on overnight, and when I removed it in the morning, the swelling and redness had completely disappeared. The pain and irritation of bee stings and mosquito bites is also wonderfully relieved by this method.

Snake Bite

Urine packs should also be used immediately for poisonous snake bites. Follow emergency first-aid instructions to irrigate the wound and remove venom, if possible. Then apply fresh normal urine to the wound and secure a well-soaked urine pack over it. Keep pack wet until medical help can be obtained.

Growths And Tumors

Armstrong reported in great length on the remarkable effects of urine compresses in reducing and eradicating a wide variety of internal and external tumors, cysts and abnormal growths.

1. Compresses should be used in combination with internal urine therapy for treating any type of abnormal growth.
2. In preparing a compress, use a thick pad of clean white folded cotton material (such as an old T-shirt).
3. Soak the pad in a container of fresh or old urine. Warm the urine by pouring it into a glass container, then place the jar in a container of hot water. While lying down, place wet compress over the affected area and cover with a clean folded towel. Keep the compress applied for as long as possible, reapplying warm urine as needed to keep the compress wet. Urine compresses have also been reported to be

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