Summit Introduction and Holistic Menopause Health

Hello. Hello. Welcome back to Mastering the Menopause Transition 3.0 summit. I'm your host, Dr. Sharon Stills. As always, it's an honor. It's a privilege to be here with all of you, sharing these amazing conversations to help you master, rock, and be amazed at how healthy and how wonderful you can feel in your sacred second act.

And as you know, I always put those parentheses around the pause in menopause. Not just because your period and your blood flow is pausing, but because I want you to really take stock to really pay attention to this time of your life and kind of look at where have you been, where you are, where you're going.

I want you to do it on every level from spiritual, emotional, mental, mental, and of course, physical. We know that hormones, we know you all come here wanting to get the latest and greatest on hormone balancing for me.

And you know, I got you on that. There's plenty of talk talks on hormones, but hormones are not the only thing we need to be concerned with. As a matter of fact, if we are taking bioidentical hormones, but we're not putting them into a healthy, balanced terrain, we're not going to get all the benefits from them.

And so today, I have brought to you, Nathan Crane. He is a natural health researcher. He's a number one bestselling author. He is a documentary filmmaker.

He is an amazing human being, and he specializes in cancer, natural treatments for cancer prevention, for cancer. And so I want you to be thinking about the things not because we're here to scare you, because I don't believe in fear based motivation, but because at this time in your life, it's good to kind of take stock and make sure you're taking the right steps to be preventative as much as you can, because it's a lot easier to prevent than it is to treat and reverse.

And we are going to talk about something really interesting today, and I'm going to let Nathan tell you what that is. So I want you to take a deep breath.

I want you to stay with us, stay open, even if you're like, whoa, this is crazy. Don't hit. Stop. I want you to listen to this interview. Great introduction.

And yeah, thanks for thanks for, hosting this great event. And thanks for the work that you do. And thanks for having me here. And normally, I don't, teach this topic.

publicly as I've been, you know, a a, natural health researcher for about 17 years, using my own body, experimenting with and working with many, many, many clients, primarily focusing on cancer and helping, we actually have many cases of people who followed our programs who have reversed stage one, two, three, and even four stage four cancers, all kinds of cancers with diet and lifestyle shifts at at all ages.

And so cleaning up the diet as you age is, is so important, right, that we're eating clean foods and organic foods that we are exercising, that we're taking good care of our mind and emotions in our body, that, you know, we're doing things that are detoxifying our bodies, saunas, wonderful.

Certain detoxification herbs are wonderful. You know, parasites are a big concern, cause chronic inflammation that can lead to cancer. Heavy metal toxicity is a big concern.

So doing heavy metal detoxes, you know, every quarter if you will, depending on your level of toxicity. you know, cleaning up the water in our homes that we put on our skin, that we drink, that we cook with, you know, and really reducing the stress in our lives, finding ways to balance our, our hormonal response to life around us so that we're not constantly in this fight or flight mode, constantly in the sympathetic nervous system.

Everybody's so busy today and so concerned about, you know, I'm going to be late for this thing, and I've got my kids or grandkids, you know, I got to take care of here.

And what about this war that's going on? And I just saw this shooting on the news. And, you know, I'm still working this job that I really don't like.

Nathan Crane on Lifestyle Foundations for Prevention

And whatever it is, there's so many stressful things that all of us are experiencing in our day to day life. And if we want to age gracefully, if we want to live a long, healthy life without cancer, with very little or no disease, and thrive into our 60s, 70s, 80s and 90s, and it really does take this holistic approach.

And the clients that I coach and have worked with for many years, this is what they're doing, is they are working on each one of these areas every single day and seeing incredible results healthier, more vital, more energetic than they were 20 years ago.

My dad's a great example, so we got him on a much more of a plant strong. He's in his 70s, got him on a much more of a plant strong diet. He's eating fruits and vegetables every day.

He's exercising every single day. he does, I should say he does. Three days on one day rest, three days on one day rest. But he's doing it consistently.

He's not pushing himself extreme. He just shows up and he works out, you know, about an hour, for three days, takes a day off. But he's doing it consistently.

His blood pressure was through the roof. His cholesterol was through the roof. you know, he was in so much pain. Diet, lifestyle, working on stress reduction, prayer, meditation.

He does sauna goes in, you know, finds relaxing things to do in the morning, starts his day, you know, with his spiritual practice in literally just a few months, cholesterol went to normal, blood pressure went to normal.

You know, he's stronger, he's healthier. He's more vibrant than he's been since when he was in his 50s. You know, and this is just one case study of many people I see doing the same thing.

So he's on track for cancer prevention. May the women that I work with same exact thing really looking at keeping the weight balanced and keeping, you know, purpose in your life and making sure that, you know, eating healthfully every single day and detoxing and all these things are so important.

that's what I normally focus on when I teach and when I train and when I consult and when I, you know, I'm helping people. And so I hope everybody here is at least doing those basics.

You know, to me, those are basics. Those are the fundamentals of living a long, healthy, vibrant life. Now you want to get into something a little more interesting and kind of extreme, if you will.

We're going to talk a little bit about something called urine therapy. And this is something that I've been avoiding for a few years. I heard about it years ago.

and I actually heard that there were some really interesting case studies of people healing cancers and urinary tract infections and skin diseases, and you name it by using urine.

Yes, human urine. And I thought, that sounds just too crazy to be true. And so I just kind of brushed it off. And then a good friend of mine and ours who's in the HLC with both of us is, Jonathan Otto.

He came to me about two and a half years ago and told me, hey, this thing urine therapy, I'm drinking my urine every day. It's amazing. I'm seeing all these results.

All these people are healing all these kinds of diseases. And it just went on and on. I was just like, yeah, you're crazy. But tell me more. And, so I, you know, I talk with them for quite a while about it.

And then again, this is like two and a half years ago, I just was like, okay, maybe there's something to it. And then I just kind of forgot about it. And then, it came up again about 4 or 5 months ago.

And I said, all right, it's time. It's time for me to dive in and see what this is all about. So, you know, I bought the book The Water of Life. I bought the book The Golden Fountain.

I bought the book. Your own perfect medicine. and these are all in depth research history, case studies, science on the power of your own urine as medicine.

And I never thought urine could be medicine. I never thought it's something I thought was a waste product. Like we've all been kind of led to believe.

And yet there are all these case studies of people healing cancers and, all kind of, you know, menopause, menopausal symptoms, menstruation issues, skin issues, hormonal issues, all these kinds of case studies that people are sharing by doing urine therapy that they're in, that they're healing from it.

And so I did a deep dive with John on my podcast, who spent like 2.5 hours talking about it, going into science. And then I did a 90 day experiment where I was drinking a full glass every day for 90 days.

And, and I felt great, like I didn't feel bad. I didn't feel, you know, like you think, oh, you drink driven urine, you're probably going to make you sick.

Or the mental thing is the hardest, right? It's just like you're like, I'm not supposed to be drinking this. And so that, you know, after about 7 or 10 days, it actually was totally normal.

Like the taste and smell didn't bother me anymore. and I actually had a actually, I have photos you can see now there's nothing here, but I had I could show you some photos.

I had, tinea versicolor after we moved here to Florida. Really bad. The white spots, it's like a fungal infection all over. I tried all kinds of natural things, internal and external, and nothing was making it go away.

And I, during the urine therapy experiment, and then also was point rubbing it on my skin in the shower. it went away. It completely went out. I had so many spots all around.

I think I have like a tiny bit, maybe a tiny bit left. It was really bad. and that went away. And it's, you know, it's been used. People have used it to heal fungal infections in their feet.

People have used it. Athletes have used it to heal sprained ankles and have talked about accelerated speeding, speed up of healing. people have used it for thousands of years.

It actually comes from ancient or Vedic medicine from India called Shivambu, where they talked about drinking it in the morning to heighten your spiritual practice and to accelerate your health and vitality.

And so this goes back thousands of years in China, has been used in India, has been used in Japan, it's been used. There's actually millions of people still using it today.

And the more research that I've done on it, the more that I have learned about it, it starts to make sense of, well, maybe this is actually exactly what our body needs, and maybe it's not necessarily a waste product, even though, yeah, we can test for heavy metals in it, we can test for waste products in it.

But does that mean it's actually a waste product? Does it mean that those are actually, the full constituents, the full molecules, or are they just fragments of molecules that are more like metabolites that are being measured and

tested?

Doctor at group who has been, recommending urine therapy for his patients for over two decades and have seen incredible results.

Urine Therapy Origins, Research, and Personal Experiment

Doctor Pompa, who many of you know has talked about healing many patients from urinary tract infections by urine therapy, ingesting their own urine, and seeing a UTI go away in literally days.

you know, many modern doctors are using it kind of quietly behind the scenes, you know, afraid of public ridicule. Of course. and seeing unbelievable results.

So did God design us with this natural medicine, producing what our body needs almost as a tree drops its leaves and branches and twigs every year to produce compost and food and nourishment to its soil, to its roots.

Is this actually nourishment for our bodies? And the more I learn about it, the more I am believing that, because what you can find in urine is actually everything your body needs amino acids, the building blocks of protein, your own hormones, your own peptides. So people have been buying hormone replacement, especially many of the hormones that, women have been buying for many years have actually come from pregnant mares, from pregnant female horses.

Now, a lot of them are synthetic. But for a long time, if you were buying hormones as they were coming from pregnant mares, now you're you're taking from pregnant mare urine.

So they would extract it out of the urine from the horse and then the problem is those horses also have equine hormones, hormones that humans don't have.

So you get the bioidentical hormones and you get additional horse hormones that we don't even have as human beings. Who knows what those are doing to the body.

So that's and you can research this. This is very clear. A lot of the hormones have come from the urine of pregnant female horses. So we've been taking in horse urine for quite a while.

Many of your cosmetics, if you look at what's in your, lotions and body care products, anti-aging products, you'll see something called urea. Urea comes from urine urea actually creates a deeper level of absorption into the skin, so it allows whatever's in that product to penetrate through the cells deeper.

The pros of that is if you have good things in that product, it's going to help penetrate the cells deeper. The bad thing about that is most of those products also have chemicals and toxins and it's helping those things penetrate deeper.

Urea originally came from urine until they figured out how to synthetically make it. But for a long time, the body care products you were using actually came from urine.

Now they just synthetically make urea in a laboratory, as they do with many things. another thing I discovered that's in urine, which is really fascinating, is Doctor Burzynski formulated something called Antonio Plasti, which was from the, the amino acids and the peptides in urine.

He formulated a cancer drug, a cancer treatment, if you will, and has claimed unbelievable success with his patients, his cancer patients, by providing them this treatment that was literally extracted from urine.

So anti-cancer effects, which is pretty, pretty fascinating. The other thing that's in urine, that really explains the hydration aspect of it is minerals.

Salt minerals are natural salts that our body needs to fuel our cells. Or cellular health has a cellular function. So not only is urine 97% water, but it also is filled with salts that are essential for hydration.

And so here's an example. I was in Kenya recently on humanitarian relief trip, helping people, starving, from famine. They're we're providing seeds and tools to help them plant crops.

So they literally don't starve to death, which is happening all over northern Kenya. It's very sad. And we were teaching about urine therapy and about the medicinal aspects of it, and really about farming with it because, the fertilizers and pesticides are very expensive there and very difficult, but they need them so their crops get eaten up.

And so we were showing them to research and how to use urine as a fertilizer. It's very nitrogen rich. How to use urine as a pesticide. It works really great, for keeping the pest off the plants.

It doesn't kill pests. It just, you know, keeps them off of the plants. And so we showed them the different research on that and how to do it. so they have a free, pesticide free fertilizers.

I was super dehydrated. We're in the desert. It's 95 degrees. It's super sunny, hot. We're out there all day long working with the tribes, talking with them, giving them seeds and tools, you know, and, and obviously we have to walk our talk.

So we're drinking our own urine, and, and I was so dehydrated, and I. And I peed into a bottle and I was drinking it, walking around there like, oh, what are you doing?

You know, it's really funny. The kids are laughing at me and stuff, and I'm drinking my urine. The crazy thing was, it was, I could tell I was really dehydrated because it was really dark and it was very salty.

But when I drank it, it not only rehydrated me so quickly, quicker than drinking a bottle of water, which is what I was doing out there was just drinking water and not getting hydrated.

I drank this much of my urine and not only was I so hydrated, this is crazy Sharon. It literally tasted sweet. It was like. It was like exactly what my body needed, out in that situation where I'm like, you know, starving for nutrients.

I'm missing meals because we're, you know, just really focused on helping the people. So were, you know, not taking food with us or we're missing meals.

We're out there for long hours. Working is hot, I'm sweating and dehydrated, and I drink it and I get immediately hydrated. And then I have this sweet aftertaste. After every drink.

At first, it's like the strong urine taste 10s later it's sweet for like a minute. And it was just this. I was like, this is crazy. You know? I never had that before when I was doing this 90 day.

I don't know if I mentioned already, but I did a 90 day experiment. Was drinking, you know, a glass of urine every morning for 90 days and did blood test before and, and all my tests after.

I got most of my test back, by the way, and most of my biomarkers stayed the same or actually improved. I'm still waiting on the rest of my heavy metals tests and stuff like that.

some of those heavy metals actually went up after the 90 days. I have to redo some of the tests because there was some faulty stuff. But point being is urine is mostly water, mostly mineral salt, has your own amino acids, has your own peptide and hormonal profile that your body created.

Right. and the last piece that I think is really interesting is every single person listening to this right now drank your own urine for seven months of your life.

and once you realize this, it really makes you think, like, okay, how could this be bad for me, right? And in fact,

maybe it's exactly what my body needs.

And how did you drink your own urine when you were in utero, when you were a baby forming in your mother's womb at about ten weeks old? Every single fetus, every single baby starts to ingest their own urine.

And this is common knowledge. Look it up. It's not some, you know, something I made up. Every single baby starts to ingest their own urine and many, many times a day.

What do you think the, What's inside the placenta? What do you think is the ambient fluid that you're living in? It's your urine. It's the urine that is, they pee.

And you can look at this on an ultrasound. You see the baby pee, and then ingesting it. Pee, ingesting it many, many times a day for seven months. This is happening.

And they also say that this is responsible for forming the lungs and the organs. So it starts to make sense that oh wow. Actually, our urine filled with amino acids and peptides and hormones and is primarily sterile for the most part, except some tiny bacteria you can kind of measure in there.

but for the most part, it's mostly sterile is forming the lungs of your body. So it's telling you it's actually a regenerative mechanism, regenerative liquid that your body is needing and using.

Right. It's not some waste product. Otherwise you would get rid of it in the womb. But you don't. You live and bathe in that, and then you meet people who like Jason, for example, who a friend of ours, her husband, saw my podcast talking about urine therapy.

He was losing his eyesight. He needed glasses. He was too proud to get glasses. So he would have to hold books, you know, really far away because his eyesight was getting really, really bad.

You have to squint. And he thought, you know, let me try this in my eyes. So he started splashing in his eyes every morning. And in two months his eyesight came back to 100% normal.

Why is that? Probably the the the fifth thing or six thing that I forgot to mention was what else is in urine is our own perfect stem cells, mesenchymal or like in nature.

So we spent all this money to go get all these stem cell injections and stem cell therapies and get all these stem cells, you know, put into our body that come from somewhere else.

But in fact, our urine is filled with stem cells. I believe it was Wake Forest or Wakefield University did a study and they were able to find that a single, thing was 8oz or 12oz, like glass had something like 120, what they call urine derived stem cells in it.

And then they let it culture for, I think, for 3 or 4 weeks in a culture medium, and it generated 150 million stem cells in like a three week culture, which was pretty incredible.

Now, does that mean if you drink it to the stem cells, go, you know, into your bloodstream and so forth? We don't really know. But we do know that if the baby is drinking it for seven months, is responsible for forming its organs.

We can definitely hypothesize part of what's forming the organs is the stem cells, because we know that's the urine derived stem cells, are mesenchymal in nature, meaning they can adapt to whatever your tissues, whatever the cells of your tissues are.

So if your body needs more muscle tissue, bone tissue, bone cells, you know, tendon cells, whatever it needs, those stem cells can adapt and become those cells, become those cells, and be used in your body in the way that your body needs, not somebody else's stem cells, not, you know, where do you get stem cells?

What are the most expensive, valuable stem cells anyway? They get it from the placenta of the baby, right? You have your own stem cells from your own body coming from your urine, and you can put it on your skin.

And we've seen skin issues clear up. we've seen injuries heal faster. We've seen eyes completely eyesight completely heal. We actually had, you know, was this placebo or not?

I don't know, we had a gentleman. He was the first night in extreme pain. He was coughing. He had, like, lung pain. He was very weak and fragile. He drank his urine that night.

Next day he said it was so much better. He felt so much better, you know. And he was. He was like that for some time, drank the urine. And he just said he was like, it's a miracle.

You know, I'm not claiming, yeah, you have a glass of urine. All your problems are going to go away. but I'm saying that's one example of many examples.

How Urine Therapy May Work and Practical Use

If you're if you really want to learn more about it. This book covers many case studies. The water of life from J. W. Armstrong, everything from cancers to, you know, UTIs to, major skin diseases, arthritis, Blackwater fever, you name it.

And malaria. One of the things like, if I had a really chronic disease, for example, I would absolutely consider fasting on my own urine because that's what he had. All of his patients do.

And he would fast anywhere from ten days to 40 days and basically claim every one of those cases, those people fully healed and even what's really interesting, talking about how the urine was really dark and Mukasey and disgusting, yes, they would drink it.

And what happened? The more you drank, the more the body creates more urine. And I saw in my own example two during this 90 day experiment where at first, it was kind of darker and saltier, and then over time it just got clearer and, and like a really mellow flavor.

Was it mellow yellow for and, and not very strong over time it actually got more diluted. And johno, Jonathan and Otto, my good friend who we did a podcast with who's been researching this even longer than I have, he's got so many case studies that he's seen same thing multiple people healing eyesight issues, reversing, you know, chronic eyesight degeneration by, you know, using a drop or putting urine in their eyesight or in their eyes.

he did a seven day urine fast and talked about the same thing where actually the body starts producing more urine from that urine and how that happens.

I don't know, but I think, you know, it's a really interesting thing, that same thing like where I was dehydrated in the desert, my urine was dark and have the much I drank.

And all of a sudden I was hydrated and I had a sweet flavor in my mouth and I felt like I just drank. You know, a gallon of water, but was was so much more hydrated.

I think it has something to do with the natural mineral salts in it. Maybe the stem cells, maybe the amino acids and peptides. I don't really know. I do think it's something that needs to be researched further.

I do think we is maybe a forgotten medicine that, our society has. It's either been hidden from us, we've been lied to about it. Maybe it was healing lots of people for thousands of years, and then they turned it against us.

Just like, just like, you know, pharmaceutical companies and and, you know, the Rockefellers. And so forth do with, like they did with natural medicine.

They basically, you know, called it quackery and only put funding and focus towards, you know, universities that were focusing on pharmaceuticals for healing.

I don't know exactly what happened there, but I can only guess. And I do think it's worth exploring further. I do think it's worth experimenting with.

I do think there is some substantial merit in it. Am I going to say it's a cure all is going to solve all your problems? I won't say that people I work with will say that they believe that, I do believe that, you know, if you're really sick and you wanted to and nothing seemed to be working, you know, you're in fasting, drinking your urine.

I don't see anything wrong with drinking a glass every day in an ancient of medicine Shivambu. They always recommend drinking the first morning urine.

they claim that it has. They actually have said that the people who have followed on from experimenting with it and working with patients also say the first morning urine.

And they say because of the, the content of it of your own vitamins and amino acids and peptides and hormones is much richer in the morning because it's gone through the process of filtration over the eight hours while you slept.

Right. And I can definitely see that my first morning urine is is, you know, is thicker, is darker, than my afternoon because I'm drinking a lot of, you know, water and tea and smoothies and coffee and stuff during the day.

So, so it does make sense. The last thing I'll say about it and then I'll shut up is, and maybe you have some questions or something you want to share, but, is that, oh. I forgot what I was gonna say about it.

let's see the first. Yeah. First morning urine is what's recommended. You can drink basically as much or as little as you want. You know, you can massage it, rub it into your skin if their skin issues, you know, and maybe experiment with it, maybe see what happens for you, maybe see if things get better, maybe see if eyesight improves, maybe see if your energy improves or, you know, hormones improve.

You know, there's I don't see anything wrong with experimenting with it. I don't see any side effects coming from it. I haven't heard of any. I haven't seen any in my own life.

I haven't seen any problems with it. I can't say that nobody would never have a side effect from it, but I haven't seen that personally. And I haven't heard of anybody, you know, so experimenting with it, I don't see why not.

I think there's some merit in it. I think it needs more research. and I think it's really fascinating. I think if someone's serious about it, they should get these books and, and look more into it.

Wow. That was like a master class on urine. What? And, you know, as you were talking, think, you know, we always say all the answers are inside of you, right?

And a lot of times we we mean about meditating or listening to your heart. But as you were talking, I was thinking, you know, it just makes sense. The wisdom of the body and how you were talking about how that's what helped to grow us right in utero.

So we are that same being that is now, you know, birthed onto the Earth plane. And it and it is. So I want to ask a few questions because when you said the forgotten medicine, it's funny because in the 90s, before I became a physician, I got some of those books and dabbled in it.

And then, you know, and then I forget things. Right? And so, like when you and Jonathan brought it back up to me, I was like, oh, yeah, that's a really good I forgot about that.

I should revisit that. Which is why I wanted to, you know, selfish reasons why I wanted to talk about it today. Because I'm getting reeducated with all of you and I even I'm glad you brought up the point, because, you know,

we have smart, smart audience here.

And I know someone was going to say, but what about all the heavy metals and the mycotoxins and the things? And I think there's some sort of homeopathic action happening where, you know, minute doses of like, curing like and I think something like that is contributing along with the, the minerals in the salts.

And so forth. But let's just talk about the reality because like, I'm, I want to start drinking my urine and I, and I'm having a little bit of like, oh my god.

Like like I'm going to start. Like you should like if a normal person would. Like, all right. I don't want to throw up. So can you give for the and maybe ladies like we'll do this together.

We'll have like a online come drink your urine with doctor stills event or. But that's a cool idea. That's a great idea. For someone who's just starting out.

Like do you start with a little bit? Do you have any tips or tools to kind of get over the mental and just the physical of like the taste and the smell and all that kind of stuff?

The two things, one on the kind of toxins and heavy metals and stuff like that. Yes, there are multiple people and very smart doctors and scientists who also believe it's more of a homeopathic thing that happens.

Again, I don't have hard science to back this up. This is kind of theorizing, right, with what people have seen for decades with their patients, but that, you know, you got these heavy metals and these constituents in your body that re ingesting it through your urine is basically doing cell signaling and telling your body kind of homeopathic, hey, let's clean out more of this stuff.

Which could explain why on one of my urine tests, I actually had more of those heavy metals and toxins. in a later urine test, as maybe my body was removing more of it, it could explain getting more into my body as well.

I don't know, right? But, in the rea, when we do a detox, our levels often do go up because we're now liberating things. So that makes total sense to me. In a good way.

It does make sense. That's a real possibility. The other thing that I find interesting is, and people always ask me, oh, what are you going to start eating your own poop now?

And and the reality is, is I looked into some people are eating, you know, through fecal transplants. But if you go microbial transplants, which is a whole other conversation.

But no, I wouldn't eat my own poop. No, I wouldn't, and here's why. And I think this is an intentional design. Again, I believe in God. I believe in this intelligence, this intelligent design.

You know, I don't think it's a mistake that we drink our own urine in utero. I don't think that's a mistake. I think that's a very intentional thing and that it is regenerative.

It is generative and regenerative and healing otherwise, why would we do it right? Why would it be at the most important part of our life when we're just starting to form, which is so important in forming our organs, in our tissues in every part of our body?

Why would we be soaking in our own urine and drinking it every single day if it wasn't essential for our own health? Right. Number one. number two is most, if not all, parasites, viruses, heavy metals, toxins actually get removed through our feces anyway, it gets separated.

This is what I wanted to say. Ultra plasma filtrate is a technical term for urine, meaning ultra plasma filtrate. Plasma blood filtered, ultra filtered blood.

Our blood going through our system gets filtered through our kidneys, which are like the most advanced filtration system on the planet. And out of that, out of our blood getting filtered through our kidneys, we get urine, right?

So it's not like it's not like, oh yea, it's not like our body is like, oh, let's get all the junk and then kick it out in urine. It goes, no, let's take the blood which has all these essential nutrients in it, filter all of the junk from it through the kidneys, and then release this liquid over here, which actually might be medicine, you know, as it's filtered, ultra filtered blood, which is actually urine.

And then in a separate part of the body which is below and kind of behind us, right, are our, you know, our, you know, they're separated for a reason.

The feces comes out behind us, which then has majority of all the toxins and parasites and things that are not in the urine that you wouldn't want to re put in your body.

So why would they be separated? Why, if there wasn't an intentional design for that, why would you have them suffer? Why wouldn't you just be like a chicken that it all comes out in one little pile of pee, right?

That's what chickens do. They just have, you know, it's just poop. Poop all in one. But we're not chickens. We're humans. Way more complex and have this really intricate, very special, unique design.

Oh, but what about animals? If it was if it was very instinctual, if it was very natural, then animals would drink their urine in the wild. Good question.

I asked the same question. I went to YouTube animals drinking urine. Guess what? You'll find all kinds of wild animals drinking their own urine and drinking other animals urine.

Okay, so maybe there is an instinctual natural aspect of of, you know, urine therapy, if you will. so that's just getting more to the nature of it and into like the toxicity versus not toxicity, the starting point, what I recommend is, you know, start with, I don't know, start with a little bit.

Right. First morning urine. let it let it sit and become room temperature. I think it's easier to drink when it's room temperature versus when it's fresh warm when you're just starting right now.

I had some this morning. I had a full glass. I peed in the cup and I drank it fresh. No problem. But I've been doing this for, you know, four months. when I started, the first thing is just for the mental thing.

It's just like, okay, here we go. And just drink it. I didn't feel like I was going to throw up. I didn't feel like it was just like, okay, this is weird.

What the heck am I doing? You know, I might have okay, I got a tiny, tiny bit the very first time, but then after that, after that, I was like, okay, that wasn't too bad.

The taste, you know, aftertaste goes away. After a few minutes, you. Find the taste changes with like. After about ten days, the the. I think what happened was the subconscious was like, okay, this is normal.

And then the aversion to it, which is what was causing me to think it tasted bad, actually went away. And instead of tasting bad, it just tastes like stale green tea, you know, like, not it not it doesn't taste.

Questions, Menopause Applications, and Closing Thoughts

It's not like drinking grape juice, you know, it's not like orange juice. It's not like, oh, this tastes sweet and so good. Except the other day when I was in the desert in Kenya, it literally tasted sweet.

It was so crazy. You have to drink it on by itself. Can you mix. All those people? People put it in smoothies. People put it in juice. They. They mix it with chaser.

They I just I was like, well, if I'm going to do it, I'm going to do it. So I just drank it straight every day. cold. It's a little easier to do. I'll put it in the fridge.

I think you. Just you're in right on ice. You're in cocktail. You're in martinis. You're in mocktail on ice. Whatever you want to do. Like. But I drank, a full glass every day, you know, some people do. Two full glasses.

Three full glasses. I have a patient, I think, who's drinking about 32oz at least a day. And what does she feel? What is she noticing? Remarkable things from, you know, skin and emotionally and clarity and more energy, less brain fog, you know, just really interesting things.

And, she did that on her own. So I'm, you know, I'm just entering the year. So that's amazing, though. I mean, it's. All my patients listening there. Like, you didn't prescribe my urine yet, so don't worry.

It's kind of. People will say, oh, there's no RCTs and randomized controlled trials approve this. And no, there's not. And we may never have them I don't know.

But case studies do matter. They are important. Yes, those are placebos. And yes, some cases are the effects of the therapy you're doing. But the reality is we never know or learn new things unless we actually have case studies that lead us down that path.

Will anybody ever invest in studies where drinking your own urine, you know, where they can test it? Probably not. We'll probably never have RCTs, so we will only ever have anecdotes and case studies.

But you know what? If people are getting better and their eyesight's healing and their skin issues go away and their cancers dissolve and their energy improves and their, you know, their their gut issues improve and their they live longer and healthier and happier from drinking urine.

Then who needs a who needs an RCT? It's like if it's working for you, it's working for many people. Fantastic. You know, I was I was really against it for a long time because I just had that subconscious programing.

I think all of us do that. Like urine is bad. Don't get it on your hands. Don't you know, as a kid you're like, you know, you peed a bed or whatever, and it's a big deal.

You know, urine is terrible, but you can put urine on your skin and you'll notice, Jana has been doing on her face. She said her face, her skin is softer and smoother than it's been in years.

The other thing about it, when you put it on your skin and you just massage it in in about ten minutes, the smell goes away on its own, so you don't have to walk around worrying, oh, do I smell like urine?

You'll see you put on your skin about ten minutes. The smell goes away all by itself. I think it just gets absorbed. That's a good place to start, you know, skin, eyes, if you're, like, averse to the taste.

Like I may be a little. And you just. Yeah. You may love you. Just really remember, we were talking about Africa before, and I mentioned I climbed Kilimanjaro, actually, to celebrate when I went through menopause, and I had, but I've gone to the camping store and bought like this pink penis so that I can, like you, hold it to yourself as a woman so you could pee standing up.

And I was like, all excited about this. I had practiced in my yard, and the very first time I went to use it, it like didn't work. And I had pee all over me and it was like I was so into nature and on the trek and I just like, I just walked around like my whole climbed through your Kilimanjaro.

I just had pee all over myself. I was just like peeing on myself. I didn't care, and I probably I want now I'm wondering if it like, helped my leg muscles and my clothes and.

You know what I'd love to know from your community is women who do this, who are experiencing hot flashes with

menopause and you start doing your therapy.

I would like to know if if that reduces, you know, the, the intensity, the frequency or completely eliminate some like that would be so interesting to know.

Like I may be doing the RCT. We are not and I truly believe like you personally, you all listening like you are your best research study. And you know, research is good to a point, but it doesn't take into so many accounts and variables that we are all unique and have this bio individuality.

So, you know, so here's the invitation, right? Like it's well. And so hot flashes are like, I'm not the menopause expert you are, but generally menopause.

you know, hormones start to decrease, right. Like estrogen starts to decrease. Hot flashes. You know, our symptom of that is that right? That's one of the components. Yeah.

So what would be really interesting to me is because in your urine you will find estrogen. So and it's and it's the estrogen to your body made. So if you put that back into your body does it start to balance rebalance your estrogen levels.

That's what I'd love to know. And I have a theory I have a you know, I think it probably would I think it would probably start to balance your hormones over time and give you more of those hormones that your body needs.

Not from me or a doctor telling you what you need, but your own body producing what you need, and then you putting it in in your body. Okay, we can make more of this, more of this, and make your own estrogen internally and then see what happens.

See if those symptoms start to decrease or completely go away. That would be so that would be a case study. You know. Is there a book called The Fountain of Youth regarding urine therapy is.

Yes, the Fountain of Youth is another one. As as he was saying that, I'm just thinking, you know. How the golden fountain. it just seems like this could potentially be our fountain of youth.

Literally. And, you know, from the stem cells and the hormones and all of these things. So it's possible. I mean, there's, you know, ayurvedic ayurvedic medicine is brilliant.

And there's a lot that they discovered thousands of years ago, that still apply to this day. That's very effective. And this is a major part of ayurvedic medicine.

So, you know, I think our modern medicine, it takes a long time to catch up to what our ancestors already knew. And, you know, will it ever catch up? Who knows?

But so you're getting good results in your own life using it. Then who am I to say that it doesn't work? You know what I mean? So we have the My Stills health centers opening up and we're going to have a smoothie bar.

But now I'm thinking like, maybe we're going to, you know, just provide. The urine therapy. Here's your glass. Go to go go pee and drink your. Yeah. And so yeah, I think it has a lot of and you know, all kidding aside, that's why I wanted to talk about it with you.

That's right. That's what you should call this interview. The fountain of youth for menopause. There you go. There you go. That'll like that. That'll be.

That'll be intriguing. Well, thank you for bringing what could be considered a taboo topic or a dirty topic. but I do I do think, you know, part of why I do this summit is to open your mind is to make you think about different things, to educate you and you're not going to hear about this many other places, you know, check out, check out Nathan and Jana's, interview if you want to dive deeper.

And, you know, for me personally, it's like, you know, when your mind gets in the way of something you know, will help you. Like, we have to work through those blocks and those subconscious beliefs.

And so, you know, start with your skin, put it in your eyes. These are things that women are concerned about continually. And this is a inexpensive you know, I always talk about like your breath is your best medicine.

It's free plays with you. It guides you into the world. It escorts you out. But like now, we have now we can put urine in that conversation too. It's free. It's always with you.

And and you know, Nathan brings up a lot of good, scientific, medical slanted reasons why this could really be your fountain of youth. So thank you, Nathan, for for not going it out of the park for our urine masterclass.

Usually we can talk about urine and we talk about urinary tract infections, and we talk about D mannose and estrogen and all the things. But this you know what?

If your own urine, like we were saying, like homeopathic, that is the answer for an infection or things of that nature. So lots of food for thought here.

so I was only drinking water just snack, but who knows. Next thing you know. Next interview, infections, the next UTI you have, drink your urine and you'll be amazed.

Like that's one thing that I that I know for sure from doctors that I know personally. They, they have like a 100% success rate with their patients with UTIs drinking their urine. And it goes away so fast.

So if it helps that it probably can help make a. Lot of other things. Yeah. So I mean, you know, I never treat urinary tract infections with antibiotics.

you know, I usually treat them with herbs and strong garlic and stuff and but I'm going to I'm going to start working on that with the urine therapy and seeing how that works for patients.

So, That would be awesome. Well, you'll be doing scientific studies for us then. So this is. Exciting. Yeah, this might be my new, my new realm. So, anyway, thank you so much for being here.

Thank you for all that you do in the world, in the space. And thank you to everyone for those of you that stuck with it, you know, and learn something new today and just expanded your mind.

That's what this is all about. So thank you for being here. It's greatly appreciated.