



# Urography: The most powerful holistic therapy

By Martin J Lara

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## Urography: The most powerful holistic therapy By Martin J Lara

Urography, the most powerful holistic therapy is an advanced treatise on auto-therapeutic remedies including all there is to know about urine therapy. This book takes the reader through a path of self discovery that helps each person understand how the body functions and the long process that leads to disease. The author presents a unique prospective on how the body fight disease on its own and how each of us can support and enhance the bodys own healing instinct with ingeniously clever suggestions on how to become the bodys own assistant. With remarkable simplicity Martin Lara describes the difference between malnutrition and microbial diseases so that you can focus on eliminating the actual problems instead of wasting time with the myriad of symptoms. Though the author is not a physician he has been able to save many lives and improve the health of thousands of people all over the wold with simple suggestions that cost very little money and are extremely effective to fight malnutrition diseases and all types of viral, bacterial, fungal and parasitic infections including those caused by antibiotic resistant bacteria.

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# Uropathy: The most powerful holistic therapy

*By Martin J Lara*

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## **Uropathy: The most powerful holistic therapy** By Martin J Lara Bibliography

- Rank: #1349866 in Books
- Published on: 1995
- Binding: Unknown Binding
- 170 pages

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## **Editorial Review**

Review

Published January 27 - February 2, 1999

### **BODY CHECK**

Vitamin Pee! Urine is a natural remedy, so raise a glass! That's what alternative therapist Martin Lara wants everyone to do. In his *Urography: The Most Powerful Holistic Therapy*, pee's the ultimate cure-all. Gagging aside, it's not so unconventional: former Indian prime minister Morarji Desai guzzled ounces each morning, observing an ancient Hindu practice. Lara learned about it 11 years ago, when the self-taught therapist he's never studied traditional medicine became disenchanted with science's inability to cure his ailments. Since then he's lectured to thousands. Not any pee will do it must be your own, which Lara says is a nontoxic biofeedback stimulator that boosts immunity by activating the lymphatic system, thus restoring the body to an internally balanced state of health. Dosages range from a few drops of Lara's "Ultimate Universal Remedy" an elixir of water, urine, and white rum to several ounces for serious conditions like cancer, dysentery, or Alzheimer's. Of course, not everyone is ready for this leap of faith. On his Web site Lara argues against obsessing over taste and smell: "Urine is a sample of what is flowing through your veins and repulsive urine should be a motivation to improve the internal conditions, rather than an excuse for not using Urography." -- *The Village Voice*

### **About the Author**

?Martin Lara was born in the Dominican Republic in 1953 and immigrated to the United States in 1973. Since early childhood he was plagued with numerous diseases until the age of 35 when he decided to take control of his own health. Since then he has been able to eliminate or control all his health problems by using natural, cheap and readily available products. He started writing his book in 1989 to share with everyone what he had discovered at the time. Everyone loved the simplicity and cleverness with which he approached diseases and they started a network of alternative medicine researchers that communicated back and forth to help each other deal with the health problems of all. He lectured every month since 89 at the Community Center on West 13th Street in Manhattan in a support group for people concerned with or afflicted by AIDS where hundreds of people learned to live normal and healthy lives naturally being HIV+. Since then Martin Lara has participate! ! d in an international conference in Germany and has traveled extensively to other countries in the world to share with everyone all he has discovered since he started researching. His book is fun to read and a serendipitous discovery for all healthy people who wish to remain healthy and for sick people who want to improve their conditions.

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