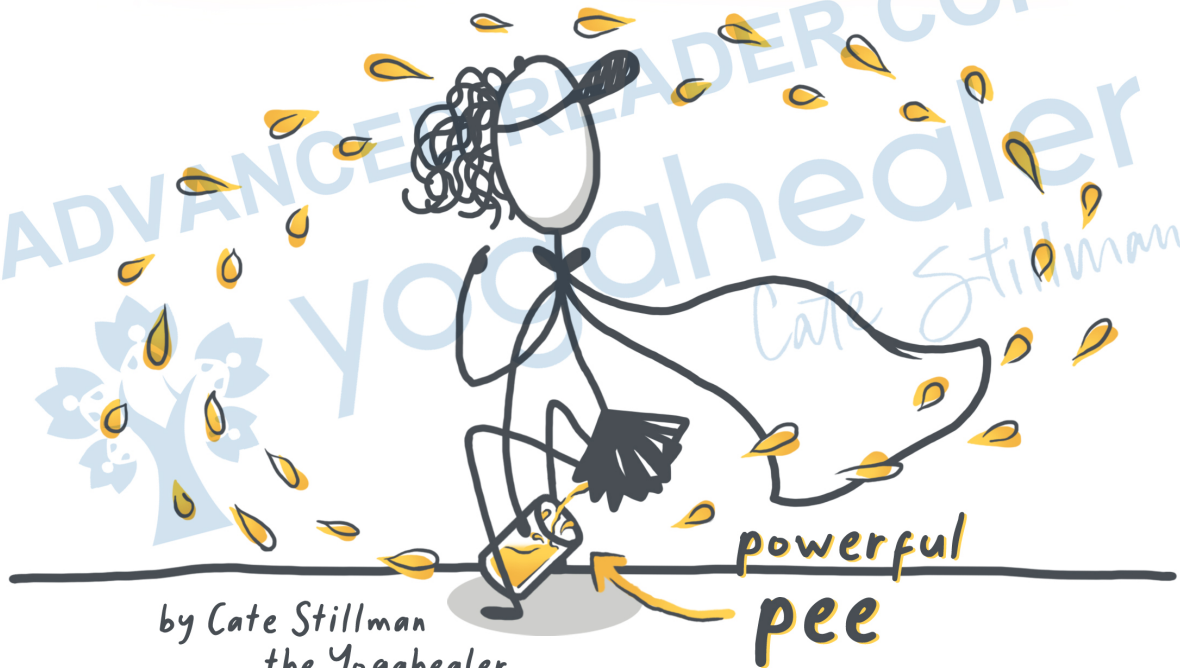


# UPCYCLE YOUR PEE

*the User-Friendly Guide to Urine Therapy*



ADVANCED READER COPY

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yogahealer

Cate Stillman

How to  
make the most  
of your personal  
**FOUNTAIN**  
of **YOUTH!**



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5000 YEARS AGO . . . IN ANCIENT INDIA

Dude...  
**WHAT** is  
your beauty  
secret?

You sure  
you want to  
know?



Parvati



Shiva

SOURCE: Damar Tantra

HECK YEAH,  
that's why  
I'm asking.



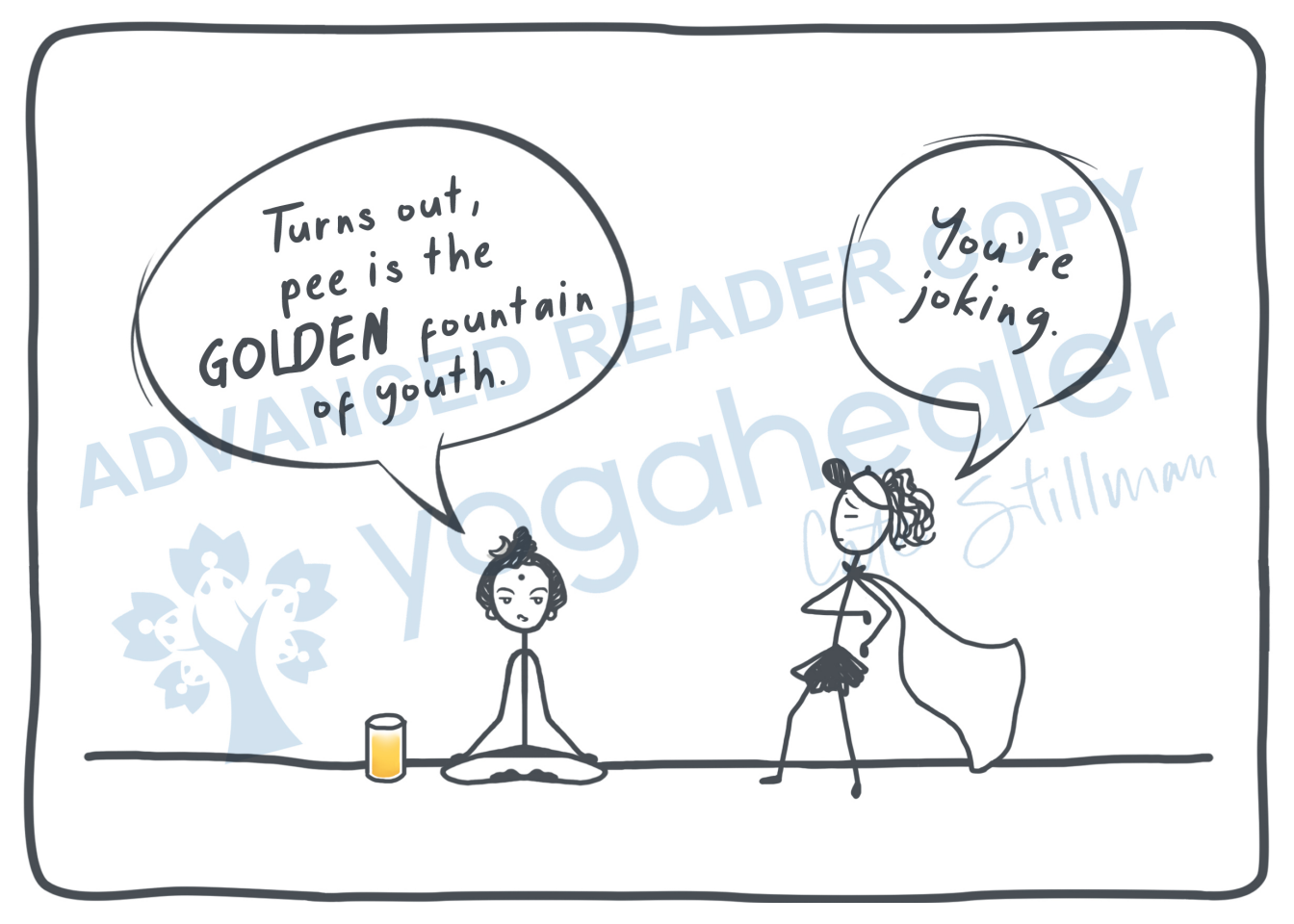
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SOURCE: Damar Tantra



I drink  
my morning  
PEE.

... You  
for real?



Turns out,  
pee is the  
**GOLDEN** fountain  
of youth.

You're  
joking.

... and,  
drinking your pee  
destroys disease.

You're  
full of  
baloney.



I'll recite verse 10,  
Damar Tantra

Verse 10:  
"After getting out of bed,  
the face + mouth should be washed  
with water. Afterwards, one should drink  
one's own urine quite willingly + cheerfully.  
All the ailments from your birth  
will be completely cured.  
No joke."



Pee is  
toxic  
waste.

Ah, the  
common cultural  
misconception.



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Misconception?  
Then what IS pee,  
exactly?

Plasma ultra  
filtrate.



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# SURVIVAL PEE KIT 📌 📌

STRANDED IN BOAT



4 months on pee

MOUNTAINEERS



- 📌 prevent altitude sickness
- 📌 acclimate to altitude

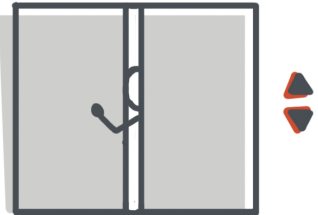
EARTHQUAKE SURVIVORS




CAMEL CROSSING DESERT




STUCK IN ELEVATOR






Plasma?  
Isn't that part  
of my blood?



Correct!  
Your kidneys filter blood  
from your liver to regulate  
the blood-nutrient  
balance.



So, why drink my  
pee if my kidneys  
don't want it?



You can create  
a feedback loop  
for your body to know  
what's going on and  
make adjustments.

Nature works  
in cycles.

Think of  
food compost + soil.  
Compost seems like waste, but  
it's really the microbiome  
building blocks of  
living soil.

Pee works like that  
for all of your cells.  
Pee is like the compost.  
Your cells are  
the soil.

Compost amends soil.  
To amend is to improve.  
Pee amends  
blood plasma.



Compost



Soil



Garden

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So... my pee is actually highly filtered blood plasma + water? And it's packed with healthy microbiome that feeds + hydrates my cells?

Capillary



Compost



Garden



Soil

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How does  
pee upcycling  
cure disease?

Pee is packed  
with thousands of  
microbiota that support  
healthy tissue, while the  
urea and ammonia assimilate  
viruses and bacteria.





What is actually upcycling?

Pre-filtered,  
micronutrient-rich  
blood plasma.  
Pee is your designer  
personal pharmacy.

# WHAT IS UPCYCLING . . . IN YOUR PEE?

## NOURISHMENT

---

- 🔥 Polypeptides:  
amino acids protein builders
- 🔥 Minerals
- 🔥 Vitamins
- 🔥 Stem cells
- 🔥 Growth Hormone
- 🔥 Hormones:
  - 🔥 doramine
  - 🔥 serotonin
  - 🔥 melatonin
  - 🔥 oxytocin

Liquid  
Nutrition



## DETOX + HEALING

---

- 🔥 Electrolytes
- 🔥 Alkalizes Blood
- 🔥 Volatile Salts:  
urea
- 🔥 Enzymes
- 🔥 Probiotics
- 🔥 Antibodies

Is pee safe?  
Is pee sterile?

Pee isn't sterile...  
as it carries microbiota.  
Regular pee drinkers  
report that your own pee  
can't hurt you.



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Due to the ammonia in pee, it kills bacteria and viruses. Soldiers cured gangrene with pee in WWI.

Pee is antiseptic + wound healing. Your pee is also antibiotic, antibacterial, and antiviral.



So . . .  
upcycling pee  
heals you?



Pee first detoxes  
inflammation . . .  
restoring cells to optimal  
functionality.



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Cate Gillman

How did you  
get over the smell?  
And the taste?

Pee stinks!  
It must taste  
horrible.

Just start with  
a drop under  
your tongue.



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Don't tell  
**ANYONE**  
about this.



OK.  
Cate Stillman

Huh.  
That wasn't  
that bad.

Pee gets  
normal with  
practice.



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Who else  
does this?

Oh, there are  
lots of closet  
pee drinkers.

I am a  
closet pee  
drinker.



Are  
there more  
like you?

There have always  
been underground  
pee upcycling  
societies.



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closet  
pee drinker



the  
underground  
pee upcycling  
society



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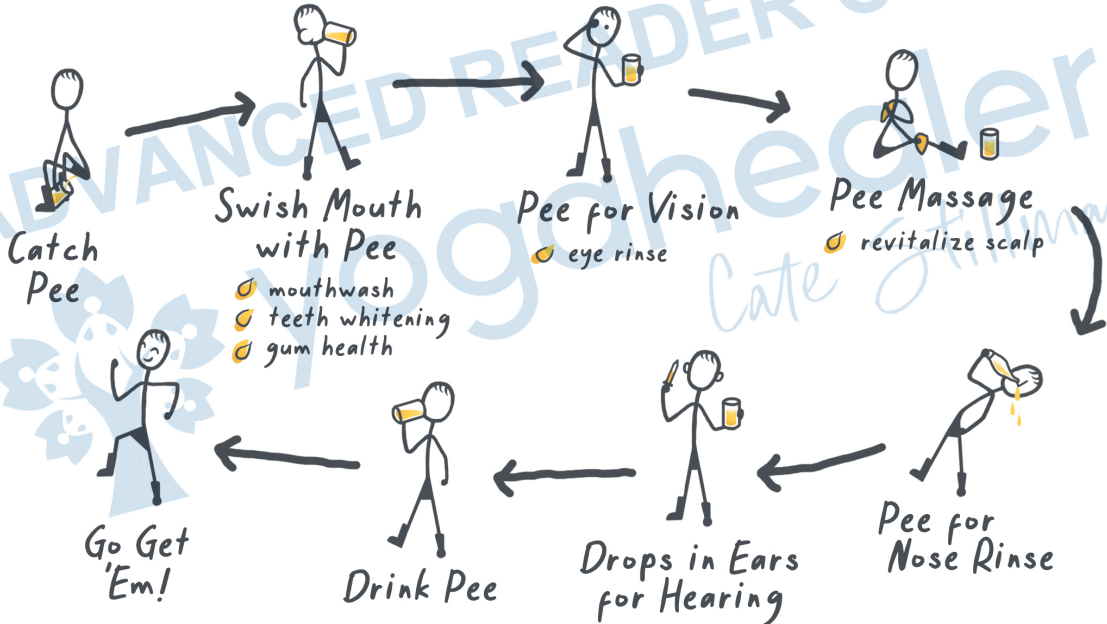


ALERT!



KEEP SECRET!

START THE DAY RITUAL



# HOW UPCYCLERS USE PEE



What made  
you tip? What was  
your why?



I couldn't  
sleep deep.

Cancer  
prevention.

Ulcerative  
colitis ...  
IBS.

My hormones  
+ endocrine glands  
were out of whack.



I didn't  
want to be  
overweight.

Keep up my  
reputation as a  
sexy mofo.

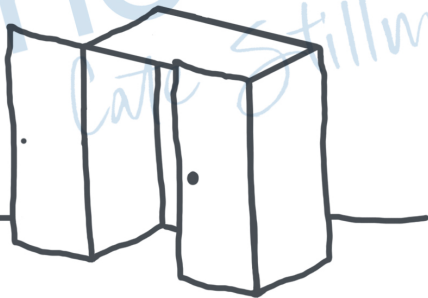
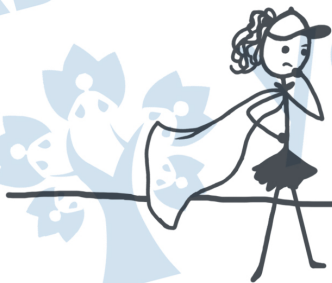
Curious  
why the yogis  
did it ...  
enlightenment.

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Cate Killman

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Logahealer

Cate Stillman



# FIRST TIME PEE MESSAGE



I massaged  
my pee into my skin.  
How come I don't  
stink?

Pee doesn't  
smell when it  
absorbs into  
skin.



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How do I  
get myself to  
drink it?

Start by rubbing  
your pee on your  
skin.



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I've been doing that,  
but I can't bring myself  
to drink my own pee.

The texture  
is slippery . . .  
or viscose.

Yeah, get to  
know the taste  
+ texture.




Swish pee  
in your mouth.

I diluted my  
pee with water,  
at first.

# HOMEOPATHIC DOSE



1 oz. water  
+ a few drops  pee

Tastes  
like water!



A few drops under the tongue.

Sublingual Veins  direct input into the bloodstream

 works for anaphylactic reactions

## PLACES OF HIGHEST ABSORPTION

---

- 👉 Under tongue
- 👉 Bottoms of feet
- 👉 Back of neck
- 👉 Face
- 👉 Belly button



My pee tastes  
salty + bitter.

When you drink your pee,  
you tap into a feedback loop.  
You are tasting your blood plasma.  
You can better design your blood.  
You won't want your food as salty.  
Pee pros make designer pee.



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Catherine Tillman  
Yogahandley

# FEEDBACK LOOP

---

Pee upcyclers notice eating healthier  
... because their tastes change.

TASTE YOUR  
PEE



EAT  
HEALTHIER



# PEE = HYDRO-NUTRITION

---



Deep hydration

Electrolytes

Probiotic

Nutrient-rich

Alkaline

Oxygenated



# NOSE RINSE WITH PEE

Use fresh warm pee.

Check that out -  
you are running pee  
through your nose.  
Crazy!

- 🔥 Decongests breathing pathways
- 🔥 Relieves allergies
- 🔥 Improves breathing
- 🔥 Dissolves mucus

## PRO-TIP

- 🔥 Pull your pee from your nose to your mouth
- 🔥 If you have allergies, also do enemas for antibodies

Naw.  
What's crazy is to  
suffer allergies  
or asthma.

True.



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Stillman

My pee  
is becoming my personal  
designer pharmacy. When I eat  
nutrient-dense plants . . .  
my body upcycles the  
deep nutrition.



# HEALTHY MOUTH ORAL CARE

---

👉 Repairs gums

👉 Cleans teeth

👉 Whitens teeth



I use pee  
for toothpaste  
& mouthwash.

# BATHE YOUR FEET IN PEE



Pee  
Footbath

20 minutes

warm or cold  
use 1/2 gallon + reuse

- Refresh your mind  
(dopamine, oxytocin, oxygen)
- Fastest absorption  
(biggest pores)
- Heals athlete's foot  
+ fungi
- Moisturizes dry feet
- Absorb ultra-filtered  
nutrition + vitamins

# SKIN CARE

---

Wounds

Burns

Acne

Dermatitis

Antibiotic  
(use a pack)

Fungus, warts

Age spots

Bug bites

Sun burn



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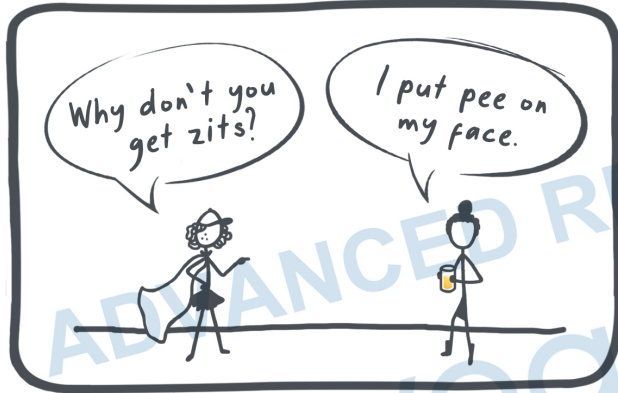
# REWILD YOUR HAIR CARE


---



- 👉 Rinse hair with pee + water
- 👉 Massage tresses (+ coconut oil if dry)
- 👉 Restore scalp + hair pH
- 👉 Enhance natural body
- 👉 Revitalize crown
- 👉 Refresh senses + mind

# WHY TEENAGERS UPCYCLE PEE



- 🔥 Cures acne!
  - 🔥 Happier moods
  - 🔥 Helps focus
  - 🔥 To rebel against "the Man"
- 

- 🔥 Desire to be uninhibited
- 🔥 To be a free thinker  
(not a zitty, moody droid)
- 🔥 For personal power
- 🔥 For a chill, relaxed effect

## PEE ENEMA



🍷 Uplifts mood

🍷 Heals intestines + colon

🍷 Relieves constipation

🍷 Improves absorption

🍷 Prevents cancer

🍷 Prevents arthritis

🍷 Heals back pain

🍷 Helps to absorb proteins + hormones otherwise destroyed by gastric acids

# PEE ENEMA

saline  
enema  
bottle  
\$2



Ok ...  
How do I do  
a pee enema?

Buy a saline enema  
bottle for \$2. Empty it.  
Fill it with pee. Try it before  
you get your day on ...  
or before bed.



# DOUCHE WITH PEE

---



- Increase fertility
- Easy periods
- Fibroids + cysts
- Regulate your cycle
- Easy menopause
- Prevent cancer
- Heal infections  
(yeast, bacteria, etc.)

# URINE THERAPY IS FREE ENTERPRISE



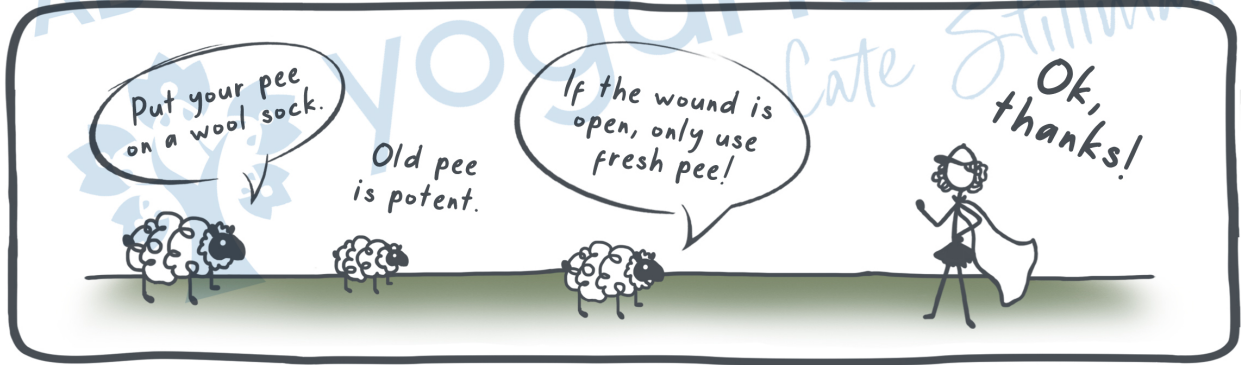
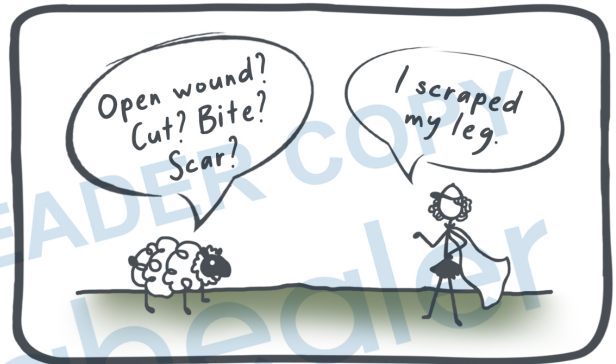
## DISRUPTS INDUSTRIES

- 👉 Pharmaceutical
- 👉 Skin + hair products
- 👉 Food addiction + overeating
- 👉 Alcohol consumption
- 👉 Chemical industrial complex
- 👉 Medical advice

## GROWS INDUSTRIES

- 👉 Organic food
- 👉 Plant medicine
- 👉 Detox + wellness
- 👉 Community farm-to-table
- 👉 Creator + maker economies

# COMPRESSES FOR SKIN



Urine is germicidal + antiseptic.

# FOR SKIN OR MUSCLE COMPRESS

Old pee?

Before bed... dip your wool sock in old pee. Wring it out. Put it where you need it. Cover the sock with a plastic bag to lock in the moisture + odor! Ace bandage it.



plastic bag



wool sock



ace bandage

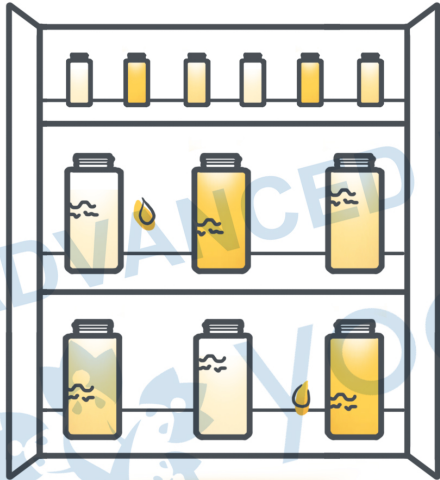
Wanna see  
my medicine  
cabinet?



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Cate Stillman







# MEDICINE CABINET



AGED PEE



My personal pharmacy

-  eye drops
-  ear drops
-  antibiotic ointment
-  sunburn salve

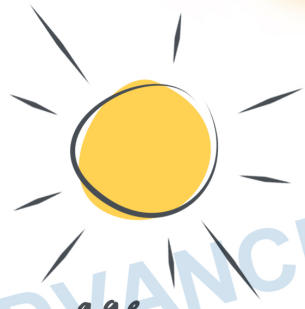


Body care

-  shampoo + conditioner
-  mouthwash
-  toothpaste

pee enthusiasts call pee orin, not urine

# AGE YOUR PEE



age  
in sun



label  
with date



cover with  
cotton cloth

after ammonia off-gases,  
close with lid + store

## WHY ELDERS UPCYCLE PEE

- 👉 Improve hearing
- 👉 Improve eyesight
- 👉 Improve bone density
- 👉 Improve teeth + gums
- 👉 Stronger spirit
- 👉 More energy
- 👉 Healthy skin



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# TOOLS OF THE TRADE

---



Glass Jars



Eye Cup



Ear Dropper



Enema Bottle



Wool Sock



Ace Bandage



Collapsible Travel Cup

# TERMS OF ENDEARMENT

---

 Golden fountain

 Universal medicine

 Elixir of life

 Human pipe cleaner

 Self-transfusion therapy

 Plasma ultra filtrate

 Divine nectar

 Nectar of heaven

 Holy liquid

Wow ...  
I don't spend my  
money on all this  
stuff ...



🍷 Vitamins

🍷 Electrolytes  
(energy drinks)

🍷 First aid:

- 🍷 wounds
- 🍷 bites
- 🍷 cuts
- 🍷 stings

🍷 Skin products:  
🍷 lotions + oils  
🍷 anti-aging creams  
🍷 soap

🍷 I eat 1/3 less



🍷 Hair products:

- 🍷 shampoo
- 🍷 conditioner

🍷 Oral products:

- 🍷 toothpaste
- 🍷 mouthwash
- 🍷 teeth whitener

🍷 I have more energy.

🍷 I sleep great every night.

🍷 My body is strong + lean.

🍷 I'm no longer irritable.

🍷 I'm no longer bloated.

🍷 My B.M.s are regular + refreshing.

🍷 My skin looks + feels younger.

🍷 My teeth are whiter + stronger.

🍷 My gums stopped bleeding.

🍷 My organs feel so strong.

🍷 Plus . . . I no longer crave junk food.

All due to  
upcycling my pee?  
Who knew?



... I knew.



Higher order generates harmony + beauty.

Yeah, turns out if you drink your own morning pee with gratitude + joy . . . you also become enlightened.

Makes sense that urine therapy ends up in self-realization.

SHIVAMBU  
holy water



Urine therapy purifies the body, mind, + spirit to experience higher states of consciousness or awareness.

Pee looping is when you drink your pee all day long. People loop pee to heal, to detox, and to hydrate.

So... what is pee looping?

Stop a few hours before bed so you don't wake up to pee.



morning



noon



5pm

1 DAY



# WHY AM I SLEEPING SO DEEPLY?



You are upcycling melatonin. Melatonin is a hormone produced in the pineal gland. It sets your body to the circadian rhythm so you sleep deep at night, and have loads of energy for the day.





# WHY IS MY SKIN YOUNGER?



urea  
stem cells  
growth hormone  
amino acids

Urea is the ultimate skin softener and anti-wrinkle formula. Use aged urine for potency. Plus urea transports hormones through the skin.



# WHY DID MY HORMONAL, MENTAL, + EMOTIONAL ISSUES DISAPPEAR?

Introducing  
your personalized  
**FREE HAPPY  
DRUG!**



[ oxytocin  
serotonin  
melatonin  
dopamine

Your pee is packed with  
hormones. When you upcycle your  
hormones, your body fixes imbalances.  
Pee is the ultimate bio-identical  
hormone therapy.





# WHY DID MY BODY BECOME LEAN + STRONG?



The urea + ammonia in pee breaks down mucus + plaque. This detoxes your cells. Meanwhile, the amino acids, vitamins, probiotics, enzymes, + electrolytes nourish your cells to build strong organs + muscles.



The salt draws toxins out of cells + removes excess sugar from your blood.





WHY DON'T I GET INFECTIONS,  
COLDS, OR FLUS?



UNDER  
CONSTRUCTION!

*The ammonia is  
anti-viral.*

*Urea converts  
ammonia into glutamine.*

I'm pissed off!  
I've had allergies, constipation,  
headaches, weight gain . . . pee is  
making all of that go away.  
I feel healthier + happier  
than ever.

I was pissing away  
my health! I was trained  
to judge my pee with disgust.  
And . . . I was duped to  
buy stuff!





TABOOS  
EVIL



Humans control  
culture with  
taboos.



## BELIEF CATEGORIES

1. Food  
ex. pork
2. Environment  
ex. weeds
3. Body  
ex. urine, dress code

Pee is  
**DISGUSTING!**



What if I **LIKE**  
upcycling my pee?  
I want to tell  
others.

We'll  
shame you.

## DISGUST

- 👉 Culturally trained
- 👉 Defines bad behaviors
- 👉 Fabricates beliefs on body, food, + environment
- 👉 Retrains primitive biological intelligence + behavior
- 👉 Used to control people

PEE IS TABOO!



TABOO  
= EVIL



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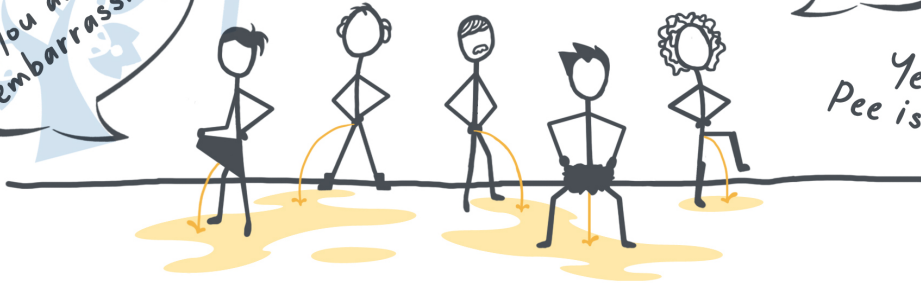
There is no science.  
You're wrong.

You are so  
embarrassing.

You can't  
be our friend  
anymore.

You are  
so gross.

Yeah!  
Pee is icky.





Hmm ... I wonder if  
witches were burned at the  
stake for upcycling pee ...



Disgust is  
a moral emotion, meaning  
good or bad, right or wrong.

Do you  
want to know what is  
in your pee?



# FAMOUS PEE UPCYCLERS + SECTS

---

👉 Hippocrates

👉 Madonna  
(somewhat mythic)

👉 Prime Minister of India

👉 Austrian Mountaineers

👉 MMA Fighters

👉 Shiva  
(mythic)

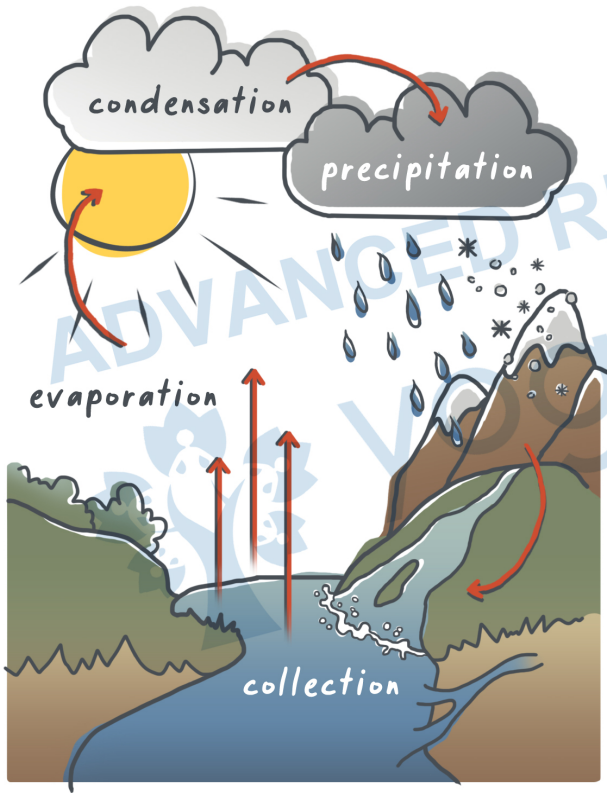
👉 Tantric Yogis

👉 Tibetan Monks

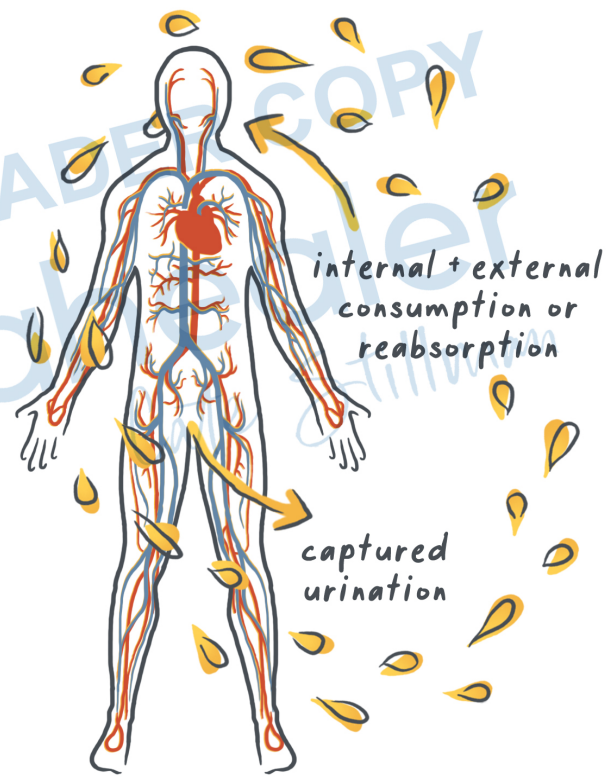
👉 Certified Health Nuts  
(aka Troy Casey)

👉 Gandhi

# THE WATER CYCLE

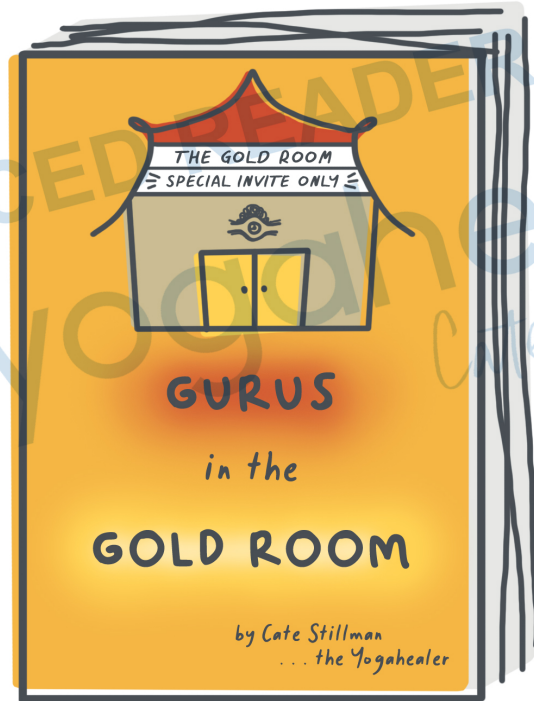


# THE AMBU CYCLE





COMING SOON . . .



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