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How to Fight Tooth Decay Like a Roman

by John C. A. Manley

4AM. I had just added about 50ml of urine to a 500ml bottle of Ontario spring water. The pitch dark and birdless silence of a winter morning in Canada seemed the perfect backdrop for this taboo experiment.

Yes, I had just urinated into a drinking bottle. No, there hadn't been an earthquake cutting off access to clean water. Nonetheless, I held in my hands a 5:1 dilution of water to urine.

Actually let's stop calling it urine. It will make what I was going to do next so much easier. Let's call it by the abbreviated Spanish word: *orin*. In fact, in Mexico that's what they call this approach to healing: Orin therapy. Spanish comes from Latin. Latin comes from the Romans. Orin was popular amongst the Romans for teeth brushing. According to the Smithsonian Magazine it was so valuable that "ancient Romans not only sold pee collected from public urinals, but those who traded in urine had to pay a tax."¹

No, I wasn't trying to save money on toothpaste. My goal wasn't to go even as far as adopting Caesar's dental habit. No toothbrush this morning. I just wanted to hold this diluted Roman mouthwash for ten seconds and see how my body reacted. Then spit it out (in the toilet, *where it belonged*).

I smelled the contents of the bottle. Fresh out of the bladder it basically had no odor. I've read that it's actually the bacteria in the air, consuming the urea in

the urine, that produces the smell we associate with unclean washrooms frequented by those with poor aim.

Only crazy people and those lost at sea would do what I was about to do. But I was neither of these. Instead I'm on a quest to reverse the incurable: namely my wife's failed kidneys (and type-1 diabetes while we're at it). An Ayurvedic doctor once said something to the effect: "When you have tried everything and nothing has worked, then people come to urine therapy as a last resort."

But before I tested orin's effects on nephrons and beta cells, I wanted to see what it would do with dental health. Having studied both the kidneys (which make orin) and tooth decay, I realized there was a way orin might be very beneficial to the teeth. Not only could it help keep them strong, but also fight off infection.

So before I tell you whether I did get that swig of bitter medicine into my mouth or not, let me explain some of the theory behind the madness....

Do Your Teeth Sweat Enough?

If you take a look at most diseases you will see they are a result of poor circulation. Usually a combination of too little blood flow, at too high a pressure, at too great a dilution moving through 10,000 miles of blood vessels.

Did you know that teeth are subject to similar rules of circulation? I know, they look like solid bone. But it stands to reason that unless they were circulating blood or some kind of blood derivative (lacking or limited in red blood cells) they'd just die.

Dr. Blanche Grube, past president of the International Academy of Biological Dentistry & Medicine, gives a good lecture on this subject in a video available at drblanchegrube.com.²

"Teeth have circulation inside of them that moves very slowly," says Grube. "In fact, it's probably one of

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the slowest parts of the whole body. That's why when you have a cavity in a tooth it doesn't heal in two or three days. It may not heal in a month. In fact, most cavities never heal at all. Why is that? Because the circulation is so slow inside the tooth....

"Any place else in the body... if you get a cut, or an injury (someone punches you in the arm), first thing that is going to happen is you're going to bleed a little bit. Then after the bleeding you're going to have a little bit of inflammation. Maybe even a little bit of pain. But then you have wonderful cells in the body who will come and eat up the bad parts [and] get rid of the dead parts.... after they are finished cleaning house, you have other cells in the body that will come and lay down new tissue. That whole process doesn't happen as readily when it comes to teeth..."

While that's certainly fascinating, what Dr. Grube says next offers a big clue as to why Romans thought rinsing with orin would stop teeth from falling out:

"Now our teeth were designed to be naturally cleansing. Fluid flows from the inside of the tooth to the outside of the tooth... and as it does this it cleanses the tooth and washes away a lot of the bacteria that are on the surface of the teeth."

In other words, it sounds like our teeth sweat. Or, at least, they are supposed to.

"Well, when you body chemistry changes... in a bad way... then that fluid flow from the inside of the tooth to the outside of the tooth stops. Now the direction of fluid is in the reverse, from the outside to the inside. And with it goes the bacteria that are sitting on the surface of the tooth... The tooth then demineralizes. And we wind up having bacteria inside the tooth."

The key point to take away is that when tooth decay is taking place, fluid is not flowing into the tooth from the gums. Instead the tooth is sucking fluid out of the mouth. Now, let me get back to my story...

Gad Zeus!

Now That's a Strong Wine Caesar

The time of reckoning had come. I lifted the plastic bottle of orin to my lips...

15 years ago I lived in Italy, sharing a flat with two twin brother from Norway, and an English/Australian couple. The Englishman, a strict vegan (he wouldn't even let us cook some eggs using his frying pan) had experimented with orin (not in his frying pan). He assured us that it had a mild, slightly salty taste. As long as the diet is good, the "water" we produce will also taste fine, various books on urine therapy report. Some say it even tastes like coconut milk when produced by the extremely healthy. I didn't expect a coconut shake. I was fine with bitter medicine. It just had to be tolerable.

I tipped the bottle back filling my mouth... Immediately my spine shuddered. Goose bumps rose all over my body. Utter repulsion filled my being. My brain screamed: "No, no, NO!"

I spit it out immediately, followed by dumping the rest of the bottle in the toilet. Flush! Off to the kitchen,

I quickly gulped two or three cups of water. I opened the sliding glass door and stepped out onto a snow-covered balcony, body shaking (not from the cold air, mind you). Was this a truly physical reaction? Was this mental? Was it both? I couldn't tell. But I did know that the experiment hadn't gone so well...

Your Kidneys Have a Secret

Alright, why in the world would I think orin would help teeth? I came up with this theory while studying medical texts on the function of the kidney.

Most people think of the kidney as a waste removal system. Hence the kidneys' byproduct, urine, would be the waste. But as I studied the individual pathways of the kidneys, it became clear it wasn't designed for filtering waste. Instead it was removing nutrients and other valuable properties from the blood which had reached excessive levels. Plenty of magnesium in orin, for example. Sodium, calcium, amino acids, hormones, antibacterial properties, even... stem cells. Yes, stem cells. Don't believe me? Check out the peer-reviewed journal *Cell Regeneration* (August 2013). Urine-based stems have already been used to grow new teeth in mice.³

The kidneys appear to be more of blood regulator and recycling system. The liver and colon, on the other hand, seem to have the job of removing waste via feces (don't practice feces therapy, please.)

In short, urine is nothing more than human blood without the red blood cells. Ever see a test tube of blood spun in a centrifuge? You end up with all the red blood cells on one end and a yellowish liquid (look familiar?) on the other. Urine is even called "plasma ultra-filtrate" in the medical word ("plasma" being the word really smart people use for "blood").

In the case of dental decay, you have teeth that are no longer drawing blood into them from their roots but instead sucking fluid from the interior of the mouth. By placing urine in the mouth, you are now introducing "blood flow" from the outside in. And orin (filtered blood) delivers stem cells, calcium, amino acids and other nutrients needed to nourish and to repair the teeth. Plus, you are also "soaking" the teeth in antibacterial chemicals found in blood.

This is why vampires have such white and shiny teeth. Blood is what our teeth need. But, honestly, I'll take orin over blood. Lot less sticky.

127 Hours Without Anything To Drink But...

When Aaron Ralston found his wrist pinned under a boulder in the canyons of Utah, he had little water with him. His book, *127 Hours*⁴, gives detailed accounts of his distasteful experiences consuming his own urine to survive the desert climate. He, however, made a critical mistake that ensured a particularly strong drink.

Delaying rehydration, Ralston let his urine sit until all the solid particles sunk to the bottom. First rule of orin therapy is to only use fresh orin. After 15 minutes, bacteria in the air have fermented the brew in a diarrhea-producing way.

Likewise, I made a few mistakes with my first experiment. I did try again. I read that taste is particularly strong first thing in the morning. Late afternoon or late evening offer an “orin lite” – ideal for beginners. A 4PM draught, mixed with some water, proved much more appealing. Well, appealing might not be the best word. Tolerable. Promising, even.

Fast forward to the present day and every morning and evening, while taking care of chores, I’ll swish orin around in the mouth with no issues whatsoever. My teeth and gums actually “crave” it. Either I’ve become accustomed to the taste, or the taste has changed, or I just stopped being such a wuss. Not sure which. What I do know is that you shouldn’t tell a good joke while I’m doing this.

The result of this odd discipline, after six months, has been the slow but sure removal of a brown film on my teeth. The film disappeared with a clear borderline between “old” and “new” enamel. The tips of the teeth started out white and the regeneration slowly moved towards the gums. I’d take a picture but my camera wouldn’t do it justice (plus my teeth look so horribly crooked).

Other than being crooked and discoloured, my teeth were in pretty good shape. I’ve never had a cavity. I even won a one-meter tall, stuffed puppet dog, complete with farm overalls and floppy ears, in the no-cavity draw my dentist ran when I was around ten. I have the polaroid of me, the dentist and the cocker spaniel to prove it. Unfortunately, my life without tooth decay makes me not the best person to test the regenerative powers of orin on teeth.

A New (Or Very Old) Weapon Against Dental Infections

My wife, Nicole, however, was suffering from an infection which could be smelt and caused some pain. She found immediate relief by holding and vigorously swishing orin in the mouth. In fact, if she stopped the practice, the smell would return.

Nonetheless, 40 years of type-1 diabetes and too much time in the dentist’s chair have left Nicole’s mouth contaminated with root canal paste, toxic fillings, crowns and bridges. Orin therapy is coming too late to the rescue. As readers of the Diabetic Dharma blog know, we are opting for surgical removal of the offending teeth. It’s only going to cost \$49,800.

Anecdotal testimonials in orin therapy books, however, speak of the gradual regeneration of cavities and chipped teeth. The binding effects of orin may also dissolve toxic dental work. But be warned, you may lose a tooth. In cases of root canals or toxic fillings, people report orin therapy caused the tooth to fall out. (Sometimes with an incredible amount of inflammation.) If the body can’t fix it, it gets rid of it. Either way you’re better off, I think. Infections and toxic dental work have been linked to just about every imaginable disease from depression to cancer.

Now, if you do have mercury fillings you may not realize what happens every time you eat a meal.

Chewing, hot and acidic food all can increase the release of mercury vapour by threefold according to Dr. Hal Huggins in *It’s All In Your Head*⁵. One way Nicole is trying to neutralize that effect is by rinsing her mouth out with orin for ten minutes after each meal. Let the orin absorb the mercury and then spit it down the sink (or into a jar, which you then bury in the backyard with a skull and cross bones overtop).

So the Roman’s strange choice of dental hygiene appears to offer do-it-yourself stem cell therapy for rebuilding gums and teeth. At the same time it serves as our own perfect mouthwash, infused with anti-bacterial properties specific to whatever infections are challenging our oral cavity at any given point in time.

If you still think rinsing with orin is beyond you, consider this: You’ve not only rinsed with it, but have already *drank* it, continuously, for seven straight months. Don’t believe me? Look up amniotic fluid. 95% fetal urine.

Need Help? Want More Information? Orin therapy can be used topically to regenerate skin, draw out toxins and heal internal organs. The positive effects were, for us, immediate and apparent (unlike so many other treatments where you’re not sure if it’s working or not). For help with this or other healing therapies you can book a phone (or Skype) consult by calling: (719) 445-1498

Campaign Update: A thank you to everyone who has donated towards our fundraiser to cover the costs of Nicole’s total dental revision. For those who haven’t, please visit www.KidneyKarma.com and consider supporting this life-saving experiment. Even \$5 is greatly appreciated. Please, also spread the word (as we will need quite a few of those \$5 donation).

¹ Kumar, Mohl. “From Gunpowder to Teeth Whitener: The Science Behind Historic Uses of Urine.” *Smithsonian Magazine*. August 20, 2013

² Grube, Blanche. “New Patient Video Series: Module Two.” Jan 17 2013. www.drblanchegrube.com

³ Cai Jinglei et al. “Generation of tooth-like structures from integration-free human urine induced pluripotent stem cells.” *Cell Regeneration*. 2013;2:6 DOI: 10.1186/2045-9769-2-6. August 2013

⁴ Ralston, Aaron. *127 Hours: Between a Rock and a Hard Place*. Pocket Books. 2010.

⁵ Huggins, Hal, D.D.S., M.S. *It’s All In Your Head: The Link Between Mercury Amalgams and Illness*. Avery, Penguin Putnam Inc. 1993. page 29.

John C. A. Manley researches and writes about methods that allow the body to heal and regenerate itself. He lives with his wife, Nicole, of 14 years. Together they have been seeking to reverse chronic kidney failure, type-1 diabetes, inflammatory bowel disease and many other diseases in their own lives and that of others. They live in Stratford, Ontario with their 10-year old son John. Visit HealinGrit.com.



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Inside this month's edition of The Journal of HealinGrit...

- How to fight off tooth decay like Julius Caesar
- An Ayurvedic doctor's recommendation for healing when all else fails
- The inner life of your teeth and their little known cause of decay
- Why a bruise on your arms heals quicker than a cavity in your mouth
- How to perform do-it-yourself stem cell therapy on your gums and teeth in the comfort of your own bathroom
- Why your kidneys are more about recycling than waste removal (and how they might be able to keep your teeth strong and healthy)
- A slow but inexpensive method to dissolve mercury dental fillings
- Aaron Ralston's big mistake while pinned under a 360kg boulder (this could save your life, next time you are trapped under a rock)

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