

TALES ABOUT TAILS

Natural Healing

*Unusual Methods that I've Used
-On Myself and My Dogs-*



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Introduction: Beyond the Ordinary

Hello and welcome.

I'm Steve; I moved here from my own country, England, about twelve years ago and I've spent the last eight years or more, rescuing and caring for street dogs here in Palawan, Philippines. Some of you may know me from previous books I have written from the *Tales About Tails* series — All free copies of the books are listed below- the stories of Lunar, Marlene, Winnie, and the many others who we found sick and starving in the streets, picked them up and took them to enjoy a life of safety and love in our home; Ruth's and mine.

This book is a little different from what I usually write, though. It may not appeal to all.....

Why? Because it's about something deeply personal — my own journey with unusual healing methods that I tried after suffering for years at the hands of doctors and their experimental medicines. I've tried things that most people might call “weird” or even dangerous: Urine Therapy, Reiki, and Hydrogen Peroxide. I'm not a doctor, far from it, and I'm not here to give you medical advice. I'm simply sharing what I've tried during my time; telling you what worked for me, and how it has also been successfully tried and tested, and worked well on my dogs as well.

“Two heart attacks and medications that nearly broke me, led me on a desperate search for something that worked — that's how this journey began.”

To be honest, I've had my share of health crises. Two heart attacks back in 2006 left me vulnerable, and the medications that were prescribed came with such terrible side effects that nearly broke me — depression, erectile dysfunction, constant fatigue, and a sense of hopelessness; and ending with a complete mental and physical breakdown. Out of desperation, I explored alternatives and luckily found them. Some of them might sound strange, but they worked well, well enough for me to come right away from taking any prescribed medication any more, or since! Yes - since 2009, the year when I turned to natural healing, I have never taken or needed to take any type of over-the-counter medication, or needed to visit a doctor either. Natural healing changed my life.

I'm not telling anyone else to do and use the same as I did. I'm just telling my story. Maybe the healing treatments that I will cover will appeal; maybe not. We are all different and all have our own likes and dislikes

This book isn't about rules or guarantees. It's about curiosity, experience, and observation; it's about what happened when I stepped off the beaten path. Urine therapy, as controversial as it sounds, helped me tremendously when conventional medicine had failed and almost ruined me. Reiki taught me about having Spiritual healing energy, inner peace and a sense of calmness. And

the last method I used, Hydrogen Peroxide, when used carefully and knowledgeably, has been another tool in my own journey to a life of peace and wellness; all these three methods, not just for me but in many cases, also for my dogs.

I've written this book for anyone who is curious, open-minded, or even skeptical. Take what resonates, and leave the rest. This is not a guide and it's not a manual — it's a collection of experiences, reflections, and small stories from a life that sometimes veered far from the ordinary. My story goes from me leading a typical life of when I was a busy and stressed, self-employed businessman living the life back in England, to then having a total breakdown, and ultimately becoming a retired, dog-caring guy, living right on the other side of the world - As I say, strange but true!

So, if you're ready, let's begin. Let's explore the Urine Therapy, Reiki, and Hydrogen Peroxide forms of healing — not as miracles, not as instant cures, but as the strange, sometimes fascinating hidden or forgotten paths that I walked to find my own self-balance and healing. And along the way, you'll meet some dogs, of course — because life, after all, is never just about us humans.

'Do not go where the path may lead, go instead where there is no path and leave a trail.'

Ralph Waldo Emerson

Welcome to a journey beyond the ordinary.

Steve and Ruth

Chapter 1: Urine Therapy – Desperation, Discovery, and Surprising Results

“The natural healing force within each one of us is the greatest force in getting well”

Hippocrates

This one is going to sound strange to some people — I know that; I know it's not everyone's cup of tea (please forgive the schoolboy's joke). And to be honest, when I first heard about Urine Therapy, I too was undecided, and thought exactly what most people do: *“No, thanks. I'm not drinking that..... No thanks, not for me.”* But sometimes, desperation makes you open up to things you'd never imagine; gut intuition plays a part too!

When I suffered my two heart attacks, I refused to have the operation that they wanted to do, to put a stent into my artery, so instead was prescribed medications that over time, made me feel even worse than the attacks themselves had done. I stuck them out for almost three years before I refused to take anymore, despite the severe warnings the doctors gave me about coming off them. The side effects of the medicines were brutal — deep depression, erectile dysfunction, constant fatigue, and a mind that felt foggy and heavy. I wanted to live, but I didn't want to live like that! I needed

something that would work for me personally and would heal me. That's when I came across Urine Therapy.

I'm not going to pretend this is for everyone — it isn't. I'm not telling you to try it either. I'm just sharing what happened to me. So, eventually, after doing my research online, I stumbled across Urine Therapy, and in particular a book called 'The Water of Life', by a man called J.W. Armstrong - I highly recommend this book, it certainly saved me and turned what was becoming a life of misery to a life of health and happiness.

I read and re read the book and couldn't wait to make a start, following as best as I could the basic layout and ways described in the book. The first time I tried it, I felt a mix of relief and hope. I didn't expect miracles. I didn't know what to expect really, but I was full of hope and confidence; the first time I'd felt like that in years. I noticed something almost immediately: a sense of calm, a feeling of positivity and clarity that had been missing for months. Over the days and weeks that followed, my energy levels improved, my mind felt lighter, and for the first time in a long time, I felt a spark of life returning.

Urine Therapy taught me something as equally as important as good health: it taught me to have patience, and trust — trust in my own body, trust in intuition, and trust that not all answers are conventional. Life doesn't always follow the rulebook, and sometimes you have to look beyond the ordinary to find your own path; no need to always conform and follow the same old pathway through life as most people do. Better to make your own pathway by doing what suits you best!

As I want to remind you. This chapter and this short eBook isn't about convincing anyone. It's about sharing my story — the hard days, the odd experiments, and ultimately the improvements. And if there's one lesson here, it's this: healing is a personal journey. What works for me may not work for you, and that's perfectly fine. But being open to exploring, observing, and learning can make all the difference.

The Dog Connection:

Because of my complete faith in U.T, I have had no doubts or fears about using it on my dogs whenever I thought it necessary; Ken, Winnie and Marlene all spring to mind, but there have been more. I have used it as a body-wash on them, on their grazes and sores and irritable skin patches. I have also given it to them as a drink, undiluted, so that it can work internally. Both ways have worked really well!

Chapter 2: Reiki – Energy, Calmness, and Connection

“The art of healing comes from nature, not from the physician. Therefore, the physician must start from nature, with an open mind.” Paracelsus

Reiki. When most people hear that word, they think of smoking candles, chanting, and a whole lot of mystery. And yes, maybe some people do like to go into all that, but not for me. I like to keep things simple and understandable. For me, Reiki has always, and always will be, simple: energy,

calmness, and connection. It's a way to focus, and heal, to center yourself, and — surprisingly — it can, and does, reach and heal even the animals around you.

I first discovered Reiki during a time when I was suffering with back pain, particularly first thing in the morning, or if I felt stressed. I was in good health though, apart from the back problem, but having survived two heart attacks, years before, by using the UT system of Natural Healing I was always looking for more methods. If UT was there, then what else was out there? Conventional medicine for me was totally out of the window now, so I wanted to try more natural systems and methods if I felt that my body needed it — this time something gentle, something soothing that would eradicate my back pain and calm me down in times of stress; something that would help recovery.

I had already moved from England by that time, and was living in Palawan, but still in touch with a lifelong friend from my home town of Leicester, herself a healer. It was her who introduced me to one of her associates, a lady by the name of Ros, also living in Leicestershire, who was a qualified Reiki healer; and as it turned out, an excellent, very powerful healer. So, Ros gave me distant healing, one session a week, over a matter of weeks, and the difference it made to me was amazing.

Almost from the very first healing session, I began to notice beneficial changes: my back pain eased and I became more flexible, I had less tension, steadier breathing, and a calmer mind. From that first time we have kept in close touch and, whenever we felt we needed it, both Ruth and me have received distant Reiki healing from Ros; Ruth for anxiety attacks, which are now completely finished and a thing of the past, and me for occasional stress or depression. I really do recommend this form of healing.

The Dog Connection:

I wondered if distant Reiki healing works on us, would it work for my dogs? I'd spent years rescuing and helping street dogs — dogs who were traumatized, scared, anxious, sometimes aggressive; sometimes broken in spirit, because of what they had been put through, so as well as my own forms of natural treatment for them, plus a healthy diet of home-cooked food, I started to think about Reiki to ease their mental anguish. This would be virtually impossible though unless I actually had the dog living with me at home so that regular treatment could be given. And then it happened.....

I have talked about my dog Lunar in other eBooks. How we found him by the side of the road, his skin in a terrible state, hardly any hair and covered in open sores, and worst of all, his front leg smashed in a road accident and had grown back completely out of shape or use to him. But there was more than that.

Lunar was a nervous wreck when we first took him home. We started on his physical treatment immediately, and his improvement was speedy and effective, but I could tell by his attitude to our other dogs that he was extremely nervous and anxious. So, a quick phone call to my dear friend Ros, back in England, and his Reiki treatment got started. It was not 'hands on', obviously, as we were on the other side of the world; it was distant healing. And the change in him was so quick! He seemed far more relaxed around our other dogs, even hopping along on his three good legs to play with them. His attitude now? He is one of the happiest, most relaxed, and playful dogs that we have!

I have also talked about Ken in previous books; yes, it's Ken again, the little devil. Well, he likes to go out and about and quite naturally looks for female dogs when they are on heat. But one of them that he had a fling with must have had a disease, because he started to show all the symptoms too; a sexually transmitted disease. So, he was given distant Reiki by Ros as well. It was given along with what the vet had prescribed, and both treatments together worked extremely well and gave him a permanent cure, and in very quick time too. And, funny enough, whilst I have been making notes and writing this book, Ken somehow scratched his eyelid, and the skin looked sore with part of his eyelid actually hanging loose - Once again Ros has come to the rescue, and with weekly healing sessions, his eyelid now looks back to normal.

Something else I have found out, and another thing that I read about by another one of my heroes; Betty Shine. In her books about healing, she often talks about 'touch'. Simply, hands on touching. When I sense that one of my dogs is feeling down, stressed, worried, I just sit by their side, talk calmly to them, and place my hands on their body - No, I'm not claiming to be a healer, but I do know that peace and quiet, a friendly hand, and sympathetic company is another way of helping and healing.

I'm not going to tell you that Reiki is a miracle. I'm not claiming it fixes everything from broken hearts to broken bones. But what I *can* say is this: for me, for Ruth, and for our dogs, Reiki has been a bridge to good health — a quiet way to connect, to calm down, to receive *and* offer comfort, and to feel a little more in control when life feels messy.

Sometimes, that's enough.

Chapter 3: Hydrogen Peroxide – A Careful Experiment

“You don't have to do something exotic to enjoy the benefits of natural healing... So many things in your kitchen - common spices, common herbs and foods - have powerful healing agents as well”. Chris Kilham

Hydrogen Peroxide. Now here's one that makes people sit up and think. I actually had second thoughts if I should include it or not. Out of all Natural Healing cures I have read about, studied carefully, and even used on myself, this one really has the most controversial arguments than any of the others, and by a long way too! So, proceed with caution as there are so many contradictions, good and bad, and even in how to use it!

Most houses have got a bottle tucked away some place and most folks think of it as a disinfectant for cuts; a chemical you keep on the top shelf of your bathroom or hidden away under the sink. But in my journey, it became something more — a tool for gentle, careful, yet positive healing.

After my continual recovery from the heart attacks and the rollercoaster with medications, I have always been looking for ways to strengthen my body naturally. I am eternally grateful for discovering Urine Therapy, and Reiki, but why stop there? If those two natural treatments were

out there, then what else was there? Natural Healing goes back to the beginning of time, well before the medics and their medicines reared their ugly heads, so why not keep researching?

I found an old book in a second-hand shop about a subject that I'd never even heard of, so out of curiosity I bought it and studied it. I read about the very careful use of food-grade Hydrogen Peroxide and how some people had used it as part of a wellness routine. I was cautious — extremely cautious, because there seemed to be so many different aspects to it, unlike UT or Reiki. But the claims that the book made were just too good to ignore. I researched, double-checked, and carefully experimented, making sure that I followed the instructions and guidelines closely, and that nothing was too risky or dangerous. Safety was my priority. But, as always with natural healing, all the facts and reports that you read online tell you that either it does not work, is a total waste of time and effort, or is too risky to even consider as a form of healing.

I know by now to totally ignore all the doubters. If I'd not taken a chance back in 2009 with UT, and instead, had just relied on what the doctors were forcing me to take, I doubt I'd still be here to tell the story! The pharmaceutical business is BIG, BIG business, raking in trillions of dollars every year, so why would all the people involved advocate something that is either free or cheap, and lose a life-long customer? Because that is all you are to them, a paying customer; and so, that is why they give you drugs to suppress pain and symptoms, but not to cure them. They don't want to cure you as they need you as a permanent, and ongoing, form of income!

Okay, so I ignored the doubts and negative reports and decided to go ahead. I tried it on myself, but only externally, not internally, and that was because of all the different instructions on grade, times, usage, and everything else under the sun! So, for me it was for external use only - NOT internal. But having started, I noticed positive effects taking place, especially when using it for a patch of ringworm that I somehow had picked up; a condition that shop-bought cream had no effects on. But I also used it for bites, stings and even sores. It wasn't dramatic, it wasn't instant, and it wasn't an immediate, overnight cure. But it worked, and so it added another option to recovery — another option, that, when combined with good sleep, enough rest, sensible nutrition, Urine Therapy and Reiki, it just became another perfect piece to the puzzle.

The Dog Connection:

I will give Peggy as an example; I wrote about how we found her in “True Stories of Street Dog Rescue: No. 4 - Boycie, Peggy, Dixie, Audrey and Billy”. The poor dog was only weeks old, totally lost and all alone, and in one of the worst conditions that I have ever seen a dog in - She looked terrible. Her skin was covered in open sores, small cuts and grazes, had hardly any hair on her body, and as the vet confirmed, was suffering with mange.

So, as normally happens, we took her home that night and kept her in isolation, not wanting to spread her condition to our other dogs at home, fed her, gave her clean water and a nice comfy blanket to sleep on, and the next morning took her straight to the vet. He examined her, prescribed all his medication and told us to bathe her twice a week; which we did. But as well as that, we decided that to help speed up recovery and help with her obvious discomfort, we would add our own prescription of diluted Hydrogen Peroxide. Every day, morning and night, we dabbed diluted H.P. directly on to her skin, gently rubbing it in, especially on the raw looking, open sores. To cut the long recovery story short, the diluted Hydrogen Peroxide, along with the Vet's form of treatment, worked like magic - Today she is as happy and healthy as they come, and so beautiful!

Conclusion: Healing, Choice, and Companionship

"All that man needs for health and healing has been provided by God in nature."

Paracelsus

We've wandered briefly through Urine Therapy, Reiki, and Hydrogen Peroxide — three unusual paths that I personally explored in my own journey toward health and balance. Some of these may have sounded strange, even unbelievable. That's okay. Life isn't always neat or conventional, and neither are the ways we sometimes need to travel to find comfort or healing.

I want to be very clear: **this book is not a guide, a prescription, or medical advice.** It is simply my story — what I tried, what I experienced, and how it affected me. How you approach your own health, or the health of your dogs, is entirely your own choice. My strong advice would be for you to do your own research and decide what feels right for you.

What matters most, I've learned, isn't a method by itself — it's a whole picture of love and care, trust and confidence, patience and persistence. These are excellent life-lessons that my dogs have taught me over and over; faith, trust and love.

"If you've read this far, I want to sincerely thank you. Thank you for your curiosity, kindness, and presence — for yourself and for your animals — because these are the most important tools we have."

So, whether you're here for curiosity, for inspiration, or for the stories of dogs who've shared their lives with me, I hope this book offers a little insight into what it means to explore the unusual, to listen to your own body and follow your own instincts, and to care deeply for those around you — humans and animals alike.

If you've enjoyed this short book, or if the off-the-cuff healing methods have sparked your interest and curiosity, there's one simple way to return thanks; you can help to support the dogs that we rescue here in Palawan by giving a small donation. Every donation goes directly to buying food or medical care, and for giving street dogs a chance at a better life. No donation is mishandled or wasted, trust me. And if you want to learn more of what we do here for the street dogs, and of course, for our 18 dogs who live with us at home, please follow our adventures online, either with our Social Media outlets, our YouTube channel, or by visiting our own website - all the links are listed below.

So, from Lunar to Marlene and the rest of our furry family, there's always more to share, and more free eBooks to read, and much more to come! The journey never ends!

Thank you for reading. Thank you for being curious. And thank you for caring — about yourselves, about your dogs, and about the little lives we touch every day.

Steve and Ruth

-FREE-

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Please be sure to check back regularly as more true stories of Street Dog Rescue are always on the way – Thank You

Support Our Mission

If you’ve enjoyed this book and want to help us feed, care for, and rescue more street dogs here in Palawan, you can support us via Ko-fi.

Every bit of time spent with them, every meal given, every bit of treatment, that we are able to give these dogs only happens because of kind people like you.

If you’d like to help us with the street dogs here in the Philippines, could you please make a small donation? Every cent collected all goes straight to the dogs, no middlemen, no nonsense and definitely no wastage....

Thank you for being part of their story.

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It may be hard to believe but even just \$1 buys two days of cooked meals for a street dog

Our Recommended Product for Your Dog:

Kindly note that the following recommended product is an affiliate link. This means that if you click through and decide to make a purchase, we at *Tales About Tails* will receive a small commission from the seller — at no extra cost to you.

Every bit of financial support that we receive goes directly towards helping us feed, care for, and help more street dogs here in Palawan.

We only promote products that have been personally recommended to us from trusted friends who do the same as us, but in other countries; street dog support. Living where we do, it would be impossible for us to buy.

But NHV Natural Pet Products are high on the list of natural and safe, dog-related products and have made a real difference to so many dogs in those other countries. Take a look and see what you think.....

Thank you from all of us — and from the dogs!

 [Click here to visit NHV Natural Dog Products](#)

Thank you for supporting the work we do — and for helping more dogs to finally live happy, healthy lives!

Please Read My Disclaimer

I am not a veterinarian, or qualified in any medical way, and the information I give in this book is based purely on my own experiences gained from caring for rescue dogs here in the Philippines. Everything shared in my books — from natural remedies to feeding methods — has worked for my own dogs, but every dog is different, and I always urge you to test carefully before jumping right in to any new healing method. What worked for me and my dogs may not necessarily work for you or your dogs.

Always use your own judgement and, if you're unsure, consult a qualified vet before trying anything new. These natural methods are meant to support your dog's health, not always to replace professional care.

The aim of this book is simple: To help people care for their dogs safely, naturally, and affordably — especially when a trip to the vet isn't always possible or affordable.