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Why Peeing While Sitting is Better for Health: A Bone Spine Account

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ABSTRACT

This paper argues that urinating while sitting promotes better health by enhancing the elimination of alphaemitting radioactive particles from the bone spine, particularly the sacral region. Laser-based measurements during urination in both sitting and standing positions revealed up to 80% greater excretion of such particles in the sitting posture. The increased effectiveness is attributed to spinal laxity and improved pelvic alignment in a seated, forward-leaning position. Alpha emitters are linked to various health risks—including DNA damage, cancer; endocrine disruption, and neurological disorders—with no safe threshold of exposure. The bone marrow, situated within the spine, plays a critical role in immunity and hematopoiesis, and its contamination by alpha emitters is especially hazardous. Sitting urination may also help prevent prostate contamination and related spinal metastases by reducing pressure on the sacrum and facilitating elimination through the coccygeal foramina. Anatomical and evolutionary evidence suggests that the genitals, spine, and marrow predate the brain in biological importance. Women may particularly benefit due to typically lower uranium excretion rates. The study concludes that sitting to urinate supports spinal health and reduces systemic alpha emitter burden.

Keywords

Sitting urination, Peeing position, Bone spine health.

Peeing while sitting is better for health because it fosters excellent evacuation of alpha emitters from the bone spine. This has been tested with lasers during a miction sitting and another standing. The observed result was 80 % more excretion during sitting than during standing. The observed result is explained by the laxity of the bone spine during sitting miction. The laxity of the bone spine is favoured by a diagonal advancement of the torso, akin to a foetal position, during miction. There is no need to sublevate the feet.

Alpha emitters have been shown to be dangerous for health in a large amount of studies, for instance their bystander effect including depleted uranium [1], their relation to memory [2], traumatic brain injury [3], breast cancer [4], DNA damage [5], endocrine disruption [6], cancer in general, alcoholism, hypersexuality, tabagism and musculosqueletal disorders [7], for instance. These elements are not the only ones and show the dangerousness of alpha emitters in general for health, with no minimal threshold. There is solely an argument for hyposexuality [8] but that argument is not related to bone spine contamination as the bone marrow is critical for health in general through its immunity contribution [9] and

hematopoiesis role [10]. The bone marrow is critical for health in general as it is central and actually more important than the brain as it is an essential resource for its development, a result implicit in [11]. The most primitive organisms had no brain, as shown by the formation of the bone marrow during gastrulation and neurulation behind the gut cavity. The organism is basically a gut system for digestion and a bone marrow for information transmission, as the gut system provides the body with the amino acids necessary for DNA and RNA reproduction. The anencephaly birth defect actually demonstrates this point furthermore. The presence of alpha emitters in the bone marrow also disrupts the necessary alkalinity for the organism as it sticks them toward the back of the digestive tract, reducing their absorption in the intestines. Women suffer in particular from their lower capacity to excrete uranium and other alpha emitters [12] because of the clitoris repression. The clitoris and the penis are a part of the bone spine structure based on their cartilaginous composition. It is also clear based on the ammonite pattern of males and females, as observed in the main deposit north of Digne les Bains, that female and male ammonites were actually structured in their sexual organ, and that they intertwined wholly during intercourse, as demonstrated by the wholly differentiated structure of male and female ammonites. This is a clear indication of the fact that the clitoris and penis are anterior to the bone marrow

and spine, which itself is anterior to the brain.

Peeing while sitting allows also to preserve the prostate from alpha emitter contamination, which has been observed as well through laser observation. This is crucial for the bone spine as the reverse magnet effect (positive push) [13] brings against the blood vessels that are within the bone spine the alpha emitters, causing dangerous micro-haemorraghies. Metastases of prostate cancer to the bone spine are a known fact [14,15]. Standing up compresses the bone spine up and allows no excretion through its bottom, the foramina of the coccyx that the sitting position allows to open more horizontally, allowing a much better falldown of the alpha emitters in the bladder. Sacrum fracture has been related to neurogenic bladder [16]. There is a direct neuronal connection between the sacrum and the bladder [17], where the authors suggest that « The bladder requires a healthy mature nervous system to store urine and release it at behaviorally appropriate times ». It is clear that there is a slight betterment for men of the neurological connection when sitting and a huge betterment for women. Since neurological channeling of alpha emitters from the nose to the brain has been already identificated [18], it is clear that an identical process happens from the foramina to the bladder. This demonstrates why sitting for peeing is essential for human health. This has been verificated through several experiments. For instance, one of the coauthors tested and could observe a huge improvement while sitting. It is clear that while standing, the apex of the coccyx retains a huge dose of alpha emitters and this is a carcinogenic pattern also linked to later musculosqueletal disorders, especially coccyx fracture. It is clear that the higher ratio (2:6 / 1) of females to males in coccyx fracture [19] is explained by the findings presented in this article.

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Supplementary reference: The Initial Formation of the Nervous System: Gastrulation and Neurulation, Neuroscience, 2d Edition. https://www.ncbi.nlm.nih.gov/books/NBK10993/

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