



Ur-Ine Trouble

By Kent Holtorf



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The truth about drug testing: Why drug users are passing and non-users are failing.

- * Backed by 172 medical references, written in easy-to-understand language.
- * Discloses the foods and medications that will cause a false positive test.
- * Uncovers how drug testing can be used to discriminate against women and minorities.
- * Medical secrets of passing drug tests revealed. Author Kent Holtorf, M.D. wrote this book to debunk the myths associated with drug testing. Backed with 172 medical references, this first-of-its-kind testament exposes the discrimination as well as ethical issues surrounding drug testing and raises serious questions about the accuracy of such tests. People are being denied employment because of false positive tests due to medications and many common foods that they are not aware of. These injustices have not previously surfaced because employers rarely tell job candidates or employees that they failed a drug test. Thus, people are unaware that they were denied employment or forced from their job due to a false positive result.

For instance, did you know how easy it is to fail a drug test, even if you've never taken drugs? Did you know the foods you eat can cause you to test positive? And did you know the many other surprising ways you could falsely test positive? If you didn't, you'll want to arm yourself with the knowledge found in this book. If you don't, you could be the next person denied employment due to a false positive drug test.

Also, the author doesn't believe that drug testing offers any benefit in deterring or treating illicit drug use. And, he says, it violates the rights of those it is designed to protect. Thus, he has no reservations about revealing medical secrets to passing drug tests.

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Editorial Review

Review

Following a worker's compensation claim, I was falsely labeled a marijuana user by a drug test due to use of an over-the-counter medication. The company then denied me my worker's compensation and unemployment benefits, but armed with a copy of *Ur-ine Trouble*, I was able to clear my name and reputation and get the benefits I deserve. -- *M. Botka, Electrician, College Station, Texas*

I lost my job due to a positive drug test caused by my bronchitis medication. But after providing a copy of *Ur-ine Trouble* to my attorney, she was able to get the company to admit that the test wrongly labeled me as a drug user, and they offered me my job back. In this unjust and dismal situation, the book *Ur-ine Trouble* has been my ray of hope and sword of truth. -- *John Kinnie, Kingman, AZ*

UR-INE TROUBLE is an important book to expose the myth that employment drug testing is accurate and reliable. Having spent many years in clinical laboratory management, I can attest to the carelessness and greed that surrounds all facets of this industry. The number of criminal fraud judgments against the industry in the last decade exemplifies this widespread negligence. Dr. Holtorf accurately exposes the laboratory incompetence with compelling facts. -- *Angelen Van Daele, B.S., M.T., Former Director of Marketing for several national clinical laboratories*

UR-INE TROUBLE is going to blow the lid off of drug testing in this country. After reading the book, even the most devout proponents of drug testing will be forced reexamine their position on its widespread use. You need to protect yourself from falsely being labeled a drug user by the inaccuracies of drug testing. Dr. Holtorf reveals how drug testing can be unfair, inaccurate, and racially biased. -- *Dean S. Edell, M.D., Nationally syndicated radio and TV medical journalist*

UR-INE TROUBLE was an extremely valuable resource in my cross-examination on the accuracy of the county probation department's urine drug-screening device and techniques. The information contained in the book helped a young man maintain his freedom after he was mistakenly accused of using drugs following a routine urine screen while on probation. -- *James Connor, Criminal Defense Attorney, Hudson, New York*

Using well-established studies and plain English, Dr. Holtorf clearly explains in *Ur-Ine Trouble* how and why drug tests frequently produce unreliable results. Any person who faces drug testing for any reason should read this book from cover to cover and keep it handy in case the test turns out positive. This book is a marvelous antidote for our society's poisonous practice of judging people by the chemistry of their urine. -- *Stephen R. Elias, Esq. Attorney and Associate Publisher of Nolo Press*

About the Author

Kent Holtorf, M.D. received a B.S. in kinesiology at The University of California at Los Angeles. He then completed his doctoral training at St. Louis University School of Medicine. He trained in general medicine and anesthesiology at Harbor County Medical Center and at U.C.L.A. Center for Health Sciences.

For years, he has presented scientific facts and data that has forced drug testing experts to reexamine their testing practices and techniques and to privately concede to the inadequacies of drug testing. Since completing his research, Dr. Holtorf has spoken with hundreds of people whose lives have been devastated by the inaccuracies of drug testing. He has also served as a Drug Testing Expert in high profile court cases.

Dr. Holtorf has discussed drug testing on numerous nationally syndicated radio and television talk shows and has been a featured guest on the Dr. Dean Edell Show, the ABC News Health Report, and the Howard Stern Show. He is an internationally recognized drugs-of-abuse testing expert, being quoted in newspapers nationwide and abroad.

Users Review

From reader reviews:

Robbie Stamant:

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Are you kind of stressful person, only have 10 or perhaps 15 minute in your day time to upgrading your mind talent or thinking skill possibly analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short time to read it because all this time you only find guide that need more time to be learn. Ur-Ine Trouble can be your answer mainly because it can be read by you actually who have those short spare time problems.

Regina Schubert:

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