

KIDNEY FILTRATION



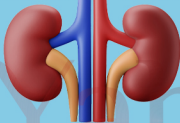
What should your urine look like?



INNERSTANDING THE FUNCTIONS OF KIDNEYS & FILTRATION

The body eliminates two types of waste: **Digestive Waste** and **Cellular Waste**. **Digestive Waste** is eliminated through the colon, and consists of food that is not consumed or absorbed during the digestive process. The colon and the large intestines eliminate food, unabsorbed food nutrients, and waste from other organs. All 150 trillion cells in your body go through a metabolic process which creates waste and toxic by products – also known as: **Cellular Waste**. **Cellular Waste**, in addition to waste from bacteria, fungus, and parasites are dumped into the **lymphatic system** where it is filtered through the kidneys. Your skin functions like a kidney, as it also filters lymphatic waste.

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CHECK YOUR URINE BY URINATING IN A GLASS.
THIS SHOULD BE DONE 2X WEEKLY DURING DETOX

WHEN YOUR KIDNEYS DO NOT FILTER PROPERLY

When your kidneys do not filter properly, it prevents the elimination of waste, and causes the production of acid and inflammation. Inflammation destroys tissues and causes swelling, boils, pimples, cysts, and even tumors. **News Flash:** Cancer does not magically manifest and move through the body. Cancerous cells are created by the buildup of acidic waste from cells. This acidic waste leads to cell damage, which causes cancer and all other illnesses.

HOW THE BODY ELIMINATES WASTE

COLON	KIDNEYS	SKIN
<ul style="list-style-type: none"> · Food Unabsorbed · Food Nutrients · Large waste from the organs 	<ul style="list-style-type: none"> · Cellular Waste from the Lymphatic System 	<ul style="list-style-type: none"> · 3rd Kidney · Filters Lymphatic Waste · Filters Gases

WHEN THE KIDNEYS ARE NOT FILTERING LYMPH, THE CREATININE IN YOUR BLOOD WILL RISE. AT 0.7 YOUR KIDNEYS ARE BECOMING WEAKENED. AT 1.0 YOUR KIDNEYS ARE FAILING.

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BLOOD PRESSURE

ADRENALS = SYSTOLIC
KIDNEYS DIASTOLIC

The left and right blood pressure numbers indicate the functioning of the left and right kidneys and adrenals. Low numbers are an indication of weakened kidneys and adrenals. High numbers are an indication of overactive kidneys and adrenals.

HEALTHY BLOOD PRESSURE RANGE

120 - 130

60 - 70

THE LYMPHATIC SYSTEM

The lymphatic system absorbs fats and fat-soluble vitamins from the digestive system and delivers these nutrients to the cells of the body in which they are used. The lymphatic system also removes excess fluid and waste products from the interstitial spaces between the cells.



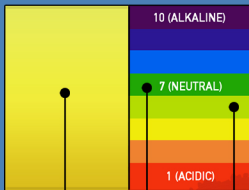
HEALTHY KIDNEY FILTRATION

All urine must have sediment; this indicates that your kidneys are filtering cellular toxic waste!

This urine chart will provide you with all the information you will need in order to get your kidneys filtering and your adrenals functioning properly. The more sediment in your urine means the more lymphatic waste in your body and skin, in which your kidneys are filtering out. Below you will see examples of PH charts, in addition to several different urine pictures to help guide you on your health and wellness journey.

HOW DOES YOUR URINE LOOK?

HEALTHY URINE	UNHEALTHY URINE
Has the sediment that looks like snowflakes	Is clear and has no sediment; KIDNEYS ARE NOT PROPERLY FUNCTIONING
The more sediment the more cellular waste your body is filtering out	Foam indicates too much protein in the diet



PERFECT URINE RANGE

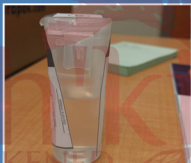
PERFECT URINE PH RANGE 6.0 - 6.5



This picture shows how your urine is supposed to look when your kidneys and adrenals are functioning properly. As you can see, there is sediment and cellular waste all throughout the urine, and the color is darkish-yellow.



This picture is the beginning signs of kidney filtration



Clear urine while detoxing is a bad sign. It indicates that your kidneys are not filtering at all, and your gallbladder is weakened. Color and sediment is supposed to be in your urine!



This picture shows urine full of foam and bubbles, which indicates that the body is full of protein, and the kidneys are beginning to fail.

RESTORE KIDNEY FUNCTION

- Eat berries, melons, fruits & herbal compounds to restore proper kidney filtration
- Fasting strengthens & rejuvenates kidneys & regenerates filtration

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