

**HOW YOUR
BODY
ELIMINATES
WASTE:**

The Colon
(Food, Unabsorbed
Food Nutrients, and
Large Wastes from
Other Organs)

The Kidneys
(Cellular Waste
from the Lymphatic
System)

The Skin
(the 3rd Kidney,
also Filters
Lymphatic Waste
and gasses)



**WHAT
YOUR
BLOOD
PRESSURE
TELLS YOU**

$$\frac{\text{Adrenal}}{\text{Kidney}} = \frac{\text{Systolic}}{\text{Diastolic}}$$

The left and right blood pressure correlates to the left & right kidneys and adrenal glands.

High numbers indicate hyperactive kidneys and/or adrenals, Low numbers indicate weakened kidneys/ adrenals.

IDEAL RANGE:

120-130

60-70

Watch Your Urine!

The Misunderstood Role of the Kidneys and Their Filtration

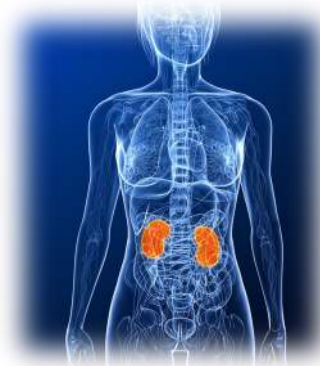
When you stop to think about it, the body has **TWO** predominant types of waste (by-products) to get rid of:

DIGESTIVE WASTES

These are by-products of digestion and what you consume or don't absorb. These wastes are removed by the large intestine (the colon). This, of course, is food and stool matter. The liver can dump by-products this way as well.

CELLULAR WASTES

These wastes and by-products come from the cells and their metabolic processes. Consider that your physical body has over one hun-



dred trillion cells that make up all the tissues, organs, glands, structures, etc. Each cell produces waste—This is a lot of waste!

There are other minor wastes from bacteria, fungus, and other actions and/or par-

asites. These wastes, as well as a lot of cellular wastes, are dumped into the lymphatic system, and from there are filtered through the kidneys. Lymphatic waste can also be filtered out the skin (often referred to as the body's "third kidney").

Ignoring the **lymphatic system** and the waste it must dispose of and focusing strictly on the blood & colon, the medical profession (and many holistic practitioners) have overlooked the essential issue of your body's great sewer and main immune system:

THE GREAT LYMPHATIC SYSTEM!

When the Kidneys Do Not Filter

When the kidneys do not effectively filter the lymph, the creatinine in your blood will rise. At .7 you are starting to get into trouble. At 1.0, you are walking toward dialysis!

Your kidneys are the main eliminative organs for your body's Lymphatic (sewer) system. When your kidneys lose their ability to filter the cellular wastes (acids) out of your body, they back up—just as sewage from any other sewer system would.

This "back up" of acids is called INFLAMMATION. From this point forward pain is a reality, as well as swelling and the destruction of the respective tissues. Pimples,

boils, cysts and tumors begin to form. The frightening thing is that this inflammation becomes systemic, affecting you from head to toe!

Cancer cells are simply cells damaged by their own acid wastes. Cancer is not an entity that can travel to other tissues (cells) and magically turn them into cancer cells. However the acid condition that lead to this cell damage is systemic.

Does Your Urine Look Like This?



Sediment = sewage!

Check your urine occasionally. This is done simply by peeing in a jar and observing. It can be done any time of day.



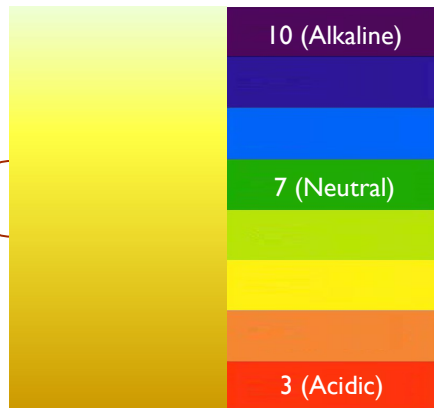
The more sediment, the more lymphatic waste your body is filtering out!



It doesn't matter if the sediment looks like snowflakes, strings, or a general cloudiness.



Color & pH



Ideal Urine Color Range to Indicate Filtration of Acids

Ideal Urine pH Range is 6.0-6.5



Urine **MUST** have sediment in it. If it is clear, where are your cellular wastes?



Or Like This?

- * If your urine is clear (no sediment), your kidneys are not filtering properly.
- * Foamy urine can indicate too much protein in the diet.
- * Fruits, berries, melons and herbal formulas can help restore proper kidney filtration.
- * Fasting is another way to strengthen and rejuvenate the kidneys and encourage filtration.

