

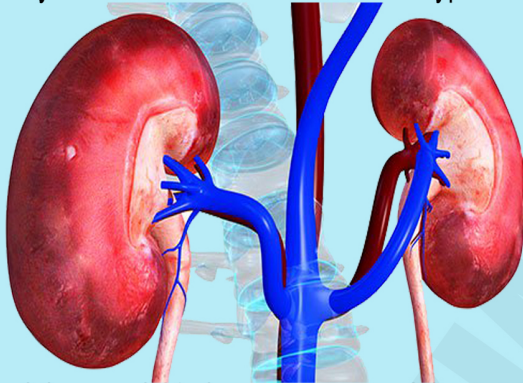
KIDNEY FILTRATION

What Should Your Urine Look Like?

Innerstanding The Function Of Kidneys And Filtration

The body eliminates two types of waste; digestive waste and cellular waste. **Digestive Waste** is eliminated through the colon and consist of food that is not consumed or absorbed during the digestive process.

The colon or the large intestines eliminates 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 by products or **CELLULAR WASTE**. Cellular waste as well as waste from bacteria, fungus, and parasites are dumped in the **LYMPHATIC SYSTEM** AND ARE FILTURED THROUGH THE KIDNEYS. Your Skin functions like a Kidney in the sense that it also filters Lmyphatic Waste.



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, cyst, and tumors are an indication of inflammation.

Cancer does not magically manifest and move through the body. Cancer cells are created by the acid waste from cells. Acidic waste from cells leads to cell damage thus causing cancer and all other illnesses.

HOW THE BODY ELIMINATES WASTE

COLON	KIDNEYS	SKIN
.Food Unabsorbed .Food Nutrients .Large Wastes From Organs	.Cellular Waste From The Lymphatic System	.3rd Kidney .Filters Lymphatic Waste .Filters Gases

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

BLOOD PRESSURE

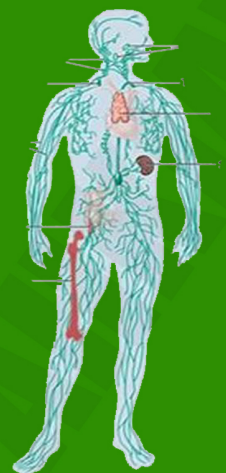
Adrenals = Systol
Kidneys = Diastol

The left and right blood pressure indicates the functioning of the left and right kidneys & adrenals. Low numbers indicates weakened kidneys & adrenals. High numbers indicates overacti kidneys & adrenals

HEALTHY BLOOD PRESSURE RANG

120 - 130
60 - 70

Check Your Urine By Urinating In A GL
Should Be Done 2x Weekly During De



The Lymphatic System.

The lymphatic system absorbs fats and fat-soluble vitamins from the digestive syste and delivers these nutrients to the cells of the where they are used by the cells. The lymphatic also removes excess fluid, and waste produc from the interstitial spaces between the ce

www.yahkiawakened.com