

KIDNEY FILTRATION

What Should Your Urine Look Like?

Understanding 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 consists 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 FILTRATED THROUGH THE KIDNEYS**. Your Skin functions like a kidney in the sense that it also filters Lymphatic Waste.



When Your Kidneys Do Not Filter Properly

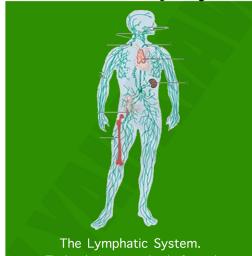
When your kidneys do not filter properly it prevents the elimination of waste and causes the production of acid and inflammation. Inflammation destroys tissues and causes swelling. Boils, pimples, cyst, and tumors are an indication of inflammation. Cancer does not magically manifest and move through 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 KIDNEYS ARE BECOMING WEAKENED. AT 1.0 YOUR KIDNEYS ARE FAILING.



Check Your Urine By Urinating In A Glass. Should Be Done 2x Weekly During Detox.



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 where they are used by the cells. The lymphatic system also removes excess fluid and waste products from the interstitial spaces between the cells.

www.yahkiawakened.com

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'll Need To Get your Kidneys Filtering and Your Adrenals Functioning Properly. The More Sediment In Your Urine Indicates The More Lymphatic Waste Your Body, Skin, and Kidneys Are Filtering Out. Just Below You'll See Examples Of PH Charts, And Several Diffrent Urine Pictures To Guide You To A Healthy and Wellness Lifestyle!

How Does Your Urine Look?	
Healthy Urine	Unhealthy Urine
➤ Has sediment that looks like snowflakes, strings, or cloudiness	➤ 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



The Picture below 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 supposed to be in your urine.



The picture to the left shows how your urine is supposed to look when your kidneys and adrenals are functioning properly. sediment cellular waste is all throughout you urine and the urine is a darkish yellow color.



Dark Urine indicates to many proteins in the body. Causing kidney disease.

www.yahkiawakened.com

The picture below shows sediment after a 24 hour dry fast.



Restore Kidney Function

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

www.yahkiawakened.com