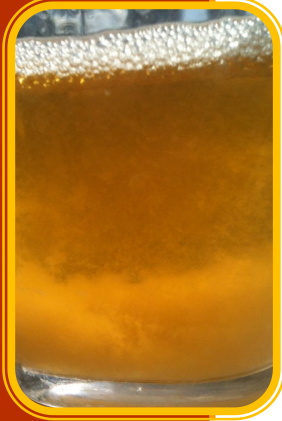


Does Your Urine Look Like This?

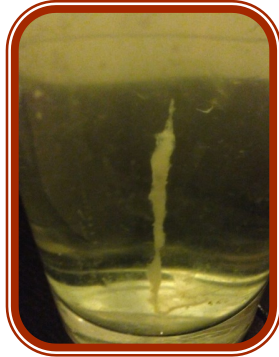


Sediment = sewage!

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



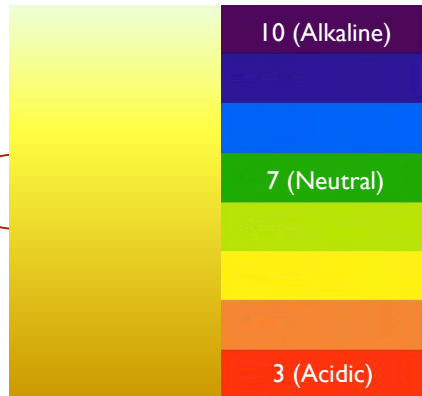
The more sediment, the more lymphatic waste your body is filtering out!



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.

