



### GET THE KIDNEY DOORS OPEN

Your kidneys are the main eliminative organs for the body. That is, they filter and eliminate cellular wastes (acids) out of your body. When the kidneys stop filtering, however, that sewage gets backed up causing inflammation. Common symptoms of inflamed kidneys include: lower back pain, strong smell or burning sensation when peeing water retention and blood pressure fluctuations.

Below is a simple way to check for kidney filtration.



### AT HOME KIDNEY FILTRATION TEST

It's an easy at-home test to inspect if urine has sediment in it. Sediment means the sewer doors are open.

#### STEPS

1. Pee in a mason jar. (It can be any time of day.)
2. Let it sit on the counter for 8 – 24 hours.
3. Inspect the urine for SEDIMENT (like the picture below). It can be strings, snowflakes or general cloudiness.
4. Note amount of sediment and date it: Small, Medium, Large

#### SUMMARY

- SEDIMENT = SEWAGE
- NO SEDIMENT = BACKED UP SEWAGE. That means your kidneys are NOT filtering.
- *Note: It can take a little time to get the kidney doors open. Please reach out to me for help.*