How to get KIDNEY FILTRATION – Urgent Info!

The following is some of the most important health information you will ever receive.

OK, the body has a sewer system to handle the waste from your trillions of cells ... its called your lymph system... and it carries cellular waste to the kidneys where it's filtered then eliminated.

If the kidneys are clogged, your sewer backs up – it's that simple.

This is the cause of most so-called diseases...everything from Acne to Arthritis.

Backed up lymph becomes acidic causing pain and inflammation. Acids destroy joints, bones, skin, arteries, organs, etc. Toxic lymph is also a breeding ground for parasites, viruses, and fungus. This is why kidney filtration is so important.

Here's a simple test to see if your kidneys are filtering
Don't consume any liquids 3-4 hours before bedtime. Urinate into a glass jar first thing in the morning. Don't worry about the color. If it's cloudy your kidneys are filtering lymph. It it's clear you have some work to do.

Here's how to get filtration.

DIET
The first thing you must do is switch to a raw food diet of fruits and vegetables. Eat em or juice em fresh, it's up to you. Dairy, grains, meat, and cooked foods are inflammatory. Avoid them like the plague. Eat at least 80% raw fruit. Fruits get lymph moving and clean the kidneys. Acid fruits are the most cleansing. These include limes, oranges, grapefruit, pineapple, strawberries, tangerines, cranberries, and tomatoes. Sub acid fruits are next best: apples, blackberries, blueberries, cantaloupe, cherries, grapes, mangos, nectarines, peaches, pears, plums, raspberries, and watermelon.

Have salad of fresh raw veggies for dinner or just have fruit.

For extra power try a 100% grape or watermelon diet for a few days (or even longer) A lemon juice fast can really kick-start stubborn kidneys. Try beet root juice for a few days but it's very powerful so I'd mix it with other juices. If you experience kidney pain stop immediately.

Here's a little trick that works for some. Drink a cup of Jivana Detox Tea or Dr. Morse's Heal All Tea before your last meal. Eat a half a cup of raisins in the evening without consuming any other liquids.
Check your urine for filtration in the morning. You just might see some.

**HERBS** can help you get filtration.
Parsley, ginseng, dandelion, corn silk, saw palmetto berries, and juniper berries are great for cleaning the kidneys.
Nettle leaf tea makes a good daily tonic.
Dr. Robert Morse has some formulas you should use if you are not getting results.
I like to start with a combination of:
Kidneys & Bladder Tonic #1 Capsules
Kidneys & Bladder Tonic #2 Tincture and
Lymphatic System #1 Tonic Capsules

You play around with different strengths and see what works for you.

**EXERCISE**
Since the lymph system has no pump like the blood system (heart & lungs) it moves by capillary action when muscles contract, or if it's physically moved.
Light exercise like walking, bike riding, deep breathing, and yoga can help move lymph to the kidneys.
Don't exercise hard or use a rebounder if you are not filtering.
Alternating hot water with cold while showering moves lymph.
Massage (including lymphatic massage) and dry skin brushing help too.

**WORK ON THE ADRENALS**
The adrenal glands control the kidneys so they must be strong.
a good way to check adrenal power is by blood pressure.
Your systolic (upper) number should be around 120.
Adrenal herbs can help bring this up.
Siberian ginseng, licorice root, parsley, astragalus, and dandelion can help.
Dr. Robert Morse's has an adrenal gland tonic in both a tincture and capsules.

If you have tried all this and are still not filtering you can try a raw kidney bovine glandular.
You will find links to herbs, glandulars, and more information below in the comments section.

When the kidneys finally break loose you will see lots of sediment.
Inflammation will start going down and the body will alkalize and hydrate.
Tumors and cysts will disappear.
Pain and swelling will subside.
Damaged organs, tissues, and cells all over the body will begin to heal and regenerate.
You will start to look and feel much younger and have lots more vitality.
Congratulations! You are on the "road to Wellville."
This can take days, weeks, and even months to get going.
Be patient...the results are worth it.
This is one of the greatest things you can do for yourself so what are you waiting for?
I wish you much luck and success on your journey and may God bless!
* Please Note: This information is based on Traditional and Folklore Medicine which uses natural materials to support health. These statements have not been evaluated by the FDA.