

KIDNEY FILTRATION BY NICK BRANDON

The first goal and important milestone of the detoxification program is for the individual to achieve filtration of their lymphatic system. This is accomplished by restoring kidney and adrenal gland function (it is important to address pituitary gland weakness, if identified).

A question that is often posed is, "How long will it take to get my kidneys to filter?" which is up there with questions along the lines of "How long does it take, before my health conditions are gone?"

Both are questions that are impossible to give definitive answers to as it depends on many variables. The most important variables include:

What is the state of your kidneys, adrenals and pituitary gland, prior to starting the program?

How strict and dedicated will you be toward doing what must be done and how much effort will you put into following the program?

How much stress, if any, is generated from your current lifestyle, and are you required to always be on the move?

Are you willing to undergo water fasts, lemon juice fasts, grape mono-diets, watermelon mono-diets, etc., if implored to?

How long will it take for you to withdraw from old habits (especially abandoning dairy products and limiting high protein foods) and implement new, health conducive habits?

If any, what is the degree of sulfur accumulation within your body (check irides)?

It is due to the above that it can be difficult to estimate how long it will take. Some people begin filtering within as little as 7 days, while it can easily, but unfortunately take up to a year or longer for others. We are all on our own individual journeys and, admittedly, it will require some to put in much more work than others to achieve the same results.

If you are not filtering within 6 to 9 months, you may consider incorporating and/or doing one or more of the following:

Embark on multiple short or extended fruit mono diets (e.g. grape/watermelon/orange)

Embark on multiple short or extended fruit juice fasts (e.g. grape juice/lemon juice/orange juice)*

Embark on short beetroot juice fasts (2-3 days); can be combined with asparagus for stronger effect* **

Incorporate stinging nettle herbal infusions as a potent, daily kidney tonic.

Use 2 'Kidneys & Bladder' formulas; increase dosage taken; alternate between the 4 different formulas (K & B I, II, III & IV)

Raw kidney bovine glandulars

*Freshly made juices – not store bought.

**Be advised that beetroot juice is very potent and strong on the kidneys; bouts of pain may occur. End the fast and recuperate if needed.