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URINE SEDIMENT EVALUATION

- **If at least one of your kidneys is filtering** there will be **sediment in the urine**. This sediment is the wastes from your body's cellular activities.
- **If the urine is completely clear** with no sediment then these cellular wastes will either come out of the skin in the form of **acne, psoriasis, eczema, boils and/or rashes** OR the cellular wastes will accumulate inside the body in the form of **cysts and tumors**.
- Sediment can be achieved by **eating lots of grapes, apples, pears, citrus, berries and melons** as well as by drinking **water with fresh squeezed lemon juice**.
- It can take a **few weeks to many months** to see sediment in the urine. The elimination of processed foods, fast foods, dairy, soy, coffee, sodas, white sugar and white flour from the diet will speed up this process.
- The color is not what we are evaluating with this process. Clearer urine colors indicate more hydration whereas darker, more amber colors indicate dehydration.

HOW TO TELL IF YOUR KIDNEYS ARE FILTERING

URINATE IN A CLEAR GLASS and look for **dandruff specks and/or mucus strings**.

It should look similar to this photo but does not have to be as significant.

