

# Kidney Functioning and why its Important for Your Health

The urinary system is responsible for eliminating waste from the body. If the body does not eliminate the waste, it will turn against itself and be poisoned from the excess waste. The bladder, Kidneys, and urinary ducts are a part of the urinary system that helps the body eliminates waste. Your kidneys play a crucial role in how the system functions. You can improve your kidneys function and your overall health by cleansing your kidneys.



The kidneys serve as a filter that gets rid of the toxins from the blood. Also the kidneys help the body maintain an appropriate fluid balance and manage the amount of electrolytes in the body. These are substances such as salts

that will dissolve into ions when mixed with water. For good health you have to have the right balance of water and electrolytes in the body. If the kidneys are unhealthy then the rest of the body will be as well.

Every cell in your body produces a waste that is a result of your metabolism in action. This waste is scattered into your blood and continues on to your kidneys to be filtered out. Drugs and alcohol you may consume is filtered through your kidneys. When your kidneys are not functioning properly you may experience a pain in your lower back. Other symptoms for problems with the kidneys may be nausea, side pain, strong urine odor, cloudy urine, frequent urination, burning sensation when you urinate, and blood in the urine, which is serious. If you experience these symptoms consult with your doctor for more information and possible treatment immediately.

Some people get kidney stones, when their kidneys are not working properly. Kidney stones develop when the body is not breaking down protein properly and crystallized mineral deposits develop in the kidneys. Kidney stones can be very painful if they are eliminated through the urine and if they are huge. Kidney stones can block the urine from being eliminated out the body. Cleansing the kidneys will help break down any crystallized mineral deposits that may have developed in the kidneys.

You should start a cleansing routine for your kidneys to improve your overall health and kidney functions. Some of the ingredients and herbs that are used in a kidney cleanse are hydrangea root tincture, ginger root, unfiltered organic apple juice, bearberry, parsley, and gravel root. These are organic and will help break down any kidney stones that may have developed. Vitamin B6 and magnesium oxide may prevent any more kidney stones from developing in the future.



Drink more water to help clean the toxins that may have built up out of your kidneys. Expect to urinate more when you drink more water. By drinking more water for a couple of weeks, you will notice a change in how you feel. When you do not drink enough water you feel nauseated and sluggish. The extra water is giving the body what it needs to cleanse the toxins and allow it to function more efficiently.

Kidney functioning is very important to your health. Try a kidney cleansing and make sure they function properly.

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