

Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

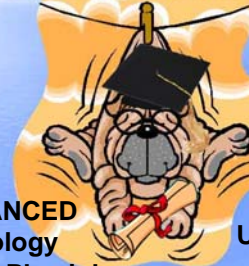
Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner. I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Welcome!!!
Just hang On :o)
Our meeting will start soon.

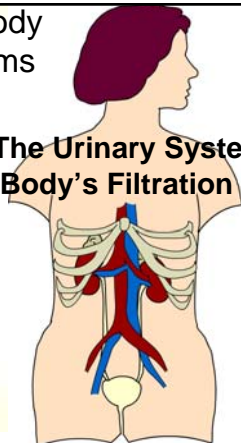


**ADVANCED
Iridology** **Urinary System**
Anatomy & Physiology

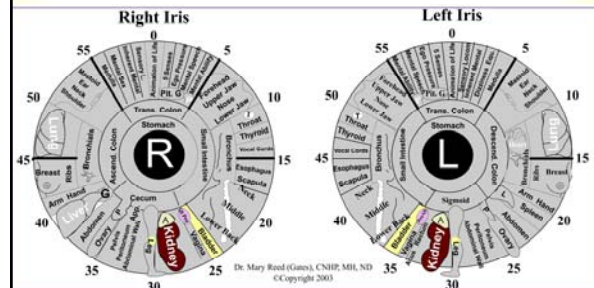
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The Body Systems

The Urinary System Your Body's Filtration Device



Urinary System Signs in Iris

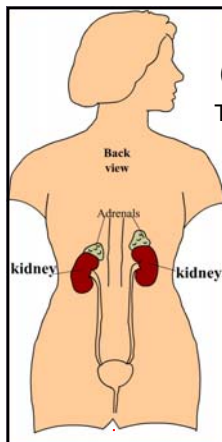


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Urinary (Water Treatment Plant)

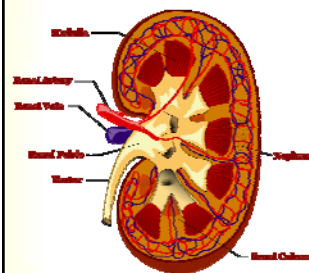
The urinary system consists of:

- two kidneys – Right is Dominate – Left is back up
- two ureters
- the bladder
- two sphincter muscles
- the urethra
- skin is known as the third kidney



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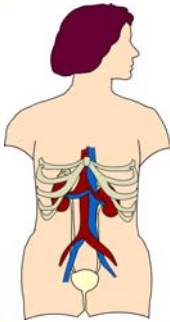
The Urinary System



- The average human being has 8 -10 pints of blood
- The blood in the body is being filtered about every 45 minutes
- About 200 quarts of blood are being circulated and filtered through the kidneys daily

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Kidney Structure



- The kidneys can process and utilize up to 4 ounces of water at a time
- A healthy bladder holds up to 2 cups (16 oz) of urine for 2 to 5 hours
- The average amount of urine that is excreted per day, per adult, is 1.5 quarts

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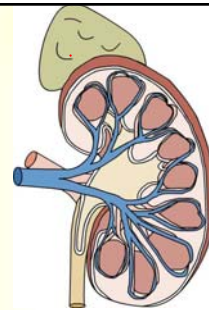
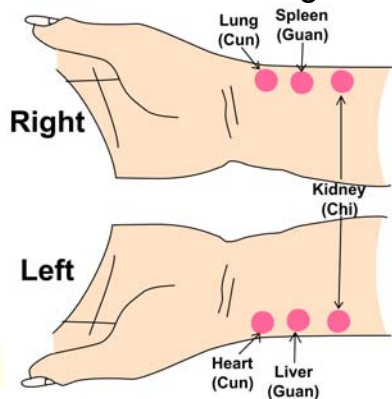
Kidney Function



- The kidneys are the batteries of the body
- When kidneys are not properly nourished and hydrated, energy levels can be low, leading to tiredness and fatigue

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Chinese Pulse Diagnosis

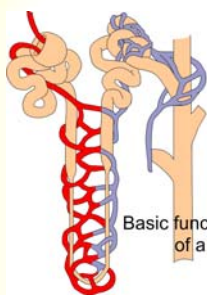


- Each kidney is the shape of a bean and about the size of your fist.
- Approximately one million nephrons are located in each kidney

Urea NOT Filtered Out By The Kidneys
Settle in Less Than Healthy Cells



The Body Systems



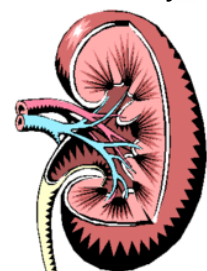
Basic function & structure of a Nephron

- The urinary system works to reabsorb:
 - Water
 - Salts
 - Protein
 - Glucose
 - Minerals
 - Other substances that are essential for cellular health

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Main Functions of the Kidneys

- Serve as filters
- Remove waste
- Produce five important hormones:
 - Erythropoietin-stimulate bone marrow to make red blood cells
 - Calcitriol-maintain calcium for bones
 - Renin, Vasopressin and Angiotensin-regulate blood pressure



Potassium - Parsley

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The Healthier the Kidneys the More Likely it Can Produce This Hormone

The kidneys are involved in the production of red blood cells and the iron content of the blood



Erythropoietin




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Prostate

- Saw palmetto berry CONCENTRATE
- Zinc
- Liver Cleanse
- L-glutamine
- L-carnitine aka Nature's Viagra

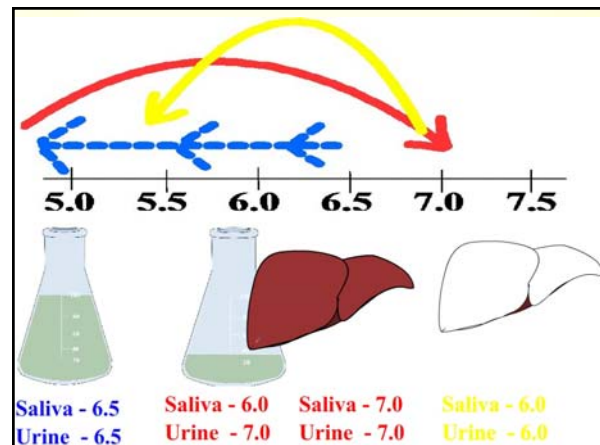



Kidney Function

- The kidneys assist in keeping a balanced pH in the body
- Eliminates Ammonia
- Recycles Sodium
- Eliminates Potassium



Approximate Number of Hydrogen Ions compared to distilled water	pH	Examples of solutions at this pH
10,000,000	pH = 0	Battery acid, Strong Hydrofluoric acid
1,000,000	pH = 1	Hydrochloric acid (excreted by stomach lining)
100,000	pH = 2	Lemon Juice, Gastric acid, Vinegar
10,000	pH = 3	Orange juice, Soda
1,000	pH = 4	Tomato Juice
100	pH = 5	Soft drinking water, Other coffee
10	pH = 6	Urine
1	pH = 7	"Pure" water
1/10	pH = 8	Sea water
1/100	pH = 9	Baking soda
1/1,000	pH = 10	Great Salt Lake, pH of flagstones
1/10,000	pH = 11	Ammonia solution
1/100,000	pH = 12	Soppy water
1/1,000,000	pH = 13	Bleaches, Oven cleaner
1/10,000,000	pH = 14	Liquid drain cleaner

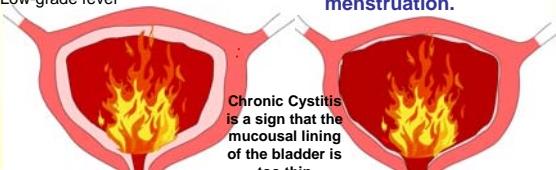


Cystitis (sis-TI-tis) is the medical term for inflammation of the bladder. Most of the time, the inflammation is caused by a bacterial infection or pH imbalance and it's called a urinary tract infection (UTI)

SYMPTOMS:

- Discomfort or pressure feeling in the pelvic area
- A strong, persistent urge to urinate even shortly after voiding
- Incontinence
- A burning sensation when urinating
- Passing strong-smelling or cloudy urine
- White or red blood cells in the urine
- Low-grade fever

Interstitial cystitis (IC)
Women's symptoms often get worse during menstruation.



Chronic Cystitis is a sign that the mucosal lining of the bladder is too thin

Possible Causes of Cystitis

- Improper hygiene-especially wiping improperly
- Feminine hygiene spray
- Certain drugs
- UTI – urinary tract infection
- Talc
- Spermicidal ointments
- Catheter
- Intercourse with man which has strep
- Bladder stones
- Ulcers
- pH imbalance

Emotions:
Kidney... Fear
Bladder... PO'd

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Potential Problems

- Urinary tract infections (UTIs) affect millions of people each year
 - One in five women develops a UTI during her life span
 - UTI's in men, while not as common, can be very serious because they may indicate other problems



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Potential Problem

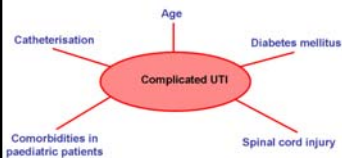
- Bacteria, usually from the digestive tract, begin to multiply at the opening of the urethra
- Drinking ample amounts of fluid can help in the treatment and prevention of UTIs
- Approximately ½ of your body weight in ounces



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Potential Problems

- Urinary tract infections can be serious and can damage the function of the kidneys
- It is possible for adults or children to have a silent infection still present in the body even when the signs of a UTI are no longer apparent
- Ammonia in brain can imitate senility
- It is important to always consult with your healthcare professional

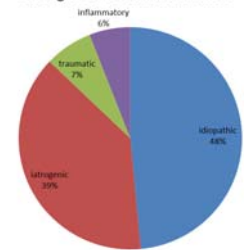


Cranberry
• d-mannose
• Acidic pH

Incontinence

- Tone sphincter muscle – Uva Ursi, Urinary Maintenance
- Build lining of bladder – Marshmallow & correct pH
- Rid bladder of parasites, yeast, virus and bacteria -
- Position of Bladder (cystocele)
- Kegel Exercises

Etiologies of Urethral Strictures



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Potential Problems

- Urinary incontinence is basically leakage of urine while sneezing, laughing coughing or during times of urgency.
- Inconveniently affects the lives of 12 million Americans

Kegel Exercises

•To make sure it is the pelvic floor muscles that you are exercising, first try to stop urination mid stream. Caution: Doing Kegel exercises by stopping urination can actually weaken the muscles.

•Instead, once you have felt the muscle needing the exercising, lie on your back and rhythmically tighten and relaxing muscles at 10 second intervals.

•Breathe as you exercise. Don't hold breath. Concentrate so not to flex any other muscles except those you want targeted.

•Best if you do 10 repetitions 3 times a day.



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Potential Problems



Lemon
Marshmallow Root
Hydrangea
Magnesium

- Kidney stones are one of the most common disorders of the urinary tract and can be one of the most painful
- Stones affect men, more than women
- 500,000 people end up in emergency rooms and 3 million visits are made to health care providers for problems related to kidney stones

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Potential Problems



In hospital or at home, strain urine for stone and demand the stone is tested to help determine cause of the stone!!!



[More on Gout Page](#)

- Kidney stones usually occur in three different shapes
- They can be extremely painful, or they may be "silent"
- They usually pass naturally
- Drinking plenty of water to help flush the system is important

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Lipotripsy

Types of Stones

- There are certain foods to avoid when kidney stones are formed from **Calcium oxalate**



- A few of these foods are:

- rhubarb, cooked spinach, beets, chocolate, green pepper, okra and grits



- **Uric acid** can also cause kidney stones

- To avoid uric acid stones:

- avoid beer, turkey, Purine-containing foods: dried beans, peas, and liver

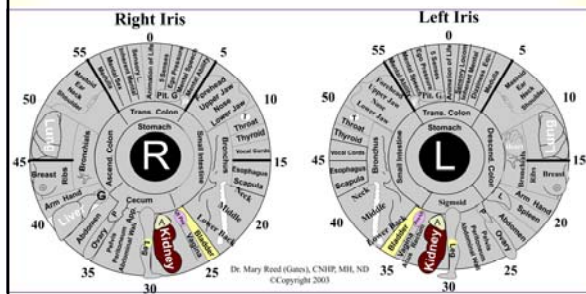


Vitamin D2 & 3



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Urinary System Signs in Iris



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Uric Acid



Gout

- Water
- Lemon
- Burdock
- Una De Gato
- Safflower

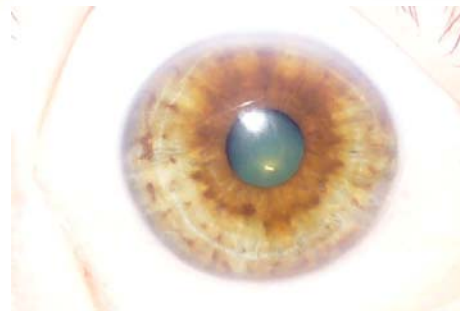


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Uric Acid

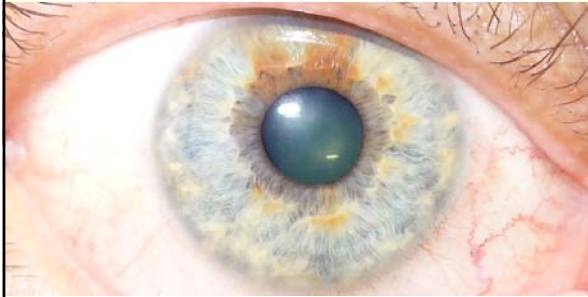


Uric Acid



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Uric Acid

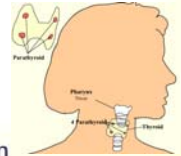


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Types of Stones cont.

- **Xanthine Stones** are stones which develop usually after taking a medicine called allopurinol commonly given to those with gout.
- **Cystine stones** genetic defect which causes an abnormal transport of amino acids to the kidney and intestinal system.
- **Struvite** stones caused by urinary tract bacterial infections. Bacteria produce enzymes which raise the concentration of ammonia in the urine which crystalizes forming struvite stones.

- Ketones build up when a person is not able to break down fats and fatty acids because the person doesn't have enough sugar or carbohydrates available.
- Ketoacidosis causes inflammation including in the brain and can be fatal.

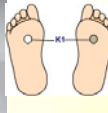


[Hyper Parathyroid can also cause kidney stones](#)

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Basic for Kidney Stones

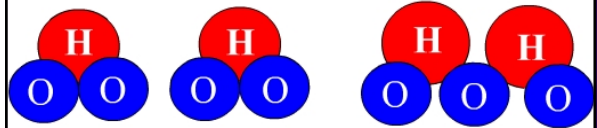
- **GOOD Water** helps flush out gravel before the stones get large
- **Marshmallow root** to soothe the ureters which helps lessen the swelling and inflammation so the stone can pass more easily
- **Lemon** helps smooth out most types of kidney stones. So the sharp edges won't cause as much damage
- **Change your diet** depending on the stone
- **Hydrangea**
- **Cherry juice**
- **Magnesium**
- **Safflowers**
- **Icewave Patches**



Reverse Osmosis Water vs Distilled Water

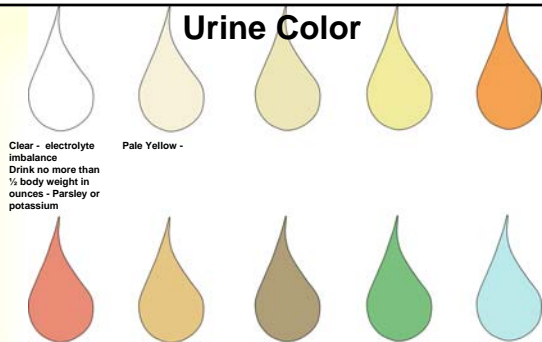
Instead of:

The molecules form:



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Urine Color



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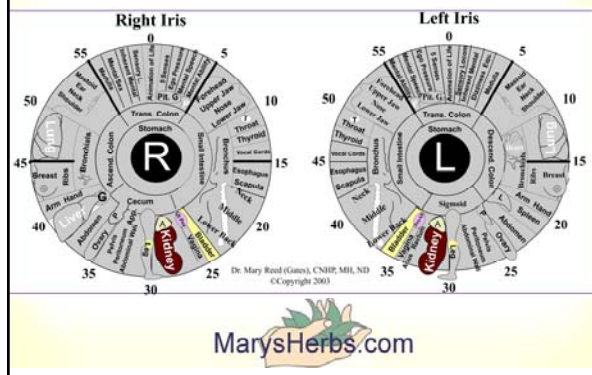
Let's Take a 10 Minute Break Stop Recording



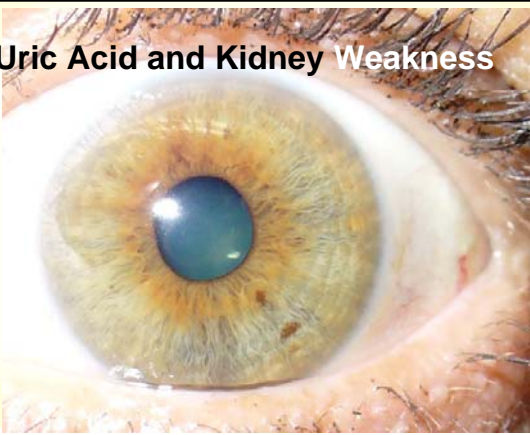
Let's Take a 10 Minute Break
Start Recording



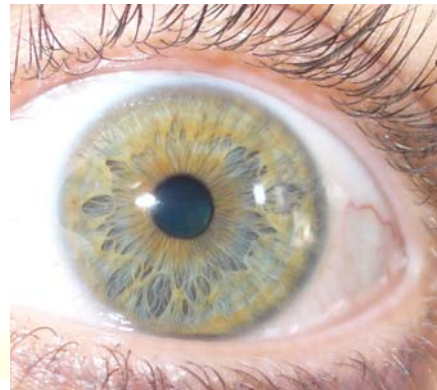
Urinary System Signs in Iris



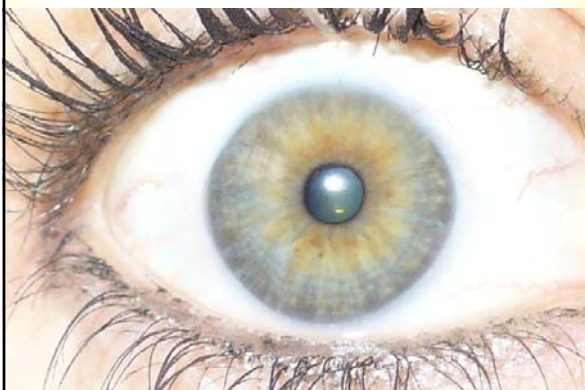
Uric Acid and Kidney Weakness



Uric Acid and Kidney Lesion

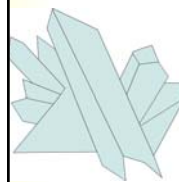


Uric Acid – Self Inflicted



Potential Problems

- Chronic kidney disease may be the result of physical injury or a disease that damages the kidneys, such as diabetes or high blood pressure
- Salt and Sugar
- Botulism



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Potential Problems

- Chronic Kidney Disease (CKD) can also be a contributing factor in other health issues:
 - high blood pressure
 - low red blood cell count
 - Diabetes?
 - loss of protein through the urine
 - bone and calcium loss
 - problems with the cardiovascular system
 - problems with the nervous system
 - lack of feelings of well being



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Kidney Failure

- Currently, there are more than one million dialysis patients worldwide.
- The number of patients in the United States could double over the next 10 years.
- **Billions** of dollars are generated annually in the field of dialysis.
- The number of patients in need of a kidney transplant is growing



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The Main Organs Regulating Blood Pressure are the Kidneys

The Main Mineral Needed by the Kidneys is Potassium
Potassium is a Natural Diuretic

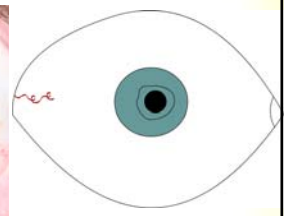
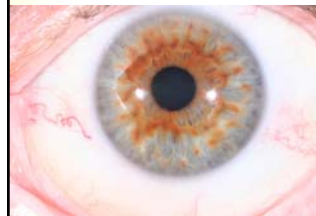
•27 May 1997. JAMA (Journal of the American Medical Association) stated that there is a link between potassium supplementation and the lowering of hypertension (high blood pressure).

•From the 33 controlled studies Dr. Paul Whelton (formerly of John Hopkins) now with Talane University School of Public Health, gave the concluding statement "It really adds one other **major** element to the ability to prevent and treat high blood pressure, and I think that this data is more convincing than any other data that has been presented to date."

•He also stated, "The existing body of evidence... favors the notion that potassium supplementation should be considered as part of recommendations for prevention and treatment of hypertension".

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Blood Pressure Loop



110 - Systolic (Stress) While heart beating
70 - Diastolic (Potassium) While heart resting

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Blood Pressure-x



Combination Potassium



- l-arginine
- olive leaf extract
- grape seed extract
- coleus root extract
- hawthorn berries extract
- goldenrod aerial parts

- Potassium
- kelp leaf and stem,
- alfalfa aerial parts
- dulse frond
- horseradish root
- white cabbage leaf
- horsetail stem
- strobilus

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Parsley



Blood Pressure Medicine Paradox

- Most blood pressure medicines include a diuretic.
- The kidneys typically dump potassium and recycles sodium.
- Even more potassium is dumped when taking a diuretic.
- The imbalance causes water retention
- The retention then causes a raise in blood pressure
- Both the loss of potassium and the rise in blood pressure is harsh on the kidneys

Sodium Chloride (NaCl) AKA Salt increases water retention which raises blood pressure

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Natural Diuretics

- Water
- Hydrangea
- Parsley
- Juniper Berries
- Urinary Maintenance
- Kidney Activator
- Kidney Activator Chinese
- KB-C



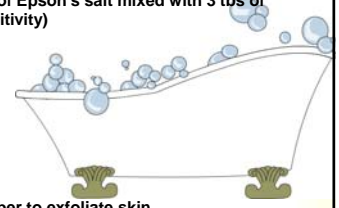
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To Give the Kidneys Some Help

Fill tub warm water with 4 cups of Epson's salt mixed with 3 tbs of ginger (test skin for ginger sensitivity)

ADD:

- 2 drops tea tree oil
- 2 drops lavender oil
- 2 drops bergamot oil
- 2 drops thyme oil
- 2 drops eucalyptus oil



Use Loofah or plastic pot scrubber to exfoliate skin

Soak for 20 to 30 minutes (depending on level of toxicity)... drinking sage and parsley tea....empty tub

Shower off residue pulled out through the skin

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Can Also
Be Used as
a Foot Soak

Potential Problems

"An ounce of prevention is worth a pound of cure"

- The urinary system plays many important roles in the overall health of our body, mind and emotions
- Kidney emotions of fear, failure, shame, criticism or disappointment are associated with the kidneys
- Adrenal emotions of anxiety, fear of letting go, or holding on to the old are all associated with the bladder
- Bladder emotions of being P*** Off

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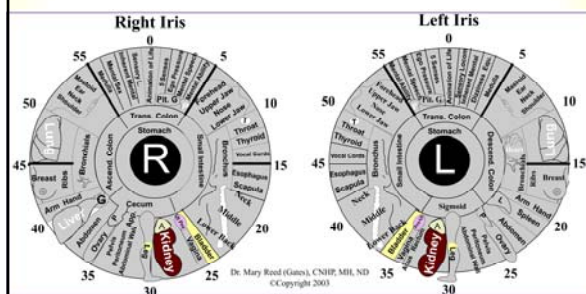
Toxemia and Preeclampsia

- Prevention
- Keep bowels moving
- Drink nothing but water.... No coffee, tea, soda or colored drinks
- No red meat or pork
- KB-C
- Parsley
- Protease between meals



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Bladder



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Weakness of the Bladder



Weakness of the Bladder



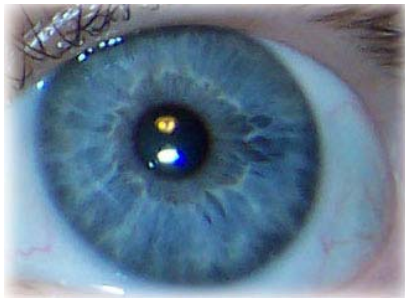
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Weakness of the Bladder



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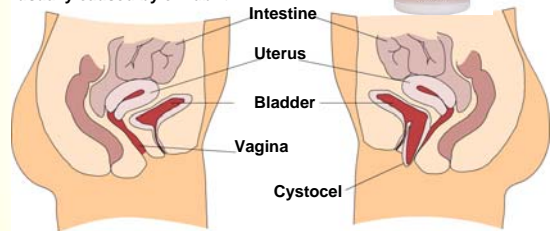
Weakness of the Bladder



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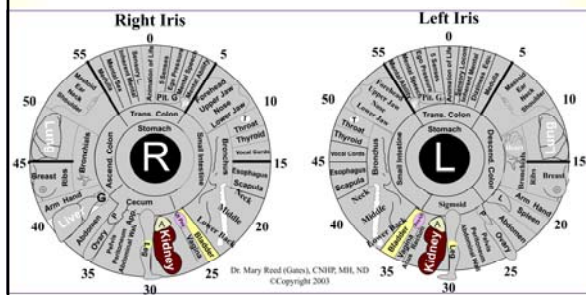
Cystocel:

A herniating of the vagina allowing the bladder to drop down (sagging) outside the body through the vagina wall. Weakness usually caused by childbirth



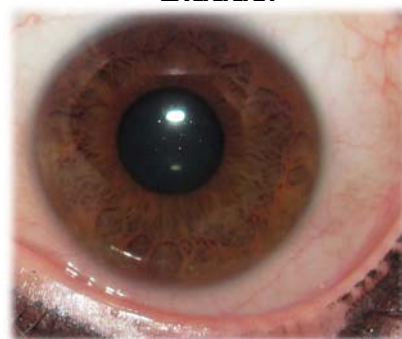
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Urinary System Signs in Iris



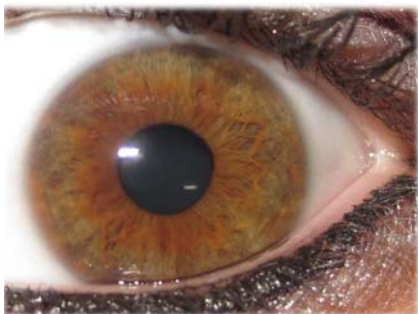
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Bladder



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Bladder



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Bladder



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Bladder



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Bladder



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Food, Glorious Food!

- Nourishing foods for the Urinary system:
 - Watermelon
 - Cantaloupe
 - Cucumbers
 - Kidney beans?
 - Lemons
 - Parsley
 - Celery
 - Cranberries
 - Asparagus
 - Herbs that are concentrated foods.



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To The Rescue

- **Hydrangea**
 - Historically known as the "stone dissolver".
- **Vitamin B-Complex**
 - B vitamins are water-soluble and need to be replaced daily.
- **Magnesium Ratio 1:1 Cal/Mag**
 - The kidneys need adequate amounts of this mineral to function properly.
 - Helps prevent calcium kidney stones

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To The Rescue

- **Urinary Maintenance**
 - Contains herbs to help support and maintain the delicate fluid and mineral balance that is controlled by the kidneys.
- **Cranberry/Buchu Concentrate**
 - Beneficial for supporting a healthy urinary tract. Cranberry juice contains Vitamin C plus substances that can interfere with the adhesion of microbes to the urinary tract. Buchu absorbs excessive uric acid, helping to reduce bladder and urethra irritations.

D-Mannose

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To The Rescue

- **Kidney Activator**
 - This western formula of herbs nutritionally supports the urinary system, specifically bladder and kidney health. Several of the herbs are natural diuretics which can help with water retention.
- **KB-C and KB-C TCM Concentrate**
 - Chinese formula designed to support the kidneys' function of removing toxins while protecting water-soluble minerals to strengthen bone health.

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To The Rescue

- **P-X**
 - This formula works to nutritionally support the functions of the urinary and glandular systems. Herbs found in P-X are supportive for both men and women urinary system concerns.
- **Kidney Drainage**
 - This easy-to-swallow herbal blend is a liquid extract. It includes asparagus, a food that helps support fluid removal from the body. Another herb included in this extract is goldenrod, which can increase the production of urine without reducing the level of important electrolytes.

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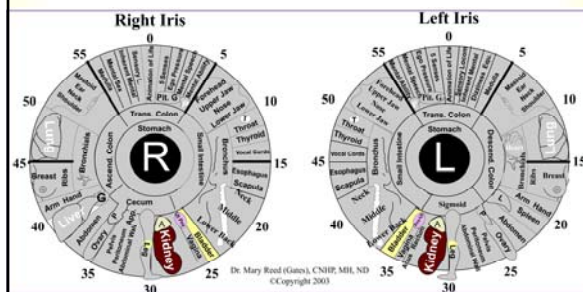
To The Rescue

- **Kidney Activator and Kidney Activator TCM Concentrate**
 - This excellent combination of 16 Chinese herbs supports urinary and lymph health.
 - Helps with Mother's Apron
- **Corn Silk – NON GM**
 - This simply amazing herb is the silk that grows as a part of corn within the cornhusk. It is dried and can be swallowed in capsule form or used as a tea.
 - Corn silk has been used for many years for its soothing effect on the urinary system, including reducing inflammation and acidic deposits in the bladder.

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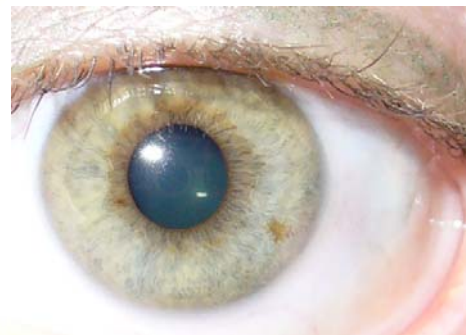


Urinary System Signs in Iris



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Weak Kidneys and Knees



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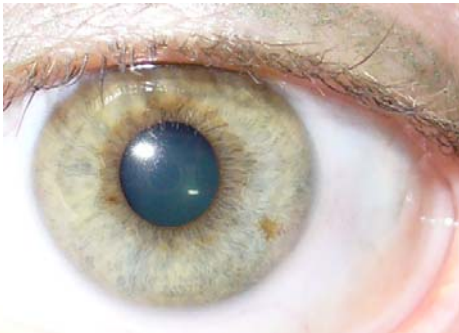
Weak Kidney



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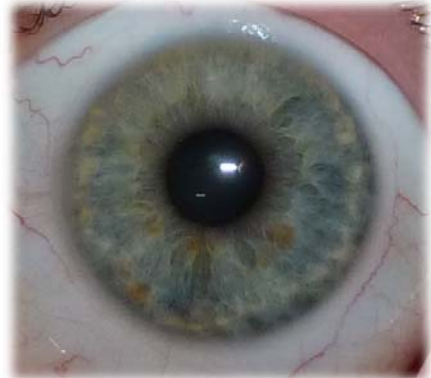


Weak Kidney



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Weak Kidney

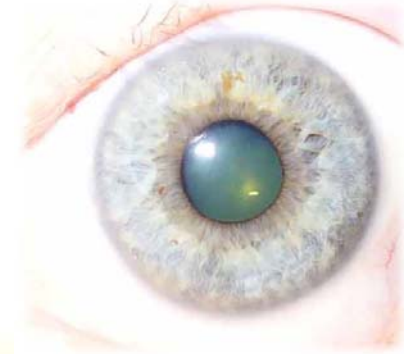


Weak Kidney

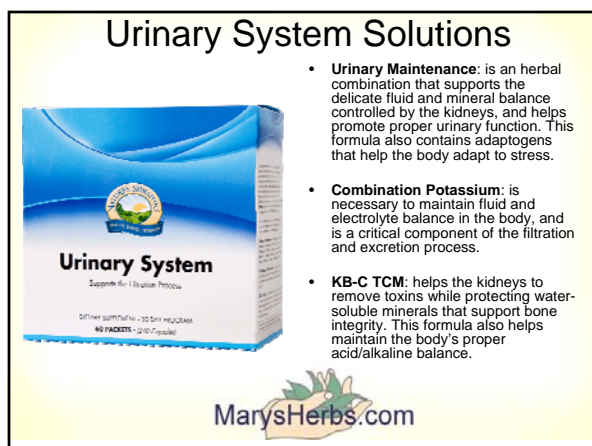
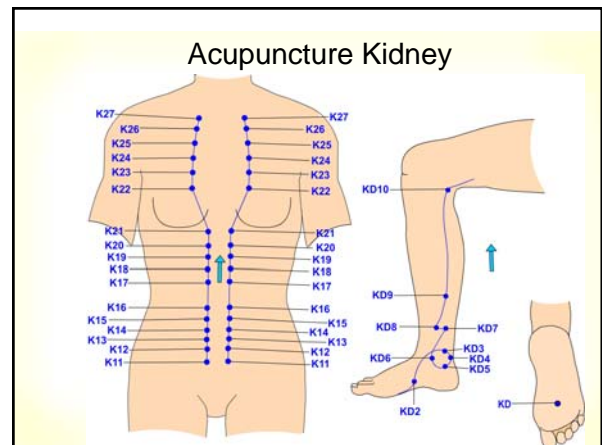
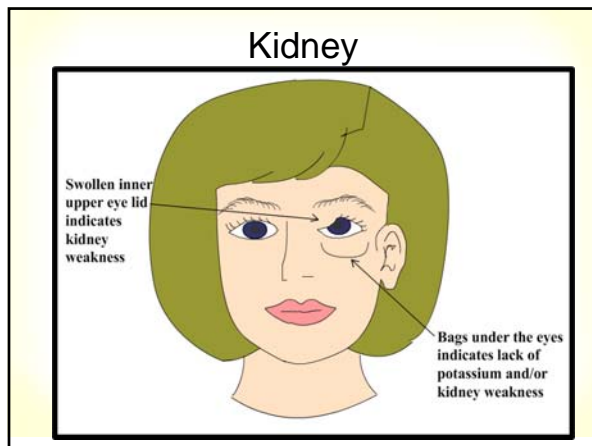


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