

## Take this quick test and check your kidney health:

- | YES                      | NO                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have low-back or hip pain?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you suffer with weak nails that break or split?              |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a weak bladder?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have pain in your muscles/joints?                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your sex drive / performance subpar?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have pain in one or both ankles?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you always hungry?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have pain in one or both shoulders?                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have puffiness, redness or dark circles under your eyes? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have scalp irritations?                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had hormone / prostate/ovary problems?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you crave sweets?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have painful periods?                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you had kidney problems?                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty urinating?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you eat processed carbohydrates?                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have or get swollen joints?                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get flu-like symptoms that seem to pass?                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Does excess protein cause problems for you?                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have weakness on the left side of your body?             |

**Scoring:** Count your YES answers and see below:

If you answered yes to 3–5 questions, try *Kidney Rejuvenator*.

If you answered yes to 6 or more questions, try *Kidney and Liver Rejuvenator* together for best results.

## Kidney Rejuvenator



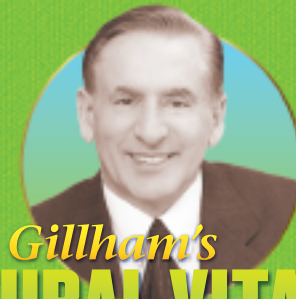
Supplement Facts		
Serving Size: 2 tablets	Servings per container: 45	
	Amount per Serving	% Daily Value
Proprietary Blend	1,445 mg	*
Cinnamon Bark		*
Borage Leaves		*
Cedar Leaves		*
Damiana Leaf		*
Lycci Fructus		*
Red Raspberry Leaf		*
Wild Rose Root		*
Cloves		*
Fenugreek		*
Pygeum Bark		*
Holy Basil Powder		*
Cayenne		*

\* Daily Value not established

AVAILABLE AT

## The Gillham Health SERIES

# How to improve the health and functioning of your kidneys



Peter Gillham's  
**NATURAL VITALITY™**

## The Gillham Health Series

# Kidneys are a key factor in your overall health

Every muscle, organ, bone and tissue in your body is dependent on the kidneys—two bean-shaped organs, one on each side of the backbone.

Each 30 minutes, your kidneys filter all your blood, removing about two quarts of waste products and excess water each day. The waste and extra water become urine, which flows to your bladder for storage until later disposal. A healthy kidney is so efficient that 99 percent of all fluid is reabsorbed. Essential vitamins, amino acids, glucose, hormones and other vital substances are returned to the bloodstream (with any excesses discarded in urine).

Healthy kidneys return the right amount of chemicals such as sodium, phosphorus and potassium back to your bloodstream for use by your body. Your kidneys regulate the body's level of many substances necessary for life.

In addition to removing wastes, your kidneys release three important hormones that stimulate your body to produce more red blood cells, regulate blood pressure and help maintain calcium for bones and normal chemical balance in the body.

### KIDNEY HEALTH

Because of their vital role, it is important that your kidneys are in good health and not stressed or impeded in their function by a buildup of toxins.

Low-back pain, joint stiffness and painful menstrual cramps may all be symptoms of poor kidney health. For a more complete list of non-optimum kidney function indicators, see the quick test panel in this brochure.

**Kidney Rejuvenator** is a proprietary blend of powerful herbs that support your kidneys' vital functions. These herbs include

**Cinnamon Bark**—reinforces circulation in the kidneys, liver, spleen, stomach, and increases blood circulation and immunity. Excellent for poor kidney function. Helps balance the menstrual cycle.

**Lycci Fruit**—contributes to healthy kidneys and liver by promoting regeneration of cells. Helps maintain healthy blood sugar levels. Excellent for a weak sex drive, strengthens weak knees and joints, and improves vision.

**Borage Leaves**—help to heal and regenerate damaged adrenal glands and kidneys. Excellent for cardiovascular function. Contribute to healthy skin and nails. Soothe sore joints and strengthen the liver.

**Damiana Leaves**—balance both male and female hormones, which increases energy as well as oxygenates the reproductive organs.

**Cedar Leaves**—boost the immune system and increase blood flow; also cleanse lymphatic and urinary tract.

**Red Raspberry**—supports kidneys, liver, spleen, reproductive system, bladder, and promotes healthy skin.

**Wild Rose Root**—excellent for bladder problems, soothes the liver, strengthens the immune system and reduces pain.

**Fenugreek**—energizes the kidneys and reproductive system of both men and women while also strengthening the abdominal muscles.

**Cloves**—strengthen and invigorate the kidneys, support the spleen, aid with digestion, strengthen immunity, stimulate the adrenal glands and soothe the lungs.

**Pygeum Bark**—the best herb available for a healthy prostate gland.

**Holy Basil Powder**—good anti-inflammatory, strengthens the lungs and bronchial function, supports immune function.

**Cayenne**—dramatic immune enhancer, stimulates circulation, improves the power of all herbs; good for the heart, kidneys, lungs, pancreas, stomach and spleen.

### BENEFITS REPORTED BY USERS

Here are some of the benefits **Kidney Rejuvenator** users report:

- 99.3% reduction of period cramps
- 99% reduction of muscle soreness and stiffness
- 98.7% improved kidney / bladder function
- 97.6% fewer general aches and pains
- 96.3% greater flexibility
- 93% less joint discomfort
- 86% diminished swelling in joints
- 71% sense of well-being
- 66% increased energy

