

## Getting free of Edema.

To relieve the over fullness and discomfort that typically comes with chronic stress and infection in the bladder, kidney and internal organs

You will want to do this on a day you can stay close to a toilet, this is a removal of toxins from your body, so be gentle.

While eating as usual for your day, having enough protein and produce, you take 6 AC carbamide every  $\frac{1}{2}$  hour until you have consumed 90capsules.

You may take the capsules with and drink ONLY electrolyte water for the next 24 hours. That would be Selectrolyte or Lyte K solution from our office, or American Longevity Rebound (3 flavors!), dilute broth or bouillon soup, Pedialyte from most drugstores, a health food store liquid electrolyte product or even (please don't really do this ☺) Gatorade (gasp!).

The point is, no plain water. Drink PLENTY of the liquids over the next 24 hours.

If you are comfortable with this and see some good results, you may repeat as desired. If you are ill or using medication you should consult a licensed professional.