

Did You Know?

You have 2 kidneys, but you only need one to live! They are about the size of your fist and can be found in your lower back.

Your kidneys work hard all day everyday to keep you healthy.

Kidneys clean toxins out of your blood and make urine so you can pee the toxins out of your body!

Not everyone's kidneys are healthy and they might need medicine or special treatment to help their body get rid of toxins and keep their blood clean.

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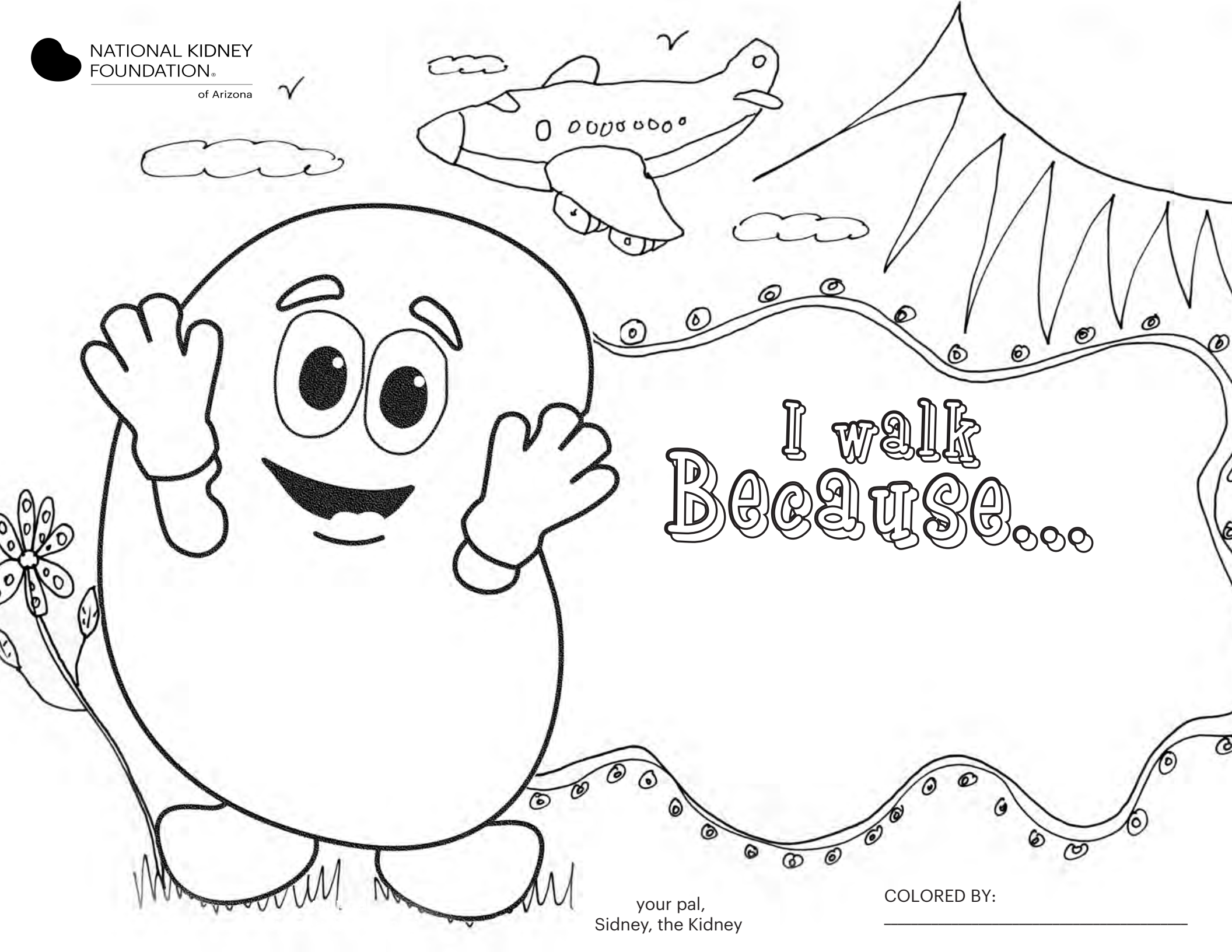
NATIONAL KIDNEY
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I walk
BECAUSE...

your pal,
Sidney, the Kidney

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Care for your kidneys



Eat what mother nature
intended us to...

FRESH FOOD!

your pal,
Sidney, the Kidney

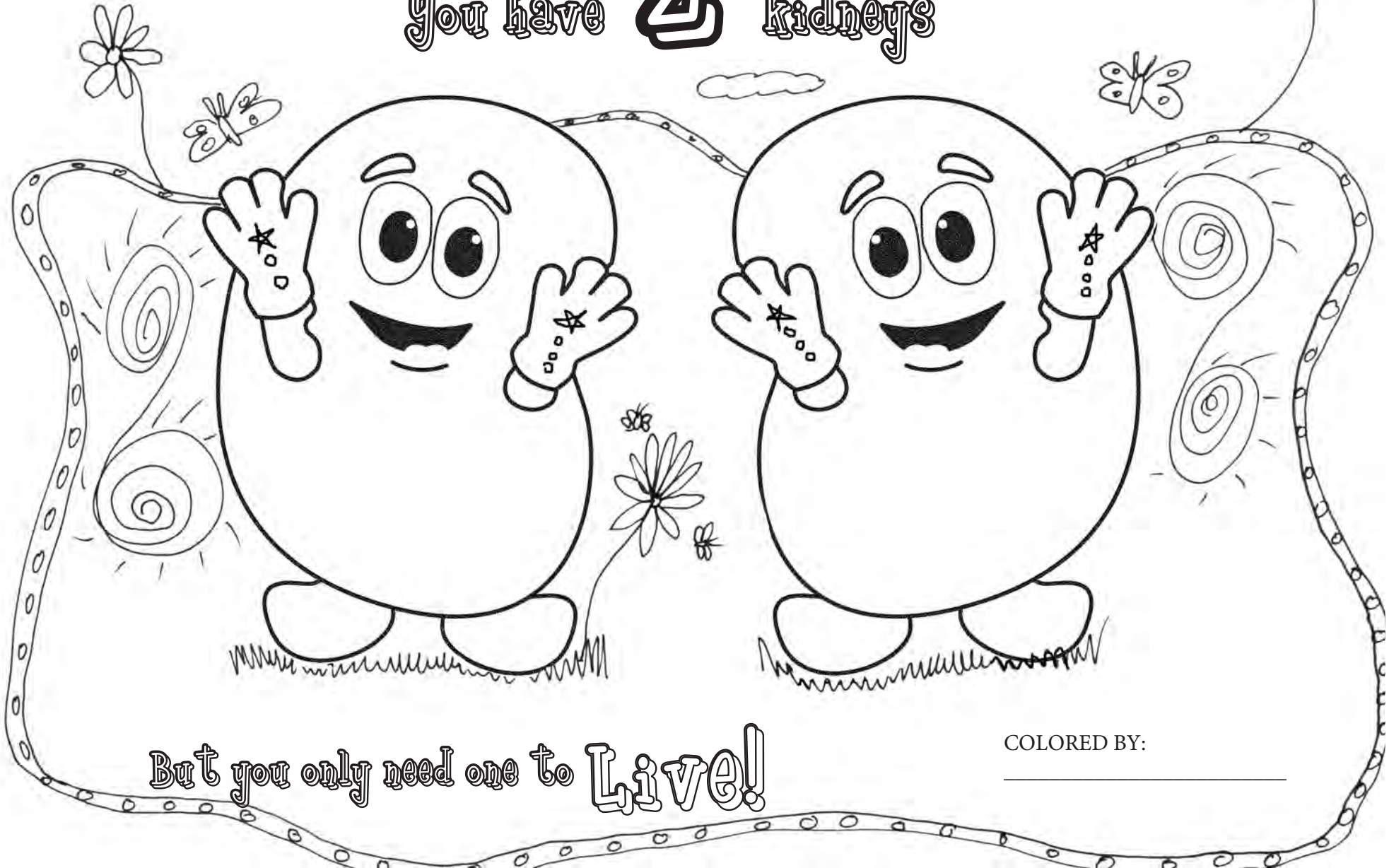
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You have **2** kidneys



But you only need one to Live!

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