

# What's My Pee **TELLING ME?**



## **DON'T PANIC!**

Foods and  
Medications  
Can Affect  
the Color

Your body is an **AMAZING** filtration machine, and the waste stream, in this case urine, can be a telltale sign of what's going on inside.

While it's not a sure thing, changes in the color of your urine could be a signal to modify your fluid intake... or consult a specialist if the color appears to be unusual. Microscopic issues, such as blood in your urine, are usually invisible to the naked eye yet can be serious.



### **Clear**

You're drinking a lot of water. You may want to cut back.



### **Straw Yellow**

You're normal, healthy and well-hydrated.



### **Transparent Yellow**

You're normal.



### **Dark Yellow**

Normal. But drink some water soon.



### **Amber or Honey**

Your body isn't getting enough water. Drink some now.



### **Syrup or Brown Ale**

You could have liver disease. Or severe dehydration. Drink water and see your doctor if it persists.



### **Pink**

Could be from eating lots of beets, or could be blood in the urine caused from an infection. Contact your doctor.



### **Orange**

You may not be drinking enough water. Or you could have a liver or bile duct condition. Contact your doctor.



### **Greenish**

Probably a food dye in something you ate. Or a medication. See your doctor if it persists.



### **Fizzling**

Could indicate excess protein in your diet or a kidney problem. See a doctor if foaming happens all the time.

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# Whats My Pee Telling Me

**RJ Shavelson**



**Whats My Pee Telling Me:**

## The Enigmatic Realm of **Whats My Pee Telling Me**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Whats My Pee Telling Me** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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