

Chapter 6: Why Does The Dilution Method Work?

The way the dilution method works is actually pretty simple. Here is a semi-technical explanation...

One of the main functions of the kidneys is to excrete waste products from your body. Whenever you drink fluids, they first get filtered through your kidneys before being excreted as urine. And also, 24 hours a day, the THC cannabanoids stored in your fat cells are slowly being drip-fed into your kidneys as waste product.

Now imagine that your kidneys are like a teacup, and cannabanoids are just sitting there in the bottom of the cup, waiting to be flushed out the next time you pee. When you drink a glass of water the teacup is filled, and the cannabanoids (along with other waste products) get mixed in with the fluids. When you urinate, the contents of the teacup are poured out, cannabanoids and all.

But what happens if you drink a LOT more fluid than that teacup can hold...?

Let's say that instead of drinking one teacup of fluids, you drink about 10 times that amount over a 3-hour period. Naturally, drinking that much fluid will mean you need to pee pretty often.

And every time you repeat this process – drink, pee, drink some more... you are literally flushing the waste products out of your kidneys. But the rate at which new cannabanoids are entering your kidneys stays the same... so in a very short time, the concentration of THC cannabanoids in your urine is *so low* that it is virtually undetectable. Remember – you only need to be *below the 50ng/ml level*.

But as I mentioned earlier, diluting enough so that you test negative for cannabanoids isn't that hard. The tricky part is HIDING the fact that you diluted...

Even if you take B-2 and your urine is the right color, a lab can still detect whether or not you've diluted your urine. The way they determine this is by measuring the amount of *other* waste products that are normally found in urine (part of the 'authenticity' tests).

When you dilute, the concentration of those other waste products is virtually undetectable too – which is exactly what you DON'T want! So that's why I say that this e-book is mainly about *how to pass the authenticity tests*.

How Cleansing/Detox Drinks Work...

When you see a detox drink advertising that it 'cleanses' your system, naturally you would assume that THC toxins are removed from your body. **NOT SO.**

As you learned on page 11 of this report, it's *physically impossible* to detoxify your body of THC cannabinoids in a huge hurry. So companies who sell 'detox' or 'cleansing' products to pot smokers are definitely trying to mislead you. They're telling you what you want to hear, but they're *not* telling you the truth.

And yet... so-called detox drinks *do* work for some people. So why is that??

SIMPLE. Every single detox drink product on the market includes instructions that tell you to drink lots of water before you take their 'secret potion.' In other words, they work on the *exact* same principle as dilution.

The 'secret' ingredients in a detox drink are nothing more than vitamin B-2, also called riboflavin (to color your pee yellow after drinking all the water they recommend), caffeine (a mild diuretic to help you pee more), creatine monohydrate and sodium (to help you pass the authenticity tests).

And what's more, because they buy their ingredients in bulk, one detox drink costs those companies just one or two bucks to make. So when you spend \$50 or more for one of these products, what you're mainly paying for is the company's marketing & product packaging costs – *and* their huge profits.

So If Detox Drinks Work By Using The Dilution Method, Why Do So Many People Fail Their Drug Tests With Them?

One of the biggest differences between the way detox drinks work, and the specific method that I use, is in the amount of supplements that I take. Another important difference is in *when* I take these supplements during the dilution process.

When someone fails a drug test after using a detox drink, it is because of one of two things (or sometimes both): either they didn't drink enough water to get their cannabinoid level below 50ng/ml, or because their specimen didn't pass the authenticity tests.

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