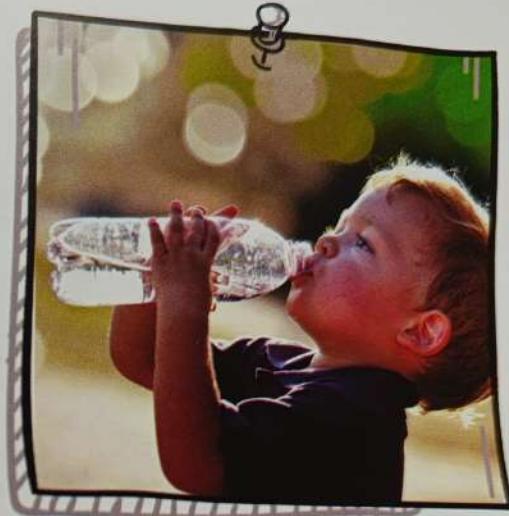


When we go to the **toilet**, the **urine** is called **urine**. The

Drink six to eight glasses of water each day to keep your kidneys healthy.



- **The kidneys are pair of organs found at the back of the body, below the ribs.**
- **The main function of the kidneys is to remove waste from the body as urine. This is called excretion.**