

The kidneys clean out the blood and recycle it. They can hold up to 1.25 liters a minute. What the kidneys recycle are water soluble waste from the blood.

That waste turns into urine and is sent to the bladder. The kidneys excrete or absorb things like sodium, potassium and calcium. Regulating the body's pH balance is also done by the kidneys. It is also possible to live with only one kidney, but not ideal.