Pass Your Test for Less

the Sylvia Stash Method

by

Sylvia Stash

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Introduction

Allow me to introduce myself.
My name is Sylvia Stash.

I decided to write this article after realizing that people are uninformed about drug testing and it’s costing them big bucks!!

Countless dollars are wasted by consumers who purchase detox or cleansing kits before taking a drug test.

Consumers are being ripped off and they are totally unaware!

I recently took a drug test, and passed.

I didn’t do anything fancy.

More importantly, I didn’t spend a lot of money on a detox kit. I didn’t spend much money at all!

I passed because I used the same ingredients and the same procedure as described in all trusted detox kits. I passed with flying colors.

The following is simply a summary of the knowledge I gained while scouring the Internet prior to taking my tests and a detailed account of my experience passing a drug test. You’ll also find the step-by-step process I used. The process is simple. You can walk into the lab with confidence that you will pass the test!
Chapter 1

The Flaws of Drug Testing

In today’s job market, drug screenings are a fairly common requirement for employment.

The most common type of drug screening is a urine analysis. It is common because the test is easy to administer, fairly accurate, and rather inexpensive.

A urine drug screening consists of going to a doctor’s office or laboratory, urinating in a cup, and having the urine tested for drugs.

Most drug screenings test for 5 separate drugs. In this article we will only be discussing THC, the chemical in marijuana.

There is a problem most folks don’t consider about drug testing. A urine test is the cheapest, easiest way to screen for drugs. However, a urine analysis does not test for intoxication.

You could smoke a joint five minutes before the test and fail.

You could have smoked half a joint a month ago, and fail.

A urine analysis detects cannabanoids, offshoots of THC that are stored in your fat cells. A drug screening detects the presence of these cannabanoids. Since these cannabanoids can be stored in your body for several months, a urine drug screening only indicates past use of marijuana.

Here’s an example…
There are two candidates for a job.

Candidate A has not drank alcohol or done drugs since graduating college. He smoked a joint with his fraternity brothers at graduation 2 months ago, causing him to fail his drug test, and he was denied the job.

Candidate B has gone out every night since graduating 2 months ago. He has never done drugs, but drinks until the wee hours of the morning nearly every night of the week. He passes his drug test and is offered the position with said company.

In this situation, the better candidate was denied the job because of the flaws of drug testing.

You should not go to work intoxicated. Nor should you go to work stoned. However, if you choose to have a few beers in the evening after work it is not the concern of employers. Nor should it be if instead of a few beers you have a few puffs off on a joint.

By urine analysis alone, it is impossible to distinguish an intoxicated “stoner” from an occasional toker.

Because urine testing is the most common method of drug screening, it is the only method that will be discussed in this document.
Chapter 2
The Greedy Detox Charlatans

Take a trip to your neighborhood health food or vitamin store. Ask them to show you some detox products. You could spend all day looking at the different detox products available.

Visit your favorite search engine. Search for detox drug test. You will be presented with millions of websites offering their magic potion for the right price.

I have a problem with the so-called friends of cannabis smokers, the manufacturers and retailers of “detox” or “cleansing” drinks, pills, or kits.

These cleansers claim to rid your body of unwanted toxins.

This implies that the product removes THC and its byproducts from your body.

The labels claim “100% guarantee” or “double your money back.”

These products will cost you $50 to $500, usually for just one dose!

Most smokers feel it’s worth fifty-or-so bucks to pass a drug test. That’s the price of getting/keeping the job and being able to continue toking.

Would these consumers feel the same way if I told them that they could purchase the multiple doses of the active ingredients of the commercial “cleansers” for less than $20?

Not so cost-effective now…
Chapter 3
My Journey Begins

I’ll be honest, before about a year ago, I never really gave a second thought to the drug testing industry. I was never asked to take a drug test, so they didn’t concern me.

I knew of people who were required to take a drug test and passed by using detox kits.

I became more familiar with these kits when I started working at a vitamin & dietary supplement retailer where several brands of detox drinks and pills were sold.

The suggested retail price for these items was around $50. The retailer raised the price to about $70, because people are willing pay it. Supply and demand. People who felt like they had no alternative shelled out $70 for one dose of a solution that costs $1.00 to make!

That brings us to the beginning of my journey…

My employment at the vitamin store was about to come to close. There was one deciding factor. I had to pass a drug test.

PANIC. SHEER PANIC.
Ok, so my first option seemed to be the detox drinks sold in the vitamin store.

I knew that I would pass my test with the help of one of these drinks.

I had seen countless repeat buyers of these kits, so I knew they were effective.

Fortunately, I had some time to make a decision. I knew there had to be another option.

I started my research immediately; I also stopped exposing myself to toxins immediately.

I started my search at the vitamin store, comparing the labels on the ten-or-so cleansers available to me. I found a few ingredients that were present in all the products: caffeine, creatine monohydrate, and various B vitamins.

Armed with this information, I started scouring the Internet.

Most links I clicked led me to a web page hocking the same type of snake potions, claiming to detox or cleanse your body of toxins, guaranteeing their products 300%. The only difference with these products was the price. I saw detox kits for as much as $500. Many of these cleansers didn’t list their ingredients, but those who did shared the same common threads as the others: caffeine, creatine monohydrate, and B vitamins.

After hours of research, the pieces of the puzzle began to come together.
Chapter 4
Urine Analysis

Before we go any further, let’s talk about the urine analysis itself.

To beat the test you must fully understand it.

There are two things your urine will be tested for:

- authenticity & quality
- drugs

To pass a drug screening, your specimen must be undiluted, fresh urine that is free of drugs.

There is no way to cover up or mask drugs in your system.

The only way to have a specimen test negative for drugs is to provide a specimen that is free of drugs.

DUH!

Ok, it’s actually easier than it sounds.

First of all, forget about “detoxing” your system.

Cannabanoids (the THC derivative that is tested for) is stored in fat cells. Quickly removing “THC toxins” from your body would require rapid purging of your body’s fat cells. I’m pretty sure they haven’t invented that pill yet. Otherwise, I would wear a much smaller size!!

Let’s investigate the urine analysis itself.

There are two methods for detecting drugs in the urine, method A and method B. Method A analyzes the urine, reporting exactly how much of each toxin is in the sample. Method A is the most accurate, but it is very expensive to perform this
test. Since method A is expensive, it is used only if method B shows a positive result for drugs.

Method B for will be referred to as the dipstick method. This method is similar to a pregnancy test. A test strip is dipped in the urine. A color change indicates the presence of drugs or chemicals in the system. The test does not reveal the precise level of chemicals present in the urine, just the presence. This method is very inexpensive, but allows a cut-off point, a tolerable amount of cannabinoids that can be present in the urine without testing positive. This is usually 50 ng/ml (50 ng of THC byproduct per 1 ml of urine, ng stands for nanogram, smaller than a milligram).

Don’t worry about what the numbers mean. They’re not important.

What is important?

Even a heavy smoker’s urine can be easily diluted so that the concentration of THC byproduct is under the 50ng/ml level.

We’ll discuss dilution in more detail later.

First, let’s talk about the other type of test performed on the urine, authenticity.

Since drug testing began, people have tried countless ways to beat the system, the most logical method being substitution.

Substitution is a fancy way of saying using someone else’s clean pee instead of yours.

The very first test performed on your urine is a temperature test.

A sample of freshly obtained urine needs to be at or around 98.6°F, normal body temperature.

Too much deviation from the normal temperature is
considered suspect. The lab will likely fail your sample, assuming you have used someone else’s urine. Putting aside the fact that you are fraudulently submitting someone else’s urine as your own, the fatal flaw of the substitution method is keeping the specimen at body temperature.

Let’s continue with the discussion of authenticity tests that will be performed on the urine sample.

The second authenticity test a specimen must pass is the color/dilution test.

Undiluted, human urine is yellow. It varies in shade from person to person, but it’s definitely always yellow.

Your urine must be some shade of yellow to be considered undiluted urine.

Urine that has been diluted so that toxins are below a cut-off point is usually clear.

If your sample is clear, it appears to be diluted and a red flag goes up. Sometimes, labs will order a re-test if a sample is suspected of being diluted, giving you the benefit of the doubt. Other labs consider a diluted sample a fail, assuming you are trying to beat the system.

Human urine also contains a chemical called creatinine. This chemical is a byproduct of creatine that is absorbed from red meats and other foods. Creatinine is excreted in the urine. Some labs test for the presence of creatinine in the urine. Low levels of creatinine also suggest that a sample is diluted or that synthetic urine has been substituted.

Let’s sum up what we know about urine testing.

1. The dipstick method for urine analysis is the least expensive and easiest method of drug screening. The dipstick method allows small traces of chemicals to be present in the urine without showing in the results.

2. Urine is tested for authenticity to rule out substitution of someone else’s urine or synthetic urine.
Chapter 5
The “Cleanse”

So, knowing what we now know about urine testing, how do the “cleansing” drinks work?

I say, “cleansing,” because these potions simply dilute your urine. They also supplement the chemicals necessary to pass the dilution test of the urinalysis.

When I think of cleansing drink, I assume that the toxins are cleansed or removed. Not so. The cleansing is simply dilution. Detox kits supplement the necessary chemicals to authenticate your sample.

Any detox method will require that you drink water, lots of water. It’s the water that is cleansing your system. Not their secret recipe of ingredients! The water is diluting your urine so that the concentration of THC cannabanoids is below 50 ng/ml.

The kicker that really boils my blood:

The ingredients in a single detox drink cost much less than $5, more like $2. You are paying for the information they are providing you. They are providing you with the information you need to dilute your urine, and then mask its dilution. (Notice that I said mask the dilution, not mask the drugs.)

Let’s break it down. Every detox or cleansing drink/pill/kit contains the same basic classes of ingredients:

1. B Vitamins. These vitamins color your urine yellow. If you’ve ever taken a strong multivitamin and had electric yellow pee afterward, it’s because of B vitamins. Normal urine is colored an extreme shade of yellow, diluted urine
is colored just enough to appear normal.

2. Creatine Monohydrate. The human body produces creatine and it is absorbed from red meats and other foods. Excess creatine is excreted from the body as creatinine in the urine. Diluted urine will not have enough creatinine, so creatine must be supplemented to raise the level.

3. A Diuretic. A diuretic is a substance that increases the excretion of fluids from the body. In other words, a substance that makes you pee more frequently.

4. Water, Water, Water. The more H$_2$O you drink, the more dilute your sample will be.

Now, let me explain how the dilution method works.

The lab collects the specimen. It is tested for temperature and color. Provided it passes these two tests, it is split into two separate samples. The first sample is tested using the dipstick method. A test strip is dipped in the urine to determine if there are cannabanoids present in the urine. This type of test is similar to an at home pregnancy test. This is the test that has a cut-off level. This test only reads positive if you have at least 50ng/ml in your urine. If your level is less, you pass this test.

If you fail this test, the second part of your specimen is sent away to be analyzed more extensively (our method A). This determines the exact level of cannabanoids in your urine.

However, if you pass the dip test, your second sample is destroyed, and you’re home free.
You see, the second test, the most precise method of testing is the most expensive. It can cost $50 or $100 to perform this test. The dipstick costs the lab about $1.

Laboratories charge a flat fee for drug testing. They don’t charge more if the result is positive and less if the result is negative. It makes sense that the more expensive test will be performed ONLY if the first test fails.

So, if you can dilute your urine below the 50ng/ml level, you pass!

Hopefully, the pieces of the puzzle are coming together for you. Let me recap just in case.

- To pass a drug test, it is only required that you pass the “dipstick test.”
- This test can be passed by diluting you urine so that the levels of cannabanoids in your urine are undetectable by this test.
- You can supplement your body so that your diluted urine does not appear to be diluted.
Chapter 6
Back to My Journey

Let’s get back to my journey and how I successfully passed my drug test.

Let’s take a look at my shopping list…

**At Home Drug Tests.** These at home tests can be purchased online or in some pharmacies, and are identical to the tests used by labs. I recommend searching for a bargain online. Single screen tests for THC cannabanoids can be purchased for $1. I recommend purchasing several, allowing you to test yourself multiple times to rule out error.

**B Vitamins.** A B complex supplement combines the B vitamins into one pill. Most commonly they are B1 Thiamin, B2 Riboflavin, Niacin, B6, Folic Acid, B12, Biotin and Panothenic Acid. These vitamins work together to color your urine yellow. B vitamins are water-soluble vitamins. In other words, the body used what needs, and excretes the excess into your urine. Taking a boost of B Complex will give your body what it needs and quickly dumps the rest into your kidneys, coloring the urine yellow. The B Complex is also found in most multivitamins.

**A Diuretic.** Some health food stores or pharmacies sell an herbal water pill designed to remove excess water from the body. These supplements combine several herbs that have diuretic properties. These herbs can also be purchased separately. Always combine these herbs with caffeine, a stimulant. Caffeine speeds up the body and speeds up the dilution process. Following is a list of some common herbal diuretics: marshmallow root, dandelion root, uva ursa, corn silk, hydrangea root, juniper berries, gravel root, horsetail, nettle, plantain, saw palmetto, and stone root.

**A Creatine Supplement.** Creatine supplements can be found in the body building section of health food stores. There are several types of creatine available, all designed to enhance the bodybuilding experience. These enhancements are not
necessary for this purpose, simple creatine monohydrate powder will do.

**Water.** Tap, mineral, distilled… it doesn’t matter. Make sure you have a gallon or so at your disposal.

**Aspirin.** I have read many accounts of aspirin masking THC in the urine. I saw no solid evidence, but figured it could not hurt. I only include it because I included it in my regimen. It is important to note that you must use aspirin, NOT ibuprofen or acetaminophen.

Here is the Sylvia Stash method…

Forty-eight hours before test time, begin loading on creatine, consuming 5g of creatine monohydrate 2-3 times per day. This step builds creatine levels in your body so more can be excreted in the urine the day of the test. (If you don’t have 48 hours, try to consume 5-10 grams of creatine an hour before you take the test.)

Two to three hours before the test, start off the process by taking 4 standard aspirin and a double dose of water pill. Wash this down with 8 oz of water mixed with 5g of creatine.

- Set a timer for 15 minutes.

Every 15 minutes, drink another 8 oz glass of water.

After an hour has passed, mix another 5g of creatine with your water.

Continue drinking for 1.5 hours or until you are peeing frequently and your urine is clear, whichever comes LAST.

Take a double dose of B Complex or multivitamin supplement. *Note: if your vitamins are timed release, you must break up or crush the tablet for it to quickly enter the system.*
Continue drinking water and urinating. It is not necessary to drink every 15 minutes at this point. Instead, drink to replace the water you are expelling every time you pee.

When your urine begins to turn yellow again, the vitamins have had time to pass through your system, usually 30 minutes to an hour later.

Now is the time to test yourself. Follow the instructions included in your home test. You should pass with flying colors.

If you are not passing, you have not diluted enough and need to increase your intake of water and perhaps more diuretics.

Be sure to do a trial run before you take the real test. This enables you to time everything correctly and correct any errors at home. Also, remember to allow for a wait at the lab on the day of the test.
Chapter 7
Summing It Up

That’s it, The Sylvia Stash method.

Please not that it does not come with any sort of guarantee. Everyone’s body and situation are different thus I cannot make any guarantees. If you want to be sure, invest in several at-home drug tests. Buy several different brands and types. Test yourself with all of these tests. If you can pass them all, you can be confident you will pass the one at the lab.

Whatever you do, please do not spend an outrageous amount of money on a detox drink.

Some may find it easier to go to the store, pick up a detox drink, and be done with it. If this is the case, don’t feel pressured to purchase the more expensive product. Compare the labels. They all contain the same thing. Buy the least expensive product.

The key to all of this is drinking water. Whatever dilution solution you chose, accompany it with lots and lots of water.

I wish you good luck.

Love,

Sylvia Stash

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