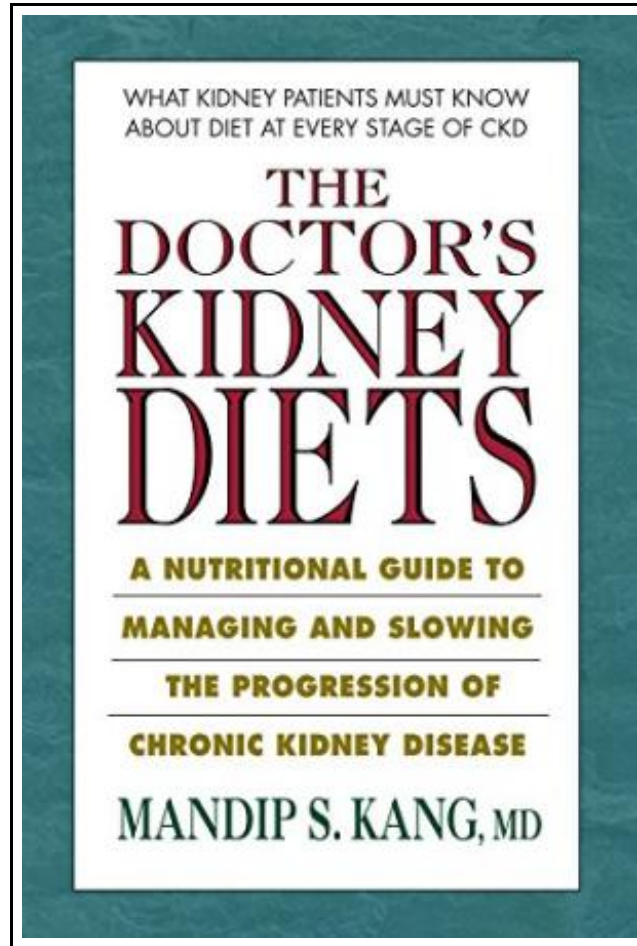


The Doctors Kidney Diet



Filesize: 1.39 MB

Reviews

It is really an incredible publication which i actually have possibly read through. It really is writter in easy phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Jodie Wehner)

THE DOCTORS KIDNEY DIET

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Square One Publishers. Paperback. Book Condition: New. Paperback. 198 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. As the number of people suffering from obesity and diabetes has skyrocketed, so has the number of kidney patients. Currently, more than 30 million individuals have been diagnosed with kidney disease, with another 20 million at risk. And while practicing nephrologists can monitor kidney function and treat patients with medications, few can offer the crucial nutritional guidance that every kidney patient requires. To fill this information gap, Dr. Mandip Kang has written *The Doctors Kidney Diet*, a comprehensive guide to help you manage, slow down, and even stop the progression of this disease through nutritional management and lifestyle changes. The book is divided into three parts. Part One provides a clear overview of the role that nutrition plays in maintaining kidney health. It examines how food and water affect weakened kidneys and how medications affect nutrition. To meet the needs of different patients, Part Two details six different diets: the Standard Low-Protein Diet, the Diabetic Diet, the Kidney Transplant Diet, the Vegetarian Diet, the Kidney Stone Diet, and the Edema Diet. In Part Three, Dr. Kang addresses key lifestyle considerations that have an impact on kidney function. He offers simple suggestions that you can follow at home or at work, discusses eating out and food safety, and provides vital information on the use of dietary supplements. In addition, the book includes a complete recipe section that follows the dietary guidelines highlighted in Part Two. It's your body, and knowing how to take care of it can help you feel better, live a more normal life, and even halt the progression of kidney disease. With *The Doctors Kidney Diet*, you can take an active and important part in your own recovery. This item ships from multiple...

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