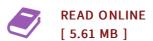




The Doctors Kidney Diet

By Mandip S. Kang

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 as 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...



Reviews

This pdf may be worth purchasing. This is for anyone who statte there was not a really worth reading. I found out this pdf from my i and dad encouraged this pdf to understand.

-- Mrs. Annamae Raynor

If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Claud Bernhard