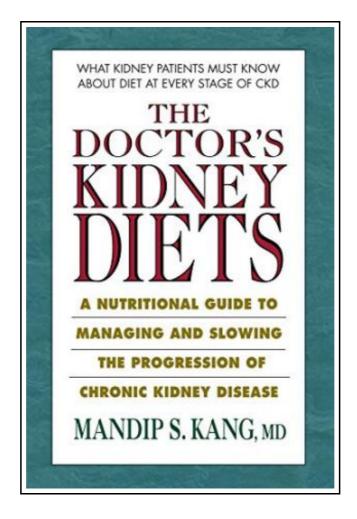
The Doctors Kidney Diet



Filesize: 8.31 MB

Reviews

Complete guideline for publication lovers. it was writtern really properly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Treva Hamill)

THE DOCTORS KIDNEY DIET



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 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 secton that follows the dietary guidelines highlighted in Part Two. Its 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...

- Read The Doctors Kidney Diet Online
 - Download PDF The Doctors Kidney Diet

Other Books



Character Strengths Matter: How to Live a Full Life

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the elements of good character? The Values in Action...

Read Book »



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Book »



On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition

Parent-Wise Solutions, 2012. Paperback. Book Condition: New. BRAND NEW, Perfect Shape, No Black Remainder Mark, Fast Shipping With Online Tracking, International Orders shipped Global Priority Air Mail, All orders handled with care and shipped promptly in...

Read Book »



Hurry Up and Slow Down

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Hurry Up and Slow Down, Layn Marlow, Hare is always raring to go. He races through the day while the everpatient Tortoise does his best to...

Read Book »



RCadvisor's Modifly: Design and Build From Scratch Your Own Modern Flying Model Airplane In One Day for Just

Rcadvisor.com, United States, 2009. Paperback. Book Condition: New. 238 x 166 mm. Language: English . Brand New Book ***** Print on Demand *****. Experience firsthand the joys of building and flying your very own model airplane...

Read Book »