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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 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...



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