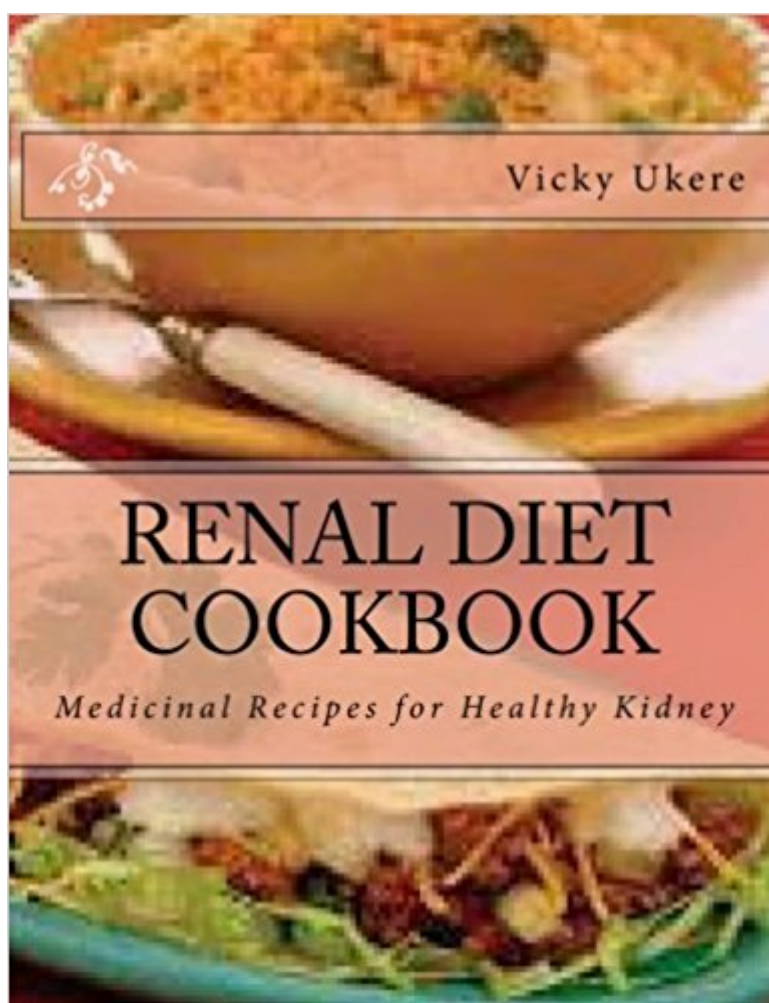


The book was found

RENAL DIET COOKBOOK: Complete Guide To Having A Healthy Kidney: Medicinal Recipes For Healthy Kidney



Synopsis

Manage Your Kidney Disease With Delicious, Kidney Friendly Recipes! Does a friend or family member suffer from this condition? Would you like to adopt the healthy lifestyle your kidney need? Do you have Renal Failure? If so, RENAL DIET COOKBOOK: Complete Guide to Having a Healthy Kidney- Medicinal Recipes for Healthy Kidney is the book you've been waiting for! Inside this essential guidebook, you'll discover how kidney failure works and the common causes of this ailment. If you're ready to make the necessary changes and adjustments, this book is your faithful friend. It describes the foods you can consume (and which ones to avoid) and gives you the straight truth about managing this difficult disease. Making the decision to change your diet and lifestyle after a diagnosis of kidney disease is a huge step. By making the best choices, you can make a difference to how you feel along with the symptoms you experience. Here's a "sneak peek" of what you'll find inside: Kidney conditions and stages of kidney disease What foods should i limit Lifestelye tips for Kidney disease Top renal diet recipes you need so much Best renal diet recipes in beverages

Book Information

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Customer Reviews

These days, it is every easy to ruin our kidneys and even get kidney stones with the average person's daily eating habits and choices. As a result, there can be huge health complications that come with these decisions. This book is actually a great guide to get you started with a healthier lifestyle by giving you easy to understand recipes that taste great.

This was riddled with so many grammar and spelling mistakes. With little to no proofreading being

done to this book before publishing, I would not want to try any of the recipes. I'm sure many of the measurements in recipes and the nutrition analysis numbers must have mistakes also.

Vicky knows nothing and her diet includes foods way too high in potassium, which can kill someone with this disease.

I find this book extremely helpful. Great explanation, good examples and I highly recommend it to anyone with that kind of health issues. Nice job, author!

Got this for my brother who has chronic kidney disease. It was very helpful.

This book contains very good recipes that are designed for people who suffer from kidney disease. A renal diet is one that is low in sodium, phosphorous and protein. A renal diet also promotes the importance of consuming high-quality protein and usually limits fluids. Some patients may also need to limit potassium and even calcium. Every persons body is different, and therefore, it is crucial that a renal dietitian work with each patient to come up with a diet that is tailored to his or her needs. In this book you will find very good information on the renal diet, as well as great recipes. High recommended!

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