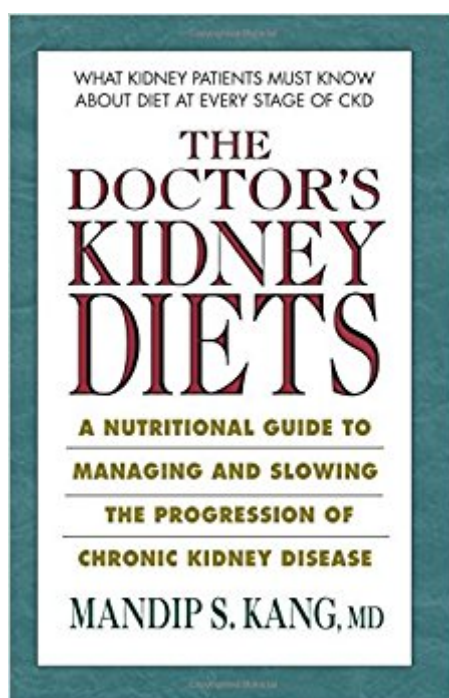


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The Doctor's Kidney Diets: A Nutritional Guide To Managing And Slowing The Progression Of Chronic Kidney Disease



Synopsis

* Winner of the IBPA Benjamin Franklin Award for Best Health title In the United States alone, 26 million adults have chronic kidney disease (CKD), and experts project that over half the country may develop CKD due to rising rates of disorders such as diabetes. While nephrologists can monitor kidney function and treat patients with medications, they can't always offer the nutritional guidance that every kidney patient requires. To fill this information gap, Dr. Mandip Kang has written *The Doctor's Kidney Diets*, a comprehensive guide to managing, slowing down, and even stopping the progression of CKD through diet. The book is divided into two parts. Part One provides a clear overview of kidney function, kidney disease, and the role that nutrition plays in the treatment of kidney problems. The doctor then reviews the special dietary considerations of individuals with CKD, including the need to limit certain nutrients, fluids, and other dietary components. Because different patients have different nutritional requirements, the doctor discusses the most commonly prescribed CKD diets—the DASH diet, heart disease and diabetes diets, diets for dialysis, and more—and concludes with important tips for enhancing overall health and maximizing treatment success. Then Part Two offers a wide variety of recipes for dishes that follow the dietary guidelines highlighted in Part One. Smart nutrition is essential to the treatment of kidney disease. With *The Doctor's Kidney Diets*, you can become an active, effective participant in your own treatment plan.

Book Information

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Customer Reviews

"[A] concise, comprehensive, and well-written book about the power of diet in treating all stages of

chronic kidney disease (CKD) . . . [author] Kang, using simple, jargon-free language, details the role played by healthy kidneys and what happens when kidney function diminishes (and why); explains which foods, fluids, and supplements discourage the progression of the disease (and which ones hasten it); and presents a wide selection of CKD-friendly diet programs (for heart health, dialysis, post-transplant, etc.) enabling any sufferer to find a relevant plan . . . [O]ffers 55 delicious-sounding recipes, a handy glossary, and an invaluable list of resources including books, organizations, and websites . . . a must-have for anyone with CKD."Ã Â (Publishers Weekly)

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This is by far the most complete Kidney diet book I have found and I have purchased a lot of books on the subject. It has the dietary exchanges for a diabetic diet as well as showing you what you can and can not eat with kidney disease. It lists the foods to avoid as well as ones you should have limited exposure to and explains the phases of kidney disease and how to slow down or help to reverse kidney disease. It has brought my husband from stage 5 kidney disease to stage 2. He is still healing but without this guide we would have had the wrong diet and done more damage. His kidney Dr. has been astonished at how quickly he has improved.

I was dismayed to see those high carb dishes recommended.

Contains everything you need to know about chronic kidney disease and how to manage your diet.

Very interesting very well written a book.

This book is very informative, easy to read and understand. A great help to anyone who wants to postpone the progression of the disease.

Very good book I gave to my friend who was recently diagnosed with kidney disease

Very good book. I would definitely recommend it.

Thank you!

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Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD)
Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series)
Kidney Diet Cookbook for Two: 68 Simple & Delicious Kidney-Friendly Recipes For Two (The Kidney Diet & Kidney Disease Cookbook Series)
The Kidney Disease Cookbook: Delicious Kidney-Friendly Recipes to Help Manage Your Kidney Disease
Chronic Kidney Disease, Dialysis, and Transplantation: A Companion to Brenner and Rector's The Kidney - Expert Consult: Online and Print, 3e (Pereira, ... Disease, Dialysis, and Transplantation)
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The Kidney Health and Renal Diet Cookbook for Beginners: 50 Hand Picked Meals for Patients With Kidney Disease (Andrea Silver Kidney Health) (Volume 1)
Kidney Disease Solved!: The Truth About Kidney Disease And How You Can Treat It Quickly With Scientifically-Proven Natural Remedies!
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Ketogenic Bread: 22 Low Carb Cookbook Recipes for Keto, Gluten Free Easy Recipes for Ketogenic & Paleo Diets, Includes Complete Nutritional; Bread, Muffin, ... Loss, Delicious & Easy for Beginners 1)
The Complete Renal Diet Cookbook: 150 Delicious Renal Diet Recipes To Keep Your Kidney's Healthy (The Renal Diet & Kidney Disease Cookbook Series)
Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3)
Tanya's Comprehensive Guide to Feline Chronic Kidney Disease: Everything You Need to Know to Help

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