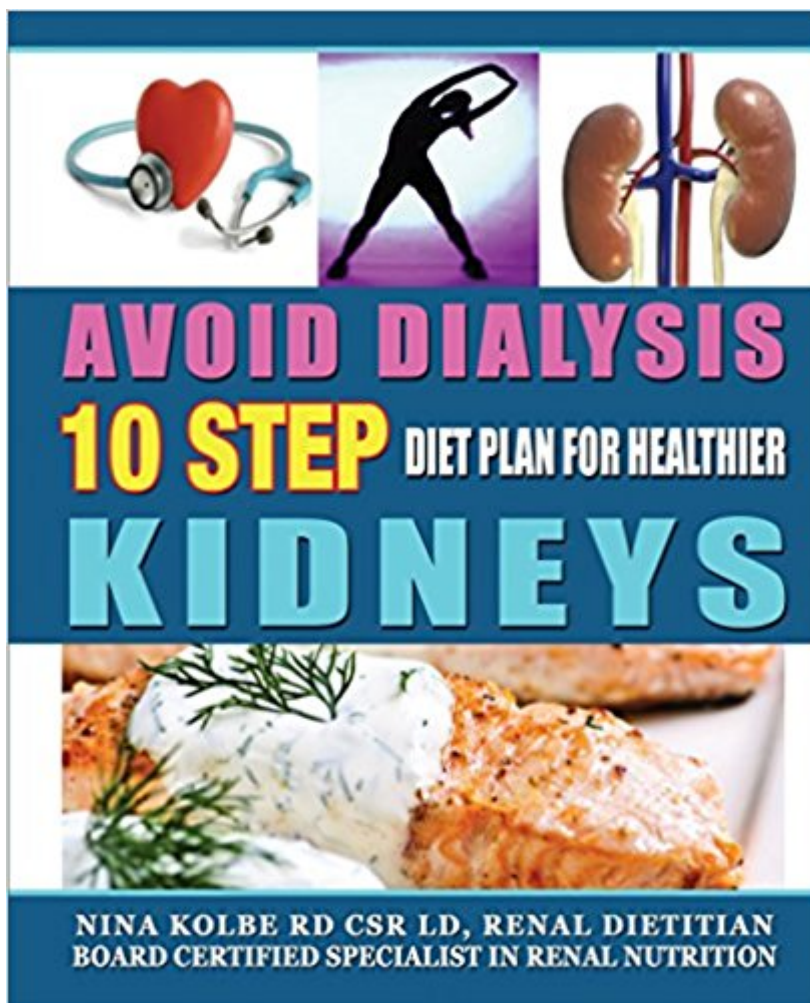


The book was found

Avoid Dialysis, 10 Step Diet Plan For Healthier Kidneys



Synopsis

Avoid dialysis by following 10 Step Diet Plan by a Board Certified Renal Dietitian. Easy to understand explanation of your protein, potassium, phosphorus and sodium requirements. Charts and graphs provided as visual aids. Learn what your laboratory test mean and how to track your progress. Detailed diet information from which type of lettuce is lowest in potassium to which milk is lower in phosphorus. Eating out guides and 7 days of menus are provided. A-Z of what you need to know about diet for CKD and 10 steps to follow in order to avoid dialysis.

Book Information

Paperback: 148 pages

Publisher: Nina Kolbe; revised edition (September 4, 2014)

Language: English

ISBN-10: 0615322328

ISBN-13: 978-0615322322

Product Dimensions: 7.5 x 0.3 x 9.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 78 customer reviews

Best Sellers Rank: #57,786 in Books (See Top 100 in Books) #3 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nephrology](#) #6 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #7 in [Books > Medical Books > Medicine > Internal Medicine > Nephrology](#)

Customer Reviews

Helpful, easy read w/lists & charts. Pretty remedial and basic for average person to understand. Would have been nice to have some recipes. There were some questionable sample meals w/ strange non-nutritive recommendations like: 7-up, Cool whip, marshmallows, Popsicles & vanilla wafers - basically crap food I would never eat. Would have preferred whole food recommendations. On the whole, the average non-medical professional would find this book a great start to beginning their renal diet plan.

VERU GOOD

Informative companion book to the author's kidney diet cook book..

A lot of information that I had never heard before even from my Doctors. If you have diabetes or kidney problems I highly recommend.

I have just been diagnosed with stage four chronic kidney disease. This book helped me to understand the disease and if I follow the instructions I should be able to avoid dialysis.

Lots of potentially life-saving information...thank you!!!!

The book is well organized, easy to read, and covers the basic, important information without getting too technical. My only concern is that it may becoming dated (2009 reference)

Too general and simple source on the subject.

[Download to continue reading...](#)

Avoid Dialysis, 10 Step Diet Plan for Healthier Kidneys HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys ~ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys ~ Simple And Delicious Recipes For Healthy Kidneys ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet :The Step by Step Guide For Beginners: Ketogenic Diet For Beginners : Ketogenic Diet For Weight Loss : Keto Diet : The Step by Step Guide For Beginners Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) The Complete Renal Diet Cookbook: 150 Delicious Renal

Diet Recipes To Keep Your Kidneys Healthy (The Renal Diet & Kidney Disease Cookbook Series)
PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) What You Must Know About Dialysis: Ten Secrets to Surviving and Thriving on Dialysis My Life as Dialysis Patient (Kidney Failure, Dialysis and Transplant and Organ Donation Book 1) 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) Dialysis without Fear: A Guide to Living Well on Dialysis for Patients and Their Families

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)