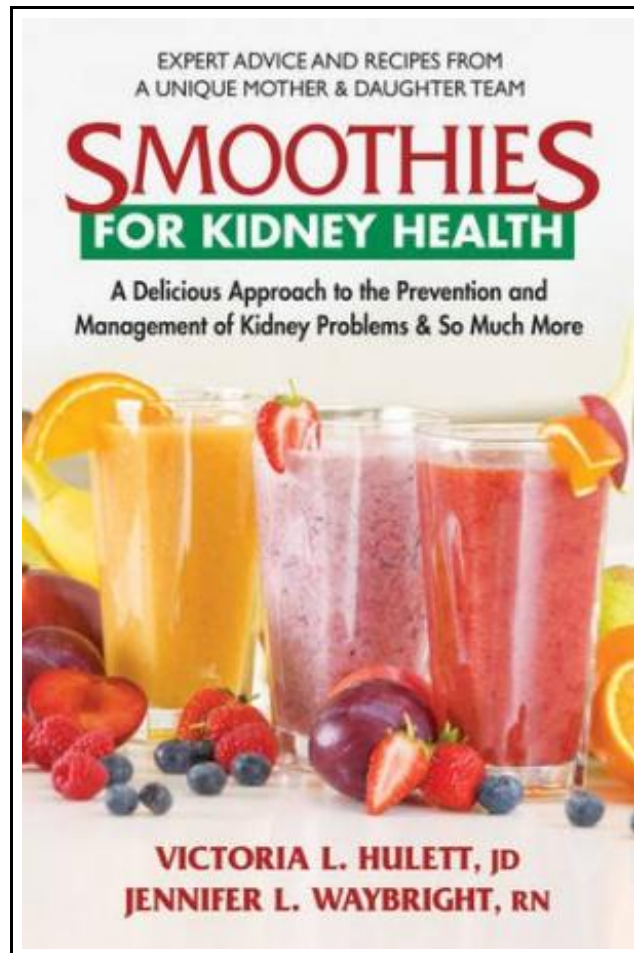


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Square One Publishers, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Smoothies for Kidney Health is a very special recipe book. It is expertly put together by a kidney donor, who is a registered nurse, and her mom, the recipient of her kidney. Together, they have taken their knowledge and experience to create a resource for all those suffering from chronic kidney disease (CKD). By explaining how kidney function is impacted by the foods we eat, they offer a simple way for patients to help slow down, stop, or possibly reverse the many effects of CKD including heart disease, the number one killer of kidney patients. The vital information provided in Smoothies for Kidney Health, along with eighty luscious smoothie recipes, is designed to offer help to all patients at any stage of CKD. After presenting readers with a basic summary of kidney functions, the book explains the relationship between our standard diet choices and the ever-growing epidemic of CKD as well as each of its common causes. Utilizing and referencing the most current research studies, the book clearly shows how certain foods can speed deterioration of kidney function, resulting in dialysis and early death. The book then discusses how to prevent or slow progression of CKD by altering diet, again supported by the most current research studies and footnoted. These sections also were reviewed and approved by a leading nephrologist and a cardiologist. Following these explanation sections are eighty (80) kitchen-tested smoothies containing the very ingredients scientifically shown to protect and improve kidney function. Each recipe includes helpful health promoting facts designed for the issues facing kidney patients. All renal diet smoothies are renal dietitian reviewed and approved. The recipes are divided into three sections to allow readers to select those...



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