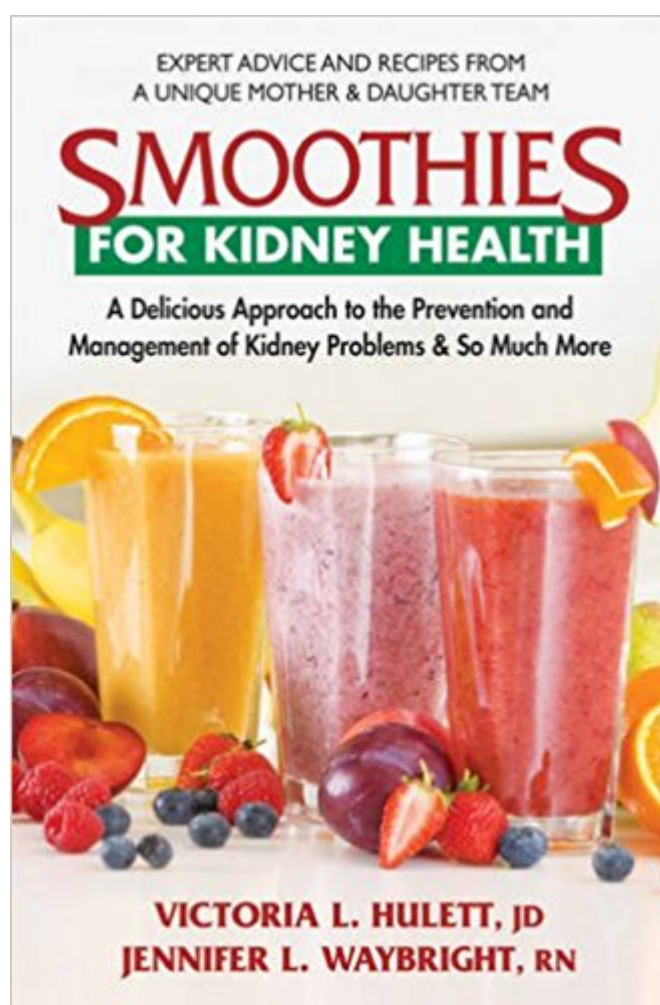


The book was found

Smoothies For Kidney Health: A Delicious Approach To The Prevention And Management Of Kidney Problems & So Much More



Synopsis

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 recipes most appropriate for their stage of CKD. Section One highlights the key ingredients that can help slow CKD progression, lower proteinuria, eliminate acidosis, decrease uric acid levels, and otherwise aid the health of the kidneys and the kidney patient. The second section is designed for individuals who must alter their intake of potassium and/or phosphorus because of the inability of their malfunctioning kidneys to stabilize blood levels of those minerals. The last section provides dialysis patients smoothies with a focus is on heart health, improving stamina and survival, and minimizing common dialysis side effects. The reader will also find valuable suggestions throughout the book that will help kidney patient deal with their most common problems at each stage. Once a diagnosis is made, kidney patients often want to know what they can do to improve their condition. The basic food suggestions offered in this book are within a patient's control in what is otherwise an uncontrollable and devastating disease. Smoothies for Kidney Health offers the hope and the help to aid kidney patients become part of the solution to improving their overall health.

Book Information

Paperback: 240 pages

Publisher: Square One; 1 edition (April 27, 2015)

Language: English

ISBN-10: 0757004113

ISBN-13: 978-0757004117

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (41 customer reviews)

Best Sellers Rank: #38,606 in Books (See Top 100 in Books) #7 in Â Books > Medical Books > Medicine > Internal Medicine > Nephrology #50 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #877 in Â Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Authors Victoria L. Hulett, JD and Jennifer L. Waybright, RN, come to this topic with strong credentials. Victoria has an undergraduate degree in Biology and Psychology from Indiana University, a Masterâ™s Degree from St. Francis University and a Juris Doctorate degree from Indiana University School of Law. Jennifer earned an undergraduate degree in education from Purdue University, teaching for several years before obtaining her nursing degree. She now uses her RN to work with post-surgery patients, and lectures on nutrition and its impact on the kidneys. Their joint authorship of this book goes beyond credentials: they have actively participated in the endstage of kidney disease Jennifer as the kidney donor her mom Victoria, the recipient of her kidney. After presenting us with a basic summary of kidney function, the book explains the relationship between standard diet choices and the ever-growing epidemic of Chronic Kidney Disease. Each portion of this book is carefully referenced with the most current research studies, showing how certain foods can speed deterioration of kidney function, resulting in dialysis and early death. 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 recipes most appropriate for their stage of CKD.

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

Smoothies for Kidney Health: A Delicious Approach to the Prevention and Management of Kidney

Problems & So Much More Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals to Manage Your Kidney Disease Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) The Miracle Of Green Tea: Herbal Remedy for Weight Loss, Diabetes, Blood Pressure, Cholesterol, Cancer, Allergies and Much, Much More (Overcome Caffeine ... Tea Benefits, Tea Cleanse, Natural Remedy) Baby Bargains (Version 11.1, released 2016): Secrets to Saving 20% to 50% on baby furniture, gear, car seats, strollers, carriers and much, much more! Astronomy: Astronomy for Beginners: The Magical Science of Stars, Galaxies, Planets, Black Holes, Wormholes and much, much more! (Astronomy, Astronomy Textbook, Astronomy for Beginners) SHERRILYN KENYON: SERIES READING ORDER & BOOK CHECKLIST.: SERIES LIST INCLUDES: THE LEAGUE, ANGELS TOUCH, CHRONICLES OF NICK & MUCH, MUCH MORE! (Top Romance ... Reading Order & Checklist Series 48) Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Red

Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)