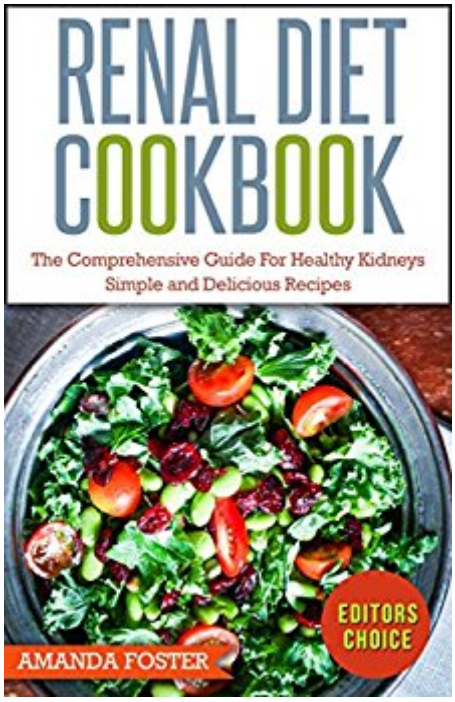
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Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys Ã¢â‚¬â„¢ Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating)



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Synopsis

Enjoy a Delicious and Kidney-Friendly Lifestyle!Do you have Renal Failure? Does a friend or family member suffer from this condition? Would you like to adopt the healthy lifestyle your kidney need?If so, Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys is the book youÃ¢â ¬â„¢ve been waiting for!Inside this essential guidebook, youÃ¢â ¬â„¢ll discover how kidney failure works Ã¢â ¬â œ and the common causes of this ailment. If youÃ¢â ¬â„¢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.You need your kidneys! These vital organs perform many life-giving functions:Regulating the amount of water in your bodyRemoving wastes from your bloodMaintaining your bodyÃ¢â ¬â„¢s balance of minerals like sodium, potassium, and calciumHormone production for blood pressure regulation and red blood cell production.If youÃ¢â ¬â„¢re trying to avoid compulsory dialysis, you need Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys. With this valuable information, you can slowly transition to a Renal Diet. Instead of drastically reducing your calorie intake, a dangerous approach that can cause total renal failure, you can give your body time to adjust with these timely and wise strategies.View this e-book on your PC, Mac, Smartphone, Tablet, or Kindle Device!You really can maintain a Renal Diet without giving up your enjoyment of food. Imagine yourself sharing these delightful dishes with your loved ones:Quick and Easy Renal OmeletHealthy Whole Wheat, Apple, and Raisin MuffinsDelicious Apple and Cinnamon CrepesYummy Yogurt and Banana SmoothiesQuick and Easy Mac Ã¢â ¬ËœNÃ¢â ¬â„¢ CheeseCreamy Baked Potato SoupScrambles Egg and Green Onion TortillasTangy Chicken Salad SandwichAsian Style Toasted Ramen and Sesame SaladDelicious Low Sodium Surf and Turf GumboPan Cooked Chicken, Vegetables, and RiceBaked Fish with Lemon and Dill WeedYouÃ¢â ¬â„¢ll even discover a huge selection of Renal Diet desserts Ã¢â ¬â œ like fresh Blueberry Cheesecake!DonÃ¢â ¬â„¢t put off this essential healing lifestyle Ã¢â ¬â œ Get your copy of Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys right away!Just scroll up and hit the Ã¢â ¬Å“Buy With One ClickÃ¢â ¬Â• Button Ã¢â ¬â œ ItÃ¢â ¬â„¢s easy!ItÃ¢â ¬â„¢s time to give your kidneys what they need!

Book Information

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Customer Reviews

Health comes first. Nowadays, many people do not consider their health while dieting. They only starve themselves to death plus they eat what they want, not realizing that it can affect their internal organs specially the kidney. It’s the organ that extracts the liquid from the blood, balance the fluids, form urine, and add an important function of the body. This is why we have to exercise a highest degree care with our kidney.By the help of this book, you will be able to learn how to took care of our kidney with the different recipes laid by the author. I really love and enjoyed this book. I may try the recipes in the future. It looks delicious. You should try reading this too!

The kidney, just like every other organ in the body has a major role it plays in the body system. It is one of the organs that help in controlling the amount of body fluid we have. It plays a major role in controlling the blood pressure.There are few diets (never really seen any other) that deal with the issue of keeping the renal system healthy.. The author has not only provided useful information about the renal diet, she penned down some basic information to educate the reader on the subject matter and then provided a lot of recipes for this diet.It was a good read and I think it is a book for all.

This book for me is nothing more than ordinary. ItÃƒÂ¢Ã â ¬Ã â„¢s good and informative, but I guess IÃƒÂ¢Ã â ¬Ã â„¢m just looking for more information about this diet. I always look after my health and I must admit I always feared getting kidney problems. This book contains some relevant information about kidney disease and how to prevent it. On the other hand I like the recipes on this book. It is really something that I would truly enjoy. What could be better than eating delicious and healthy food? Being healthy and happy is an excellent combination. If you are someone who looks after your health, but loves to enjoy good food then this book might be a good thing for you.

This book has provided guideline about kidney and its problem or disease that we need a healthy kidney ever through reading this book we can have healthy kidney and diet maintenance too. This cookbook has a lot of delicious recipes that are easy to prepare, with a weekly meals plans and a shopping list is a very convenient book. If you want to have a healthy diet for your tummy and for your kidneys then this is the best book for you. To maintain a healthy kidney, the first step would be to understand what kidneys are and this book explains everything you need to know about it. This book explains what renal failure is, the causes, what changes you need to make, what foods you have to take, and more.

The book has good information. It is a very small and I was disappointed that the recipes provided did not have detailed nutritional information, although the recipes looked very good and I will definitely try them. I've been diagnosed with Renal Insufficiency and I have high.Liver Function counts, so I'm trying to coordinate foods that I can eat for both health problems,

One of the reasons I bought this book is because my aunt suffers from kidney damage and as a family we well all concerned about her health ÃƒÂ¢Ã â ¬Ã â œ more importantly how to keep her kidneys intact and well-functioning so that they do not further deteriorate.I have to say that I was truly humbled by the amount of information shared in the first part of the book with regards to the causes and effects of kidney damage or failure. Secondly, it specifically states the amount of calories and nutrients one should intake in order for the kidney to function in a stress-free manner.The second part of the book was also very helpful as the author listed 50 lovely dishes ÃƒÂ¢Ã â ¬Ã â œ right from breakfast, lunch, dinner to snacks and desserts. My favourite being Tangy Chicken Salad Sandwich.IÃƒÂ¢Ã â ¬Ã â„¢d recommend this book to anyone who wants to prevent kidney diseases and also for people who have kidney issues.This is a must read for everyone.

This kidney cookbook removes the mystery and stress of figuring out what foods to eat, with: Targeted weekly meal plans to preserve your kidney health.People who compromised kidney function must adhere to a renal or kidney diet to cut down on the amount of waste in their blood. Wastes in the blood come from food and liquids that are consumed. This book contains chocful recipes that are kidney friendly, highly suggested read.

I just went through this book and I could not help but imagine just how much one has to do to stay healthy. You cannot really do everything, in the end there is cancer, heart disease, kidney disease and so much more to worry about.Am not very much into the diet thing, am simply in for the delicious recipes.

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