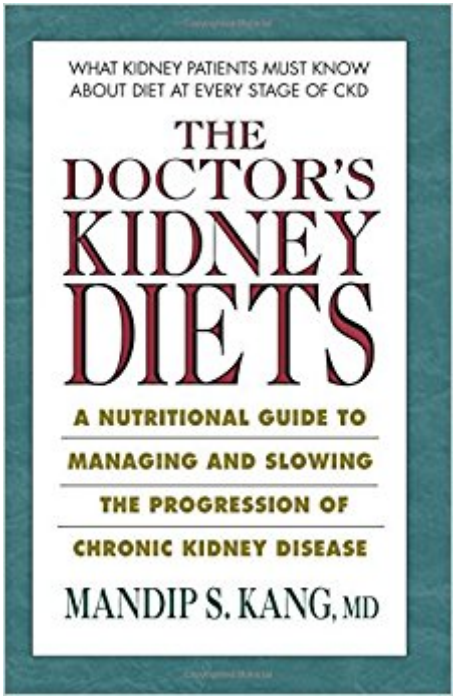
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The Doctor's Kidney Diets: A Nutritional Guide To Managing And Slowing The Progression Of Chronic Kidney Disease



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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 canÃ¢â ¬â„¢t always offer the nutritional guidance that every kidney patient requires. To fill this information gap, Dr. Mandip Kang has written The DoctorÃ¢â ¬â„¢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 dietsÃ¢â ¬â ¢the DASH diet, heart disease and diabetes diets, diets for dialysis, and moreÃ¢â ¬â ¢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 DoctorÃ¢â ¬â„¢s Kidney Diets, you can become an active, effective participant in your own treatment plan.

Book Information

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Average Customer Review: 4.4 out of 5 stars 46 customer reviews

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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)

* Winner of the IBPA Benjamin Franklin Award for Best Health title

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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