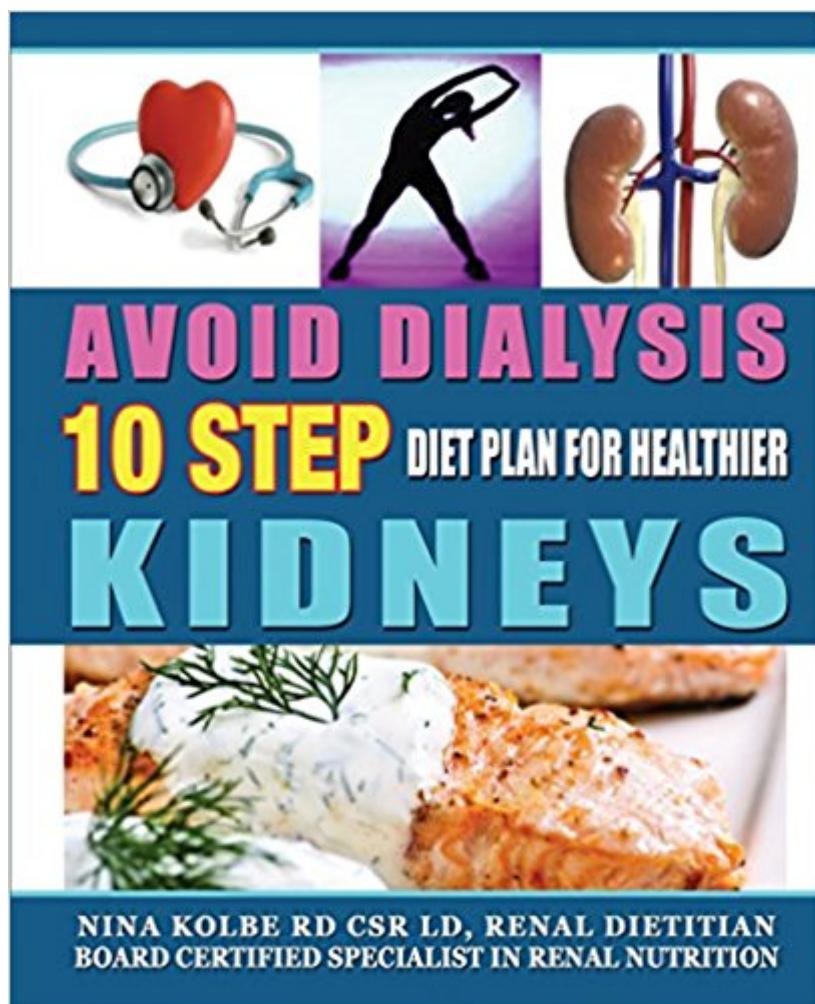


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# Avoid Dialysis, 10 Step Diet Plan For Healthier Kidneys



## **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**

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## **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 become dated (2009 reference)

Too general and simple source on the subject.

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