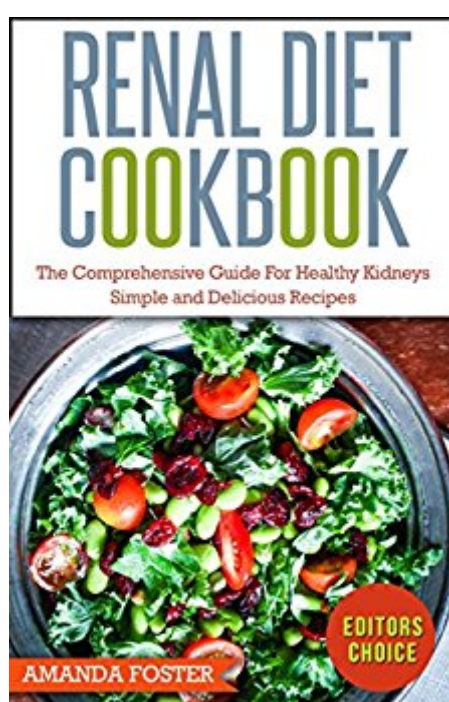


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# Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating)



## 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 you've been waiting for! Inside this essential guidebook, you'll discover how kidney failure works and the common causes of this ailment. If you'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 body, Removing wastes from your blood, Maintaining your body's balance of minerals like sodium, potassium, and calcium, Hormone production for blood pressure regulation and red blood cell production. If you'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 Omelet, Healthy Whole Wheat, Apple, and Raisin Muffins, Delicious Apple and Cinnamon Crepes, Yummy Yogurt and Banana Smoothies, Quick and Easy Mac & Cheese, Creamy Baked Potato Soup, Scrambles Egg and Green Onion Tortillas, Tangy Chicken Salad Sandwich, Asian Style Toasted Ramen and Sesame Salad, Delicious Low Sodium Surf and Turf Gumbo, Pan Cooked Chicken, Vegetables, and Rice, Baked Fish with Lemon and Dill Weed. You'll even discover a huge selection of Renal Diet desserts like fresh Blueberry Cheesecake! Don't put off this essential healing lifestyle. Get your copy of Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys right away! Just scroll up and hit the "Buy With One Click" Button. It's easy! It's time to give your kidneys what they need!

## Book Information

File Size: 758 KB

Print Length: 106 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 24, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01J2A5AUS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #23,329 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Middle Atlantic #2 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Middle Atlantic #3 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments

## Customer Reviews

This is a helpful guide to eating right if you have a chronic kidney disorder and accompanying recipes to make the most of your condition. At the present time, I donâ™t know anyone who suffers from chronic kidney disease. I happen to have a sick relative that has a troubling kidney so I thought that it was in our best interest to go through this book and see if I can help in a way. Luckily, it proved quite useful because it contains a lot of recipes that will ease the process through as well as offer him some comfort on the dinner table. This book is packed full of information. I have a cousin with kidney disease who is on the transplant list and until now, I really didn't understand what that meant. I am so grateful to have found this book and be able to help with my cousin's disease. Thank you so much.

Our kidneys are one of the most important parts of our body. Because it is the organ that cleanses us as a whole. We most of the time neglect it because it not visible yet if we come to think of it, once the kidneys get a problem, we're doomed. Reading the book helped me understand a lot about kidneys. I have heard people who had never survived kidney failures even if they had regular expensive dialysis treatments. Just so we know, there are informations like recipes on what to eat and not that we can start applying to our lifestyle and diet in order to prevent complications in our kidney. I am happy to have this book as I was enlightened on what not to do. I have been neglecting about my health and this just the right material to guide me on taking care of my kidney. The author

made it comprehensive, which I appreciate, because I hate swelling on long explanations. She is really straight forward and her book is fun to read. Great job!

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!

There is an amazing guide book on renal diet cookbook which is written comprehensively. I personally purchased this book and tried all given recipes whether for breakfast, lunch or dinner time and some deserts too. The recipes are given in full detail with ingredients which we can make using simple method deliciously. 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. Thanks to the author!

This was a great book. The discussion about renal failure and the importance of eating properly was very informative. The eight breakfast recipes seemed doable, even though I would have to make time to prepare. I am more likely to try the one of the 14 lunch recipes because of my schedule. There are 15 dinner recipes and 9 dessert recipes. The nutty chocolate fudge sounds like something I should do this week (smile). I recommend this book for those who suffer with kidney issues.

I bought this book because my mom have been taking a lot of medicines lately. And such medicine can somehow affects her kidneys and might as well understood how kidney works and how to take care of it. This book will guide the reader into understanding what kidney is, Its function, what causes its failure and how to properly take care of it. The recipes for food that is kidney friendly is the best. The book has provided a lot of recipes that can easily be prepared at home. It is a helpful guide to ensure that a healthy lifestyle will help in ensuring healthy kidney.

This book for me is nothing more than ordinary. It's good and informative, but I guess it's 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.

Awesome recipes! The book provides valuable information on what foods are high in potassium with the list of low, medium and high. The recipes are intriguing and I have found several tasty options. My only issue is the incomplete menus, only the primary dish, not what to eat with it. So much worth recommending to all!

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