



## The Kidney Health and Renal Diet Cookbook for Beginners: 50 Hand Picked Meals for Patients with Kidney Disease (Paperback)

By Andrea Silver

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Important steps to maintaining kidney health for those with renal failure or at high-risk. Don t wait any longer to learn about this information. When I was 24 my uncle was diagnosed with kidney failure. We ended up living at home with him in Scottsdale, and he needed specialized meals. I would cook for him every day while others shopped for the ingredients. It was actually this experience that led to a future career as a professional cook. It was a stressful time, but also an opportunity to learn a lot about health, nutrition and the importance of what we eat. I ve since taken that knowledge to create this cookbook that I hope will help many others on a similar path. This book is designed for Newbies and will give the run-down about how renal diets work and the basic guidelines. This is not a substitute for receiving this information from a qualified doctor. However it can be used as a reminder to assist you on your journey. What follows are the best tasting renal recipes I ve been able...



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