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Kidney Health Gourmet Diet Guide Cookbook (Paperback)

By Nina Kolbe

Nina Kolbe, 2013. Paperback. Condition: New. 3rd Third W ed.. Language: English . Brand New Book ***** Print on Demand *****.Kidney Health Gourmet Diet Guide and Cookbook is a guide for patients diagnosed with chronic Kidney disease but are not on dialysis. With proper diet chronic kidney disease can be slowed and progression to end stage kidney disease and dialysis can be delayed and even prevented. This diet guide and cookbook is written by a Board Certified Renal Dietitian who has worked with kidney patients for over 20 years. Hot off the press research is used to guide people into promoting kidney health and preventing progression to dialysis. Stop and prevent kidney disease follow this kidney disease diet guide and cookbook. Third edition with over 200 recipes, American comfort food Latin, Asian, French, Italian recipes even have recipes for pizza. Supermarket guide for frozen prepared meals, canned soups, lettuce and snack comparison updated beverage list with extensive do and don t tables, Eating out guide. Prevent dialysis by following this kidney, renal, diet and other research based recommendations to maintain your kidney health.



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