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## 10 STEP DIET LIFESTYLE PLAN FOR HEALTHIER KIDNEYS AVOID DIALYSIS

By Nina Kolbe

Paperback. Condition: New. 84 pages. Step by step guide to preventing the progression of kidney disease. Avoid dialysis by following the plan designed by a Board Certified Renal Dietitian who has been in practice for over 25 years. Affiliated with prestigious US teaching hospitals, benefit from cutting edge research to manage your kidney diseases. The beginning chapters teach you about the 5 stages of kidney disease. Then progress to interpreting your lab values. . Once you know what lab values are within normal limits for Chronic Kidney Disease and what fall outside the range we can begin to plan your diet. Step by step guide to protein, sodium, potassium and phosphorus management. Food lists, sample menus are all provided. Learn about new medications being used by cutting edge Nephrologists and finally new research studies showing what is being used to manage kidney disease. Many patients have successfully avoided dialysis by following my 10 Step Diet and Lifestyle Plan. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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