



Renal Diet Cookbook: The Comprehensive Guide for Healthy Kidneys - Simple and Delicious Recipes for Healthy Kidneys (Paperback)

By Amanda Foster

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. 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...



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