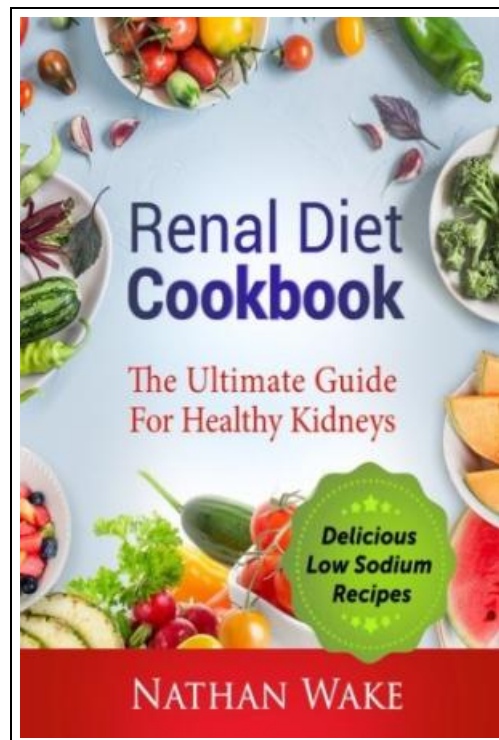


## Renal Diet Cookbook: The Ultimate Guide for Healthy Kidneys - Delicious Low Sodium Recipes (Paperback)



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*This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.*  
(Laurence Littell)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book contains recipes for people who have compromised kidney function that should strictly adhere to a Renal diet. When the kidney is compromised, it means that it no longer functions in filtering and removing wastes the way it should. Waste in the blood can negatively affect a patient's electrolytes. Following a Renal diet could help in the slow development of kidney failure and promote the proper functioning of the kidney. A Renal Diet is a diet that is low in protein, potassium, and sodium. It is a diet that only accepts high-quality protein with limited fluid intake. Other patients are also asked to limit their potassium and calcium intake. As each person has a different body type, it is important that you consult a renal dietitian who can come up with the right diet that is tailor made for your needs. This book will serve as your Renal Diet guide because it contains a lot of recipes for Breakfast, Lunch, and Dinner. Remember, following this kind of diet would be less taxing on your kidneys and improve their overall functioning.



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