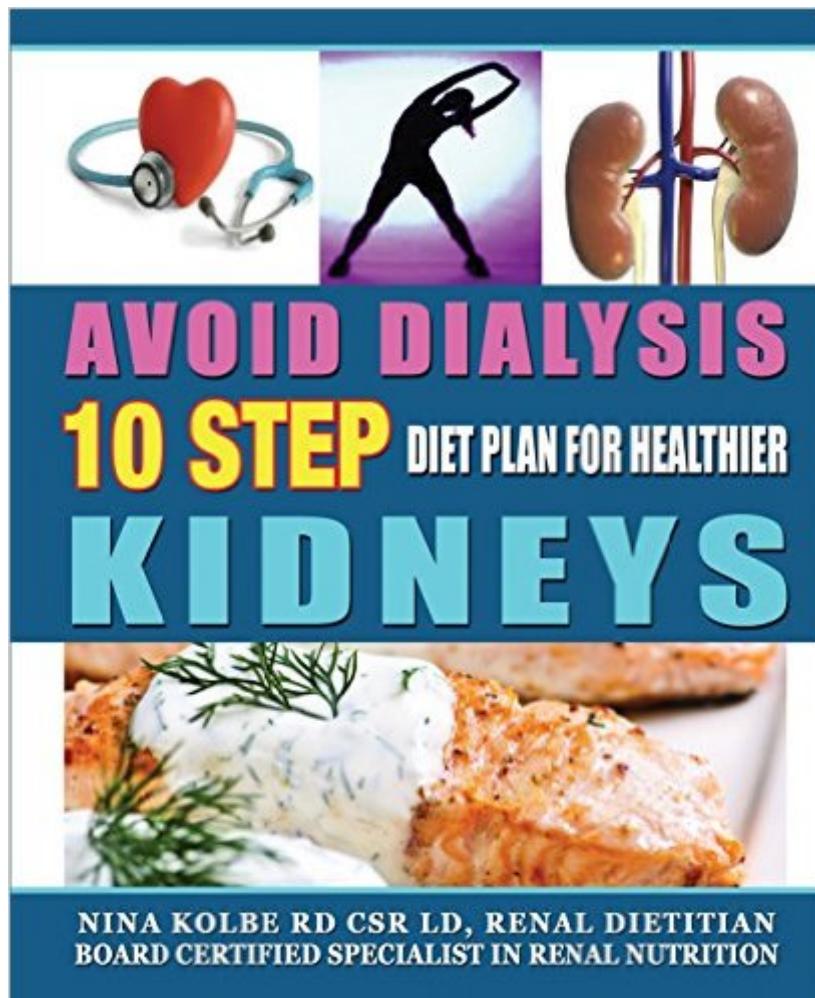


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# Avoid Dialysis, 10 Step Diet Plan For Healthier Kidneys



## **Synopsis**

Avoid dialysis by following 10 Step Diet Plan by a Board Certified Renal Dietitian. Easy to understand explanation of your protein, potassium, phosphorus and sodium requirements. Charts and graphs provided as visual aids. Learn what your laboratory test mean and how to track your progress. Detailed diet information from which type of lettuce is lowest in potassium to which milk is lower in phosphorus. Eating out guides and 7 days of menus are provided. A-Z of what you need to know about diet for CKD and 10 steps to follow in order to avoid dialysis.

## **Book Information**

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Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (61 customer reviews)

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## **Customer Reviews**

Having just been diagnosed with stage 3 kidney disease I was anxious for any and all info I could find on the subject. This little book (I read it in just over an hour) was full of very useful information. It is written in language a non-medical person can understand. In fact, when I showed it to my nephrologist, he wrote down the pertinent info so he can order a bunch of copies to give to his new kidney patients.

Finally, a book written for me and others who have kidney disease but are not on dialysis! The writing style is crisp and clear and chockful of information that will help me avoid dialysis. I especially like the recipes -- I've only tried three so far, but they were delicious. Most important, though, is how the author breaks down all the information I need to know so I can control my disease, understand exactly what my lab tests mean, and the effects of my medication. It's like

having a best friend by my side who is an expert in kidney disease. Thank you!

Being told my husband had stage 3 CKD ( chronic kidney disease)was a shock!! I started looking up information and everything I read was so dire. This book gave me/us a more positive outlook. It explains information in an easy way to understand. Once I read the book, I stopped crying.

I found most of this information on the internet. Some of the food advice was conflicting. Consume these vegetables or don't eat the same veg, depending on which chapter it was in. The book was published in 2009 and seemed out of date already. Might be useful if you have never researched the topic online.

I have 4th stage kidney failure and am searching for ways to avoid dialysis. This book was easy to read and was filled with useful information.

A very helpful book that really helps one to understand the process of kidney disease and how to make changes in your diet and add healthy habits that can help kidney disease. A great explanation of what all these labs test mean. Each chapter is devoted to one aspect of kidney disease and how to improve it. Easy to follow with lots of case studies that were interesting and helpful

This book is a very good companion to the chronic kidney disease cookbook Nina Kolbe has written for pre dialysis patients who want to stabilize their disease's progression and perhaps avoid dialysis all together. It offers clear explanations and a ten step program that is simple and sensible. I spent a lot of time researching possible ways to care for myself after finally being diagnosed, and much of the info on the web is contradictory or self serving for businesses promoting secret cures for this terrible condition. Ms. Kolbe has concrete credentials and the steps she outlines align with current research.

The author is very knowledgeable about her field and I'm sure that most people who have kidney disease will appreciate her insightful and well researched steps to arrest the advancement of further kidney dissipation. I, however, do not have diabetes, high blood pressure, nor am I over weight so many of the steps that she advises don't apply to my situation. That's not to say that in the future they won't apply. I plan to keep the book in my library and to refer to it periodically, especially as it

pertains to my dietary needs for a healthy lifestyle.

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