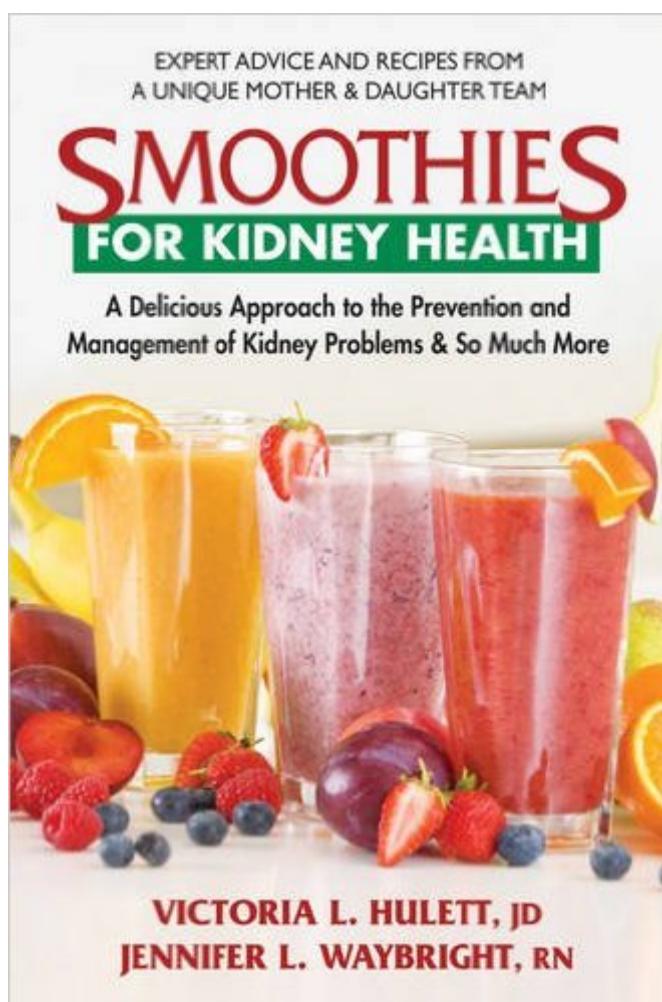


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Smoothies For Kidney Health: A Delicious Approach To The Prevention And Management Of Kidney Problems & So Much More



Synopsis

Smoothies for Kidney Health is a very special recipe book. It is expertly put together by a kidney donor, who is a registered nurse, and her mom, the recipient of her kidney. Together, they have taken their knowledge and experience to create a resource for all those suffering from chronic kidney disease (CKD). By explaining how kidney function is impacted by the foods we eat, they offer a simple way for patients to help slow down, stop, or possibly reverse the many effects of CKD— including heart disease, the number one killer of kidney patients. The vital information provided in Smoothies for Kidney Health, along with eighty luscious smoothie recipes, is designed to offer help to all patients at any stage of CKD. After presenting readers with a basic summary of kidney functions, the book explains the relationship between our standard diet choices and the ever-growing epidemic of CKD—as well as each of its common causes. Utilizing and referencing the most current research studies, the book clearly shows how certain foods can speed deterioration of kidney function, resulting in dialysis and early death. The book then discusses how to prevent or slow progression of CKD by altering diet, again supported by the most current research studies and footnoted. These sections also were reviewed and approved by a leading nephrologist and a cardiologist. Following these explanation sections are eighty (80) kitchen-tested smoothies containing the very ingredients scientifically shown to protect and improve kidney function. Each recipe includes helpful health promoting facts designed for the issues facing kidney patients. All renal diet smoothies are renal dietitian reviewed and approved. The recipes are divided into three sections to allow readers to select those recipes most appropriate for their stage of CKD. Section One highlights the key ingredients that can help slow CKD progression, lower proteinuria, eliminate acidosis, decrease uric acid levels, and otherwise aid the health of the kidneys and the kidney patient. The second section is designed for individuals who must alter their intake of potassium and/or phosphorus because of the inability of their malfunctioning kidneys to stabilize blood levels of those minerals. The last section provides dialysis patients smoothies with a focus is on heart health, improving stamina and survival, and minimizing common dialysis side effects. The reader will also find valuable suggestions throughout the book that will help kidney patient deal with their most common problems at each stage. Once a diagnosis is made, kidney patients often want to know what they can do to improve their condition. The basic food suggestions offered in this book are within a patient's control in what is otherwise an uncontrollable and devastating disease. Smoothies for Kidney Health offers the hope and the help to aid kidney patients become part of the solution to improving their overall health.

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Customer Reviews

Authors Victoria L. Hulett, JD and Jennifer L. Waybright, RN, come to this topic with strong credentials. Victoria has an undergraduate degree in Biology and Psychology from Indiana University, a Masterâ™s Degree from St. Francis University and a Juris Doctorate degree from Indiana University School of Law. Jennifer earned an undergraduate degree in education from Purdue University, teaching for several years before obtaining her nursing degree. She now uses her RN to work with post-surgery patients, and lectures on nutrition and its impact on the kidneys. Their joint authorship of this book goes beyond credentials: they have actively participated in the endstage of kidney disease Jennifer as the kidney donor her mom Victoria, the recipient of her kidney. After presenting us with a basic summary of kidney function, the book explains the relationship between standard diet choices and the ever-growing epidemic of Chronic Kidney Disease. Each portion of this book is carefully referenced with the most current research studies, showing how certain foods can speed deterioration of kidney function, resulting in dialysis and early death. Following these explanation sections are eighty (80) kitchen-tested smoothies containing the very ingredients scientifically shown to protect and improve kidney function. Each recipe includes helpful health promoting facts designed for the issues facing kidney patients. All renal diet smoothies are renal dietitian reviewed and approved. The recipes are divided into three sections to allow readers to select those recipes most appropriate for their stage of CKD.

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