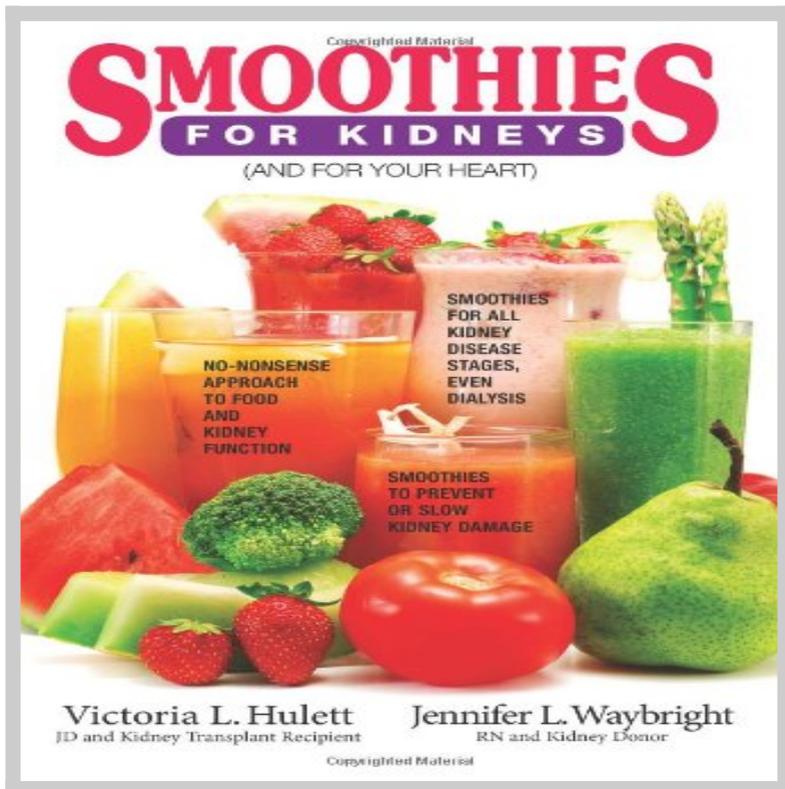


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Smoothies For Kidneys And Heart Book Preview

"Smoothies For Kidneys" is co-authored by a kidney donor who is also a registered nurse and her kidney transplant recipient. Kidney function really is impacted by what we eat. This jewel of a book begins by illustrating the important connection between certain foods and chronic kidney disease (CKD). Your food choices really can alter proteinuria and progression of kidney disease. The book then presents 80 luscious smoothie recipes for people with any stage of CKD. Kidney patients often want to know what they can do to slow or stop their kidney disease. They naturally feel shocked and overwhelmed by their CKD diagnosis. Food selections are within a patient's control in what is otherwise an uncontrollable and

devastating disease. The book offers hope and help to the kidney patient by emphasizing foods that are found to aid kidney function, decrease unwanted symptoms, and improve overall health. Over 26 million American adults suffer from CKD, as well as thousands of children. While some cases of CKD are inherited or caused by trauma or birth abnormalities, over 80 percent of kidney disease cases result from eating choice, says recent research. However, no matter the cause of the CKD, what we put into our mouths can impact how fast kidney disease progresses; our proteinuria, acidosis, and blood pressure readings; and how long we survive. This excellent book also supplies transplant recipients with valuable health information and kidney-saving tips to help them lengthen survival of the transplanted organ. All readers, including dialysis patients, benefit from the heart-saving suggestions. Cardiovascular disease is the leading killer of kidney patients, and the hints in the book just might change the odds of an early death. The first part of this invaluable book presents nephrologist-reviewed evidence, based on very recent research about the tie between standard diet choices and the ever-growing epidemic of CKD (and each of its common causes). The book further illustrates how certain foods can speed deterioration of kidney function, resulting in dialysis and early death. The reader will learn how to prevent or slow progression of CKD by altering diet. The book then presents 80 kidney-protective smoothies, containing the very ingredients shown to guard kidney and heart health. Three separate sections of smoothies allow readers to select the recipes appropriate for their stage of CKD. The first section of smoothies is for most kidney (and heart) patients, and for others wanting a more healthful food plan. The smoothies highlight ingredients that can help the patient 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 set of smoothies is for individuals who must alter intake of potassium and/or phosphorus because of the inability of their malfunctioning kidneys to stabilize blood levels of those minerals. Valuable hints will aid the patient in efforts to delay dialysis and improve overall health. The final section of smoothies is designed for dialysis patients. The focus is on heart health, improving stamina and survival, and

minimizing common dialysis side effects. All renal diet smoothies are renal dietitian reviewed and approved. Kids will love these smoothies, too. Several of the recipes are kid created. Each smoothie recipe is introduced by a brief explanation as to how its ingredients are helpful in kidney disease. Each recipe also includes a kidney hint based on a recent study and footnoted.