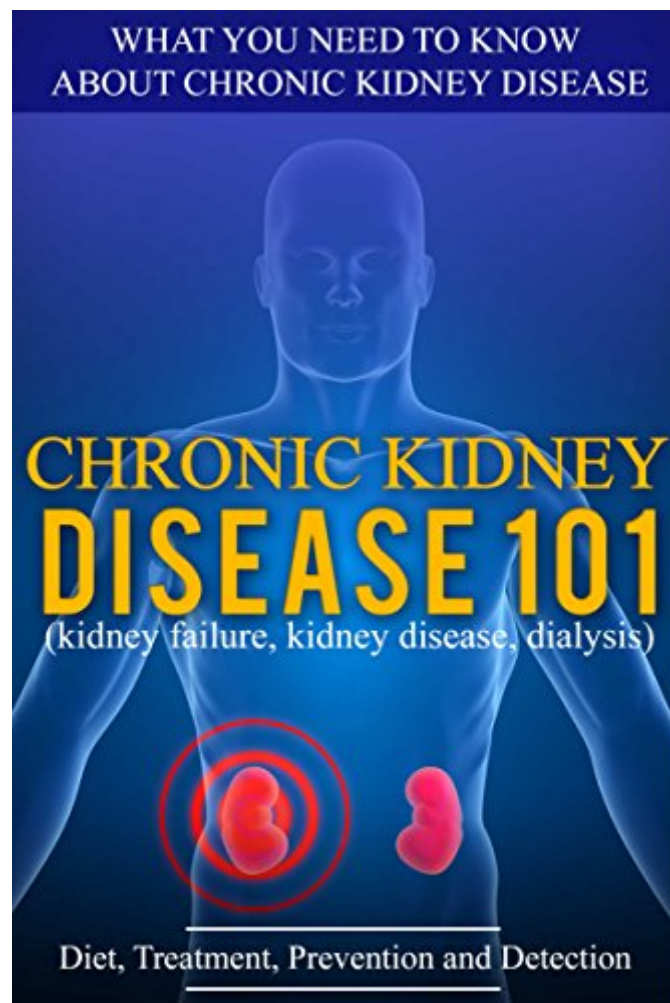


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# **Kidney Disease: For Beginners - What You Need To Know About Chronic Kidney Disease: Diet, Treatment, Prevention, And Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)**





## Synopsis

Struggling with Kidney Disease or kidney injury? If you need to understand and want to overcome your kidney problem, continue reading! Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book will help you better understand kidney disease and see how you can deal with it. It has been written as a general overview outlining the main things you need to know about this subject. It's a short read and a great start for people who know little about the subject. When the kidneys become damaged, waste products and fluid can build up in the body, causing swelling in your ankles, vomiting, weakness, poor sleep, and shortness of breath. If left untreated, diseased kidneys may eventually stop functioning completely. Loss of kidney function is a serious -- and potentially fatal -- condition. Marathon runners and other athletes who don't drink enough fluids while competing in long-distance endurance events may suffer acute renal failure due to a sudden breakdown of muscle tissue. Chronic kidney disease is particularly dangerous, because you may not have any symptoms until considerable, often irreparable, kidney damage has occurred. Diabetes (types 1 and 2) and high blood pressure are the most common causes of CKD. This book will help you understand and deal with this problem if this is happening to you or to someone you know. After downloading this book, you will learn...

Chapter 1 - What is Chronic Kidney Disease? Chapter 2 - Causes and Symptoms of Chronic Kidney Disease Chapter 3 - Diagnosis Chapter 4 - Treatment and Prevention Chapter 5 - Diet Much, much more! Read what other people have to say "Very effective and informative book to detect and prevention kidney disease. It has step-by-step solution to detect find out the right way of cure. Thank you author that by reading this book I could detect my kidney problem and got some solutions. Thumps up!" - Lore Campbell - "this is my go to for basic, down-to-earth understanding. . I found this book and so far, it's the best one out there . I bought both the book itself and downloaded the ebook to carry around with me on my Fire. Give yourself a big, big benefit and read this book!" - Vance Shuster - Download your copy today! Scroll up and click the orange button "Buy Now" on the top right of this page to access this book in under a minute Take action today and download this book for a limited time discount of only \$2.99! Start learning about kidney disease today! Tags: chronic kidney disease; chronic kidney disease diet; chronic kidney disease cookbook; kidney failure; dialysis; kidney disease; kidney disease solution; chronic kidney disease therapy; chronic kidney disease cure; chronic kidney disease treatment; predialysis kidney disease; dialysis cookbook; dialysis for dummies: dialysis for beginners; kidney failure for dummies; kidney failure for beginners; chronic kidney disease 101; kidney problems; kidney disease tips; kidney disease medical; kidney disease books; kidney disease introduction; kidney disease medical;

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## **Customer Reviews**

Kidneys are one of the most important organs of our body, they filter blood, maintain fluid balance in the body, remove body waste. The author has provided valuable information about the Kidney functions, chronic disease, who is prone , symptoms, diagnosis and the treatment. There is even a section which deals with the diet. Facts and other diseases which could relate to the this disease. There are even some common confusing symptoms which are worth noting, such as swelling, fatigue, itching, shortness of breath, pay attention to them. Great educational guide. Please note that use this book only for educational purposes and consult a doctor if you need professional advice.

I have to say that I was shocked when I read this Book the last week, my mom has a kidney disease and I was a little desperate looking for good information until I found this great book. I learned something really important on chapter 5 (THE DIET):-Carbohydrates are good source of energy, but you only have to include grains, fruits, vegetables and some bread.-Fats, you should consume polyunsaturated and monounsaturated, like olive oil, canola oil. But too much is dangerous, be careful here.-Protein, to protect the kidney is important eat food with low-proteins (I was shocked here) before starting dialysis. Was a very pleasant and non-technical read; this was a relief for me.

I am really glad to have found this book. It is non-technical at all and direct to the point, I centered my focus on Diagnosis. In this chapter the author talks about the test process; people with kidney problems have to pass this tests. They are:-Screening your kidney-Measure your Glomerular filtration Rate (GFR)-Blood Tests-Urine Tests-Ultrasound-Sample tissue testing. The author explains in this book everything that you need to know about a kidney disease, with a lot of information, examples and more. This is a must read.

I'm one of the lucky ones. My kidney disease has been discovered early due to the diligence of my nurse practitioner. No doctor has ever really tested for kidney disease so I was completely unaware that it was even a possibility. For a few months I had hypertension and that may have resulted in kidney damage. Who knew stress could cause so many problems? But life can be stressful and we deal with the cards we are dealt. If you are just discovering kidney disease this is a good book to start with. It is the most helpful book I've read on the subject this week. It explains what causes kidney disease and gives you advice on what to eat to give yourself a fighting chance. The only thing I disagreed with was giving people the advice to go ahead and eat sugar now and then. This might not be good for sugar addicts as I've heard once you go back to eating sugar it is a lost cause until you can manage the addiction again. So for diabetics especially I think this is not good advice. But the rest of the book seems very well researched and was helpful to me. ~The Rebecca Review

This book explains how your kidneys work, some causes of chronic kidney disease, tests for kidney disease and what you should and shouldn't eat if you have kidney disease. This is quite a bit of info for such a short book. I found the book to be very helpful. If you think you might have kidney disease this book will be a big help to you.

very helpful and informative

Well written and easy to understand. Very informative without a lot of technical mumbo jumbo. I am very happy I bought this book. Gave me insight into what is going on with my body. Thank you to the author!

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