The Doctor's Kidney Diets: A Nutritional Guide To Managing And Slowing The Progression Of Chronic Kidney Disease
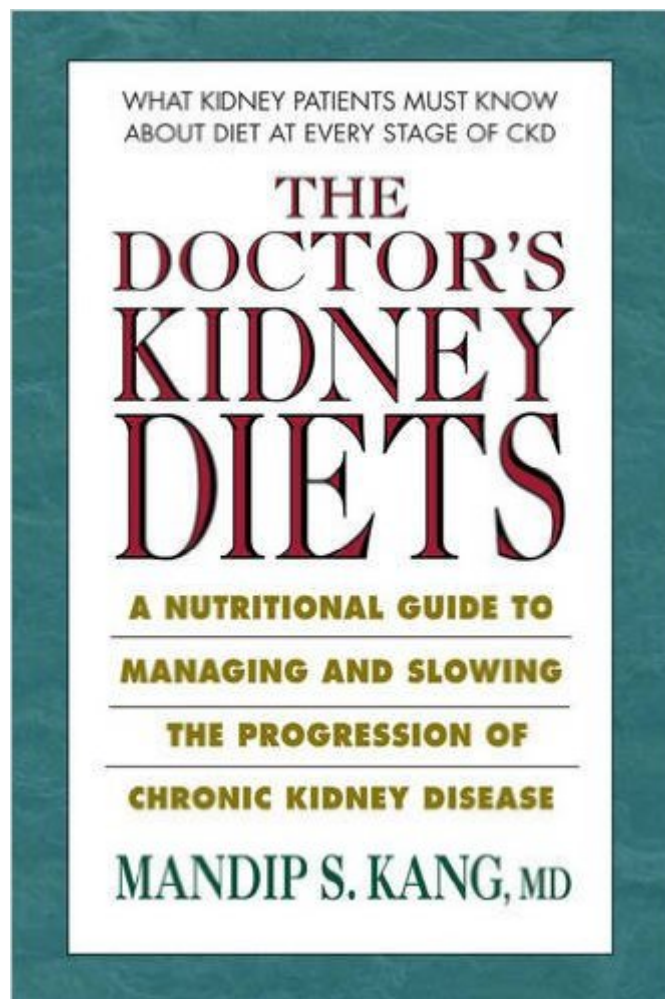
WHAT KIDNEY PATIENTS MUST KNOW ABOUT DIET AT EVERY STAGE OF CKD

THE DOCTOR'S KIDNEY DIETS

A NUTRITIONAL GUIDE TO MANAGING AND SLOWING THE PROGRESSION OF CHRONIC KIDNEY DISEASE

MANDIP S. KANG, MD

Synopsis

In the United States alone, 26 million adults have chronic kidney disease (CKD), and experts project that over half the country may develop CKD due to rising rates of disorders such as diabetes. While nephrologists can monitor kidney function and treat patients with medications, they canâ™t always offer the nutritional guidance that every kidney patient requires. To fill this information gap, Dr. Mandip Kang has written The Doctorâ™s Kidney Diets, a comprehensive guide to managing, slowing down, and even stopping the progression of CKD through diet. Â The book is divided into two parts. Part One provides a clear overview of kidney function, kidney disease, and the role that nutrition plays in the treatment of kidney problems. The doctor then reviews the special dietary considerations of individuals with CKD, including the need to limit certain nutrients, fluids, and other dietary components. Because different patients have different nutritional requirements, the doctor discusses the most commonly prescribed CKD dietsâ•the DASH diet, heart disease and diabetes diets, diets for dialysis, and moreâ•and concludes with important tips for enhancing overall health and maximizing treatment success. Then Part Two offers a wide variety of recipes for dishes that follow the dietary guidelines highlighted in Part One. Â Smart nutrition is essential to the treatment of kidney disease. With The Doctorâ™s Kidney Diets, you can become an active, effective participant in your own treatment plan.

Book Information

Paperback: 224 pages

Publisher: Square One (July 1, 2015)

Language: English

ISBN-10: 0757003737

ISBN-13: 978-0757003738

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (28 customer reviews)

Best Sellers Rank: #88,698 in Books (See Top 100 in Books)   #14 inÂ Books > Medical Books > Medicine > Internal Medicine > Nephrology   #883 inÂ Books > Health, Fitness & Dieting > Nutrition   #1151 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments

Customer Reviews

This is an incredibly helpful, empowering guidebook that combines crucial background information with a definitive dietary approach to managing kidney disease. Written in a manner that's

straightforward and easy to understand, this book will enable anyone facing the potential for, or diagnosis of, CKD to learn from Dr. Kang's expertise and take control of their health. The book explains the particulars of kidney function, kidney disease, and related health conditions and teaches why and how to assess the quality of the foods and nutrients in your diet. It offers key advice about healthful lifestyle changes and provides an extensive Resources section.A wonderful addition is the book's Recipe section, created by dietitians and presenting simple instructions, dietary and nutritional facts, and diabetic exchanges for a collection of healthy, delicious dishes. This book may have been written for people with or at risk of kidney disease, but it's a vital resource for anyone who wants to safeguard their health.

I have been a patient of Dr. Kang's for a number of years. I am very excited about his new book. I am looking forward to reading more about my condition, and what I can do better to continue to have good reports. Dr. Kang is an excellent, caring doctor, and I recommend this book to anyone with kidney disease, or even those who just want to keep their kidneys in good shape so they won't need a doctor. I know before I was referred to Dr. Kang I ate too many foods (many processed meals) with too much sodium and potassium, and now I know I have to watch my intake very carefully. I'm anxious to try the recipes he's included. When I see him again next February I hope my kidney function number will be the highest yet. Thank you Dr. Kang!

I recently purchased Dr. Kang's book. A must have book for anyone with Kidney Disease. It is easily understood and has easy to make recipes for all meals. This book educates you on eating the right food so this disease does not iprogress any further. It is important to be aware of foods that should be avoided Dr. Kang thourgly covers every aspect a lay person needs to know about this diease.

I took this book out at the library first and liked it so much I had to buy it. This book has everything I needed to know about preserving my kidneys. The recipes are good too. Highly recommend this book if you are diabetic and trying to preserve your kidneys.

A good deal of useful knowledge and information concerning the nutritional content of foods and their effects on the kidneys. This together with info about the way the kidneys function and healthy dose of common sense yields a book that helps the reader gain an understanding that is balanced and rational. A good place to start for those who are new to the problem.

Great book for people with kidney diseases. Even more recipes and ideas from the best Nephrologist in Phoenix!Dr. Kang shares his knowledge of the disease and the progression.I recommend for anyone who wants more understanding of kidney disease.

More than half of the book is recipes. The rest of the information is also not more than basic.

Great book for people that have Kidney problems

The Doctor's Kidney Diets: A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals to Manage Your Kidney Disease Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place) Kidney Disease Cookbook: 85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Migraine: The Nutritional Approach to Managing Migraine (Diets to Help) The Kidney Disease Solution, The Ultimate Kidney Disease Diet Cookbook: The Only Renal Diet Cookbook You Will Ever Need Alzheimer's Disease: Prevention Strategies & Ways to Slow Progression Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets The Mediterranean and DASH Diets: Tips and Recipes for the Most Effective and Healthiest Diets of 2014 Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) Diets: The Ultimate DIET RECIPES Book!: Diets: 100+ of the Best Weight Loss Recipes Compilation (Paleo Diet, Atkins Diet, Low Carb Diet, Ketogenic Diet) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Renal Diet Cookbook: Chronic Kidney Disease - 77 Remarkable Recipes Low in Salt, Protein,Potassium and Phosphorous for CKD (Bonus: 4-Week Diet Plan Challenge Included) What Is It And How Did I Get It? Early Stage Chronic Kidney Disease Handbook of Chronic Kidney Disease Management (Lippincott Williams & Wilkins Handbook Series) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection,

Gingivitis treatment, Tooth Decay) Healing Chronic Lyme Disease: LEARN HOW TO FIND A LYME LITERATE DOCTOR AND FINALLY GET A REAL DIAGNOSIS Cystic Fibrosis: The Cystic Fibrosis Care & Relief Guide - An Essential Guide For Parents And Family & Friends Caring For Cystic Fibrosis Patients (Respiratory ... Genetic Disease, Chronic Disease Book 1)