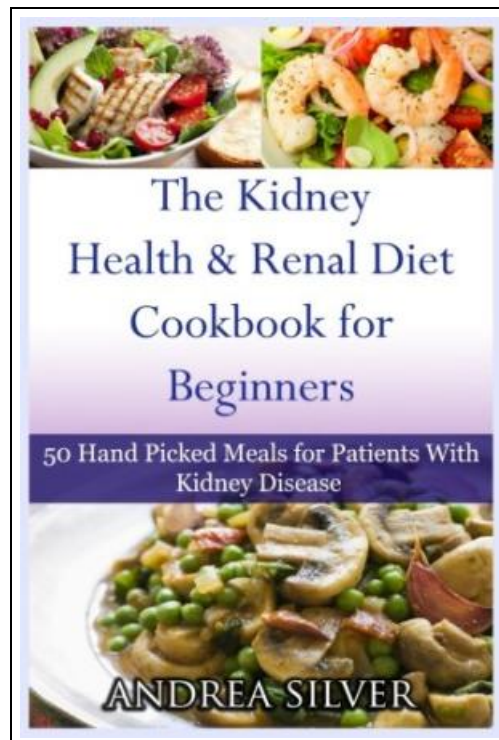


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Important steps to maintaining kidney health for those with renal failure or at high-risk. Don't wait any longer to learn about this information. When I was 24 my uncle was diagnosed with kidney failure. We ended up living at home with him in Scottsdale, and he needed specialized meals. I would cook for him every day while others shopped for the ingredients. It was actually this experience that led to a future career as a professional cook. It was a stressful time, but also an opportunity to learn a lot about health, nutrition and the importance of what we eat. I've since taken that knowledge to create this cookbook that I hope will help many others on a similar path. This book is designed for Newbies and will give the run-down about how renal diets work and the basic guidelines. This is not a substitute for receiving this information from a qualified doctor. However it can be used as a reminder to assist you on your journey. What follows are the best tasting renal recipes I've been able to create. Don't forget, you can read this for FREE on Kindle Unlimited, or buy for a couple of bucks by clicking Buy Now! When you download The Kidney Health and Renal Diet Cookbook for Newbies you'll discover recipes that were carefully prepared using professional nutrition guidelines to: Eliminate waste from the blood, reduce urination, provide quality sources of protein, maintain a balance of minerals and reduce harmful minerals to kidney patients, and improve overall health. Discover recipes like: Andrea's Crab Cakes Moroccan Chicken Thai Fish Soup Honey Mustard Chicken Breasts Mushroom and Egg Pie And a...

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