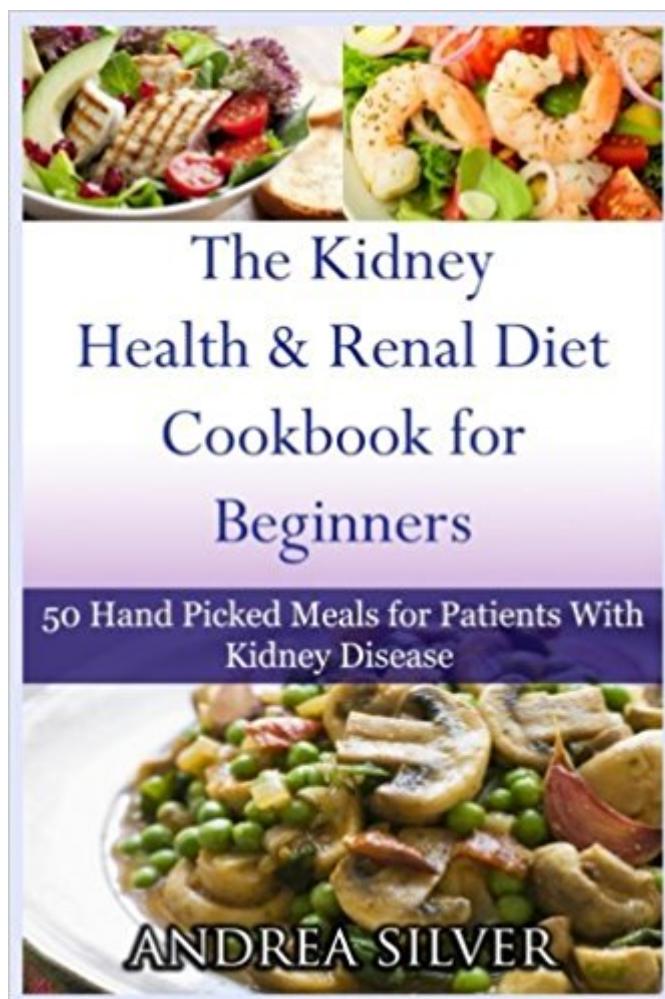


The book was found

The Kidney Health And Renal Diet Cookbook For Beginners: 50 Hand Picked Meals For Patients With Kidney Disease (Andrea Silver Kidney Health) (Volume 1)





Synopsis

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 lot more! We took extra care and time to create this cookbook for you, which we hope will improve the lives of those diagnosed with kidney disease. Order Your Copy of The Kidney Health and Renal Diet Cookbook today! You'll be very happy with this cookbook, or my name isn't Andrea the Internet's most prolific recipe creator (mild exaggeration, but possibly true). >>> Scroll up and Download a Copy Straight to Your PC Now, Or Enjoy a High Quality Paperback Edition

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