



Chronic Kidney Disease: For Beginners - Healthy Diet with Recipes to Help You Protect Your Kidneys and Avoid Dialysis! (Chronic Kidney Disease, Kidney Stones, Kidney Disease 101)

Adam Johnson

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Chronic Kidney Disease

For Beginners - Healthy Diet with Recipes to Help You Protect Your Kidneys and Avoid Dialysis!

The kidney represents one of the most important organs in the human body and needs to be subjected to a great deal of care in order to ensure proper functioning of the organ. However, we often tend to neglect it and end up paying a huge price for the same in the long run. The vitality of the kidney cannot be stressed enough and this is why we have come up with this e-book. Often, people suffering from kidney disorders are not aware of what they should do in order to overcome this problem. Here, we provide you with some easy-to-prepare and healthy recipes that will help you maintain a good overall health for the detoxing organs in your body. We hope you enjoy reading this book and make the most of what we are offering in the upcoming pages.

Here is a preview of what you'll learn:

- An introduction to what kidney disorders are all about, Why it is important that you maintain a healthy eating plan,
- What makes a kidney-friendly diet different from the rest,
- Some recipes to help you maintain a kidney-friendly diet.

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