



The Vegetarian Diet For Kidney Disease Treatment: Preserving Kidney Function With Plant Based Eating

Joan Brookhyser CSR

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Whether you are currently a vegetarian or just searching for a safe diet to follow with kidney disease, this book is for you. Based on the author's 20 years of experience in nutrition counseling for chronic kidney disease, this book provides easy to follow guidelines for plant based eating, to help slow down kidney function decline while keeping you healthy. Nutrition guidelines for different levels of kidney function are outlined. In addition many other nutritional tips are provided for your disease management. Several recipes are included to add variety to your eating.

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