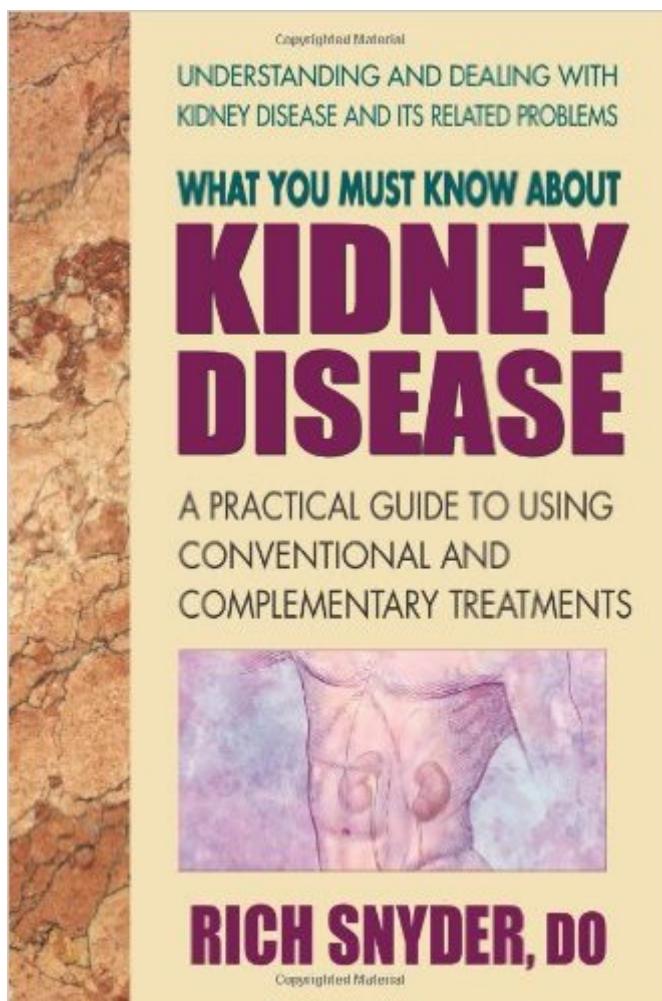


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# What You Must Know About Kidney Disease: A Practical Guide To Using Conventional And Complementary Treatments



## Synopsis

While the news that you or a loved one has kidney disease can be shocking, for over 26 million Americans, it is a reality. After the initial diagnosis, patients and families usually have a myriad of questions about treatment options. *What You Must Know About Kidney Disease* is designed not only to answer these questions, but also to provide the up-to-date information you need to cope with this potentially devastating problem. The book is divided into three parts. Part One provides an overview of the kidneys' structure and function, as well as common kidney disorders. It also guides you in asking your doctor questions that will help you better understand both status and prognosis. Part Two examines kidney problems and their conventional treatments. Part Three provides an in-depth look at the most effective complementary treatments, from lifestyle changes to alternative healing methods. The diagnosis of kidney disease is the first step of an unexpected journey. *What You Must Know About Kidney Disease* will help you understand the challenges ahead and choose the very best treatments available.

## Book Information

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## Customer Reviews

After reading all the glowing reviews of this book I found the book itself quite underwhelming. What this does well is explain the basics of kidney disease and the tests used to diagnose and monitor it. It is a good basic guide or very simple beginners guide. Even with the basics I often found parts of the book too brief to tell me what I wanted to know and I ended up doing lots of extra internet searches to clarify points the book made. I won't ever read this book again and I don't think it was a

good value purchase for me. The information about being a major participant in your own healthcare was good. The advice to get two or three second opinions and that does so is not cowardice but wisdom, is also good. The dietary advice is mixed. Advice to avoid allergens and gluten in the diet was good to see (as many experts point to links between food allergies and gluten and kidney disorders), but advice to eat soy and lots of whole grains and to avoid saturated fat in the diet is misguided. For anyone considering buying this book primarily for the discussion of 'complementary therapies' it contains I would say don't bother. I was hoping for information that was specific to kidney disease and which also talked about any particular issues kidney patients may have with supplementation. Things that are needed in higher amounts than usual or things which should be avoided, or avoided by some perhaps. But it was all very brief and superficial and generic. It wasn't all that up-to-date either. You could easily get information of this quality online in just a few minutes of internet searching. You can get instructions to take small doses of a few random things such as CoQ10 anywhere!

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