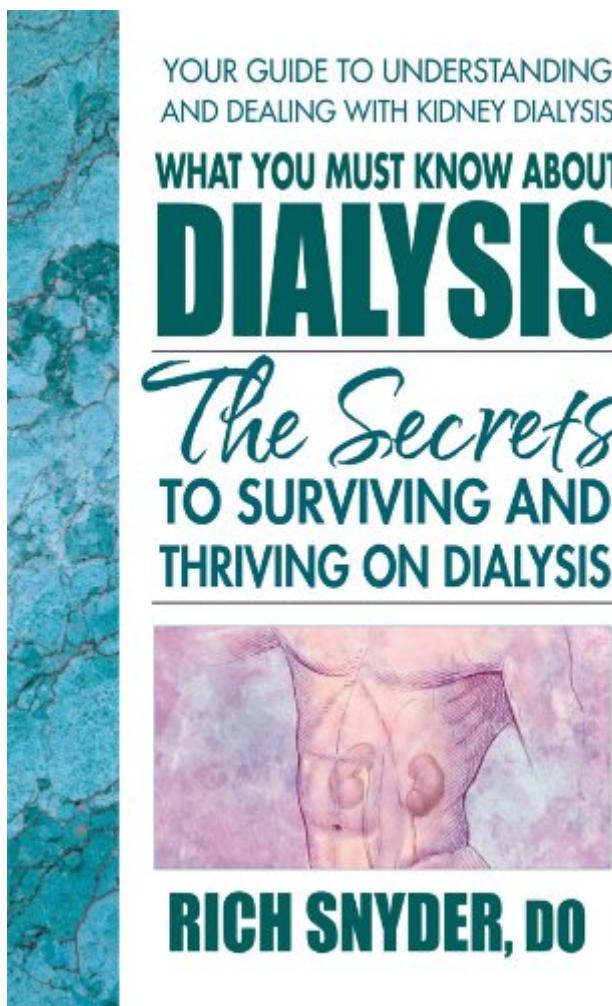


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# What You Must Know About Dialysis: Ten Secrets To Surviving And Thriving On Dialysis



## **Synopsis**

Dialysis can be a life-saving technique for the individual whose kidneys are unable to remove toxic waste and excess water from the blood. But over time, the process can become both physically debilitating and psychologically difficult. To address these issues, kidney specialist Dr. Rich Snyder has written a complete guide to dialysis. This book not only provides answers to common questions about the process, but also offers practical advice and strategies, as well as complementary options that can help you deal successfully with the many aspects of your treatment plan. The book begins with an introduction to dialysis—what it is, how it works, and what types are available. It then goes on to discuss the importance of blood tests, common medications and their complications, and associated disorders. Crucial information is included on natural supplements, lifestyle changes, nutrition, and effective coping tactics. For most people, dialysis is an unplanned and uncharted journey. In this book, Dr. Snyder lights the path ahead by combining compassion with rock-solid information that can make a real difference in your health.

## **Book Information**

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## **Customer Reviews**

Just what I needed..

this book was a great source of knowledge I would recommend it to anyone who needs to know everything about dialysis. I learned a lot

Written by a kidney doctor in a friendly, conversational style with practical suggestions to feel better with dialysis treatment. Covers lifestyle issues with solid suggestions for diet and supplements, exercise, types of dialysis. Includes the importance of spirituality, family and friends.

Very clear information. This is a good resource book of information.

Interesting book but nothing new or helpful for the long time dialysis patient.

It is very helpful and I refer to it often. I have recommended it to a couple of people.

I gave this as a gift to someone who is doing dialysis. He liked it and found it very informative.

Very clear i love it.

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