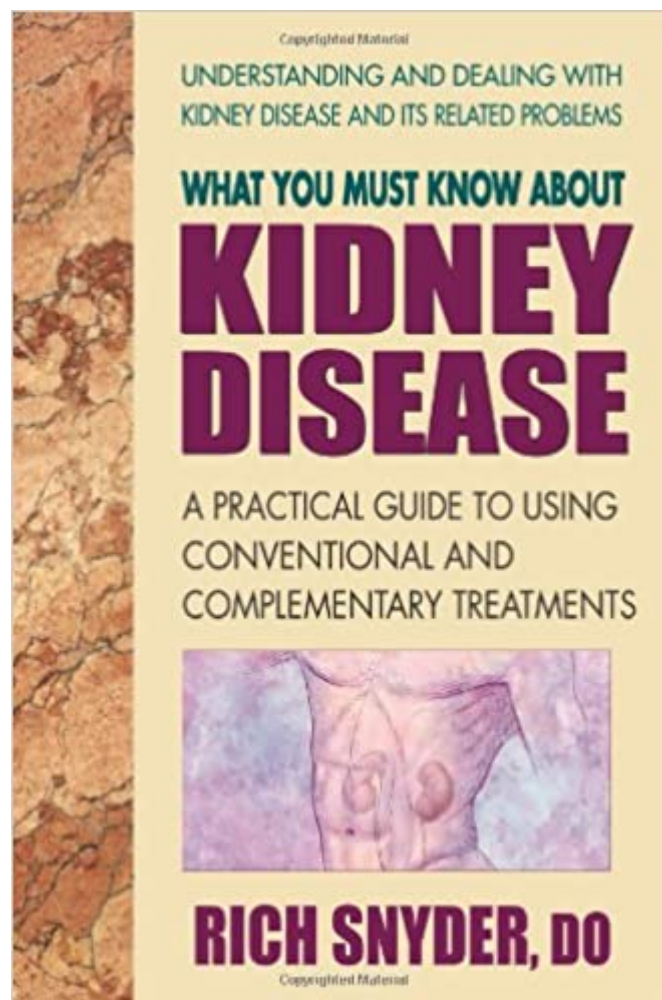




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# What You Must Know About Kidney Disease: A Practical Guide To Using Conventional And Complementary Treatments



## 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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"An arsenal of health-promoting weapons is at your disposal." Explaining these weapons in layman's terms makes *What You Must Know About Kidney Disease* valuable for the newly diagnosed kidney patient." --Lisa James--*Energy Times*

"An arsenal of health-promoting weapons is at your disposal." Explaining these weapons in layman's terms makes *What You Must Know About Kidney Disease* valuable for the newly diagnosed kidney patient." --Lisa James

Rich Snyder, DO, holds a medical degree from the Philadelphia College of Osteopathic Medicine. He completed his residency in Internal Medicine at Abington Memorial Hospital and his Nephrology Fellowship at the Hospital of the University of Pennsylvania. He is board certified in both Internal Medicine and Nephrology. Dr. Snyder is a contributing member of the American Osteopathic Association, the American College of Osteopathic Internists, the Renal Physicians Association, and several other medical organizations. He is also the author or co-author of numerous articles in peer-reviewed journals and is the best-selling author of *What You Must Know About Kidney Disease*. In addition to being a popular speaker, Dr. Snyder has appeared on numerous radio and television shows throughout North America. Currently, Dr. Snyder maintains a full-time clinical nephrology practice in Easton, Pennsylvania.

Even though I own a health food store and my family always tried to be "healthy", my daughter came down with glomerulonephritis when starting high school. After ICU and biopsy, no one could come up with a cause. After she started dialysis, I googled day and night. My wife and I decided to take out her dental braces and remove the gluten and cow casein from the diet. As far as supplements, she got off the one a day children's chewable and started taking about 25 capsules daily. Shortly afterwards, her doctor took her off dialysis and removed her catheter. He likened her recovery to a miracle. When I read Dr. Snyder's book and on page 68 he listed gluten, cow's milk and food allergies as inflammatory triggers of glomerulonephritis, I was quite happy to find a nephrologist that agreed with my daughter's homemade treatment. I read his entire book twice and will probably read it again. There are so many things beneficial to the kidney that anyone can do themselves. I am always looking for more ideas as my daughter still has some proteinuria and is still on alternate day prednisone. If anyone wants to see the details of her case look at [...] or to contact me send an email to [healthfood@comcast.net](mailto:healthfood@comcast.net) - Brian Flanagan.

Not long ago, I started seeing Dr. Snyder as a patient. I have found him to be extremely knowledgeable, open-minded, and totally committed to effectively treating his patient by whatever means works. Upon learning that Dr. Snyder had recently written a book, *"What You Must Know About Kidney Disease"*, I was very anxious to read it. The book is written for the patient (in lay terms). After reading the book, I came to the conclusion that Dr. Snyder is, not only a gifted physician, but a gifted writer. He has the ability to make the complicated very understandable, in a way that does not talk down to his reader. His style is such that, in addition to being easily

understood, one is easily able to retain much of what one is reading. It reads so well that it is difficult to put down. This book will be enjoyed by a wide variety of readers having many different needs and interests.

Dr. Snyder has written a highly readable, and a highly informative book about kidney disease. He writes it in layman terms so that it is easy to understand. I like that he offers alternative treatments well as the established medicinal treatments. My daughter has been cured of her kidney disease using the alternative approach to healing. I would HIGHLY recommend this book for anyone seeking to understand about kidney disease and the varied approaches to curing it.

A little too general in the info offered but it does offer a lot of info. Maybe that is the problem.

No hidden agendas. It is well organized and the index works well. Information about CKD status and progress was really revelatory to me. I have the NKF book "LIVING WELL WITH KIDNEY DISEASE". It's bland and copyrighted in 2007. One would think that an organization dedicated to a disease would be current. Don't get me started on the incompetent management of the NKF. I spent my 40 year working career working with physicians in all specialties on a national basis. Doctors of Osteopathy always struck me as practical, self-effacing, knowledge seeking, patient caring healthcare providers. More so than the more common and "illustrious" MDs. IMHO.

An excellent book for those with Kidney disease, written by an Osteopath who is a board certified nephrologist (kidney dr). A good companion to Dr. Wlaser's "Coping with Kidney Disease". Both write in a very clear style and present a lot of good information.

good

This book goes with the Dialysis book that I got that Rich Snyder wrote - they are both WONDERFUL informative books - well written, very helpful - easy to read and easy to understand - they have none of the "BIG MEDICAL TEMRS" that throw the common layman.

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