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# Kidney Stone Diet: Eat To Prevent Kidney Stones



What to eat and not eat to  
+ prevent kidney stones +

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## Synopsis

Having a kidney stone is a memorable experience – but not a pleasant one. There's a reason why people liken the pain to prolonged natural childbirth. As physicians, we've heard people describe the pain of kidney stones as the worst they've ever experienced. To make matters worse, once you've had one kidney stone you're at higher risk for another one. Research shows diet plays a key role – what you eat and what you drink – impacts your risk for kidney stones. We've seen this play out in clinical practice. Yes, it's possible to eat to prevent kidney stones. In this book, we keep things simple. First we talk about the basics – what kidney stones are, who gets them and why. Then we get to the heart of the book – the role of diet and what to eat and drink to lower your risk for getting kidney stones. We've seen patients benefit by following these dietary guidelines and we're confident they can help you too. Here's a sampling of what you'll learn: Should you get more or less calcium in your diet? Are calcium supplements safe if you've had a kidney stone in the past? An ingredient in many packaged foods and foods you get from fast food restaurants and sit-down restaurants that increases kidney stones and kidney stone recurrences. What to drink and not drink if you've had kidney stones. It matters! You'll also learn about a good-tasting beverage that can lower your risk for kidney stones. Should you avoid foods high in oxalates? What about protein? Is plant-based protein better than animal protein for preventing kidney stones? Are some forms of fat better than others? Why eating low fat won't lower your risk for kidney stones. Two minerals that may lower your kidney stone risk. Are there supplements that can lower your risk? Lifestyle changes that lower your risk for kidney stones. And more. We've combined our clinical knowledge and experience with patients to bring you this book. We're hoping it'll help you cut through the internet myths and confusion about what to eat and drink if you want to prevent kidney stones. Here's to a life free of kidney stones!

## Book Information

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## **Customer Reviews**

Kidney stones are obviously a pain. It would be great if they could be avoided. This book is an excellent start in helping to understand why kidney stones form and what can be done to prevent them naturally. I like the fact that it's written by medical doctors who actually understand and treat kidney stones regularly. The information is easy to understand and the guidelines very specific. Highly recommended for anyone interested in preventing kidney stones naturally.

Kidney stones are an extremely common problem. This book is easy to read and contains a lot of tips for simple things we can all do to reduce our risk of stones! It is particularly helpful to have a resource from a reliable source. I really enjoy that the authors explain the formation of kidney stones and how we can make changes to our diet and lifestyle to try to avoid stones. I would highly recommend this book to anyone looking to learn about risk factors for kidney stones and about things they can do to try to avoid them in the future.- Jacqueline Stevens

This is a very practical approach for someone who is prone or has a family history of kidney stones. This book was written by practicing physicians that treat kidney stones regularly. Even though this book is very clinical, the authors made it very readable and understandable. Worth the read!

I thought it was very basic and helpful! I will take everything I have learned and put it into practice since I have already passed about 25 stones in the last 3 years! Because of the book I have even diagnosed my stone to be from Uralic acid!

The authors, both medical doctors provide a thorough explanation of what kidney stones are, why

they occur, and what can be done to prevent them. The information is current, clearly presented and useful in helping to develop a detailed plan to live a life kidney stone free. The link to the recipes on Pinterest is a nice bonus as well.

This is a brief overview of the basic do's and don't of healthy eating if you've suffered from a kidney stone. It's superior to the outdated lists you find on the web with conflicting information. I liked that it explained the science behind each suggested or restricted food. It is informative without being overwhelming, and reading it answered some of my questions, particularly about sugar and soy. To find the same material via internet research takes much longer and you have to sift through many articles, lists, and sites. I wish it had some actual recipes, as I downloaded it when looking for low-oxalate cookbooks. It was free though (with Prime. IDK otherwise) and it does provide links for people who have pinterests. Worth the hour to read it. Wish this was what they gave me at the hospital instead of that old crummy list! Would've saved me time online!

Book was very informative and easy to read and grasp. The only thing keeping it from a 5-star review is that the yes foods and no foods were not in a clearly listed format for quick and easy reference.

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