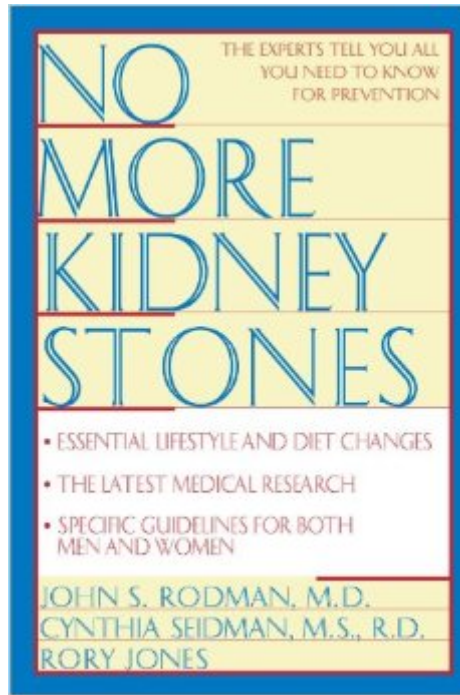


The book was found

No More Kidney Stones



Synopsis

A Proven Plan To Stop Painful Kidney Stones Dr. John Rodman, an internationally renowned expert in the field of kidney stone disease, offers you a plan that can eliminate this painful disease from your life forever. With Dr. Rodman's proven plan, you'll discover all you need to know about: * What risk factors cause the different types of kidney stones * Which type of stone you are prone to forming and how to prevent it * Which traditional holiday foods trigger stone formation * What seasons of the year put you at higher risk * How to modify your diet and stay stone-free

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Customer Reviews

Authorities on kidney disease impart essential information for kidney stone sufferers to prevent future stones from being manufactured by their bodies. The first part explains the science behind kidney stones, how and why they are formed and what dietary and lifestyle elements promote stone formation. The second section translates this material into an easy-to-follow program for eating to avoid kidney stones that includes menus, recipes and other guidelines to halt the stone-making process.

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