



Coping with Kidney Disease: A 12-Step Treatment Program to Help You Avoid Dialysis

Mackenzie Walser, Betsy Thorpe

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A revolutionary program that can indefinitely postpone the need for dialysis

If you've been diagnosed with kidney failure, this book could save your life. If you suffer from diabetes, hypertension, obesity, or any of a host of conditions that put you at risk for kidney disease, you owe it to yourself to read what is in this book. If you are among the 60,000 North Americans who go on dialysis each year, the information in this book could substantially improve your quality of life.

In *Coping with Kidney Disease*, a leading expert tells you, in plain English, what you need to know to:

- * Understand kidney failure
- * Recognize early warning signs of kidney failure
- * Get a proper diagnosis
- * Talk with your doctors about it
- * Confidently evaluate treatment options
- * Take charge of your treatment
- * Delay dialysis or even avoid the need for it altogether

The centerpiece of *Coping with Kidney Disease* is Dr. Walser's revolutionary 12-step program for avoiding dialysis. Based on treatments he has pioneered with his own patients at the Johns Hopkins University School of Medicine, the program calls for a supplemented low-protein diet supported by treatments to control blood pressure and correct high cholesterol. So effective has this breakthrough strategy proven to be that in many patients it actually worked to slow or arrest the progression of kidney failure to the end stage.

Knowledge is power. *Coping with Kidney Disease* empowers you with what you need to take charge of kidney disease.

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