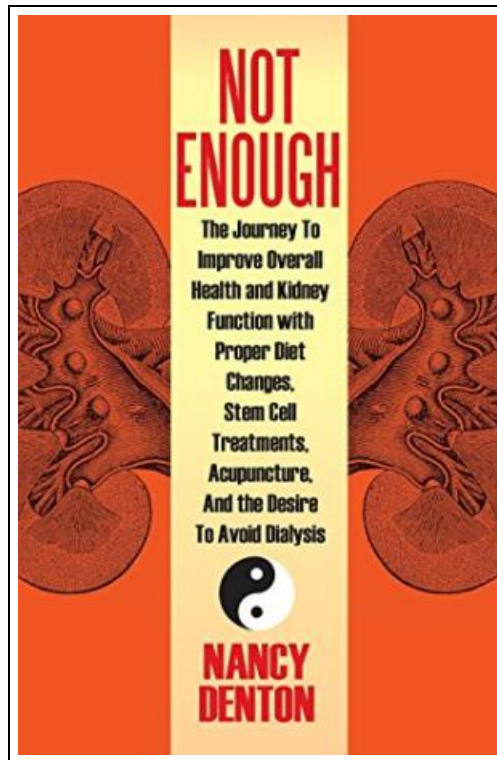


## Not Enough: The Journey to Improve Overall Health and Kidney Function with Proper Diet Changes, Stem Cell treatments, Acupuncture, (Paperback)



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*The publication is easy in read through preferable to fully grasp. It is written in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).  
(Kevin Bergstrom Sr.)*

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Outskirts Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a true story based on one man s desire/goal to not go on kidney dialysis. The story takes us through the world of chronic kidney disease, mainstream medicine s approaches to treatment and diet, and the need to look outside the box when there is Not Enough information and resources. His wife has been a Registered Nurse for 28 years and helps him wade through the research results of traditional and non-traditional approaches to treatments and diets for chronic kidney disease. We are led through medical tourism with stem cell and acupuncture treatments in Bangkok, Thailand. We get a glimpse into one couple s search to blend Eastern and Western medicine to accomplish Jim s goal of beating the odds when his kidney function plummeted to 16 . A look at purposeful, responsible approaches to using prescription and natural/herbal medicines utilizing professional consults and resources. An outstanding resource for proper dietary guidelines, alternative foods, and wonderful recipes to help guide others through this journey. If you have chronic kidney disease, diabetes, or hypertension, or know someone who does, this is a must-read for inspiration and guidance to achieving your optimum state of well-being by learning how to change your dance routine.



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