

Integrative Nephrology

A Systems-Based Approach to Modern Kidney Care

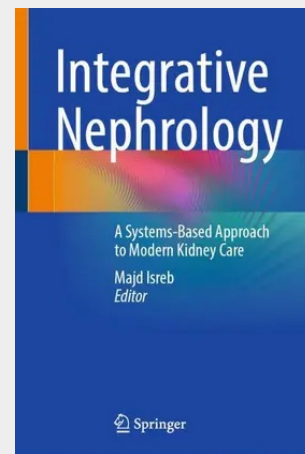
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provides a comprehensive framework for incorporating systems-based and integrative approaches into modern kidney care while maintaining rigorous scientific standards. The book bridges conventional nephrology with emerging insights from genetics, lifestyle medicine, metabolic physiology, environmental health, and stress biology.

The text explores the foundations of kidney physiology and disease while presenting practical clinical frameworks for integrative management of hypertension, chronic kidney disease progression, kidney stones, and cardiorenal and metabolic disorders. Contributors examine the role of nutrition, sleep disorders, autonomic dysfunction, environmental exposures, and other systemic drivers of kidney disease.

Designed for nephrologists, physicians, trainees, and integrative medicine practitioners, serves as a comprehensive reference for clinicians seeking to expand kidney care beyond traditional disease management toward a more systems-oriented approach to renal health.

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