



# Stress-Free CKD Eating: Conflicting Information



**The truth about  
why it exists and  
how to escape it**



# Hello, Hello!

## It's so nice to meet you.



Linda is a Certified Renal Nutritionist dedicated to helping individuals manage their kidney health through personalized nutrition.

As a Chef honors graduate of Auguste Escoffier Culinary School (yes, she is a CKD chef!), she combines her culinary expertise with her nutritional knowledge to create delicious and safe kidney-friendly meals. (see the cookbooks page).

She is certified as a Kidney Health Coach and has spent the past decade as a caregiver to her husband, who has stage 3 kidney disease, ensuring his diet supports his health while still being enjoyable.

Linda's work includes serving as a culinary consultant for American Kidney Fund® for four years. Many of her recipes are featured on their Kidney Kitchen® website. She has also provided cooking demos, webinars, and educational content for their blog. She has also taught educational classes locally and online. Her involvement extends to her online support groups, and she also does informational guest spots for medical professionals and organizations who wish to learn the proper execution of a kidney diet and how to work with her. Linda has also demonstrated her CKD culinary expertise for the National Kidney Foundation® and has been featured in Culinary Entrepreneurs® magazine.

*"I am a Renal nutritionist (& chef!) who decided to branch out from the traditional office setting to better serve clients. By practicing online, I can reach more people and be more available without the constraints and high costs associated with office visits. This way, I can focus fully on helping individuals like you navigate your health journey, no matter where you are."*

### MEDICAL DISCLAIMER FOR INFORMATIONAL PURPOSES ONLY

This work is offered with the understanding that CKD Culinary Consulting, LLC is not rendering medical, legal, or other professional advice or services. No liability for any inaccuracies.

Seek professional services if needed. No guarantee to health or the slowing or halting of kidney disease is expressed. CKD Culinary Consulting, LLC makes no representations, warranties, or medical claims or advice, or to the accuracy or completeness of the contents. No guarantees may be created or extended by use of the materials within. Advice, strategies, suggestions, menus, methods, information, recipes, etc., may not be suitable for every situation.

CKD Culinary Consulting offers no guarantee or undertaking and makes no representation of any kind that the program or products will meet Your requirements, achieve any intended results, be compatible or work with any other dietary needs. This information is for home use only. This is shared information based on experiences.

No liability is assumed by CKD Culinary Consulting, LLC for this information, for any misuse, misdirection, or situations arising from what you do with this information.

## Conflicting Information

Can we talk about how conflicting information is the worst? 😞

Eat this, don't eat that. Go vegan, don't go vegan. I mean, can we just get some clarity here?? 🤔 It's overwhelming!

💣 With CKD, it can feel like every new piece of advice online cancels out the last one. One source says, "Enjoy whole grains," while another warns you to avoid them, and suddenly you're left wondering if anything is safe to eat. You're starving and want the answers right now so you can eat something.

I get it. I've been there.

It's exhausting, overwhelming, and honestly, it starts p\*\*sing you off. You want to scream at the professionals you feel should be helping you, but... they aren't, are they?

Yeah, they didn't help us either.

**The truth** about conflicting information is simple. It's all based on **omitted information** and their **belief in your inability** to manage your diet.

And let's be honest, sometimes it's just **bad advice** they are handing out!



**Here's the deal**—it's easier for them to just say "Don't eat that" than to show you how to make it work for your specific needs.

Can you have those foods they told you not to? **Yes**. Do you have to go vegan? **NO**. Only if you want to.

Look, it's not a simple one-page blog post telling you HOW to fit those foods into your CKD diet; it's a process that you need to be shown how to do.

>So, they don't bother<

Here's the kicker!! Every site will pick and choose what **they** think is safe enough **for your** kidneys.

Aaand conflicting information is born. Let's face it, you were set up to fail.

Because this isn't a casual thing—we're talking about managing **a serious condition**.

You need to be shown how to manage your diet. And that's exactly what the **CKD Nutrition Program** is here for.

**Forget the conflicting info—it's bad news.** It's time to finally get the truth, step by step, on how to care for your kidneys for life. So, the real question is—**are you ready to learn?**



## Can You Improve Your eGFR? Here's the Truth

It is possible to improve your eGFR (and even get off dialysis in some cases, or raise a stage), but it doesn't happen overnight—and for some, it may not happen at all. In Fact, it's rare.

What's most common?

The people who share stories about raising their eGFR dramatically (not necessarily about getting off dialysis) often had lifestyles that were hard on their kidneys. When they made big changes, their kidneys got a much-needed break and “bounced back” a little. This doesn't mean they found a miracle cure; it means they stopped damaging their kidneys and started treating them better.

### The truth:

- ✓ There's no cure for CKD.
- ✓ The real goal is to slow or stop the progression.

### Here's what you can do:

- Manage blood pressure and diabetes, if applicable.
- Exercise regularly.
- Eat according to your personalized CKD nutrition needs.

You may also want to talk with your doctor about medications that could help. Remember, every step you take toward better care gives your kidneys a better chance to stabilize.



## Lowering Creatinine—What You Need to Know!

When it comes to creatinine, a lot of confusion circulates. The truth is, our bodies make and excrete creatinine—and contrary to popular belief, diet doesn't play much of a role in lowering it.

**Here's the kicker:** You could be in stage 4 CKD with a creatinine level closer to normal because your remaining kidney function is still filtering well.

You could be in stage 2 with a high creatinine level because, although you have much kidney function available, it is struggling to filter.

So, when I hear people say, "I need to lower my creatinine" or "How do I lower my creatinine?" They're really asking, "How can I help my kidneys filter better?"

Unfortunately, creatinine numbers don't change much with diet alone. It's not something we can control directly through food. But don't worry, this is where medicine and science come into play. There are medications available, so talk to your doctor about how to manage it.

### 👉 The Bottom Line:

**Creatinine is not something we can fix with diet.** If your creatinine is high, it's time to talk to your doctor about treatment options to stabilize those numbers.

## Meal Plans are a NO GO

### Your Nutritional Needs Depend on More Than Just Your CKD Stage.

Your CKD nutritional needs are shaped by many factors, including:

- Your stage / eGFR
- Lab results
- Other health issues
- Activity levels
- Medications, etc

🌐 Here's the catch: Most online information and recipes are designed for Stage 3—the largest CKD group—but even Stage 3 has a wide range of needs!

For example:

- Upper Stage 3a may handle higher nutrient levels.
- Lower Stage 3b often needs stricter limits.

Under- or over-consuming nutrients can lead to new health issues and faster CKD progression.

- That's why a personalized approach is key to protecting your kidney health.

## Can I Repair My Kidneys? Let's Talk Reality.

I get it—you're scared, frustrated, and desperate for answers. Living with CKD is hard, and it's natural to want a miracle, something to make it all go away. But the truth is, there are no shortcuts.

### 🚫 The Dangerous Truth About “Quick Fixes”

**You've probably seen the promises:**

- “Cure CKD”
- “Reverse Kidney Damage”
- “Detox Your Kidneys”
- “Flush Toxins”

Or products like:

- Supplements
- Herbs
- Teas
- “Ancient Remedies”
- Science-Based Meal Plans
- Gut Health Fixes

**Here's the scary part:** many of these are gimmicks. They're designed to play on your desperation, take your money, and sometimes even worsen your kidney function.

### ⚠️ What's Really at Risk

Quick-fix promises like these waste precious time and resources while your kidneys need real, personalized support. They can also lead to fast CKD progression by straining your kidneys or causing imbalances in your body.

### 🛑 The Reality You Need to Hear

There is no cure for CKD and no way to reverse the damage. But that doesn't mean all hope is lost. What you can do is to help slow its progression, protect your kidney function, and avoid risky jumps in decline. The **ONLY** way to do this safely is to:

- Adjust your diet based on YOUR lab numbers.
- Make lifestyle changes specific to YOUR needs.
- Follow professional medical guidance.

### 💡 Stop Wasting Time—Start Managing Safely

In my CKD nutritional program, we skip the gimmicks and focus on what works. Together, we'll create a personalized plan that supports your kidneys and helps you manage your health confidently.

Your kidneys don't need a miracle—they need the right care. Let's make it happen.



## The How to Eat for CKD Nutrition Program

“I've helped hundreds of kidney patients regain confidence in their diets and take control of their health. No more being consumed by fear or confusion about what to eat. They're now slowing or even stopping disease progression and getting back to living life again. The CKD Nutrition Program puts you in the driver's seat of your health. You'll learn how to make informed choices, confidently manage your CKD, enjoy the foods you love, and understand how to manage your kidney diet for life. No one-size-fits-all plans here—it's personalized, practical, and proven.

**One thing is clear: this program works, and it's changing lives every day.”**

# The How to Eat for CKD Nutrition Program

Created by Renal Nutritionist  
& CKD Chef Linda Blaylock

**HowtoEatforCKD.com**



I prefer working with clients online rather than in an office because it allows me to help, inform, and support you more effectively. The best way for me to guide you is by having you join my program or purchase the book. It's like having ten sessions with me, but you get to go through the steps for managing CKD at your own pace and on your own time!

Head on over to my site:  
<https://www.howtoeatforckd.com/>  
for more information .