



RENALDIET HEADQUARTERS PODCAST

CHRONIC KIDNEY DISEASE
& DIETARY INFORMATION

RENALDIETHQ.COM

Hi and welcome to the Renal Diet Headquarters podcast I'm your host, Mathea Ford, registered dietitian, and CEO for Renal Diet Headquarters, and I would like to welcome you to our first podcast. You'll find show notes and other information on our website at <http://www.RenalDietHQ.com/001>, for this specific podcast. Those are numbers at the end of the link, not o's or anything, it's just renal dietHQ.com/001.

Thank you for joining me today. This episode is being released on Christmas Day, 2013 and is just an introduction to our radio show.

First of all I want to tell you about RenalDietHQ. Our mission is to be the most valued resource on kidney disease, on the Internet, for people to use to improve their health. Our website provides extensive information about dealing with chronic kidney disease. Each week, we have new information based on topics requested by members of our audience. That includes you, you can send in a request as well. If you want to find out about our new posts every week, and when they come out, head on over to RenalDietHQ.com/001 and I'll have a link in the show notes, so you can sign up for the newsletter. We have a weekly email newsletter that comes out, and you can learn more about everything that happened that week.

The next thing is I want to tell you a little about myself. I've been a registered dietitian for 15+ years. Seems like it's a long time, but it seems to have gone very quickly. I have spent the majority of that time, working with customers, patients and their families, planning menus for different health conditions. So I've worked as a clinical dietitian, an inpatient dietitian, an outpatient dietitian, and I've worked as, it's called an administrative dietitian, where I manage the inpatient food-service and menus, which is what I do now.

As of now, I have also released 19 books on Amazon; most of them are about chronic kidney disease. If you want to find those, you can go to RenalDietHQ.com/go, that's G-O/author, A-U-T-H-O-R and now take it to my author page. But some of those books are also about gestational diabetes. I had gestational diabetes when I was pregnant with both of my children and I feel a certain amount of empathy, sympathy, need to talk to those women, and help them out. So, I have about five books about gestational diabetes, and then the rest of my books are about chronic kidney disease. In the future, I will have more books about specifically diabetes and heart disease. So I'm working on branching out, and trying to help people who have diabetes who may not have chronic

kidney disease yet, to have a resource as well, and to help prevent developing kidney failure.

My past work history I've been in the United States Army, I am a veteran, and I worked in hospitals for most of my career. I spent about five years designing kitchens and traveling around installing room service, but still in hospitals. I've mostly worked in hospitals in Texas, Kansas, and Oklahoma. I'm originally from Kansas, and I currently live in Oklahoma with my family. I work at Renal Diet Headquarters and Healthy Diet Menus, those are my two online businesses. Our businesses have been around for about four years, and so working on this for a while, and developing the programs that we have and I work with my husband, Keith, who serves as marketing and our operating officer.

One of the things we do at Renal Diet Headquarters is meal planning, and we have a meal planning system, as well as the books are written for Renal Diet Headquarters. I want to talk a minute about renal dietitians or just registered dietitians in general. As a registered dietitian we see ourselves as the nutrition experts, and the reason why we see ourselves that way, the reason why we most people feel we are nutrition experts, is because we spend four or more years in college, studying nutrition and food. Learning about food and food has always been my favorite part of nutrition. Learning to cook and cooking in creating meals a meal planning is always been fun for me. So you can make failed that is both healthy and right for your diet so you enjoy what you eat and improve your health and your condition. I enjoyed doing that quite a bit so as a dietitian you spend four years in college and then you complete usually after that you complete an internship that is a specialized and focused program that helps you to learn more about your day-to-day roles as a dietitian.

So in an internship, you learn the practical applications of everything that you learn in college. Your biochemistry, and your food science and all that, all of a sudden you get to apply that and see how it works in day-to-day life and that's something I also do my regular job is work with interns, and I get to see them have that wow moment, when they realize what they learned college, and how it fits into the real world. So once you're done you get to spend then a lifetime learning more about areas that you specialize in. so most dietitians choose to either become a clinical dietitian or administrative dietitian, most of us choose to specialize kind of in an area you may have met a cancer dietitian or you may have met renal dietitian. We can get certifications in those different areas. There's also certification for gerontological dietitians and for nutrition support dietitians. So there are lots of specialties the dietitians can have and so were not have a one-size-fits-all, but most of us have something that we learned quite a bit about so that we can become experts and we can do their best were more helping people with that condition.

As for what I do, my job at Renal Diet Headquarters is to write a lot of the information for the websites and the books and kind of to do planning. So I have that knowledge I have that experience and I'm always doing research to read the latest discoveries and to share with you the information that I've gathered. I plan the monthly schedule that we have, and try to let you know, through this podcast what we have planned for that

month. For example, January is coming because this is being released at the end of December, and it's about starting up your new year healthy and we are going to talk a lot about healthy starts to your day, and healthy starts your year, and so I'm going to do radio shows or podcasts, about how to get healthier foods, and how to eat healthy, and how to do all that with kidney disease. So what you'll find is me talking about in January, goal planning, goal setting, our next episode is can be about goal setting for the new year and how you can do the job planning but you'll find that the month of January most of our topics are related to that. I may tell you at the towards the end of January coming up next month we are going to talk about this certain topic and let you know what's coming that month, just so you can be ready for it.

If you have any specific feedback I'm going to give you an email at the end that you can send me an email about the topic if you want to hear something specific. So if I say right now January's about healthy eating healthy starts to your day, healthy goals, and you have a comment about that, please feel free to send me an email.

The next thing I want to talk about is what to expect from this podcast, or this radio show, as I call it. You should expect to hear from me weekly and I'm going to release the episodes on Wednesdays, I'm going to do my best to release the episodes every week, but don't worry, you have to remember that, if you go ahead and subscribe in iTunes or stitcher you will get the download when it appears that automatically come through in your Internet. You will also be able to listen on the website you may be listening to this on the website now. If you don't have iTunes or an MP3 player, so if you want to subscribe, that would be great, you just go into iTunes and click the subscribe button, or if you want to listen on the website that's also great. Those always be there for you. And you won't always have to listen to just me talking, I'm going to do interviews with other dietitians, with nurses, with patients, and doctors. So if I tell you that I have a topic coming up on heart healthy or something like that, and you feel really strongly about that or you have an episode with that experience, send me an email and let me know, "Hey, I would like to be in your podcast and talk about that" or "I have a specific question about that topic". I would love to hear it.

I am going to my best to get a variety of perspectives both from the patient side and from healthcare provider side. So shows one is just me talking will be about 30 minutes, todays show I think is probably can end up in about 15 minutes. Shows with guests should be 30 to 45 minutes. I probably have a little bit of talking at the beginning and then you hear the guest, and I'll do a little bit wrap up, but I'm not going to go back and remove my ums and ahs, when I'm just talking, I'm going to do my best to minimize that and get better each time but, even though I prepare well, I'm going to get better. I'm not going to repeat myself, as much, so I hope to let you know that, so if you have problems or if your suggestions on how to get better, let me know. The email I want you to send any information, any notes you have about the podcast, would be to podcast, and that's <mailto:podcast@renaldiethq.com> that's <mailto:podcast@renaldiethq.com>. I'm going to try to incorporate whatever notes you send me.

In wrapping up this initial podcast/ radio show, I want to remind you about our mission at Renal Diet Headquarters, our mission is to be the most valued resource on kidney disease on the Internet for people to use to improve their health. You are hear me say that a lot, because I really feel strongly that we can be the resource that people need to go to for free to get that information about kidney disease and how to stop the progression.

I hear so many times from people who have just learned that they have kidney failure and are looking around and they need a place to gather everything in and I want to be that source of knowledge. I want to be the place that people can find that they can learn and find out the questions that they need to talk to the doctor about, or find out answers to things that they've not had enough answers to. It's not a small mission, but we know that lots of people in the world need it and we want to be there for you. I want to let you know about our latest products and I'll do this at the end of the show always. You can go to <http://www.RenalDietHQ.com/go/author> and you'll see our books on Amazon, that we have available. I recently released the books number 1 through 9, called an RD HQ IQ series, Renal Diet Headquarters information series and the books 10 through 12 are coming soon. If you're it was into this in the future and you go to that link and see books 10 through 12, it's because I finally get them released. The books are about all aspects of kidney failure before you start dialysis, so pre-dialysis type things, now that doesn't mean that somebody dialysis can't find them valuable because they can. My favorite is book number three, which is about eating out with kidney disease, and I took a lot of extra time and really dug deep into that information about kidney disease, and how eating out, what you can choose, what are the best things for breakfast, what are the best things for dinner. So if you go to [RenalDietHQ.com/go/author](http://www.RenalDietHQ.com/go/author) you will find the books and number three which is the eating out kidney disease, is one of my favorites. That's a real struggle, many people have every day and I hope that that can help you.

I also want to let you know that will have a new cookbook out at the end of January, and so this is where I tell you what's coming, and if you have some feedback, and that's all about breakfast meals if you're on dialysis. So the books 1 through 9 that I just told you that were for pre-dialysis, and this one is about breakfast meals when you're on dialysis. So in January will have more features on the blog about breakfast recipes and to help you kick off your morning right, and get started right, have a healthy starts. Towards the end of January I will be letting you know about the book being released and the date.

Finally before I go, I want to ask you to head over to the blog at [RenalDietHQ.com/go/email](http://www.RenalDietHQ.com/go/email) and sign up for email community. You'll get updates on all our doings and goings-on and what's new. Things that I only talk about on email, I send an email most Fridays to people, email list and just can't let them know what's going on, and highlights of the week and so those are things that only talk about an email. So sign up and you get a free three meal plan and the potassium and phosphorus list when you sign up for those, so it's not just your email and getting give you something back. That said I want to thank you for listening were right about 16 or 17 minutes and I hope to bring you excellent information and news to this radio show. You can find all the links I

talked about over at RenalDietHQ.com/001 and hope you have a great week and I will talk to you next week, bye.