

South Carolina Nephrologist Dr. Blake Shusterman to Release Comprehensive Kidney Lifestyle Guide and Recipe Book

GREENVILLE, SOUTH CAROLINA, UNITED STATES, October 14, 2020 /EINPresswire.com/ -- Diabetes and kidney disease are increasingly common within the United States - and this is no coincidence. From fast food, sugar, salt, and ultra-processed food, reaching for anything to eat seems like a recipe for disaster (pun intended).

Dr. Blake Shusterman, a Greenville, South Carolina-based nephrologist working at Carolina Nephrology, is on a mission to both prevent and treat kidney disease. Dr. Shusterman, known by his patients as "Dr. Blake" and the internet as "The Cooking Doc" is releasing a comprehensive kidney guide and resource to support the management and prevention of kidney disease. The guide, titled, *The Cooking Doc's Kidney-Healthy Cooking* is set to release October 15th.



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Dr. Blake Shusterman

[The Cooking Doc platform](#) consists of a robust recipe library, cooking show, and informative content disseminated throughout social media. Dr. Shusterman launched The Cooking Doc in an effort to make healthy eating both fun and accessible.

“I am inspired by the people I see every day in my office, and I wanted to create a resource to give back to them;

one that inspires them with hope, science, and flavorful food,” commented Dr. Shusterman.

As an exclusive ambassador of the American Kidney Fund, Dr. Shusterman is also passionate about shedding light on kidney disease.

“Though 1 in 3 Americans are at risk for developing kidney disease, and 37 million Americans are

estimated to already have it, kidney disease does not get enough attention. I wanted to create something different for the kidney disease community - a modern, easy to understand book with [...] delicious recipes.”

Dr. Blake Shusterman’s passion for cooking sprouted from his professional experience with the realization that he could help his patients by informing them how to eat in ways that are healthy, fun, easy, and delicious. In teaching his patients and audience to learn how to make food that excites them, it is easy to forget the added health benefits that will serve them better down the line.

“I think the information in this book has the potential to change the lives of people with kidney disease by inspiring them to cook delicious food at home, and through understanding the science behind how certain foods affect the kidneys.”

The Cooking Doc’s new book has recipes, tips, tricks, and motivational stories for every palette and every occasion. Even those without kidney disease will find value within the content.

The Cooking Doc’s Kidney-Healthy Cooking will be available for purchase starting October 15th with [more information available here](#).

About Dr. Blake Shusterman:

Dr. Blake Shusterman, a Greenville, South Carolina nephrologist, has applied 10 years of experience into both his Youtube cooking channel, “The Cooking Doc” as well as into the release of his new book to cater to the needs of those both with kidney disease and actively trying to prevent it through fun and delicious food. He has created the hashtag: #ChangeYourBuds, to encourage viewers of his content to adopt healthier and tastier options, for the foods they love.

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