



Integrative Kidney Institute

# Integrative Kidney Home and Work Workbook

*Daily exposures and the systems that shape kidney health*



Your kidneys experience the day with you.

**OCTOBER 2026**

Patient education workbook. Use alongside your individualized kidney care.

# Find your way through the workbook

Begin with the kidney framework, explore the exposures most relevant to your day, then use the worksheets to prepare a focused plan with your care team.

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## Choose the pace that fits your life

Read the teaching chapters before using the daily example and personal map. You can return to a relevant section when a question arises at home, at work or during a care visit.

## Keep your care instructions close

Use the writing spaces to record observations and questions. Keep your personal care instructions with this workbook and bring your notes to your care team.