



Jill Harris, LPN, CHC

Kidney stones can be prevented.

With my mentor, Dr. Fredric Coe, I've created an online, self-guided video course that teaches the fundamentals of the Kidney Stone Diet and prevention.



Learn how to prevent new kidney stones with my Kidney Stone Prevention Course.

With this **self-guided online video course** you will gain the knowledge and confidence you need to reduce your kidney stone risk.

Video Course Outline

✓ **Video 1:** Testing and talking with your doctor.

✓ **Video 2:** How to drink more fluids.

✓ **Video 3:** How to lower your sodium intake.

✓ **Video 4:** The importance of calcium.

✓ **Video 5:** How to lower your oxalate.



"Jill and I have worked together for 20 years helping patients prevent kidney stones via improved diet management. She has a good grasp of the mechanisms that link diet change to stone risk, and a mandarin command of the US diet, the vast range of food products people use, and how to construct out of a practical shopping list the right diet for a given patient. A unique talent."

—**Fredric L. Coe** • Professor of Medicine, University of Chicago



"It can be a daunting task to follow a low salt and low oxalate diet, especially if you suffer from other conditions that often necessitate eating foods that are high in oxalate. Jill Harris has the experience and communication skills to help people solve often complex dietary dilemmas. I highly recommend her."

—**Robert Nadler, MD** • Director of Endourology and Stone Disease, Northwestern Medicine

Visit **KidneyStoneDiet.com** to get started.