



Confident Choices: Customizing the Interstitial Cystitis Diet

Julie Beyer RD

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2005 Confident Choices: Customizing the Interstitial Cystitis Diet. Over 90% of interstitial cystitis patients report that food choices can affect their symptoms! This easy to use workbook can help you determine your personal food triggers and get you on your way to feeling better! BONUS sections include information on nutrition supplements, food intake and voiding diaries, and planning sheets. Confident Choices: Customizing the Interstitial Cystitis Diet also includes information on exercise, stress management, emotional issues, while illustrating success stories with patient stories. Confident Choices concludes by providing you with a wealth of IC resources! Long awaited by the interstitial cystitis community, Confident Choices: Customizing the Interstitial Cystitis Diet was written by a registered dietitian who knows what it is like to live with interstitial cystitis.

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