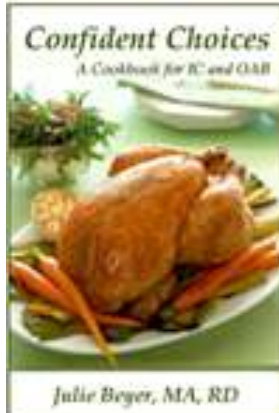


About A Cookbook for IC and OAB



Title: A Cookbook for Interstitial Cystitis and Overactive Bladder (A Confident Choices® Book)

Author: Julie Beyer

Publication Date: 2008

ISBN: 978-0-9767246-4-3

Number of Pages: 145

Retail Availability: Amazon, IC Network

Description: Already a best-seller in the interstitial cystitis community! From the author of the popular Confident Choices: Customizing the Interstitial Cystitis Diet, this cookbook includes over 200 recipes. The objective? Quick, nutritious, and safe recipes for most people with "fussy" bladders.

Most important points from the book

- Recipes for breakfast, entrees, side dishes, beverages, and deserts
- Includes IC Food List and recommendations for meal plans
- Provides instructions for patients to help them determine their personal trigger foods

Testimonials:

“Julie Beyer has published yet another great resource about managing your diet and eating well while living with interstitial cystitis IC. *Confident Choices: A Cookbook for IC and OAB* is full of valuable tips and wonderful recipes! The Interstitial Cystitis Association is happy to include this item in our online store and ICA Resource Materials Guide.”

Barbara Gordon, RD

Executive Director, Interstitial Cystitis Association

www.ichelp.org

“Julie Beyer is a shining example of the IC patients who are determined to make a difference. Julie developed the first seminars for dietitians to help them understand the unique dietary demands for IC patients, and with this book, she has also created an excellent resource for patients.”

Jill Osborne, MA

President and Founder, Interstitial Cystitis Network

www.ic-network.com

About the Author



Julie Beyer, MA, RD, CWPC

Nutrition, Health and Wellness Speaker and Author

BS Dietetics: Michigan State University

MA Health and Risk Communications: Michigan State University

Certified Wellness Program Coordinator – National Wellness Institute

Drawing from personal experience with interstitial cystitis and her professional expertise as a registered dietitian, wrote her first book for IC patients in 2005. *Confident Choices: Customizing the Interstitial Cystitis Diet* provides valuable information about diet, stress management, and exercise, and continues to be a popular resource for interstitial patients around the world. *Confident Choices: A Cookbook for IC and OAB* was published in 2009. An activist in the interstitial cystitis community for over 12 years, Julie provides dietary counseling to individuals and speaks at IC support groups around the country. She volunteers as a lead moderator for the Interstitial Cystitis Network, and writes about IC and diet for both the Interstitial Cystitis Network and the Interstitial Cystitis Association.