

About Confident Choices



Title: *Customizing the Interstitial Cystitis Diet (A Confident Choices®Book)*

Author: Julie Beyer

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Number of Pages: 134

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Description: Over 90% of interstitial cystitis patients report that food choices can affect their symptoms! This easy to use workbook can help patients determine their personal trigger foods and get them on their way to feeling better! *Confident Choices: Customizing the Interstitial Cystitis Diet* also includes information on exercise, stress management, emotional issues, while illustrating success stories with patient stories.

Most important points from the book

- 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.
- BONUS sections include information on nutrition supplements, food intake and voiding diaries, and planning sheets
- Includes several pages of recommended IC resources

Testimonials:

"I have learned that modifying my diet is my choice. I can feel pretty good, or I can give into that craving for chocolate and have to deal with the pain of making that decision. Most of the time the pain price is not one I am willing to pay." *IC Patient, Annie*

"Addressing areas of knowledge that are poorly understood, such as how Interstitial Cystitis and diet are connected, will enable patients to work in conjunction with their healthcare team to provide optimal symptom relief, and will also give them better control over this difficult condition." *Vicki Ratner, M.D., Founder and President of the Interstitial Cystitis Association*

"As I've said before in my reviews to educate the passive reader, Interstitial cystitis is a chronic and debilitating disease of the urinary tract and bladder that affects approximately one million people. It

may not be just one singular illness but one incorporating many different illnesses. There is an inflamed and irritated bladder wall that leads to many bladder symptoms. The bladder wall of an IC patient will have stiffening and scarring of the bladder, less bladder capacity as a result of the scarring, small pinpoint bleeding on the bladder (glomerulations) and ulcers in the bladder lining (Hunner's ulcers). 5-10% of IC sufferers will have Hunner's ulcers, the rest have a non-Hunner's type. So much isn't known about the illness, even though it has been around for a while now.

Most IC patients are put on a battery of medications and self help strategies. The #1 key factor in symptom management always seems to be diet. It is the main focus of books, and the diet pages on All Info About Interstitial Cystitis [...] get the most page views and emails. Everyone with IC seems to want to know more about how diet affects them and how they can get the diet to customize to them. Confident Choices seems to answer that call. I was impressed at the ease of the language, talking to the lay person in simple terms and attitude. The recipes recreated in the book were both simple to make and delicious upon fixing them to sample. I found that they did indeed work for me and did not cause me to "flare" (becoming symptomatic).

Julie Beyer is a registered dietitian and health educator that became diligent about the IC diet when she was diagnosed with the disease. Throughout her exchanges with other ICer's, she became acutely aware of what is important to the average IC patient and focused on how to customize the standard elimination diet that so many of IC patients need. At 15 chapters, this book is filled with not only recipes and explanation of the diet, but with worksheets and questions for the patient as well. With it in a convenient spiralbound binding, you can theoretically undo the book and copy the worksheet pages over and over again to use with your doctor or specialist. It is a very helpful book that I found to be an enjoyable read while learning more about the diet than I knew prior to opening the pages.

I look forward to the new printings of this book and any future offerings from this author. You can find more about her at her website." *Tina M Samuels, Amazon Customer Review,*

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.