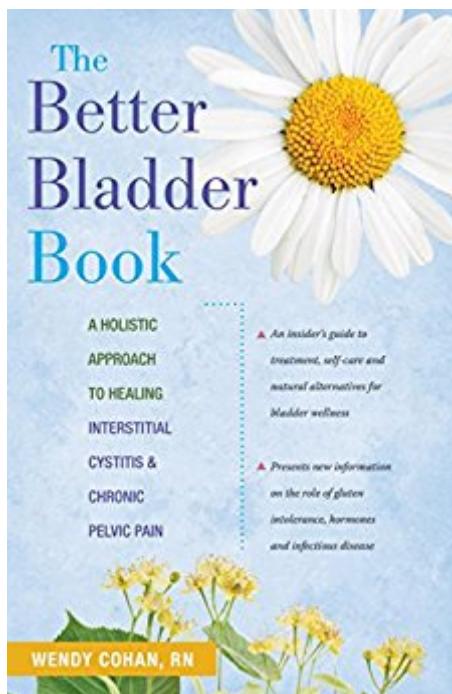


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The Better Bladder Book: A Holistic Approach To Healing Interstitial Cystitis And Chronic Pelvic Pain



Synopsis

Bladder problems affect millions of people, yet few are comfortable publicly or openly discussing their symptoms, making it difficult for patients with bladder disorders to obtain the support and resources they need. Those who've been diagnosed with interstitial cystitis (IC) or chronic pelvic pain are often told that there is no cure for their ailments. Indeed, standard treatments used with these conditions are not always effective or lasting. As a result, many people with bladder problems are looking for comprehensive information and alternative options for recovery. Wendy Cohan wrote *The Better Bladder Book* to give people who suffer from bladder problems more options. She guides readers to bladder wellness by emphasizing lifestyle changes and self-treatment. A week-by-week approach begins with an understanding of the diagnosis, leads to discovering the factors that cause or exacerbate symptoms, and ends with implementing the changes needed to reduce symptoms and recover bladder health. Cohan introduces the book with a description of the anatomy and function of the urological system and the assessment, diagnosis, and treatment of typical bladder problems. She explains how diet affects the bladder, including the role of food sensitivities, allergies, and intolerance. She creates handy lists of healthful and harmful foods and offers a selection of diets to try, especially allergy elimination, gluten-free, and anti-inflammatory diets. Optional weekly meal plans are included. Like all aspects of health, bladder health is improved by daily exercise, good rest, and a reduction of stress. Cohan describes the benefits of regular exercise on bladder symptoms, its role in stress and pain reduction, boosting the immune system, controlling inflammation, and alleviating depression. Stress reduction techniques are also emphasized. Finally, Cohan supplies tips for a better night's sleep, including practicing good sleep hygiene, additional relaxation exercises, and the use of calming herbal teas. Cohan's goal is to leave no stone unturned in the quest for bladder health. With the diet, exercise, sleep, and relaxation techniques described in the book, the thorough description of medical treatments and procedures, and the question and answer section and other resources, readers should have all the information they need to start their own journey toward better bladder health.

Book Information

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Alternative Medicine > Holistic

Customer Reviews

As someone who suffered for 8 years, 24/7 with IC, I wish my urologist had this book as a resource to offer 10 years ago. Men get Interstitial Cystitis (IC), more often than realized, instead misdiagnosed with prostatitis. When my brother got bladder cancer, only then my urologist decided to look inside my bladder. Conclusion: You don't have cancer. Your bladder is a mess, you have IC, and I don't know what to tell you to do! Learning about IC and its obvious symptoms, I asked him why he didn't consider IC when his treatment for prostatitis was ineffective... his response ...because men don't usually get it! I didn't say the obvious..I'm a man, I have the symptoms, and you know that men get it, even though perhaps less often than women. I facilitate a family physician support group...they cringe re having patients with IC, because of the patient's pain/despair, and feel guilty not knowing how to help. In the horrific history of this disease, some women used to have their bladders removed, but even that drastic mistake didn't produce recovery from the chronic pain and other symptoms. Some women after seeking help from different physicians and not getting it, when finally told by a physician that it was in their head, took their lives. There's not room to add to the experiences of IC patients in not getting help from most physicians... not because the physicians didn't care, but they just didn't understand. Described as a disease of unknown cause and unknown cure, pioneers such as Amrit Willis and others, including Wendy Cohan, who overcame their own IC, have proven it can be cured. After 8 years of daily and nightly torture with IC, I got my cure by having 3 nerve blocks, recommended to me by a woman friend, not a physician.

I thought Wendy did a fantastic job explaining the correlation between gluten and IC, although with

my IC I find I cannot tolerate any grains and just following a gluten free diet does not take away my pain. I have been trying to heal for over 3 years now naturally, and I have had IC for 5. I have tried many of the things Wendy has suggested to no avail, yet that is. I am giving this book 3 stars because I believe there is too much focus on the gluten free diet, and I did not think there was enough of a biography on exactly how she got healed. She does a great job stating different options out there, but I would have like to see more of a summary and timeline of how she got well. Many people with IC need to follow a much stricter diet than a gluten free diet to get well. Sugar (any sugar) feeds bacteria and yeast. Not only do you need to give up refined sugar, but until much healing has occurred you should not be consuming any sugars, even natural. This is course is only my experience and I know she is only telling of hers. The diet I have to follow consists of about 8 vegetables and meat. Those are the foods that I am not allergic to and do not make me flare. Its important that you do an elimination diet to figure out your flare causes, not just following a gluten free diet. The gluten free diet does not help take away my pain, although I do follow a grain free diet because I get terrible GI bloating with any grains. The Gaps diet explains wonderfully the concept of not eating grains and how it contributes to autoimmune condition's,such ones like IC. Also, there was not a ton of focus on detoxing in this book and I believe this is also a key to getting better with IC. Overall, a great read for anyone with IC, but I just wanted to make a few more points.

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THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL
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