

 [send this to a friend](#)

Confident Choices

Nutrition Education for IC Patients

Let us help you help yourself!





[Home](#) * [Individual IC Counseling](#) * [Support Group Workshops](#) * [For Nutrition Professionals](#) * [Resources](#)

Confident Choices Newsletter



Julie Beyer, MA, RD
NutraConsults@aol.com



Take Control!

Confident Choices can help you learn how to modify your diet and reduce your IC symptoms.

To purchase:
[Confident Choices on Amazon.com](#)
[The ICN Store](#)

or mail **\$22.00** (check or money order) with your complete address and phone number to:

NutraConsults
 PO Box 210086
 Auburn Hills, MI 48348



The popular program "Healthy Body: Healthy"

Dear :

Recently, I spoke at an IC support group here in Michigan and one of the attendees wondered what exercises she could do with IC. That is a very important question, actually, because many activities can aggravate IC symptoms.

First, it is important to recognize that our bodies are more than our bladders. If we have anything close to a magic bullet that can protect us against cardiovascular disease, diabetes, obesity, and some cancers, it is exercise. Therefore, regardless of our physical condition, it is important to do some sort of physical activity each day to maintain the "rest" of our health.

This is a topic that is very familiar to me and that, if I let it, can resurrect some pretty depressing feelings. I used to love to ride my bike. I always loved the feeling of the wind in my hair, and seeing how far I could go without hands before the wobbling forced me to grip the handles to stabilize myself. About ten years ago, that all changed with a diagnosis of IC. My family even bought me a wonderful bike with great shocks and a doubly padded seat, but even that didn't help. For a long time, not being able to ride a bike seemed like a bitter metaphor for everything else that had been "taken" from me with this disease.

Then, six or seven years ago, I bought my first pedometer. I have always been a "numbers" girl. I remember counting the steps as my family climbed to the monuments in Washington, DC when I was six. As a dietitian I continually count calories in my head—whether I like it or not!

And I can tell you exactly what I weighed at various times in my life. So, the pedometer quickly became a challenge and a friend to me—bridging a time when I felt disappointed in my body into a future that was defined by a "new normal" that included a new diet, new health habits, new coping strategies, and now, new exercises. Today, I wear my pedometer every minute of the day, and like my watch or purse, it is an essential part of my wardrobe.

Some of you may have been swimmers, others may have enjoyed activities like step aerobics or dance classes. Maybe you are scrambling for something to do that can literally eat up some calories. The good news is that there are activities that you can do that can not only keep your body healthy, but can help reduce stress, stabilize your moods, and most of all, leave you feeling with more energy than you have felt in a long time.

First, remember that a little activity is better than nothing at all. The

Mind has produced a video titled "Bladder Disorder, Interstitial Cystitis." Order your copy [here](#).

Interstitial Cystitis Network
Shop & Mail Orders

One stop shopping for IC survival items!

[Alternative Care](#)
[Books](#)
[Beverages](#)
[Comfort Items](#)
[Foods](#)
[Personal Products](#)
[Restroom Supplies](#)



Although the *Confident Choices Newsletter* is free, it actually costs over \$60 a month to publish. If you enjoy this newsletter, please consider making a donation (minimum \$1.00) via this link:

[Newsletter Donation](#)

You can also help Confident Choices by purchasing your IC products via [The ICN Store](#) or [Amazon!](#)

current government recommendation to get thirty minutes of exercise most days of the week can be divided up into ten minute chunks of activity if that is what works for you. That's where a pedometer comes in handy. (I swear by the [Accusplit](#) brand, but any pedometer would do as long as it is accurate.) You can readily see that those small bursts of activity add up very quickly! You might also enjoy signing up for an online tracking system like "America on the Move" (<http://www.americaonthemove.org/>) This is a great program where you can actually choose a path across America to follow as you log your steps!

Other people find that yoga is paradoxically soothing and energizing for a person who experiences daily chronic pain. Also, strength training using light weights can be essential to maintaining your muscle mass, which can quickly become depleted with a sedentary lifestyle. (Because muscle burns more calories by weight than fat does, your muscle mass directly affects your metabolism.) You may also enjoy watching exercise programs on TV or via DVD, experimenting with some of the lighter exercise programs, while giving you easy access to your personal bathroom whenever YOU need it! (Your local library probably stocks a variety of exercise DVDs.)

Finally, if you have been sedentary for a long time, take it easy at first. Ask your medical care provider what, if any, activities you should avoid, and consider making an appointment with a physical therapist that is familiar with IC who can help you determine activities appropriate for you. The important thing is to do something!

More on White Chocolate

Last month's issue on IC and beverages generated some of the most email I have ever received after one of the newsletters. It is good to know that people appreciate the hints they receive, and fun when people offer hints of their own!

Many of the comments had something to do with the white chocolate sauce that was mentioned. People wanted to know where to get the larger (64 oz.) size that I buy for my family, and others wanted to tell me about their favorite brand of white chocolate sauce. Actually, I do a lot of shopping on Amazon these days. Their prices are usually competitive, and it can save me time and gas money when searching for items that may be handy for an IC patient but harder to find in regular stores. That being said, here are some links to larger sizes and some different varieties:

[Ghirardelli Classic White Chocolate Flavored Sauce](#)

[Torani White Chocolate Sauce](#)

[Da Vinci Gourmet White Chocolate Sauce](#)

Amazon also has handy pumps that are sold for each of the brands. I think I am going to order one myself!

If you have any suggestions for products that you would like to share with other members of the newsletter, please email me at NutraConsults@aol.com.

Resource of the Month:

As I have slowly been redoing my book, I have also been redoing my web pages. I recently redid the [supplements page](#)--adding some products and taking some off. I am looking for some testimonials from some of the readers of Confident Choices to include on that page. If you have been helped by any of the supplements listed, please let me know at NutraConsults@aol.com.

That's it for now! Have a great month everyone!
Julie Beyer, MA, RD
[NutraConsults, LLC](#)

PS: I don't know if there will be a May issue or not this year. My daughter gets married on May 10! It will be an exciting, but busy time. I will post some pictures on facebook when I get a chance!

Julie Beyer, RD P.O. Box 210086 Auburn Hills, MI 48321 NutraConsults@aol.com
© 2006 NutraConsults LLC All Rights Reserved

powered by
emma 