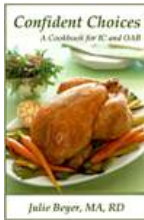


## Confident Choices Order Form



**NEW!** *Confident Choices: A Cookbook for Interstitial Cystitis and Overactive Bladder* (2009)  
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Over 200 recipes including main dishes, vegetables, soups, salads, breakfast foods, desserts, and beverages. Includes dozens of practical meal planning and food preparation hints.



*Confident Choices: Customizing the Interstitial Cystitis Diet* (2005)  
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