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Confident Choices

Nutrition Education for IC Patients

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Confident Choices Newsletter



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

NutraConsults
 PO Box 210086
 Auburn Hills, MI 48348



Many thanks to Desert Harvest, maker of IC safe aloe products:
www.DesertHarvest.com

Happy Holidays from Confident Choices!

Dear :

Sometimes as IC patients we find treatments that help us when we least expect it. After having foot surgery a few years ago, I was told to soak my feet three times a day in a bath with Epsom salts. It only took a couple of baths to realize that a Epsom salt bath helped relieve some of my IC symptoms also. Now, I take my special bath a couple times a week, and never travel without a plastic bag full of Epsom salts.

Similarly, I had been curious about the "oxygen bar" at my local airport. One day, I had a long layover, and a bit of a headache. They were running a sale that day, 20 minutes of oxygen therapy for \$10.00. The treatment was relaxing, helped with my headache, and, guess what? It seemed to help my IC as well. I have done it two more times since, and although I am still experimenting, I really do think it helps.

A quick search of the Internet shows that other researchers have a similar idea. A preliminary report released in May 2007 showed that some IC patients get relief with "Hyperbaric Oxygen Therapy," a specialized oxygen treatment where a patient is put in a chamber with 100% concentration of oxygen under 2.4 atmospheres of pressure. The downside of this treatment is that it can cost thousands of dollars for a complete series of treatment. Until we learn more, I guess I will stick to occasional trips to the airport oxygen bar. For more information, visit: www.medpagetoday.com/HematologyOncology/ClinicalTrials/tb2/3419

Have You Tried Blueberries Yet?

One of the most common questions I am asked is about the scant variety of fruit on an IC diet. Were you a patient that was told you could only have pears? If you are looking for some variety, remember that the IC diet is very individualized, and many people can eat other fruits, and most can eat blueberries.

The good news is that blueberries can go a long way for making up for a lack of other fruits in your diet. Blueberries are considered Nature's powerhouse of nutrition. High in vitamins C and E, and full of other disease fighting antioxidants, scientific evidence shows that blueberries may protect against inflammation, cancer, heart disease, and dementia, among other diseases of aging.



One stop shopping for IC survival items!

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Although the Confident Choices newsletter is free, it does cost over \$60.00 per month to publish. (I haven't sold THAT many books yet!) Please consider donating a small amount periodically to help defray the costs:

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

Amazon.com also provides a commission to Confident Choices when you use any of the links in the newsletter. As long as you enter Amazon.com via one of the Confident Choices links, you can buy *anything* you want and CC will get the commission. For example, unrestricted mp3 files are now available on [Amazon!](#) Buy your favorite music and help Confident Choices!

Frozen blueberries are a great option for a fruit that can get very expensive out of season. Many IC patients may also be able to tolerate canned blueberries or canned blueberry pie filling. Do you find yourself looking for comfort food now and then? Try a blueberry muffin!

Finally, if you think you are missing out on some of your traditional holiday recipes because of IC, maybe now it is time to begin some new traditions with some new recipes. Here are three great blueberry recipes to get you started along with a website and books you can browse to find a special recipe for your holiday celebrations.

Blueberry Pound Cake

1 cup margarine -- softened
 4 egg whites -- whipped
 1 teaspoon vanilla
 3 cup unbleached flour
 2 cup granulated sugar
 1/4 teaspoons salt
 1 teaspoons baking powder
 1 c Blueberries

Preheat oven at 325. Prepare a tube pan with cooking spray and flour. In a mixing bowl, combine margarine, egg whites, and vanilla. In another mixing bowl, combine flour, granulated sugar, salt, baking powder, and blueberries. Mix wet ingredients with dry ingredients just until moistened. Bake for 1 hour and 15 minutes

Blueberry Pie

9 inch pie crust
 4 cup fresh blueberries
 1 cup sugar
 3 tablespoons corn starch
 1/4 teaspoons salt
 1/4 cup water
 1 tablespoons butter

Line pie shell with 2 or 3 cups berries. Make a sauce by cooking remaining berries with sugar, cornstarch, salt and water over medium heat until thickened. Remove from heat and add butter. Pour over berries in shell. Cool. Serve chilled with whipped cream.

Blueberry Delight

7 oz. vanilla wafers, crushed (reserve 1/2 c. crumbs for top)
 3 eggs, separated
 12 oz. whipping cream
 1 cup butter, softened
 1 1/2 cup powdered sugar
 1 can blueberry pie filling

Spread vanilla wafers in bottom of buttered 9 x 13 pan. Cream butter, powdered sugar, and 3 egg yolks. Beat the 3 egg whites until very stiff; add whites to creamed mixture a little at a time; spread mixture over crumbs; spread blueberry filling over cream mixture. Spread whipping cream over blueberry layer, refrigerate 24 hours. Add a package of stabilizer to whipping cream-cream stays nicer.

You can find more blueberry recipes at:

<http://www.justberryrecipes.com/>

or check out these cookbooks at Amazon.com, your local bookstore, or library:

[**The Joy of Blueberries Cookbook by Theresa Millang**](#)

[**Life's Little Blueberry Cookbook: 101 Blueberry Recipes by Joan Bestwick**](#)

[**Very Blueberry Cookbook by Judith Bosley**](#)

Do you have a question for me? Please send your questions to NutraConsults@aol.com, and I will try to answer as many as possible in future issues of the *Confident Choices Newsletter*.

Happy holidays to you and your family!

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