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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:
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NutraConsults
PO Box 210086
Auburn Hills, MI 48348



The popular program
"Healthy Body: Healthy

Dear :

Do you sometimes get overwhelmed trying to figure out what you can or cannot eat? You aren't alone. Many people get frustrated about diet and often find themselves in a negative cycle of fixating on the foods they can't have. I know I was bad at first...thinking that here I was, having to give up so much of my life, and now I can't even have spaghetti or orange juice?

Diet does help though, and it is one of the things we have in our control. The one thing that helped turn my head around was to realize that eventually everyone "gets" something. Some have arthritis, some have diabetes, some have even worse diseases like cancer. IC is our "thing." In fact, if you asked ten people on the street if they are supposed to be watching their diet in some way, nine out of ten would say yes....and the last one would be lying. :-)

The good news is that an individual's IC diet usually doesn't have to be as strict as you may think. Most IC patients find that they can have a substantial and healthy diet if they do a little detective work to identify *their* personal trigger foods. That is the idea of the elimination diet. Most people do not have to be on the most restrictive diet forever. And, although other IC patients are great counsel, your diet is probably not going to look like anyone else's.

A concept that may be helpful to keep in mind is that eventually you will feel normal again, or more accurately, you will find yourself accepting a "new normal." You will learn coping skills that will help you on a daily basis. You will be able to navigate your refrigerator and restaurants without putting yourself in a flare. You will find exercises that you *can* do, and fixate less on what you can't do.

So, if you are new....hang in there.....ask questions.....be your own best health care provider. Keep a diary or a calendar. Write down what you eat, what is going on in your life, the medications you are trying, and how you are feeling. If you can't figure it out, share your diary with a trusted friend or your doctor. Sometimes we are too close to a situation to see what may be hurting us.

The ultimate message here is that you **CAN** do it, you **CAN** get better, you **CAN** begin to heal.....it just takes some time and patience.

Research Update: Allergic Disease Linked to Irritable Bowel Syndrome

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

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(Note: If you one of the many IC patients who also have irritable bowel syndrome (IBS) you will probably be interested in this article. Some IC patients also have noticed that when their allergies flare so do their IC symptoms.)

From the press release: January 30, 2008

http://www.eurekalert.org/pub_releases/2008-01/rumc-adl013008.php

Adults with allergy symptoms report a high incidence of Irritable Bowel Syndrome (IBS), suggesting a link between atopic disorders and IBS according to a study published this month in *Annals of Allergy, Asthma & Immunology*, the scientific journal of the American College of Allergy, Asthma and Immunology.

In a study of 125 adults, Rush University Medical Center's Dr. Mary C. Tobin and colleagues found the likelihood of IBS was significantly higher in patients with seasonal allergic rhinitis (2.67 times), patients with allergic eczema (3.85 times), and patients with depression (2.56 times).

Irritable Bowel Syndrome, affecting 15 percent of the general population, is a cluster of symptoms including abdominal pain for 12 weeks within the past year, change in stool consistency or frequency, and relief of abdominal pain with defecation. Various findings suggest indirectly that allergen exposure may lead to IBS symptoms in some patients, but the frequency has not been studied.

"The reported presence of allergic dermatitis was highly correlated to the presence of IBS in our population," investigators noted. "In atopic disease, allergic dermatitis is the first step of the 'atopic march.' In early childhood, AE (allergic eczema) is frequently associated with gastrointestinal dysfunction and food allergy. A clinical history of AE may be a useful marker for patients with gut hypersensitivity and atopic IBS." Asthma and Irritable Bowel Syndrome was reported by 12 of 41 patients (29 percent), which is similar to findings in a previous report. Authors propose that "this subgroup of IBS (atopic IBS) be considered separately from patients with IBS without atopic symptoms, because they may have distinct pathophysiologic features and may benefit from specific therapeutic interventions."

Recipe of the Month: Maple Baked Custard

adapted from <http://www.drweil.com/>

This simple custard is "baked" on top of the stove. It is equally good for breakfast as it is for a snack or dessert. Serve it with fresh or frozen blueberries.

Ingredients:

- 2 eggs
- 1 cup skim milk
- 2 tbsp maple syrup
- 1/2 tsp vanilla
- Ground nutmeg (if tolerated)

Instructions:

1. Combine eggs, milk, maple syrup and vanilla. Whisk or beat until well blended.

2. Pour into 3 glass custard cups. Sprinkle with nutmeg.
3. Place the custard cups on a folded paper towel in a skillet with a tight fitting lid. Pour water into the pan, about 1 inch deep, and cover.
4. Bring the water to a rolling boil. Remove pan from heat and let sit for 15 minutes without lifting the lid.
5. Serve warm or cold.

Nutrition Information (per serving):

115 calories
4 g total fat (1 g sat)
143 mg cholesterol
13 g carbohydrate
7 g protein
0 g fiber
86 mg sodium

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*.

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