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Nutrition Education for IC Patients

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Confident Choices Newsletter



Julie Beyer, MA, RD
NutraConsults@aol.com



Take Control!

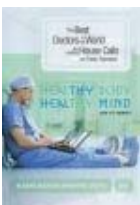
Confident Choices can help you learn how to modify your diet and reduce your IC symptoms.

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

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Dear :

I hope you will indulge a proud mommy here. I wanted to share with you some pictures of my daughter's wedding. Her ceremonial Korean garments weighed at least 30 pounds...good thing she had been working out with a trainer for the past year or so!

Thank God that the weather both days was perfect. About 70 degrees each day. Cooler at night. I took a pyridium right before the wedding on Saturday, so I made it through mass without having to race to the restroom. Of course, I had some control over the menu, so there was plenty (ok, too much) for me to eat.

Korean ceremonial garments:



Family picture after Korean ceremony:



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!](#)



Sisters:



Julie & daughters:



Future Newsletter Topics

It can be quite valuable for other IC patients to hear from their peers. I am looking for some personal stories to use in the next few newsletters. If you would like to share your answers to the following questions, please email me at NutraConsults@aol.com.

- **Vacation Stories:** Where do you go on vacation? How do you cope? What do you take in your IC emergency kit when you travel?
- **Flare Coping Strategies:** What do you do when you are in a flare? How do you communicate to your family that you aren't feeling well? Are there certain foods that seem to soothe you when you are flaring?
- **Animal Stories:** Our furry, feathered, finned and scaled friends can be wonderful, non-judgemental companions when we don't feel well. How do your pets help you cope?
- **Supplement Testimonials:** Do you use [Cystoproteck](#), [Cysta-Q](#), [Prelief](#), or other supplements? How do they help you control your IC symptoms?

Until the June newsletter!!!

Julie Beyer, MA, RD

www.NutraConsults.com/confidentchoices.html

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