



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



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

In this issue:

Dear :

This is the month we are reminded to be thankful. That can be hard to remember when you are ill with a chronic illness like IC, but people who practice thankfulness, even in the worst of situations, are generally healthier, happier, and suffer less from stress-related conditions.

Think about it. There is a science to feeling good! In fact, there are now hundreds of researchers studying "psychoneuroimmunology" or PNI. The National Institutes of Health have invested billions of dollars in this fascinating area of medicine.

How does PNI apply to IC? Well, although we have fought the idea that IC and related diseases are all in someone's head, there is actually some truth to that. No, it doesn't mean that we are making up our symptoms, far from it. It means that the chemistry of emotions and hormones affects different systems in our bodies and those effects can be either positive or negative. To put it simply, stressful situations can really hurt our bodies, but the good news is that positive experiences and positive emotions can reduce pain and even lead to **healing** in our bodies.

I have just finished reading a couple of books by Candace Pert, PhD, the woman who discovered the endorphin receptors in our bodies. Dr. Pert is an incredible writer, weaving her personal journey toward wellness with the science of PNI and the body-mind connection. I saw her speak this summer, and she is amazing. My new hero!

To learn more about PNI and the gratitude connection, check out these books:

[*Molecules of Emotion*](#) (Candace Pert's first book about PNI. A bit medical, but extremely interesting and really helps explain the body/mind connection.)

[*Everything You Need to Know to Feel Go\(o\)d*](#) (Pert's recent book...much like Molecules of Emotion but easier to read. It also talks about her's and her husband's discovery of Peptide T, the closest thing we have for a cure for HIV/AIDS! Very very good!!)

[*When The Body Says No—Understanding the Stress Disease Connection*](#) (Just like it sounds--helps make the connection between stress and disease.)



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 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:

[Newsletter Donation](#)

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!

[Thank You Power: Making the Science of Gratitude Work for You](#) (Is gratitude just a fad? Deborah Norville delves into the research for a conclusion that surprises this no-nonsense journalist.)

You can also read more about PNI at the American Psychological Association website: [Psychoneuroimmunology](#)

Finding Quality Medical Information Online

In 2007 we take for granted that we can search for information on nearly any subject. In fact, as an IC patient, I don't think I could have finished my Master's degree without the vast resources of the Internet. We need to remind ourselves, however, that pretty much anyone can publish anything online.

Recently, I was looking for information about cruises, found a couple that go to the Antarctic peninsula (wow, never knew that!), but as often happens with web surfing, one thing led to another and I found this "amazing" website on Antarctica:

<http://www.ralphrobertmoore.com/arc-true.html>

It is a fascinating website, actually, and very believable. But, television in 1340 AD? A 140 year lifespan free of physical and mental infirmaries? Oh, and if you enjoy your glimpse of "Utopia," the residents will pay for your room and board there for a year or more!

Of course, the website isn't going to do anyone any harm, unless it is a kid who uses the resource for a school paper. But many medical websites exist on the web that are filled with information just as fictitious. Here are some guidelines for deciding whether information you find online is valid or not:

1. Check the source authority. Is it a government website (.gov), an organization (.org), or educational institution (.edu)? If it is a .com website, what are the author's credentials?
2. Is the page linked to from other credible websites?
3. Is the information presented objectively?
4. Cross check information you gather with other sources.
5. Is the website updated frequently? Is the information current?
6. Be sure to discuss any changes in your treatment plan with your medical provider.

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*.

Until next time!

Julie Beyer, MA, RD
[NutraConsults, LLC](#)

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