



## Confident Choices

For Interstitial Cystitis and Overactive Bladder Patients  
Let us help you help yourself!



Home \* Individual Counseling \* Speaking Engagements \* For Nutrition Professionals \* Books \* Supplements \* Newsletter



Dear :

Although it was nearly 70 degrees in Michigan today, the calendar says that it is fall and the time of year that local interstitial cystitis support groups ramp up. I have to tell you, I love speaking at IC support groups. It is great to meet patients from all over the country and help them understand how making changes in their diet can help them manage their symptoms.

Don't have a support group near you? To learn more about starting and running a support group, please visit the Interstitial Cystitis Association: [Starting a Support Group](#). Need more inspiration? Keep reading about one woman's experience in starting a support group:

### Making Something Out of Nothing

Shelly Matthewson  
Private Researcher  
Director of MOARK Interstitial Cystitis  
[www.moarkic.com](http://www.moarkic.com)



*"And we know that all things work together for good to those that love God,  
to those who are the called according to His purpose."  
Romans 8:28*

Living in a rural area with limited internet access, I made many excuses to myself about why starting a support group in this area wouldn't work! However, my relationship with a friend, who has been diagnosed with IC for over 30 years, convinced me that this was really needed.

Because she wasn't familiar with the Internet let alone with searching the web, it was not until I was diagnosed that she had access to much information at all. She seemed to really appreciate each book, magazine, newsletter, and article I loaned to her. This made me realize that not all patients have access to the wealth of information those of us who use the Internet frequently have at our finger tips even if, yes, in my area I can only get dial-up.

The goal of our group is to connect patients and health care professionals in the Missouri and Arkansas Region. It is great to learn about what is available across the country but I want to bring the help and resources home where we live daily. I started out by setting up a medical support base in our area. I made information notebooks for professionals who may not be very familiar with IC but who expressed an interest in helping IC patients, especially those who had been compassionate to me. I set up files of research directed to each professional's field. I gave these notebooks to pharmacists, a hospital dietitian, a local pediatrician, several chronic pain counselors, etc.

I put together a medical guide, so I and other medical professionals would have people to refer patients to for their many varied needs! As I worked to get this together I was excited and amazed at how many great professionals we had near by that I had not even known about. The medical guide is an on-going project, and we are hoping to include anyone who treats IC or chronic bladder pain patients in Missouri and Arkansas.

I quickly learned (1) that I could never personally meet all of the demands for information, so now give web links to professionals, and (2) that the need in this area was much greater than I ever realized. I also set up a website to help patients connect and network with those who were on the Internet. I was soon contacted by patients in many areas of Arkansas since it appears that there have not been any support groups in that region at all. Here in Missouri, the support groups are few and far between! Now there are other patients helping to network and build this group.

We held our first mini-conference here in West Plain, MO on Nov. 1 and will have our second one in Springfield, MO on Nov.13 from 12:30-3:30pm at the Cox, Meyer Center. (Space is limited for the Springfield conference so please call in advance!) For more information on our conferences or being in the Medical Guide please contact me directly at [Romans828@mozarks.com](mailto:Romans828@mozarks.com) or visit our NEW website at [www.moarkic.com](http://www.moarkic.com).



### "New" IC Diet Website ([www.ic-diet.com](http://www.ic-diet.com))

When you get a chance, please check out the new Confident Choices website ([www.ic-diet.com](http://www.ic-diet.com)). I moved the IC Diet and other downloadable resources to the home page and added some reviews of some great products including books, CDs, food, and comfort items. I have also added newsletter archives and a section called "Ask the Dietitian."

Finally, you will notice that I added Google ads. Although I don't have much control of what Google advertises, my hope is that the revenue created whenever someone clicks on an ad will help keep the website up and running. Let me know what you think.

New sections at [www.ic-diet.com](http://www.ic-diet.com):

- [Ask the Dietitian](#)
- [Individual Counseling](#)
- [Speaking Engagements](#)
- [Newsletter Archives](#)
- [Great Books, CDs, and DVDs](#)
- [Supplements for Bladder Conditions](#)
- [Food and Comfort Items for IC and OAB](#)

Please poke around and see if there are any broken links or typos. Are there other products that you would like to recommend to other IC patients? Do you have questions for the Ask the Dietitian section? Email me at [NutraConsults@aol.com](mailto:NutraConsults@aol.com). Thanks!

### White Chocolate Bread Pudding

From [Confident Choices: A Cookbook for Interstitial Cystitis and Overactive Bladder](#), and courtesy of [www.mealsforyou.com](http://www.mealsforyou.com)

(This is a very rich recipe, but perfect for the upcoming holidays! To reduce calories slightly, substitute skim milk for whole milk, and evaporated skim milk for the heavy cream.)

#### Ingredients

- 2 c. whole milk
- 1 c. granulated sugar

- 1-3/4 qt. heavy cream
- 1-1/4 lbs. white chocolate, chopped
- 4 eggs
- 15 egg yolks
- 1 loaf day-old French bread, cut into 1-inch slices
- aluminum foil

Preheat oven to 350°F. Heat milk, sugar, and all but 1/2 cup cream in a heavy saucepan over medium heat until the mixture just begins to bubble around the edges. Do not boil. Remove from heat. Stir in 10 ounces white chocolate until melted. Let cool 10 minutes. Lightly beat whole eggs and egg yolks in a bowl. Beat cream mixture into eggs in a slow and steady stream.

Arrange half the bread slices in a 9 x 13 inch baking dish. Pour half the egg mixture over bread. Press bread with the back of a spoon until soggy. Pour in remaining egg mixture. Cover pan with foil and bake 1 hour. Remove foil and bake another 30 minutes, until pudding is set and golden. Meanwhile, bring remaining cream just to a boil in a heavy saucepan. Remove from heat and stir in remaining white chocolate until completely melted. Serve over bread pudding.

Enjoy!

Julie B

Julie Beyer, MA, RD

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