



## Confident Choices

Nutrition Education for IC Patients

Let us help you help yourself!



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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](#)  
[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"

Dear :

Well, I finally have a publishing date for [Confident Choices: A Cookbook for IC and OAB](#) - September 1, 2008. This book is going to include over 200 recipes along with cooking tips and other meal planning hints to help make life a little easier for IC patients and their families.

Do you have recipes and hints you would like me to include? Write to me at [NutraConsults@aol.com](mailto:NutraConsults@aol.com).

PS: You can get a sneak preview of the book on [Amazon.com](#), where it is available for pre-sale at 25% less than the cover price. Let me know what you think!

#### Is Individual IC Nutrition and Lifestyle Counseling for You?

Although many IC patients can get the information they need about diet and IC from books like [Confident Choices](#), some still need individual guidance. Maybe you have multiple health conditions, or maybe you are still confused by all of the "IC Diets" out there that seem to contradict each other. (I know I was confused for a long time when I was diagnosed with IC, and I am a dietitian!)

Because there are only a handful of dietitians in the US who know how to help IC patients, I began doing phone counseling about 4 years ago. Patients generally email me some of their most pressing questions in advance and use a toll-free number to call me. I schedule either half-hour or hour long sessions. In general, the time is spent talking about IC dietary concepts and other lifestyle modifications that can help you help yourself control your symptoms.

I think the most valuable thing about phone counseling is that I know what it is like to be in your position. I too went from scared to angry, anxious to depressed often in the span of a day when I was first diagnosed. I know it can be exhausting and confusing to sort out all of the treatments and dietary changes involved in treating a chronic illness. But I also know that most IC patients CAN get some relief from their symptoms, because I did. Want to learn more? Email me at [NutraConsults@aol.com](mailto:NutraConsults@aol.com). And remember, there is always hope!

#### IC Lifestyle Hint of the Month: Traveling in an RV

Has it been awhile since you have taken a vacation? Consider renting

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

Interstitial Cystitis Network  
Shop & Mail Orders

One stop shopping for IC survival items!

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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!](#)

(or buying) an RV. You have the freedom of your own bathroom, the flexibility of a mini-kitchen full of IC friendly foods, and the comfort of a bed with your personal linens. Need to stretch out mid-journey? Pull over to a rest area or shopping center parking lot, and take a little nap. To learn more about renting an RV for your next vacation, visit <http://www.rvra.org/am/Template.cfm?Section=RVRAHome>.

### Recipe of the Month: Barley Risotto

(Thanks to a Confident Choices reader, Pam, who shared this recipe with us!)

#### Barley Risotto

1 cup pearl barley  
2 cups organic chicken broth—no msg (Try [Frontier's Organic Chicken Broth Powder](#))  
1 tablespoon butter  
Fresh mushrooms, chopped, amount to taste  
Desired herbs and seasonings (Try fresh basil, broccoli, salt, & pepper)  
¼ cup parmesan cheese (if tolerated)

Heat (don't boil) chicken broth in medium sauce pan. In separate skillet, melt butter and stir in mushrooms. Saute mushrooms until tender. Remove from skillet. Add pearl barley and 1/2 cup broth. Simmer; stirring about every 5 minutes. Continue adding broth (about 1/2 cup at a time) when moisture is low until barley is tender. Stir in mushrooms and seasonings to taste. Heat through. Sprinkle in 1/4 cup of parmesan cheese (if tolerated) and serve.

Pam notes, "This recipe serves four, but the leftovers are wonderful! Recipe takes about 30 - 40 minutes to prepare but is worth the wait and the time. I serve with braised beef made with chicken broth, celery and carrots. My husband wants me to make this again and again!" Thanks, Pam!

Do you have recipes you would like to share with other IC patients? Send your recipes to [NutraConsults@aol.com](mailto:NutraConsults@aol.com) and your recipe may just appear in this summer's edition of the [Confident Choices: A Cookbook for IC and OAB](#).

#### 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](mailto:NutraConsults@aol.com).

- **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-judgmental 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?

As always, thanks so much for your positive feedback. I look forward to hearing from you each month.

Gentle hugs,  
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[www.NutraConsults.com/confidentchoices.html](http://www.NutraConsults.com/confidentchoices.html)

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