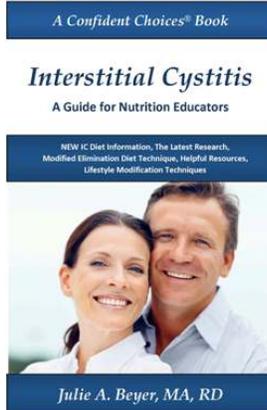


## About *Interstitial Cystitis: A Guide for Nutrition Educators*



Title: *Interstitial Cystitis: A Guide for Nutrition Educators (A Confident Choices® Book)*

Author: Julie Beyer

Publication Date: March 23, 2010

ISBN: 978-0976724667

Number of Pages: 138

Retail Availability: [www.ic-diet.com](http://www.ic-diet.com), Amazon, IC Network

**Description:** New research estimates three to eight million women and one to four million men in the United States may have Interstitial Cystitis also called IC, a life altering, painful bladder condition. The great news is that dietary modifications can help relieve the symptoms of IC which include urgent, frequent, and painful urination. In order to spread the word, Julie Beyer, MA, RD, a dietitian and IC patient, has written *Interstitial Cystitis: A Guide for Nutrition Educators* to help educate dietitians and nurses who provide diet counseling to bladder disease patients. "Much of what we know about diet and IC is based on what IC patients have told us," said Beyer who has authored two other books on IC and diet, "For years, IC patients were insistently and consistently reporting that caffeinated beverages, tomato products, spicy foods, and acidic fruits increased their painful symptoms. Now, thanks to the work of Robert Moldwin, MD, and Barbara Shorter, EdD, RD, we have research to support what the patients have told us all along." In 2009, Beyer worked extensively with other IC and diet experts to standardize what is now known as the "Interstitial Cystitis Food List." "We have the basic diet identified," said Beyer, "However, the rest is dependent on a patient determining their personal trigger foods which can vary greatly from patient to patient. That is where nutrition educators come in!" In addition to addressing the basics of an IC diet, the book summarizes the epidemiology of IC, describes what a typical IC patient may be experiencing, and outlines the modified elimination diet process that has helped so many IC patients gain control of their symptoms. "Not only is there a great opportunity here for nutrition educators to expand their practices," said Beyer who has helped thousands of IC patients over the past 12 years, "It is tremendously rewarding to help a patient reclaim a life they thought they had lost!"

### **Most important points from the book**

- Outlines the history of interstitial cystitis and the effect of diet on IC symptoms
- Describes the symptoms, diagnostic criteria, and current treatment strategies for IC
- Includes elimination diet technique for helping IC patients determine their personal trigger foods.

## Testimonials:

### About the Author



## ***Julie Beyer, MA, RD, CWPC***

***Nutrition, Health and Wellness Speaker and Author***

**BS Dietetics: Michigan State University**

**MA Health and Risk Communications: Michigan State University**

**Certified Wellness Program Coordinator – National Wellness Institute**

Drawing from personal experience with interstitial cystitis and her professional expertise as a registered dietitian, wrote her first book for IC patients in 2005. *Confident Choices: Customizing the Interstitial Cystitis Diet* provides valuable information about diet, stress management, and exercise, and continues to be a popular resource for interstitial patients around the world. *Confident Choices: A Cookbook for IC and OAB* was published in 2009. An activist in the interstitial cystitis community for over 12 years, Julie provides dietary counseling to individuals and speaks at IC support groups around the country. She volunteers as a lead moderator for the Interstitial Cystitis Network, and writes about IC and diet for both the Interstitial Cystitis Network and the Interstitial Cystitis Association.