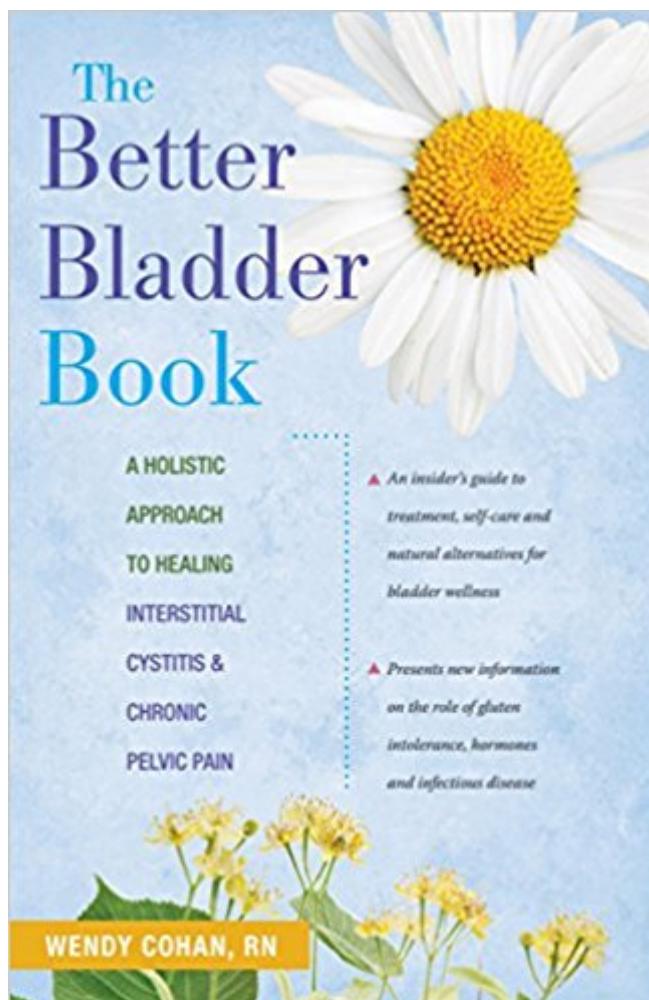


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# The Better Bladder Book: A Holistic Approach To Healing Interstitial Cystitis And Chronic Pelvic Pain



## Synopsis

Bladder problems affect millions of people, and recovery is often difficult and incomplete. As a registered nurse, Wendy Cohan has provided health information and treatments for patients with a number of bladder conditions. She begins with a description of the anatomy and function of the urological system and the assessment, diagnosis, and treatment of typical bladder problems. She lists frequently prescribed medications, explains how they work, and identifies their side effects. The bulk of the book picks up where medical treatment leaves off: the use of diet and herbs, regular exercise, stress and pain reduction techniques, and methods for better sleep are discussed. Cohan includes self-assessments, meal plans, herbal recipes, and a week-by-week recovery plan to create a complete holistic approach to bladder wellness. Information on specific diets, a review of the range of conditions that can cause pelvic pain, and a thorough guide to additional resources complete the book.

## Book Information

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## Customer Reviews

"I was so impressed with this book. I loved that Cohan was able to take a sensitive subject and turn it into a topic that can be approached with grace and humor." LibraryThing Early Reviewer "This is a great one and NOT just for those with IC! Her chapters on diet and alternative therapies are certainly more broadly applicable to our sedentary, carb/wheat-rich, sugar-addicted lifestyles." LibraryThing Early Reviewer "Wendy Cohan's "The Better Bladder Book" covers a topic that isn't often found on stores' bookshelves. This isn't just a book about various bladder troubles,

though. It is THE book for bladder troubles."LibraryThing Early Reviewer

Since you have found this book, chances are you will soon find relief from pelvic pain, as well as from the bladder symptoms that interrupt your daily activities and negatively affect your relationships, your ability to work, recreate and enjoy life; [This is] a guide that each person can apply today to start feeling better. • Lisa Shaver, ND, MSOM, LAcStraight Talk on Something Difficult to Talk about from a Nurse Who Knows You do not have to live with constant pain or embarrassmentWhen Wendy Cohan, a registered nurse, was diagnosed with the painful, chronic and often progressive disease, interstitial cystitis (IC), she experienced firsthand the frustration millions of patients with IC feel when attempting to find effective, lasting relief. Her extensive research and commitment to becoming well again led to her becoming pain- and symptom-free, with her work and sleep no longer interrupted. She is now dedicated to sharing this kind of life-changing relief with others.A comprehensive, easy-to-understand recovery plan, accompanied by powerful success stories and the resources you'll need to succeedCohan begins by providing a clear understanding of how a diagnosis is made. She then explores the possible causes of symptoms, providing options for positive changes you can implement. She explains frequently prescribed medications and procedures and then picks up where common medical approaches leave off to discuss: food sensitivities, including the dramatic relief many experience from eliminating the dietary protein gluten, found in specific grains; stress reduction techniques that can alleviate symptoms, including pain, urinary hesitancy and bladder and pelvic floor spasms; medicinal herbs, teas, and sleep aides that work safely and effectively to promote healing; hormonal imbalances that affect women with bladder issues and pelvic painCohan's techniques target not just freedom from pain and inconvenience, but also life-long, whole-body healing and well being.

Those with a medical background will find that this book reads a little slow. I felt that way and I don't have any medical background aside from a few nursing classes. That said, it really breaks things down in layman's terms for those who want it that way. I do find the book pretty comprehensive and useful and would recommend it if you are looking for relief. I do believe there are certain triggers that cause my bladder pain and I ordered this book out of desperation.

I'm a physical therapy working with pelvic pain patients and I highly recommend this book. The references in this book are very helpful for PT's and clients for questions and direction in systemic

disorders associated with gut, bladder or pelvic floor issues. It is a holistic and objective based approach and should help PTs and clients ask appropriate questions with regards to care.

## LOTS OF GREAT IDEAS....AND U NEED THEM IF HAVE THIS PROBLEM

Not bad. Gave me some ideas about what foods to avoid. Still haven't found a cure for my IC though.

This was VERY WELL WRITTEN, and well researched with lots of documentation and information.

I've had bladder pains my whole life and this book is such an eye opener! Highly recommend it!

I have suffered with IC for 24 years now. I have read clinical trials, books and any form of knowledge on the subject. I have been up many nights sitting in my bathroom in tears from the pain of burning while trying to void and just crying in pain and no one in my family seemed to even get my condition until about 2 years ago. I actually used to think it was all in my head back when I was 20, I would go in with all my symptoms and the Dr. would order a UTI test and of course it would be negative. About a year ago I got sooo desperate and started taking Loratabs that were prescribed to me for a dental procedure to rid myself of the pain. Anyone that suffers from this knows you will almost take anything that will take away the pain. Actually, until I read this book, I thought my problem was all about bacteria NOT inflammation !!! I knew some of my triggers like soda and coffee but no matter what I ate or drank, the pain always stayed with me. My General Practitioner prescribed a low dose of Macrobid to take after intercourse. She seems to know my pains but that was all she could do for me. My next visit to see her, I am passing The Better Bladder Book to her !! I am so HAPPY I found this book. I stopped taking strong concentrated cranberry pills and started Omega Fish oil Tabs. (Whole Mega 1000 mg - made by New Chapter-bought from ) for inflammation and I am HAPPY to say my pain level went from a 9 to a 0. I am sitting here in no pain and it feels as though I am a new person !!! If you know anyone that suffers from any bladder issues, Interstitial Cystitis tell them about this book. Thank you Wendy Cohan, you have helped me more than I could possibly express. THANKS \_ God Bless You :)

Great

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THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL  
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