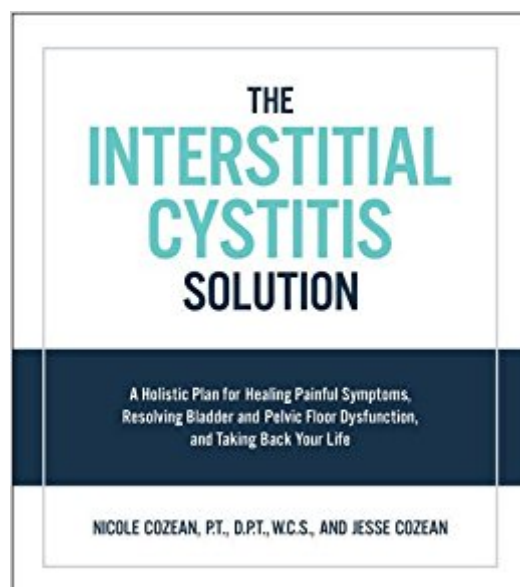




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# The Interstitial Cystitis Solution: A Holistic Plan For Healing Painful Symptoms, Resolving Bladder And Pelvic Floor Dysfunction, And Taking Back Your Life



## Synopsis

Take Control of Your Interstitial Cystitis Treatment with this Comprehensive Guide! Interstitial cystitis (IC), also called painful bladder syndrome, is a complex bladder pain condition that can be confusing, frustrating, and debilitating. Successful treatment requires a multidisciplinary approach that often features a combination of medication, physical therapy, dietary and lifestyle changes, alternative medicine, and more. The Interstitial Cystitis Solution has all the information you need, all in one place. It provides scientific reviews and evaluations of potential treatments, along with a helpful treatment plan tailored to your specific symptoms and lifestyle. The information is presented in an accessible way, with real-life examples from the author, who has treated hundreds of patients who have found relief from their symptoms with the holistic treatment plan outlined in this book. This comprehensive guide allows you to take control of your healing and will restore sanity to the insane world of conflicting diagnoses, treatments, and advice.

## Book Information

Paperback: 208 pages

Publisher: Fair Winds Press; 1 edition (October 1, 2016)

Language: English

ISBN-10: 1592337376

ISBN-13: 978-1592337378

Product Dimensions: 8 x 0.5 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 35 customer reviews

Best Sellers Rank: #53,107 in Books (See Top 100 in Books) #6 in [Books > Medical Books > Medicine > Internal Medicine > Urology](#) #8 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #161 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Nicole Cozean, D.P.T., P.T., W.C.S., C.S.C.S., is the founder of the PelvicSanity clinic, a specialty physical therapy clinic that focuses solely on pelvic pain conditions such as interstitial cystitis. One of fewer than 300 board-certified physical therapists in pelvic health, she has helped hundreds of patients navigate their healing journey with IC. Nicole is the first physical therapist to be elected to the board of directors of the Interstitial Cystitis Association, started the PelvicSanity.com blog, and teaches online educational courses to help both patients and practitioners learn about pelvic

conditions such as IC. Jesse Cozean, M.B.A., is a medical researcher and author. He has designed and overseen clinical trials of both over-the-counter and prescription drugs, authored multiple peer-reviewed papers, and holds several patents on medical devices and pharmaceutical products. He is also the author of *My Grandfather's War: A Young Man's Lessons from the Greatest Generation*, and fortunate enough to be married to Nicole.

I am a urologist in Atlanta and I have been treating IC since 1985. A patient suggested this book to me and I read it and reviewed it this weekend. I am sending an email on Monday to suggest that all 2500 of my IC patients read this book. There are NO new treatment options in the book. But, it does an excellent job of explaining the issues with IC and outlining the possible treatments. Ms. Cozean is a physical therapist and the section on the relationship between the pelvic floor and IC is a must read! I have never recommended a book to my patients and I strongly suggest that all IC patients read this book! I have NO relationship with the author and indeed, have never heard of her before last Friday. I am delighted to have this book to suggest to my many IC patients. Thank-you!!

Fantastic book! I have had IC for more than 20 years. I have not seen a more comprehensive book on the topic. I have had almost every procedure and tried countless remedies trying to live with this malady. I found this book to describe the possible solutions for IC with an open mind and to include relevant research, enabling the reader to choose options and personalize treatments from an educated perspective. My husband started reading the book as well and was also impressed. It is written in a compassionate way and offers real hope for us. By the way, Nicole Cozean is an excellent physical therapist if you happen to be fortunate enough to live in the Orange County area. I have tried four different physical therapists in an effort to use my insurance. They were basically a waste of time. She is an expert in the field.

Written by Nicole and Jesse Cozean, the *Interstitial Cystitis Solution* is the best book written about interstitial cystitis in twenty years. If you are newly diagnosed with IC/BPS, it will give you a road map on how to approach your treatment and self care. If you are a grizzled IC veteran, it provides the latest information about why IC symptoms often persist and how you can find relief. It may also challenge everything that you believe about IC. Twenty years ago, IC treatment focused on repairing a damaged bladder wall. In 2017, we now understand that many of the urinary symptoms that IC and chronic prostatitis patients experience may originate from and/or be exacerbated by dysfunctional pelvic floor muscles and/or nerves. The authors wrote

“The bladder doesn’t live in isolation. It’s intricately connected with all the muscles, ligaments and tissue that surround it, collectively known as the pelvic floor. While the initial cause and/or injury may be different in patients, the Cozean’s explain that many patients end up caught in a vicious cycle of bladder dysfunction, muscle tension, inflammation, pain and nerve up-regulation that leads to the chronic bladder symptoms we know as IC. They said “muscle tightness amplifies and contributes to pain and urinary symptoms. They offer a three stage recovery plan that focuses on restoring muscle function and blood flow, as well as calming the nerves, reducing inflammation and treating pain. The best parts of this book are the two chapters which discuss the anatomy of the pelvic floor and how physical therapy should be conducted. Did you know, for example, that if urethral sphincter muscles are tight they can cause an urgent need to urinate, burning pain in the urethra or the stinging that might occur during urination? That three specific muscles can directly cause bladder and urethral symptoms while other muscles cause the pain that you might experience while driving, sitting or during intimacy. It’s an eye opening journey into the anatomy and complexity of the pelvic floor. They are way more important and influential to bladder function than you (and your physicians) may realize. Their discussion of pelvic floor physical therapy is outstanding. In 2001, the first study of PT and IC showed that 70% of patients responded to therapy with a greater than 50% improvement of their symptoms. A few years later, another study found that 90% of participants experienced an improvement in their symptoms. Men with chronic prostatitis also responded very favorably to physical therapy. It took large NIH studies in 2009 and 2012 to convince the urology community as a whole that physical therapy not only works but works better than many traditional therapies. The Cozean’s explain that many physicians and physical therapists haven’t had any training in pelvic floor anatomy and therapy. Patients too may not believe that their symptoms are coming from somewhere other than their bladder or may find the concept of physical therapy “down there” off putting. They wrote “If your physical therapist can recreate any of your urinary or pain symptoms by touching a muscle in your pelvic floor, then that is something that can be treated. Lead author Nicole Cozen PT, DPT and WCS has an impressive array of credentials. She’s has a doctorate in physical therapy and is one of 275 certified women’s care specialists in the USA. This very rare specialty required extensive training in the pelvic floor anatomy and function. At her Southern California clinic, Pelvic Sanity, she specializes in the treatment of pelvic pain in men and women. She’s got the chops to explain IC within the context of pelvic floor dysfunction and she does it well. The only weaknesses

in the book relate to some of the bladder specific discussions that she may not have been aware of as a physical therapist. The discussion of DMSO did not include research which found the FDA approved dosage potentially damaging to the bladder muscle. DMSO fell out of favor due, in great part, to the concern about the above study as well as the growing popularity of the heparin-lidocaine instillations. The section on sacral neuromodulation was far too enthusiastic given the hundreds of serious and/or life threatening adverse events filed with the FDA. The diet discussion has an excellent discussion of pH and correctly says that diet is different for everyone but somewhat dismisses the data that we've gathered on bladder & food sensitivities over the years. These are all minor points that should not discourage anyone from reading this truly exceptional book. The Interstitial Cystitis Solution is an outstanding educational tool and should be required reading for patients and their medical care providers. It WILL completely change the way you look at IC and, I hope, will give you several new ideas to explore especially if you are in pain and/or struggling to find a treatment that works.

This book is FULL of the information that we all who have or have been recently diagnosed with Interstitial Cystitis absolutely need to know. I am sure that your doctor like mine most likely put you on medication and told you that you need to change your diet. It was a sad day for me, and I wanted to know a lot more about this condition. After searching I found this wonderful book which is so well written, very informative, and very easy to follow that I immediately ordered it. Knowledge is Power and Power means Freedom and freedom means peace of mind.. This is how you will feel after reading this book. It will answer all of your questions and concerns. It is also great to have around just to have as an easy referral tool. You will not have to wonder as to just where did I get the information, as the book will be there and believe me you will be very happy that you purchased it when you did!

I've read as many resources on IC (interstitial cystitis) as I can get my hands on, and this is most definitely the best, most up-to-date, and most thorough. It actually shows the ratings and efficacy of various treatments and medications, and it emphasizes pelvic physical therapy, which has one of the best success rates in improving symptoms and relieving the pain of IC. I also found this book hopeful, rather than depressing in its outlook. It explores a range of therapies, including acupuncture. (I personally have found most success with pelvic PT (physical therapy), acupuncture, and over-the-counter remedies such as Cysto Renew, Marshmallow capsules, etc. in addition to following strictly the IC diet. I've also found great relief in regular movement and pelvic release

exercises from videos on You Tube.) Honestly, I wish I'd discovered this book before spending \$ on other ones, which weren't as helpful and seemed rather gloom-and-doom in their approach. For many people, IC isn't a disease for which you can simply take a pill and be cured. The authors understand this, and know that the successful treatment involves a process and being proactive about your health -- including making lifestyle changes. This is a real service to the IC community.

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