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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

Nicole Cozean, Jesse Cozean

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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.

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