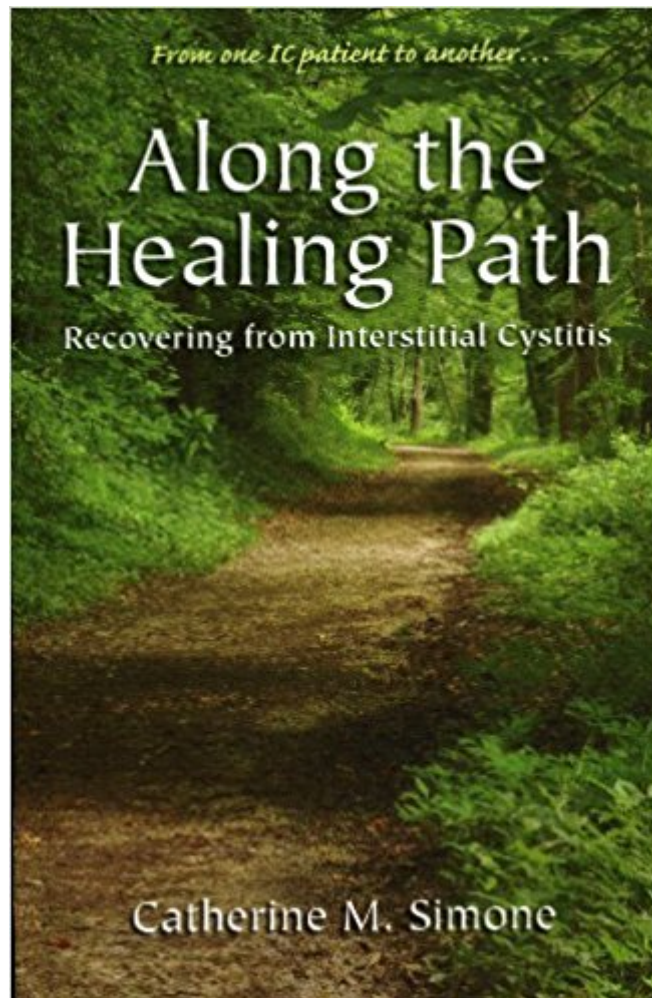




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Along The Healing Path : Recovering From Interstitial Cystitis



Synopsis

Along the Healing Path includes discussion of IC from a holistic perspective, more specific information on herbs natural products, and alternative treatments, a special section on vitamins and minerals, as well as many helpful tips for those looking for a more natural approach to treating their IC. This book also contains a discussion of the many reasons why alternative treatments may not have worked for you in the past, common problems IC patients run into, and more information on how to develop a healing plan of your own.

Book Information

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Customer Reviews

This book was such a blessing to me in a difficult time. I went the traditional medicine route for the first year after my diagnosis and was MISERABLE by the end of that year and saw no marked improvement to my condition. My doctor wanted to put me on another medication and started talking invasive procedures and I said, "no more." People were telling me that I just needed to get used to my life like this now- I couldn't accept that. I decided to go the natural route for a year and see what happened. I absolutely believed I could heal, not just improve. I have felt SO MUCH better since implementing the processes outlined in this book and working with my aunt who's a holistic health coach. While I'm not 100% I can say that I've had a good 6 mos without a flare (just some pain here and there, knock on wood). I still will use it for reference and healing if/when I need it again. If you are out there and the situation seems hopeless please try this method. I pray it works for many who suffer with this debilitating health issue.

Although I did like this book, and truly agree with many things the author says, it did not help me. I tried her recommendations for almost a year. SERIOUSLY, went organic make up, all natural household cleaners (vinegar est), ate all organic foods, exercised, did healing baths, made sure I did not stay constipated, bought TONS of herbs and supplements and tried them how she specified, SPENT TONS OF TIME AND MONEY into trying this program, plus MAJOR life changes. And I am still in so much pain. IC in the scientific community is thought to be inflammation and the inner layer of the bladder wall is not there, causing the urine to cause pain. Marshmallow root may sooth but it does not rebuild that layer, and no matter how healthy I was, it did not rebuild that wall on it own. I do not give this a one star because following her recommendations of being less toxic, has made my body overall feel MUCH better. But my bladder does not feel better, just my body. SOMETIMES the marshmallow MILDY soothed, but I have been in so much pain a MILD soother did not do much for me, maybe for someone with a less severe case can find relief. I can say I did not stop taking pain medication which could be a source of toxins preventing me from healing. She says in her book after trying her stuff for a little while you wont need pain medication anymore, but that never happened to me. I hurt and always hurt, and I wish this book would have been the solution but it was not. I hope some day there is a true solution to our pain and a real cure will be discovered.

This is a great book written from a lay person and has a lot of Hope and is very positive the only downfall I see is that for people with very serious illnesses some of her suggestions even though she cautions so strenuously to go slowly can indeed cause for their struggles I am of the belief that the disease she speaks of here and many related conditions are the result of the massive bacterial infection one of which is tick-borne diseases such as Lyme disease antibiotics are in essence the only real cure but if we have problems with detoxification such as mutations and are methylation Pathways any attempts to detoxify will make your symptoms worse so I love this book but to heal in serious cases it will need to be used in concert with something more scientific

This is a great source of info. No one diagnosed me with IC. I saw 3 urologists, 2 did surgery on me that I didn't need, multiple drugs, lots of money out the window for nothing, and pain!!!!!!!!!!!!!! I finally diagnosed MYSELF using the Internet, found this book, used the suggested supplements, detoxes and 4mths later I'm finally feeling so, so, so, much better. Very simple and clear to understand. I bought another one for a friend who dosen't have IC, but has terrible kidney and bladder problems because I believe it will help her too!!! Definitely the only thing that has helped me. Worth the money. Nothing to lose, but lots to gain!! Relief from your PAIN!!!!!!!!!!!!!! Nurse from nj

I'm glad this book helped most, but it's so repetitive that I found myself skipping paragraphs repeating what she's already said but in different words. I found it annoying how she kept repeating herself throughout different parts: "I mentioned in my first book," "I know it worked for me, but do what's best for you," etc. I just feel like I wasted almost \$20 on information I've read thoroughly about online from ic-network.com from research views...this book didn't have many referencing points, which I need, and just had what felt like her vague understanding of herbs, treatments, and the such. As I've said before (see what I did there? Be prepared for a lot of that in this book!), I'm glad this book helped most, I just feel like I wasted some precious funds.

When I found out about my IC diagnosis I was so confused. This book has seriously changed my life since then. I have been guzzling the right type of teas and eating the right types of foods for my body and have needed nothing else for treatment. I am using things I learned from this book literally everyday. Some things I have not tried and may one day but there are SO many options in this book that you WILL get something from it just by reading. If you have been diagnosed with Painful Bladder Syndrome or IC, trust me-read it. It is full of medical or wholistic options. I read it on a round trip plane ride and am so glad I did. That trip was my last painful episode because of this book. It was such an ah ha moment reading the list of symptoms that are all connected in my body and always have been since I was a child. This book opened my eyes to my body as a whole not just seperate issues but all one.

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