



The IC Chef Cookbook: More Than 260 Bladder Friendly Recipes Shared By Patients Just Like You

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The IC Chef Cookbook features more than 260 recipes shared by IC patients over the past ten years in the Interstitial Cystitis Network's on-line cookbook. Julie Beyer RD, author of the Confident Choices: A Cookbook for IC and OAB, contributed the foreword to the book. She wrote "For the past twenty years, Jill Osborne and the thousands of members of the Interstitial Cystitis Network Forum have shared their journeys with interstitial cystitis, including the recipes you find in this book. This cookbook is a celebration of that wisdom and, more, importantly the empowerment that patients experience when collaborating with each other. If you think there are no hot beverages that you can enjoy, you'll be intrigued by the more than 20 recipes for hot drinks included in the cookbook. You'll also find recipes for frozen shakes and creamy drinks, sweet teas, smoothies and veggie drinks. If you're sick of oatmeal for breakfast, you'll find some fabulous new recipes perfect for a family brunch. From burgers to pizza, pasta to vegetarian ideas, there are plenty of options that should help interstitial cystitis, bladder pain syndrome and chronic prostatitis patients enjoy food again. The book is more than a cookbook. It's a primer on the IC diet with easy to read sections explaining why food can irritate the bladder, the most irritating foods to avoid. It includes a full list of the 2012 IC Food List along with articles on Fighting Constipation, Fatigue Fighting Foods, Foods and Chemicals and more. We hope that it gives reader some great new ideas and fresh flavors to play with. The book is appropriate for patients struggling with bladder and prostate disorders as well as acid sensitivity.

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