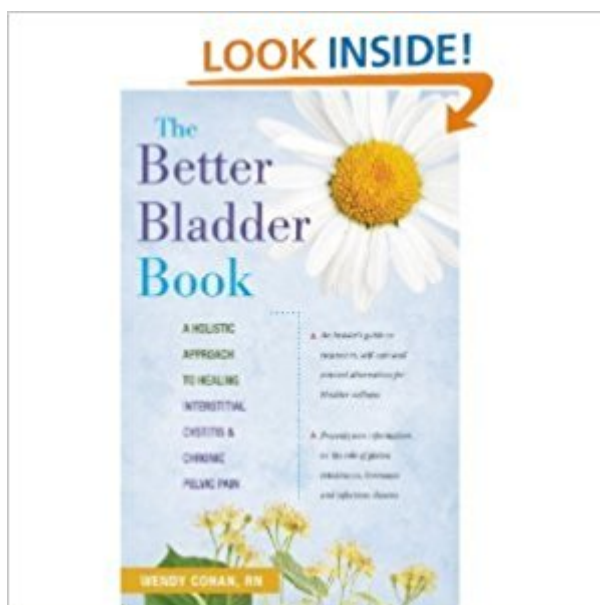


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The Better Bladder Book: A Holistic Approach To Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] By Cohan, Wendy (Author) On Nov-09-2010 Paperback



Book Information

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Average Customer Review: 4.6 out of 5 stars 90 customer reviews

Best Sellers Rank: #1,196,789 in Books (See Top 100 in Books) #125 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs](#) #1064 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

Customer Reviews

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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