



10 Years On - Living with Interstitial Cystitis

E Murphy

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Conventional medicine can only help to reduce the painful symptoms of IC as there is no cure. A very careful diet can be very beneficial. I endured years of removing individual foods from my diet in a trial and error manner before striking a balance of symptom control and healthy eating. I want to pass this knowledge onto other sufferers, from my own personal experience with the illness as well as my past work as a cook and full time mother and now grandmother.

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