# Interstitial Cystitis (IC)

Interstitial cystitis is a long-term, inflammatory medical condition of the bladder. Inside the bladder there is a mucous layer that lines and protects the bladder wall called the glycosamineoglycan (GAG) layer. When someone has IC, the mucous layer is damaged, which allows the urine and substances in the urine to aggravate and inflame the bladder wall, resulting in pain. (Your own urine is “burning” your bladder).

**Symptoms of IC:**

* Severe bladder pain or pressure



* Intense pelvic and/or lower abdominal pain
* Excessive frequency of urination
* Urgency of urination
* Reduced bladder capacity
* Tenderness in pelvic / genital area
* Painful intercourse

Mucous layer in the bladder is damaged, which allows urine and substances in the urine to inflame the bladder wall, resulting in pain.

**Causes:**

* An overgrowth of candida yeast
* Toxic substances in the urine
* Alkaline/acid imbalance
* Allergies
* An imbalance of potassium/sodium
* Possibly parasites

**How Common is Interstitial Cystitis?**

About 8 million women and 6 million men in North America are known to have Interstitial Cystitis.

**Suggested Nutrients of Benefit:**

STEP 1:

* Optiflora, Part 1 and 2 … to restore optimal levels of probiotics
* Alfalfa … Alkalize the body (the general rule of thumb is 1 per every 10 pounds of body weight. A person with IC would benefit from doubling this suggestion)
* Vivix … for repair and to reduce inflammation
* Soy Protein or Shaklee 180 ... amino acids help repair & rebuild the tissue in the bladder
* Shaklee Vitalizer … suggested for basic tissue wellness, protection and repair

STEP 2:

* FlavoMax … contains Quercetin, a flavonoid and aids in healing the bladder
* CarotoMax … contains carotonoids that are very involved with healing the bladder
* OmegaGuard … essential fatty acids, essential to heal the bladder tissue

STEP 3:

* Gotu kola (in Shaklee Mental Acuity) stimulates the synthesis of the glycosaminoglycan layer in the bladder
* Valerian & Passion Flower (in Shaklee Gentle Sleep Complex) … have a calming affect on the spasmolytic activity in the bladder and contain alkaloids and flavone glycosides that calm the bladder.
* Zinc … very essential for tissue building

**Other Suggestions of Benefit:**

* Replace all laundry products, cleaners, personal care products & cosmetics with toxin-free products
* Investigate food allergies … order an Elisa Allergy Test (call The Better Living Centre at 905-871-4281)
* Have bloodwork done to determine the electrolyte imbalance in the body and correct accordingly
* Drink celery juice from a juicer eat fresh pineapple for electrolytes and digestive enzymes
* Castor Oil Packs … on the bladder area – speed healing
* A yeast buster program may be required to effectively deal with the overgrowth of yeast
* A parasite cleanse is in order