

The IC-Smart Diet*

Many people with interstitial cystitis (IC) find that changes in their diet can help to control IC symptoms and avoid IC flare-ups. Typically, avoiding foods known to be common bladder irritants, such as coffee or citrus products, is a good idea. This helpful guide can help you make "IC-Smart" meal choices. Keep it handy for easy reference when dining out or when preparing meals at home.

Fruits

IC Friendly: Bananas; blueberries; honeydew melons, watermelons; raisins; Gala, Fuji, and Pink Lady apples; pumpkins; and pears



Avoid: Grapefruit, lemons, oranges, pineapples, kiwis, sour or tart apples (Granny Smith) and nectarines, tart or bitter grapes, cranberries, sour strawberries in large quantities, and sour cherries



Vegetables

IC Friendly: Potatoes, sweet potatoes/yams, most beans, bell peppers, broccoli, carrots, asparagus, cauliflower, celery, lettuce, mushrooms, peas, radishes, squash, and zucchini

Avoid: Raw onions, hot chili peppers, pickles, sauerkraut, tomato products, and edamame and roasted soybeans

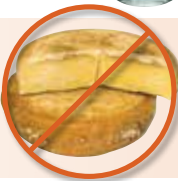


Milk/Dairy

IC Friendly: Milk; and American, cottage, mozzarella, mild cheddar, feta, ricotta, and string cheeses



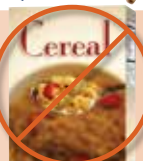
Avoid: Yogurt (lemon, lime, orange, chocolate, mocha, or artificial sugars), processed and heavily spiced cheeses, and chocolate ice cream



Carbohydrates/Grains

IC Friendly: Wheat, rice, and corn pastas; quinoa, oats, buckwheat, matzo, polenta, grits, couscous, millet, spelt, and breads (except those listed below)

Avoid: Heavily processed or fortified breads and pastas; heavily preserved, sweetened, flavored and chocolate cereals; and soy flour



Meats/Fish

IC Friendly: Chicken, turkey, beef, pork, lamb, shrimp, tuna, salmon, and deli meats (gluten and color free)



Avoid: Aged, canned, cured, processed, prepackaged, or smoked meats/fish; and deli meats (heavily spiced, salted, or flavored; ie, salami)



Nuts/Oils

IC Friendly: Almonds, cashews, peanuts, and most oils



Avoid: Filberts, hazelnuts, pecans, and pistachios



Beverages

IC Friendly: Water; whole, low-fat, nonfat, lactaid, rice, goat, and almond milk; blueberry and pear juice; vanilla, coconut, and caramel milk shakes; and chamomile, peppermint, and herbal teas



Avoid: Alcoholic beverages, including beer and wine; carbonated drinks, such as soda; coffee and tea; citrus (grapefruit, orange), tomato, acai, and cranberry juices; and chocolate, coffee, and mocha milk shakes



Seasonings

IC Friendly: Garlic and other seasonings (except those listed below)



Avoid: Ketchup, spicy mustard, miso, soy sauce, vinegar, cayenne, hot curry powder, horseradish, and spicy foods (especially Mexican, Indian, and Thai foods)



Food Additives

Avoid: Ascorbic acid; monosodium glutamate (MSG); aspartame (NutraSweet®¹); saccharin; and foods containing preservatives, artificial ingredients/colors

*This is not an all-inclusive list of foods and beverages that are IC friendly or should be avoided.

¹NutraSweet is a registered trademark of NutraSweet Property Holdings, Inc.

Dining Out: The IC-Smart Way

Plan ahead

Before making plans to eat at a restaurant, it's a good idea to check online or call ahead to ask about the menu. This will enable you to enjoy your meal and feel good afterward, too!

When ordering your meal

- Ask questions
 - Ask your waiter what spices are used in particular dishes
 - If you are unsure of an ingredient, ask what it is
- Modify your selection
 - It's your meal—don't be afraid to specify how you would like it prepared
 - When ordering a salad, tell the waiter **no** onions
 - Substitute a plain baked potato for a spicy rice combination
 - Ask for salad dressings and other possible "trigger" items to be served "on the side"
- Be careful with spicy foods
 - Pay attention to the type of cuisine you eat. Different cuisines may contain spices that you may be unfamiliar with
- Know your "IC-Smart" menu choices
 - Most restaurants offer plain (not marinated) steak and chicken
 - Some chain restaurant foods may contain preservatives

Urinary Tract infection (UTI) supplements.

***UTIVA - Cranberry pills**

Maintenance: take 1 capsule daily around the same time or without food.

Sex- associated or symptomatic : take 2 utiva capsules the day of and 2 more the 24 hrs later.

*** UQORA**

Target is a drink mix that flushes the urinary tract. Drink Target every 3 days and immediately after sex, if sexually active.

Control strengthens the bladder wall and continually cleanses biofilm, which is key for day-to-day urinary tract health. Take two capsules a day.

Promote is a probiotic for your vagina, which supplies good bacteria (lactobacillus) to keep your vagina balanced—a key component of urinary tract health. Take one capsule a day.

***2 Tablespoons of ground organic flaxseed within the meal of choice.**

***Jarrow Formulas-Fem-Dophilus 1 Billion**

Suggested Use - For maintenance, take 1 capsule orally per day, preferably with a meal & water. Increase to 2 capsules per day as needed or take as directed by a healthcare professional.

***Estrace-** It helps to reduce symptoms of menopause (such as hot flashes, vaginal dryness)

Use as directed (If Dr prescribed).

IF a patient has a personal history of Breast Ca or cannot use hormones please substitute Estrace and use

*** Carlson Labs Key-E suppositories(vaginal insert).**

***Biom Vaginal Probiotic Suppository** Natural Vaginal pH and Odor Control Regimen; Balance and Nourishes Vaginal Lactobacillus Flora

Use one suppository daily for a week and then one weekly to complete at least 3 months

***Kyolic #102 Garlic W/Enzyme Veg 200 Cap**
(for recurrent yeast infection due to antibiotics)

***Banyan Botanicals Triphala Tablets** - Four tablets at the hour of sleep.

*** Magnesium citrate capsules 400 mg equals three capsules nightly. Brand Now**

We are happy to share the following supplements we recommend that allow you to obtain via AMAZON. We believe these substances will help lower the degree of inflammation in your bladder and in your body.

*******PLEASE TAKE ALL SUPPLEMENTS FOR THE FIRST 6 WEEKS*******

Please consider the following substitutes for coffee and teas . Start your day with **Ceremonial Grade , Organic Sense Matcha tea**. If you wish you can add further organic oat milk, such as the Pacific Brand. Banyan Botanicals makes a variety of Ayurvedic, organic teas with a balanced base of cumin , coriander, and fennel. **Detox Digest Turmeric Ginger Tea** is a great way to start your day , **Mellow mind Chamomile** is perfect for the evening, and **Tulsi Fields** is a great mid day drink. For summers, **Joyful Heart Hibiscus, Tulsi, and Rose Team** is nourishing and refreshing.

*******Bladder support for Females*******

-**Bladder Ease or Cysto Renew Supplement (Douglas Laboratories)** Support a Calm and Healthy functioning bladder. 2 X2 a day.

-**Marshmallow root (Nature's way) . 2x2 a day.**

-**Enfla-mend PX (Restorative Formulations)** Take 2 tabs q 2 hours if discomfort for maximum 10 tabs per day

*******Bladder support for Males*******

-**Saw Palmetto/Pygeum/Nettle (Vital Nutrients)** 2 Capsules daily

-**Quercetin 250 mg - (Vital Nutrients)** Bioflavonoid for Sinus & Immune Support. 2x2 a day

-**Marshmallow root (Nature's way) 2x2 a day.**

-**Enfla-mend PX (www.restorativeformulations.com)** Take 2 tabs q 2 hours if discomfort for maximum 10 tabs per day. ----- **305-275-5525**

*******Inflammation Support supplements*******

-**Magnesium Citrate Capsules(Now) -Take 3 capsules at night which is equal to 400 mg.**

-**B Complex #6 (Thorne Research) or B-Supreme (Designs for Health)** Take one daily

-**Vit B12 (Integrative Therapeutics)**
Mon, Wed, Fri 1mg sublingual.

-**Epsom Salt (Ancient Minerals and salt works)** Pour 2 cups into a hot water tub to tolerance and soak for 20 min- Perform 3 times a week before sleep.

-**Castor oil pack-** Apply to the lower abdomen for 30 min and then wash off, you can find videos on youtube and ready to use kits are also available on Amazon.

-Flaxseed- Two tablespoons with a meal of choice.

-Chia seeds- Two tablespoons with a meal of choice.

-Kyolic #102 Garlic W/Enzyme. Twice per day with meals..

(For recurrent yeast infection due to antibiotics) **FOR FEMALE**

-Visbiome (High potency probiotic)

2 daily meals, you can split taking 1 each with 2 main meals.

- Nordic Naturals Algae Omega 715 MG 3 tabs daily

-Vitamin D Supreme 5000 IU (Designs for Health) Support Immune System + Bone Health. **Ideally should get a baseline level with primary care doctor before initiating**

-Thorne Research(N- acetyl cysteine) 500 mg
Take 2 at nig

- Thorne Trace Minerals (Comprehensive Formula of Trace Mineral Complex) -Supports Optimal Hormone & Neurotransmitter Function. Take 1 daily.

Triphala Tablets (Banyan Botanicals) Helps to regulate bowel function. Take 4 tablets at night.

-Pancreatin and Ox Bile Extract (Vital nutrients)-Aids digestion. Take 2 with every meal

*******Let us remember that inflammation mostly comes from the lifestyle choices we make*****

* 7-9 hours of good quality sleep. Place your cell phone on **airplane mode** and no closer than 8 feet from you body while you sleep . Remove or at least unplug all other electronic devices in your bedroom while you sleep.

*Avoid all **DAIRY, WHEAT, CORN, GMO or NON ORGANIC SOY and SUGAR.**

***StephanieSudjian** is a functional nutritionist and she offers virtual appointments (www.ifm.org/practitioners/stephanie-sudjian)

*30 minutes of walking daily

*Avoid toxins, including **tobacco** and **alcohol.**

* Mind body practice - meditate 10 minutes per day (**healthy minds app**)

*Mix 6 thin slices of organic cucumber in a glass of water for a total of 8 glasses per day.

*****BOOKS*****

- Consider intermittent fasting** (By Dr Valter Longo)
- **The Longevity Diet** (By Valter Longo)
- Clean, Green, and Lean** (By [Dean Ornish M.D.](#) and [Anne Ornish](#))
- Why We Sleep** (By Dr Matthew Walker)
- Food for health** (By Dr JoelFurhman)
- Total Meditation** (By Deepak Chopra)
- Body on fire** (By Monnica Aggarwal)
- Own Your Health** (Glen Merzer)
- The Relaxation Response** (By Herbert Benson)
- Undo It** (by Dean and Anne Ornish)
- Foods that fight pain** (By Dr Neal Barnard)