



The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis and Chronic Pelvic Pain

Wendy L. Cohan

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Bladder problems affect millions of people, and recovery is often difficult and incomplete. As a registered nurse, Wendy Cohan has provided health information and treatments for patients with a number of bladder conditions. She begins with a description of the anatomy and function of the urological system and the assessment, diagnosis, and treatment of typical bladder problems. She lists frequently prescribed medications, explains how they work, and identifies their side effects. The bulk of the book picks up where medical treatment leaves off: the use of diet and herbs, regular exercise, stress and pain reduction techniques, and methods for better sleep are discussed. Cohan includes self-assessments, meal plans, herbal recipes, and a week-by-week recovery plan to create a complete holistic approach to bladder wellness. Information on specific diets, a review of the range of conditions that can cause pelvic pain, and a thorough guide to additional resources complete the book.

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