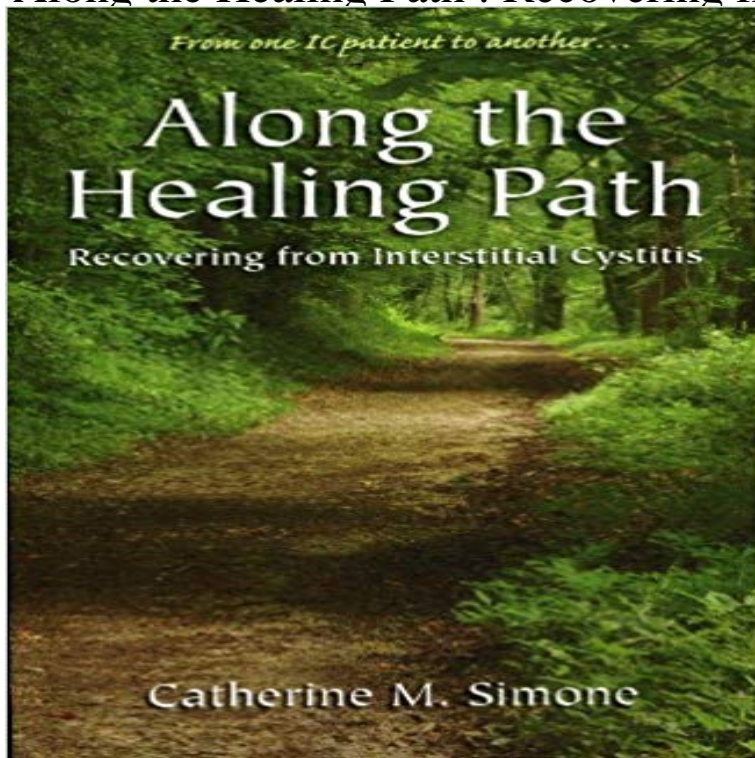


# Along the Healing Path : Recovering from Interstitial Cystitis



Along the Healing Path includes discussion of IC from a holistic perspective, more specific information on herbs natural products, and alternative treatments, a special section on vitamins and minerals, as well as many helpful tips for those looking for a more natural approach to treating their IC. This book also contains a discussion of the many reasons why alternative treatments may not have worked for you in the past, common problems IC patients run into, and more information on how to develop a healing plan of your own.

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