

5 TIPS FOR IC WELLNESS



5 Tips to help you on your journey to IC Wellness. These tips will be helpful no matter what phenotype of IC/BPS you have.

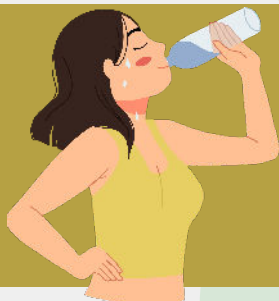
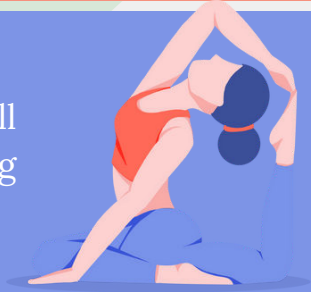


Eat Nutritious Food

Not everyone with IC/BPS is sensitive to foods. However, it is good practice to eat a variety of foods, and avoid excessive caffeine, alcohol and artificial sweeteners. If you are sensitive to foods, a food journal will help you to determine triggers for YOU.

Regular gentle aerobic Exercise

Gentle aerobic exercise and daily stretching will help with IC/BPS symptoms. Consider getting outside, nature has wonderful healing properties.

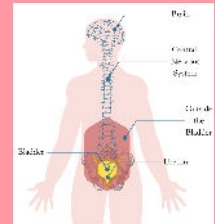


Drink More Water

Maintaining adequate hydration is important for bladder health. Drinking small amounts more often will help to prevent overly concentrated urine, which can increase IC/BPS symptoms.

Learn about your phenotype(s) of IC/BPS

We now know that IC/BPS symptoms can arise from the bladder/urethra, from outside the bladder (muscles or nerves), and from the brain and central nervous system. Learn about the different IC/BPS phenotypes to help guide you towards optimal symptom relief.



Practice Physiological Quieting

Learn to quiet the nervous system. Guided imagery, meditation, mindfulness and deep breathing exercises are beneficial to everyone.