

## Interstitial Cystitis Testimonial by B. F.

In the Spring of 2005, I came down with what I thought was a UTI. It wasn't the first time I had one, so I recognized the symptoms: frequent urgent urination, and pelvic pain. I went to the university health center and the urine test came back negative, but they prescribed an antibiotic just in case. I finished the round of antibiotics and still felt no improvement. I couldn't sit through my classes without desperately fighting the urge to go to the bathroom.. I went back to the physician at the university health center and she seemed at a loss as to what to think so she referred me to an urologist. After a few more weeks of discomfort, I finally met with him. But the news was dismal. He was 99% sure that I had interstitial cystitis (he suggested a ballooning of the bladder to be positive, but I declined). The worst part was that this was a chronic condition with many treatment options, but none that had proven effective. He suggested that I start with changing my diet and then we could discuss treatment options. Some were extreme and invasive others consisted of taking pills with possible side effects and little possibility of alleviating symptoms. I gave up caffeine and alcohol and took up exercising. I tried to mend my diet by avoiding sugars and white flour, but I found no relief. I was at a point that I could barely sit through my classes or focus on my homework. I had constant pelvic pain and an urgent need to go to the bathroom about every twenty minutes at times. It was excruciating, and I was beginning to become very depressed. Finally, my sister referred me to an acupuncturist and Chinese herbalist, Pam Bayers. Though I knew little about acupuncture, I was willing to try anything. I had also read online that others with IC had found relief through this treatment. She began a treatment of acupuncture and Chinese herbs about mid –summer (July if memory serves me). After only a few weeks my symptoms began to improve and by the time the holiday season began, I was completely symptom free. After only six sessions of acupuncture and less than six months of taking Chinese herbs, I was completely cured. I have been without symptoms now for five years and it is all thanks to acupuncture and Chinese medicine.