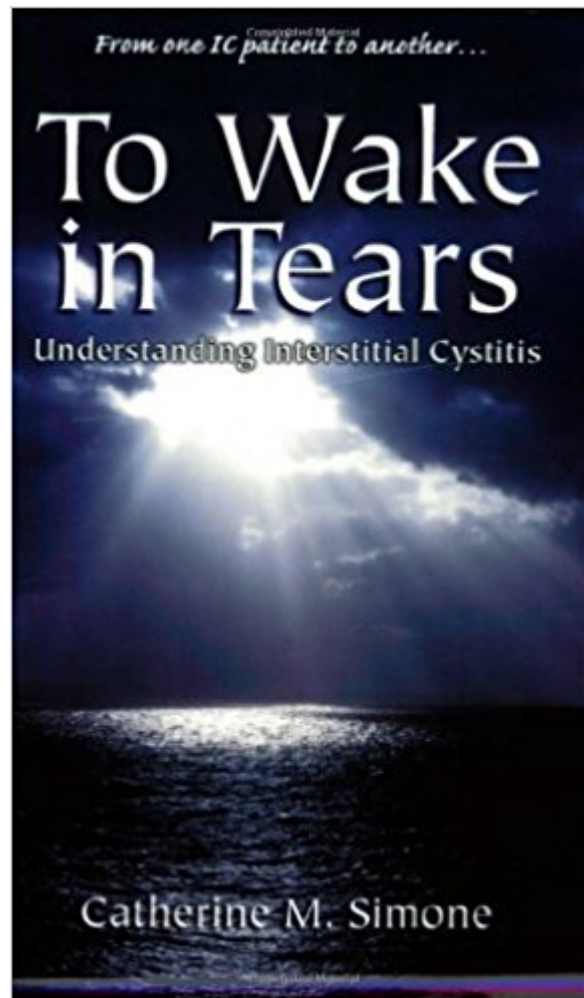




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To Wake In Tears: Understanding Interstitial Cystitis



Synopsis

To Wake In Tears is the revolutionary book that introduced the herb marshmallow root to the IC community back in 1998. It was the first book to look at IC from a holistic perspective claiming that IC is not just a bladder disease. In order to truly heal from IC, the whole body must be treated. Within the story of how the author healed herself from a severe case of IC are a multitude of practical, safe, helpful tips for IC patients to use to help themselves heal. Like Simone's other two books (Along the Healing Path and Awakening Through the Tears), this book is empowering, inspirational, and ground breaking in its discoveries of various physical connections with IC, as well as offering ideas of how to address them safely, naturally, and without the use of toxic medications and invasive medical procedures.

Book Information

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Customer Reviews

I was a little apprehensive when I bought this book because I knew that all IC patients were different. (I've been suffering with it for 3 years now and am a female, age 25) We all experience different symptoms, so I had no idea what to expect from this book. However, I'm SO glad that I bought it. I agree with others that it is a MUST READ for IC patients. I found myself crying throughout the book. Not because I was sad or over joyed, but because I could relate so incredibly much to Catherine Simone's story. I have been through and felt and experienced many of the things mentioned in this book, and even though I cried through most of it, I believe that it played a huge part in my healing. I needed to cry and let it all out. When I'm in pain I tend not to. I tend to tense up when really what I need to be doing is trying to kill the pain anyway I can and relax as much as

possible. Even if you are not an IC patient but love one, I also think this is a must read. It will give you a much better idea of what your loved one has or is or will go through. My husband is reading it now, and my mom is reading it after him. I will most definitely try some of the things she talks about in the book when it comes to having a toxic body and cleansing it. At this point I'll do anything to get rid of the pain. I have found (like mentioned in this book) that drinking some water with a half teaspoon of baking soda in it actually helps! I will most certainly try other things she had to offer!

Since I got this disease, I was looking on the internet to even know what was wrong with me as none of my doctors could tell me and living in Kona Hawaii, the urologist there simply didn't give a damn, told me to have my bladder cut out if it hurt and wouldn't even give me pain medicine. I tried everything in this book, to no avail, but I finally found a pain management doctor who took care of me, and I got rid of this disease in 8 years time. Rest, alkalized food, nothing processed, all fresh. Raw is best, but diet helps quite a bit, no alcohol, caffeine .

this book is so comforting for someone who has struggled with this horrible disease. she talks about the horrors she went through and i just kept nodding my head because i have been there. i feel like this book gave me permission to really embrace how i was feeling instead of telling myself that i was just too sensitive or "being lazy". this book is for anyone who has ic, but mostly for those of us who are at our wits end on what to do and need to hear that others do have as bad of cases as us. please don't feel like your alone, because this book proves that your not!!!

I both applaud and thank Catherine M. Simone for having the courage to share her personal IC story with the world. I too suffer from IC and during the difficult beginning stages of being newly diagnosed with IC I was incredibly disoriented and depressed to find my world changed by a chronic and painful disease. "To Wake in Tears" is both an appropriate title and an anthem for all of us living with IC as there have been countless times that I would dream thinking that IC was just a nightmare, only to awaken with tears as the horrendous pain of IC was still part of my body. Thanks again for this book as well as the other two IC-related books that you have written-from one IC patient to another.

When my doctor diagnosed me with IC. I was terribly upset. I did not want an incurable condition. I began scouring online for cookbooks to assist me in monitoring my diet, and that was when I found this book. This book is very helpful, and definitely gave me hope. The author does not subscribe to

any method of curing this condition, she only insists that we not give up and that doctors can not always help us. Physically, this book was in perfect shape when it was shipped to me. My only complaint about this book is a couple of typos and errors that I spotted.

When you get to the section on alternative treatments, there are a few that seem odd. However, the marshmallow root tea was definitely helpful. In a couple of weeks of marshmallow root tea and following the IC diet I have pretty much rid myself of painful symptoms of interstitial cystitis.

I read this book, then after some possible causes mentioned in the book, sought out a holistic MD who believes in my case, I had systemic candida (yeast) and possibly e.coli. Started on probiotics and a sugar/carb free diet and a week later, my pain is 90% gone for the first time in 7 months since this nightmare started. READ THIS BOOK and get the help you deserve.

I was diagnosed with IC nearly ten years ago (at the age of 20). If only I had found this, and Catherine Simone's other two books, sooner. No matter how mild or severe your IC, you will benefit from reading *To Wake in Tears*, *Along the Healing Path*, and *Awakening Through the Tears*. I bought all three at the same time and found useful information in each of them. *To Wake in Tears* and *Along the Healing Path* have a lot of the same information, but the latter has a reference section on herbs, minerals, vitamins and alternative therapies. The author is quite repetitive (she says the same thing many times in different ways). It's a bit annoying at times and quite helpful at others. You may or may not agree with everything Catherine writes, but if you are open-minded and want to try different things, I guarantee you will not regret your purchase. Catherine Simone couldn't be more right when she says that every person's body is different and you will ultimately have to heal yourself. On the other hand, if you're looking for a doctor to prescribe you a miracle pill, you'll probably want to save your money to pay for the drugs.

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