



Citrus Valley  
Interstitial Cystitis  
Support Group

## Notice: September is IC Awareness Month

<https://www.booster.com/icawareness2015> - T-Shirt \$15

Email we received states that last day to purchase a T-Shirt is Aug 15

Note our group is not in any way connected with these T-shirts.

**Newsletter** Meeting Date: 28 July 2015, Edition 2

**Speaker: Edward L. Davis, Jo Davis, Lisa Regan**

**Review of BPS/IC and Discussion of Future Meeting Topics**

### Meeting Notes

This meeting was an open discussion on the topics that can be addressed in 2016.

It was an active discussion as the main topic of interests broadened into the specifics of individual questions, problems, and suggestions.

Future speakers that would be helpful to discuss the following ideas:

1. Dietary – Always at the top of the list – With the twist – need for recipes. Perhaps a chef who can address special diet guide lines. Also start sharing recipes on website [icaction.com](http://icaction.com)
2. Vitamins – What is needed for optimal health and what is potential to bring on a flare? – Perhaps have dietician return to expand this topic.
3. Probiotics - Pharmacist/D.O. - The market for probiotics mirrors our increased understanding for the need to balance what we are prescribed, such as antibiotics, with the replacing the digestive bacterium that are wiped away by such medication.
4. Other methods of BPS/IC treatment, i.e. Botox, Interstim, Etc.

Other topics discussed in the open forum were:

- A. Hot weather and the need to increase fluids. But how much? Because of sweating add 32 oz. extra water = 1 quart or 4 (8 oz.) glasses – Replace salt and minerals also when perspiring. Not all water equal read labels/spring water or water with mineral replaced.

B. Tips for Travel

### C. Recipe: Hummus

Canned garbanzo beans/organic – (2) 15 oz. cans - use low salt – rinse until foam gone. Put in food processor with two cloves garlic/mashed - 1 teaspoon fresh lemon juice ( just a touch omit if sensitive) - ½ cup water – ¼ cup olive oil – ½ teaspoon salt - 2/3 cup “tahini” (easy recipe to follow) Process until smooth. Spoon in serving dish and top with toasted pine nuts & chopped parsley. (Makes approx. 3 cups)

Recipe for **tahini** in blender - 1 cup raw sesame seeds that you will toast – Easiest is to toast sesame seeds to light golden color is to use baking sheet – preheat oven 350 degrees – middle rack – 10-13 minutes – stir once – Cool 10 minutes. In blender put ½ cup vegetable oil and 1 cup toasted sesame seeds and blend- 8 minutes - stop and scrape sides as needed. Should be silky smooth. Keeps for 30 days – refrigerated.

**Final thought: Send us your recipes and any suggestions for future meeting topics!!!**

**Suggested most economical to buy sesame seeds – Asian markets.**

### Next Meeting

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September 22, 2015

**Topic:**

“How We Cope with Health Issues”

**Speaker: Nichole Bessire Taylor, M.A., LMFT**

**Location:**

Foothill Presbyterian Hospital

(In Doctor’s Dining Room)

**Suggestions from this Meeting**

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**Open discussions and sharing information meeting received 5 stars from attendees for being helpful.**

**Contact:**

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IC Action

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