



# **Painful Bladder Syndrome: Controlling and Resolving Interstitial Cystitis through Natural Medicine**

*Philip Weeks*

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## **Painful Bladder Syndrome: Controlling and Resolving Interstitial Cystitis through Natural Medicine**

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Painful bladder syndrome is a common and highly debilitating condition that Western medicine finds notoriously difficult to treat. Blending ancient and modern holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of managing their symptoms effectively using a simple yet powerful combination of natural techniques, nutrition and herbal medicine.

Applying his deep understanding of the principles of Ayurvedic and Chinese medicine, he provides holistic medical perspectives on the causes of PBS, as well as clear explanations of specific holistic methods and techniques for bringing symptoms under control, along with step-by-step instructions for introducing them to daily life. The book also looks in a holistic way at effective natural treatments for common co-existing conditions, including allergies, fibromyalgia, irritable bowel syndrome and chronic fatigue. The book ends with an easy-to-follow seven point protocol for recovery from PBS.

This pragmatic and compassionate self-help guide will empower those with interstitial cystitis to gain control over their symptoms and achieve greater physical, emotional and spiritual wellbeing. It will also be of interest to complementary, alternative and mainstream health practitioners involved in treating or supporting those with the condition.

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