

## Download Book

# INTERSTITIAL CYSTITIS: 100 SIMPLE RECIPES FOR IC SUFFERERS



Interstitial Cystitis  
100 Simple Recipes  
for IC Sufferers

Tanya Glover



Paperback. Condition: New. 142 pages. Interstitial Cystitis (IC) can make life very difficult in many ways. One major way that IC can affect your life is by taking away the foods you have always enjoyed eating. In this mouthwatering recipe book, Tanya Glover, herself an IC sufferer for many years, shares some simple yet delicious recipes that her whole family can also enjoy. Containing easy to follow recipes for exciting beverages, breakfasts, soups, salads, pastas, vegetarian dishes, poultry, beef, lamb,...

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- Authored by Tanya Glover
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