

## **Reviews of**

Interstitial Cystitis:

A Personal Journey of COMPLETE Healing!

by Tracy Alexis, Ph.D.

**Aaron Kaufman, D.O.**

Albuquerque, NM

"Dr. Alexis' book is powerful documentation of her intense journey to discover pain relief and a cure from a disease that mainstream medicine knows little about, yet considers incurable. Her journey is rich with insights that led to a multi-faceted approach which buoyed her back into wellness. Her strong insistence on appropriateness and justice on her path to get what she needed makes this book a "Must Read." She leaves a trail of tools and cogent points of view to help the reader self-advocate and navigate the hurdles and red tape of today's insurance system. This book is an important milestone in the evolution and treatment of this devastating disease *and* can serve as a "how to" template for anyone confronting critical health issues in America."

**Grace E. Jackson, M.D.**

Sedona, AZ

"Tracy Alexis is a medical Super Hero! In this powerful book filled with essential information. Dr. Alexis not only presents her personal experience of how she achieved remission from Interstitial Cystitis within five years, but also explains how she navigated the Scyllia and Charybdis (between two equally perilous alternatives) of commercial insurance bureaucracy, medical negligence, and "Support Group" stagnation. Readers will certainly learn about interstitial cystitis, and its effective and ineffective interventions - but perhaps more importantly, they will learn how one patient's indomitable spirit and curiosity propelled a successful journey of healing. I predict this story will motivate, inspire, and hopefully, transform the lives of patients and medical professionals alike."

**David Wales Pharm.D., RPh**

Albuquerque, NM

"Dr. Alexis has produced a thoroughly comprehensive and intimate portrait of Interstitial Cystitis (IC) for which I am grateful. Her clarity of vision has fanned away the fog that has kept this condition in obscurity and brought it into the daylight. A decade and a half as a pharmacist has not given me the kind of detailed knowledge that this book provides. My hope is that its distribution will facilitate understanding and empathy in the medical community for the underserved population and provide guidance for those who suffer needlessly."

**David Brendel Ph.D.**

Los Angeles, CA

"Thoroughly researched and well written, this book provides the reader with guidance, direction, and helpful specifics presented compassionately and didactically through self-disclosure and factual information. Dr. Alexis addresses all aspects of her healing journey and provides sound advice while remaining cognizant of individual differences. A must read for anyone suffering from or associated in any way with Interstitial Cystitis or related issues. I have indeed found it a meaningful resource for general medical purposes as well."