Recommended Protocol for Interstitial Cystitis

The following protocol is what worked for a 25yr old woman who suffered from IC for over a decade. She was a person who lived with an angry disposition, and the pain and suffering she experienced in her bladder condition eventually led to antidepressants and a sleep disorder diagnosis. When she followed this regimen exactly for a period of 3 months, her bladder repaired itself and her pain totally subsided. She now lives pain free, with normal urination, and takes a maintenance supplementation as outlined at the end of this discussion.

Her symptoms included frequency of urination (up to 60 times/day and every 10 minutes through the night), extreme pain, and red inflammation of the lining of her bladder. She underwent 2 bladder surgeries 2 years apart, with 3 bladder infusions of DMSO following each surgery. After initiating the protocol, she experienced noticeable relief in 3 days.

The Protocol: All Products are available from Young Living Essential Oils

Note: Young Living Therapeutic Grade Essential Oils will cause your body to begin to heal itself through a process of detoxification. In order to minimize the discomfort and accelerate the healing of inflammation in the body, it is absolutely vital that you drink a minimum of half your body weight in ounces of distilled water, and it would be better to push this volume up to one gallon a day, the bulk of which should be taken in the early part of the day rather than toward the end of the day. Distilled water is best because it has been found to be most effective in removing toxins.

Add one drop Citrus Fresh oil per each glass of water. It is easier to add the Citrus Fresh oil all at once to a gallon container full of distilled water—8-10 drops, then mix well before you pour yourself a glass. Pour the water into a glass container because the oil can leach the plastic which is not good. Best to use glass water bottles to carry around with you in your car, etc. Not light and convenient but much better for your health. I use empty NingXia Red bottles.

Drink 4-6 ounces of NingXia Red every morning, followed by a large glass of water.

Make a warm compress over the bladder area using the following oils: 2-3 drops each: Lavender Valor Ravensara

Apply these same oils to the bladder/kidney area* on the foot (2-3 drops each) in the morning and evening using the vitaflex technique. *This area is on the inner right foot, on the lower sole just above the heel, traveling up the sole and toward the inner center part of the middle of the foot.

Inhale the oils of Valor and Inspiration morning and night by dropping 2-3 drops into your open palm and using the fingers of your other hand, circle clockwise 3 times then cup your hands over your nose and breathe in deeply for several minutes.

Supplements: SuperCal or MegaCal taken as directed on the bottle. Claraderm Spray

Sulfurzyme, an organic MSM which works extremely well on healing scar tissue in the bladder. This is much different than sulfur drugs. Work up to 12-15 daily. Works best on an empty stomach. May cause diarrhea. Start with 2 am and 2 in pm, then add one midday. After a couple of days add one more in the am, then midday, then pm until you are taking a total of 12 to 15 per day.
Longevity Capsules: take 4 3x/day

K and B tincture: take one bottle/week divide into 14 parts and take one part 2x/day in distilled water.

Essential Oils: Cistus, Pine, and Juniper: 6 drops 2x/day

Cedarwood, Myrtle, ImmuPower, Inspiration: 3-4 drops of each, drop along spine, especially lower area near the tailbone from about 4 – 6 inches above your skin, and feather upward and slightly outward away from the spine with very light touch. Do this 2x/day.

Vaginal Suppositories: Put drops into empty Vegetable Capsules (Size 00 or 000) of the following oils:

Myrtle and Melrose: 10 drops of each, equal parts of both oils mixed in one capsule. Insert deep into the vagina. Alternate every other night with: Cedarwood and Juniper: 10 drops of each, equal parts of both oils mixed in one capsule. If you feel burning sensation dilute in coconut or V-6 oil mixed in the capsules.

The final recommendation is to discontinue use of all personal care products that contain foaming agents, detergents, sodium laurel sulfate, petrochemicals and propylene glycol (which is antifreeze). These are highly toxic and greatly compromise liver function.

TESTIMONIALS: I followed the protocol except for the suppositories. I tried that but found I couldn't retain them long due to my frequency problem. I experienced burning even after diluting the oils. I use the Melrose on the bladder area along with the others for the compress. I didn't try them rectally. I have cut down on some of the capsules now. But I did take all for about 3 months. My pain was gone after the 4th day. It sounds complicated but becomes routine after a few days. Because you will be detoxing your body, you may have skin problems. My back peeled a couple of times. I think it would be good to use V-6 oil to dilute the oils. We now put a few drops on before using the other oils. I will be glad to discuss any of this with you at anytime. I was as skeptical as you but desperate to do something. I am going to have an Interstim implant in a few weeks. The doctor is using that for the frequency problem. If you go to the internet, you will find they are having good results for IC as a side effect with that procedure. My phone is 386-756-3501. Mary Griffith

My mother has Interstitial Cystitis and it took years to get a proper diagnosis. Its symptoms include pain on urination and the need to frequently relieve yourself. She even has an unneeded hysterectomy before a research physician at UCLA correctly "labeled" her problem. For the last 15 years she has been going to get a "bladder installation" of DMSO bimonthly and this relieves her pain. I convinced her to start taking Sulfurzyme to help support her body's natural healing. Now she easily waits 30 days between treatments and is in no pain. I look forward to the day when she no longer needs anything other than Sulfurzyme to feel well. Lyne Simons

My daughter was diagnosed with Interstitial Cystitis about 4 years ago. The doctor said it was incurable. She had 2 surgeries 2 years apart followed by 3 bladder infusions after each surgery to stop the scarring and stretch the bladder to 18 ounces. She was on antidepressants and about to be diagnosed with sleep disorder. She is off antidepressants today! This is what worked for her. Results were noticeable in just a few days!

Supplements: Coral Sea: 1 teaspoons 2 times a day, Sulfurzyme: 4 capsules 2 times a day, Longevity Caps: 4 caps 3 times a day and K and B Tincture: 4 droppers full 3 times a day.

Oils: Cistus, Pine, Juniper, Cedarwood, Myrtle, ImmuPower and Inspiration. Drop on spine and rub in 2 times a day, 3-4 drops of each; choose different oils am and pm.

Suppositories: One capsule of each every other night. Myrtle and Melrose in one capsule, equal parts. Cedarwood and Juniper in another capsule equal parts. OO size gel caps were used.

Water: 1 gallon of pure drinking water a day with Citrus Fresh Oil in it. Drink the water! one detoxifies very rapidly. Linda Budde