BEDWETTING

Children are usually between 2-7 years old (but can be much older) before they can sleep through the night without having to empty their bladder. Bedwetting can be made worse by emotional stress. The child has poor muscle control or is having miscommunication between the nervous system and the brain. Usually it disappears as they age, but it seems to take forever to the parents.

CAUSES:

- **Worms**
- **Fears**
- **Dreams**
- **Unable to wake from deep sleep**
- **urinary system weakness**
- **spinal subluxation**
- **structural problem**
- **underactive thyroid**
- **nutritional deficiency**
- **allergies**
- **psychological problems**

Here are some ideas to try that have worked for many others.

- **It is important not to belittle the child or scold - it only serves to make matters worse.**
- **Nocturnal urination can often occur while sleeping on the back. Make tight ball of cloth 6" in diameter, attach to middle of night clothes at back to force child to sleep on side.**
- **Have the thyroid checked and if it is underactive, simple nutrition and herbs can usually help**
- **Don't let the child drink liquid for 3 hours before bedtime.**
- **It may be worthwhile to see a chiropractor. Adjusting the spine can have a strong effect on the kidney-bladder.**
- **In Russia they found children taking aloe vera juice not only stopped bedwetting but were less irritable. Mix with equal amounts of the child's favorite fruit juice.**
- **If you suspect bladder infection, see your pediatrician or health practitioner. Usually cranberry juice (not sweetened with sugar) or uva ursi tea will heal an infection.**
- **Paul Bragg says to mix 1/2 to 1 tsp buckwheat honey with 1/3 tsp apple cider vinegar before bedtime. Stop liquids 3 hours before bedtime. Start drinking early, 8-10 glasses of liquids daily.**
- **You can try a homeopathic or herbal formula for worms. If this is the case, you should see results soon.**
- **Emotional Freedom Technique can help - it is a tapping of the acupuncture points with the fingers to release old traumas.**
- **Bach Flower Remedies are always effective to help identify and rectify stresses.**
- **Tying the bedclothes in a knot in the small of the back often helps because the child usually urinates while on his/her back.**

NUTRITIONAL:

- **The most common deficiency is protease enzyme which digests protein and may contribute to bed-wetting by causing allergies. Bed-wetting is one of the many symptoms of allergies.**

- **Another nutritional deficiency which may lead to bed-wetting is iron deficiency.**

HERBAL FOR BEDWETTING:

- **Here's a good diuretic and Kidney Builder:**
  1 tsp parsley leaves
  1 tsp Raspberry leaves

Infuse 1 cup boiling water and administer 1 cup daily at least. Rids body of mucus and builds up kidneys.

- **Another herbal tea is 3 parts horsetail herb and one part agrimony, and one part sweet sumac which can help the lack of tone in the sphincter muscle of the bladder or in the case of general muscle or nervous debility.**

- **An easy remedy is to make a cup of cornsilk tea every night. Just pour a cup of boiling water over a tablespoon of cornsilk. Steep for 20 minutes, strain and drink.**

- **A remedy tincture of St. John's Wort and Oats helps the nervous system to control the bladder. At the same time give cornsilk tea and/or plantain leaf and over a period of many months will improve the urinary tract muscles that control the bladder. Combine all the tinctures into one bottle, give 15 drops for a 50 pound child three times a day (before or after meals is fine).**

- **Dandelion (Taraxacum off). The French word for dandelion is pissenlit meaning 'piss-in-bed'. Try an infusion (tea) of dandelion early in the day to help readjust the cycle of biological activities in sleep and waking.**

HOMEOPATHY FOR BEDWETTING

Try using Tissue Salts, they are easy to use and safe - make in 3x. Take 1 tab of each three times a day for first week, than decrease the second week:
- Ferr. Phos: if inflammation is present and for muscular weakness
- Kali Phos: for nervous, highly strung children.
- Nat. Mur: in alternation with Ferr. Phos. or Kali Phos as indicated
- Nat. Phos. when accompanied by symptoms of acidity.

<u>Other:</u>
- Belladonna
- Equisitum
- Verbascum
- Kreosotum
- Sepia
- Causticum
- Sarsaparilla
- Try Calcarea phosporica and Sepia together.

OTHER FOR BEDWETTING

- **Try elevating foot of the bed.**
- **Do not give potatoes for supper.**
- **Try 25 mg Vit. B6.**
- **Cinnamon has helped stopped bed wetting.**
- **Don't rule out that it may be as a result of food sensitivities. If lacking, give chromium and vanadium, calcium and magnesium, avoid sugar, simple sugars and avoid allergenic foods.**
- **Behind the ears are 2 tiny holes. Massage these holes with very light pressure. At the same time ask someone to rub feet with a towel until they are warm.**