

BEDWETTING



Nocturnal enuresis, better known as bed-wetting, is a condition that can be very frustrating for both parent and child. Wet, smelly pyjamas and bed sheets, loads of extra laundry are certainly annoying to deal with, but the most serious consequences are the interference with the child's social life (no sleep-overs or camping trips with friends!) and most importantly, his or her self-esteem!

First and foremost, it is very important for parents to understand that bed-wetting is totally independent of the child's voluntary control; it is not due to laziness or indifference on their part. In our experience, most bed-wetters are very sound sleepers and they don't wake up

when they need to go. So please, do not try to solve that problem by punishing your child, the only thing this will do is make him or her feel even worse about the problem. In fact, we feel that explaining to the child that it is not his/her fault will make them feel better about themselves - a very important thing to do.

Often, bed-wetters who get adjusted by a chiropractor will simply stop wetting the bed. How is that possible? Well think of it this way: At the bottom of the bladder, there is a small valve that is basically a ring of muscle that contracts or relaxes to control the flow of urine. What do you think controls this valve? We are sure some of you guessed it, it is your nervous system, via nerves coming from your spine. Sometimes, malfunction of the spine will interfere with the normal function of these nerves, and keep this little valve from performing its job. When the normal function of the nervous system is restored through chiropractic adjustments, that little valve often starts working properly. It's that simple!

While we are on the subject of bladder control, it is of interest to note that many ladies who come to our office have had some problems in this area, thus resulting in incontinence or "dribbling" with coughing, sneezing, laughing or running.... not a fun thing when you are having a good time with friends! We have had surprising success with these cases. Amazing isn't it? The same explanation above holds true for adults as well.

So if you or someone you love have problems with bladder control, give us a call; maybe we can help!

For testimonials check www.harperchiro.ca.

If your child has been diagnosed with ADHD, contact us today, we can help!

Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. They can be reached at

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.