

Four tips for children with Enuresis
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Enuresis is a medical term many parents might not be familiar with. Yet, when you say bed-wetting many parents will say “yeah, I know about that.” Millions of children under six years of age and some over the age of six suffer from bed-wetting. Bed-wetting is certainly a frustration both for the child and the parents. It is important to note that no child does this on purpose, and parents need to be very compassionate with any child that suffers from this condition. Bed-wetting can create a lot of anxiety for children especially when it comes to participating in sleepovers. Some children might wet their bed on a nightly basis, others intermittently. Often they can be very deep sleepers which is why they do not perceive the pressure in their bladder that would normally wake them.

A certain percentage of children will stop wetting the bed on their own without any treatment as their body matures. Assuming there is no physical deformity or pathological problem that is causing bed-wetting, here are four underlying causes and alternative treatments that you might want to explore:

1. Food Allergies–Milk is one of the predominant foods that children can be allergic to and may manifest with the symptom of bed-wetting. Wheat, food colorings, and preservatives may also fall into this category. Isolating the offending allergen can be a challenge. One simple way is to remove the food and any foods containing the suspected allergen from your child’s diet for a week and see what happens. NAET (naet.com) and BioSet (BioSet.net) are two alternative treatments that can assist in the identification and elimination of food allergies.
2. Spinal Imbalance–The nerves that supply the muscles of the bladder come off the end of the spinal column in the area of the lower back/lumbar spine and sacrum. Alterations in the relationship of the vertebrae of the spine, pelvis, and sacrum called subluxations can negatively impact those nerves to the bladder. Gentle adjustments by a Chiropractor specializing in pediatric care can help improve the functioning of the nerves, thus alleviating bed-wetting.
3. Homeopathic and Herbal Remedies–Some herbal remedies, such as horsetail (*Equisetum arvense*) have also been used to treat bed-wetting along with the common homeopathic remedies Causticum, Lycopodium, and Pulsatilla. Before utilizing any of these remedies, it is essential to have a trained homeopathic practitioner or herbalist evaluate your child..
4. Acupuncture–Very few children like getting stuck with needles which we often associate with acupuncture. However, there are many ways to administer acupuncture treatments to children without needles. Acupuncture attempts to normalize the energy meridians in the body. Imbalance in these meridians may result in the symptoms of bed wetting. Acupuncturists might also use Chinese herbal formulas in conjunction with the acupuncture treatments.

There are solutions and children should not have to suffer the psychological trauma associated with this condition. All it takes is a parent to explore their options and have an open-heart.