

How Can a Chiropractor Help a Bed-Wetting Child?

Approximately five to seven million children in the U.S. wet the bed 10-15% of children wet the bed until age six. Bed-wetting often leaves parents scratching their heads and digging into their wallets in search of solutions. Many of the children experiencing enuresis, the official diagnosis given to the inability to control urination, live with embarrassment and hopelessness when many forms of intervention do not provide a solution. Chiropractic offers hope and delivers unique results to many children suffering from consistent bed-wetting.

The struggle of bed-wetting brings embarrassment and frustration to parents and children alike. A mental and emotional burden adds to the extra laundry and impacts both relationships and a child's self-esteem. Nocturnal enuresis does not classify as a major health concern but certainly influences the way children view themselves. Studies show that just one bout of bedwetting per month causes a child's self-esteem to be significantly influenced.



One of the most important aspects of all urinary function stems from open and clear lines of communication in the nervous system. Nerve receptors in the bladder recognize and trigger a warning when the bladder needs to be emptied. But urinary control involves much more than just brain and bladder nerve receptors. Alignment and mobility in the spinal vertebrae influence communication between the brain, bladder, and other important organs. Miscommunication between the brain and bladder alter the body's ability to know when to urinate and when to contract muscles that allow a person to control urination.

Most bed-wetting during the night occurs because children do not recognize their need to urinate. The nervous system triggers recognition of the body's alert system. Chiropractic care keeps lines of communication open and helps struggling children overcome bed wetting issues. Improving movement and alignment in the spine ensures that the bladder can properly send alarm signals to the brain and help kids contract muscles and wake up before losing bladder control.

Chiropractic focuses on the cause of functional issues in the body. Long term benefits occur for those suffering from enuresis and other ailments because chiropractic helps to heal and improve performance within the body. The top medical interventions for bed wetting involve setting alarms and taking medications that reduce the amount of urine production. Some interventions even involve taking anti-depressants. Chiropractors do not focus on the bladder. Nervous system care improves communication between the brain and body by restoring proper spinal alignment and motion. Research done on children suffering with bed-wetting showed that those receiving chiropractic adjustments significantly reduced the number of wet nights with many transitioning out of the bed wetting stage soon after.

Spinal misalignments often interfere with nervous system function without any presence of pain. Cavities, high blood pressure, and spinal misalignments usually become debilitating before making their presence known. Proactive health care ensures that the body performs optimally.

Evaluating a child's nervous system for interference begins with a trip to the chiropractor. Removing interference and promoting proactive care in children offers a permanent solution to bed-wetting and countless other childhood ailments. Remove anxiety and embarrassment from the home by removing stress on every child's spine. Chiropractic works.