

Bed-Wetting Helped by Chiropractic

Research Evaluated Chiropractic for Kids

Millions of children wake up in the morning with wet pajamas and wet sheets from undeveloped bladder control. Bed-wetting, officially known as enuresis, presents as a condition in a child age 5 or older who wet the bed at least one time each week. Most cases involve children who continue to wet the bed after infancy, but some do involve children who appeared to develop bladder control but regress back to regular wetting. Children do not generally wet the bed on purpose and a few sources and causes prove to be the general culprit. **Chaotic emotions contribute to bed wetting at times, but most cases involve issues with the nervous system and sensory control of bladder function.**

Children learn bladder control at different ages. Toddlers under the age of four often wet the beds or clothing because they cannot yet control their bladder. These control issues tend to resolve by age five or six and allow children to stay dry through the night. A healthy brain to body communication system provides a child with the best opportunity to control and coordinate proper bladder control. Chiropractic spinal adjustments empower children to improve and overcome enuresis. The spine and nervous system maintain responsibility for alerting a person when the bladder reaches capacity. Without this advanced warning within the body's communication system, children find themselves compromised in repeated cases of bed wetting.



Numerous studies prove the influence of Chiropractic care on bed-wetting in children. Research published in 1994 and again in 2012 proved a significant link between bed-wetting and nervous system function. Children receiving regular Chiropractic adjustments to correct areas of spinal subluxation experienced a substantially higher rate of overcoming enuresis than children who did not get adjusted. **A subluxation represents an alteration in the alignment and movement of a spinal vertebra.** Subluxation creates imbalances in autonomic nervous system function, leading to interference between the brain and nervous system. One outcome of interference in a child's communication system manifests in an inability to fully control the bladder. The autonomic nervous system directs all involuntary vital functions such as breathing, immunity, impulse control, and digestion.

An imbalance in the autonomic nervous system leads to altered physiology. This leads to a wide variety of symptoms and conditions, including bed-wetting. Science and research clearly prove that most babies and children risk acquiring subluxations through natural physical stressors like birth trauma, falls, and accidents. Children suffering from bed-wetting often feel ashamed or embarrassed. These emotions tend to lead to further mental and emotional problems as they develop. Parental frustration may even match that of the child. The solution begins with getting to the root cause of a condition like bed-wetting. **A child needs to be empowered to control their body before they take ownership of resolving the issue.** Chiropractic provides unique solutions backed by evidence-based research. Before seeking drug therapy or medicinal interventions, families and children deserve the chance to conquer bed wetting naturally by empowering the body's natural ability to heal and overcome at the source. Chiropractic works.