



Let it Heal

2400 Brant Street, Burlington ON L7P 4N3

Bedwetting Tip Sheet

1. Be nice! Bedwetting is a physical problem that can have a significant impact on your child's self Esteem. As frustrating as it may be to change the sheets at 3 am, it's important that you don't chastise your child. He needs moral support, acceptance and love.
2. Increase alkaline foods: An important factor in correcting bedwetting from a holistic point of view is diet. Aim for a ratio of 80% alkaline to 20% acid foods (you can find a free acid/alkaline food chart on the internet at www.acidalkalinediet.com). Switching to an 80/20 diet is not only extremely helpful in resolving bedwetting, your child's health will benefit in other ways too.
3. No more apple juice! The malic acid content in apple juice seems to interfere with the body's equilibrium. Cut it out completely and replace it with more alkaline choices.
4. Involve your child in the solution. Not as punishment, but to allow him to feel empowered. Depending on your child's age, levels of involvement can range from changing his own pull-ups to stripping the bed and putting a load of laundry on.
5. Be realistic. Children under the age of 4 can't be expect to stay dry through the night. A child would need to be at least 4 years old to be considered a "bedwetter".
6. Don't leave it too long. If your child is 6 or older, and is still a regular bedwetter, this is when it can start to affect his self esteem. Missing camp-outs and sleepovers can take its toll over the years. Some children as old as 18 have reported bedwetting problems -- waiting too long may mean additional damage to your child's self-esteem.
7. Don't make your child's bedwetting problem a "taboo" subject. Obviously you shouldn't go spreading around his school, but at home it can be talked about freely so that your child knows he doesn't need to feel shameful about it.
8. Commit to a series of Bowen treatments and get to the root of the problem. Although the technique is very gentle and only a few treatments are generally required, success rates are in the high 80's. By making a gentle manipulation to the coccyx, or "tailbone", the Bowen technique can completely resolve bedwetting within weeks. More information about the Bowen technique is available at www.letitheal.com

Advanced Bowen Therapy



www.letitheal.com

905-335-9355

Detox Ion Spa Footbath

