

# FROM THE EXPERTS

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## Bedwetting can stem from subtle spinal misalignments

by Name Name, ABC



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Nocturnal Enuresis, commonly referred to as bedwetting, can be a socially and physically debilitating problem for parents and their children. Children who experience frequent bedwetting can develop antisocial tendencies (avoiding sleepovers) due to the embarrassing nature of the problem. Bedwetting can also begin to cause low self-esteem and social anxiety in children.

Bedwetting affects approximately 10-24% of children up to 7 years of age, and 2.3% of those affected children will become adult bedwetters. Nocturnal Enuresis can also become an exhausting burden on the parents because of the constant washing of sheets, changing of pajamas, replacing mattresses, and so on. Although there are a number of causes for this condition, one particular cause called “vertebral subluxation” is very common.

Vertebral subluxations are subtle misalignments within the spine that interfere with the brain’s ability to communicate with the body. In children, subluxations can be caused by the birthing process, initiation of crawling, walking, running and, most commonly, falls. The brain controls the bladder and the muscles responsible for retaining urine. When a child has a subluxation in the lumbar or sacral region of the spine, there is interference with the messages from the brain to the organ it supplies; this results in dysfunction of the organ(s). A subluxation in the upper region of the neck can also result in bedwetting because it causes tension on the brainstem via spider-like connections called dura mater. If these subluxations are left uncorrected, they will gradually get worse and ultimately cause disc degeneration and further neurological compromise.

If you have a child who is experiencing bedwetting, you may want to consider seeing a chiropractor for an examination to determine whether subluxations are the cause of his/her problem. I have had numerous parents tell me that they’ve seen a laundry list of specialists and were never given an explanation for their child’s bedwetting. I even had a patient tell me that her child’s doctors told her that the child’s bladder was formed “too small” – we later found out that was not the case. If you have any questions please do not hesitate to contact me!

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