
■ Children with enuresis respond to chiropractic

Several studies reported by the *International Chiropractic Pediatric Association* (you can visit their website at <http://www.4icpa.org>) vividly point out that children who suffer from enuresis, commonly known as bedwetting, have responded very favorably to chiropractic care.

One study involving 171 children was reported in the *Journal of Manipulative and Physiological Therapeutics* (1991; 14(2):110-5). At the beginning of the study, the average number of bed wettings per week per child was 7. After a program of chiropractic care was administered the average number of bedwettings per week per child had dropped to 4. Also, while only 1% of the children were considered dry at the beginning of the study, 15.5% were considered dry at the end.

Another study was presented at the October, 1993 *National Conference on Chiropractic & Pediatrics*. 46 children between the ages of 5 and 13 were studied over a period of 14 weeks. 31 received chiropractic care while the other 15 served as a control group, receiving only sham adjustments. The control group experienced no change at all while the children receiving adjustments averaged 17.9% fewer wet nights.

Similar results were reported in yet another study in the *Journal of Manipulative and Physiological Therapeutics* (1994; 17(9): 596-600). While the children under chiropractic care had similar average reductions as the previous study, 25% of the treatment group experienced 50% or more reductions in wet nights.

Bedwetting is a prime example of a loss of body control and function; function that is under control of the nervous system. Everyone, not just those suffering from specific health problems, should have their spine checked and adjusted by a chiropractor on a regular basis. Doing so will help correct the nervous system interference that results from spinal subluxation, misalignments of the small bones of the spine that interfere with body function and health. Keeping the body free of this interference allows a person to better maintain a higher degree of health and wellness on all levels.