



Our Family Newsletter; New Leaf



CHIROPRACTIC & WELLNESS CENTER

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many parents and children as we can!

Bed Wetting and Bladder Control:

Wet blankets and sheets in the morning, soaked, smelly pajamas, soggy, cold, and wet underwear, and a very uncomfortable, embarrassed and ashamed child - this is a picture of bed wetting (Nocturnal Enuresis) and loss of bladder control for children. Enuresis simply stated is bed wetting past



the usual time a child is potty trained - whereas loss of bladder control applies to children (and adults) during the day. Have you heard of the new "Overactive Bladder Disease?" Don't you just love marketing?

It is estimated that 1 out of 5 young children wets the bed regularly. This means that 20% of children under the age of ten wet their bed. Not Ok! Imagine what this does to a child's self esteem. Incidentally, the oldest

patient I have seen with this condition was a 21-year-old dental hygienist.

Over time, various reasons and "causes" have been proposed as the origin of bed wetting; psychological, habitual, etc. Many methods have been used to "treat" this affliction; alarm systems in the bed, electric shocks, hypnosis, drugs, waking the child, psychotherapy, spankings, self-blame, the "bad boy" syndrome, punishments, etc.



None of these have had much of an affect. And not that many years ago, it was thought to be the result of a child simply misbehaving. What bizarre beings we can be! Reminds me of the Dark Ages!

Bed-wetting or loss of bladder control occurs when there is improper function of the valve (sphincter), which controls the flow of urine from the bladder. Many people think of it as a faucet or a spigot - turning on the flow of urine from the bladder. So what

controls this faucet? Good question. This valve is simply a ring of muscle which contracts, or relaxes, to control urine flow. So what controls this ring of muscle - this valve? You would be surprised to learn that this valve is under total control of the nervous system - that internal INTERNET which runs your complete body program. This valve actually has two sets of nerves, which control its function; one is under



voluntary control, which means you go when you want to. The other is on "autopilot" or "automatic." In other words, the child has no voluntary control over this particular one. The function of these two sets of nerves is controlled by the child's nervous system, which keeps both in check and balance. If the nervous system is allowed to function with no interference, there should be no problem with wetting the bed, or the pants, or the underwear, in school or at home. Period!

Beware of ads suggesting that it is OK for children to wet the bed because now there are school age diapers available. These ads seem to suggest that the bladder may not have developed properly and so a

diaper is the answer. Nonsense! This is called marketing!

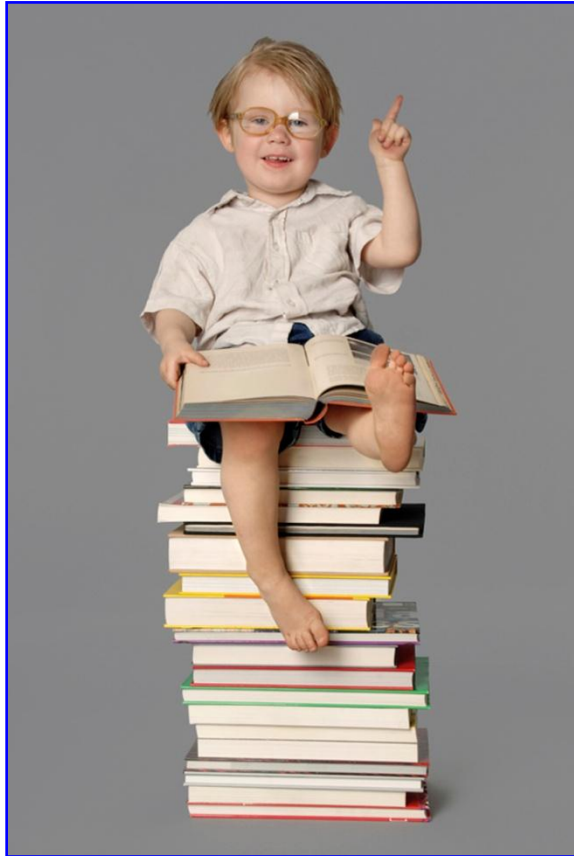
Have you noticed ads recently, mentioning a new "disease"? Yes.....the medical industry has developed a new disease. It is called the "**Overactive Bladder Disease**". And as you may have guessed, there is a drug to deal with this condition. Isn't it a wonderful service the pharmaceutical industry is providing for us?

Similar thinking holds true for school age or adult diapers. Instead of dealing with the reason WHY the bladder is not functioning, it is much more profitable to put adults and school age children in "diapers". Marketing states that it is now socially acceptable to go shopping and do your business as you walk because you are wearing diapers. I'll let you draw your own conclusions.



Most chiropractors who deal with children will tell you that kids who are bed wetters, and those afflicted with loss of bladder control, respond very well to chiropractic care. The reason for this is quite simple - we deal with removing any interference to the normal function of the nervous system.

Applying this concept to a child (or adult) whose nervous system control of his or her bladder is lacking, the results can be quite amazing. If your child, or someone you love, is experiencing difficulty with bladder control, please call us, we can help!



Oh, Baby;

Remember when everyone thought Apple, Storm, Spring, and Hurricane were strange names? Here are some silly celebrity baby names of 2007-2008:

- Jenna Elfman's son: **River**
- Milla Jovovich's daughter: **Ever Gabo**
- Keri Russell's son: **River**
- Brooke Burke's daughter: **Heaven Rain**
- Sarah McLachlan's daughter: **Taa-Jah**
- Anthony Kiedis's son: **Everly Bear**
- Drea de Matteo's daughter: **Alabama Gypsy Rose**
- Eric Johnson's daughter: **Calla Prairie**

- Julianne Nicholson's (Law & Order) daughter: **Ignatius**

I'm certain you can use your imagination and invent a cool name for your baby. But consider this: Do you think your child will like his/her name when they are 40-50?



If animals could talk, here's what they'd tell us

I found this clever article at www.coloradoan.com. It's about what animals want from us for the New Year.

"I do not propose to know everything that our animals want in 2009.

But, like many trainers, veterinarians and other animal professionals, I tend to be able to see things from the animal's perspective. With this in mind, I propose that if the beasts could talk, the animals in our little area may wish to put these things on our New Year's resolution lists. Here are 6 items on their wish list..

6. From the neighborhood song bird population: Please keep the kitties indoors so they don't eat our families. Our numbers are being decimated and domestic cats are a huge reason.a
5. From the beta, or Siamese fighting fish in pet stores: Do not place us nose to nose in glass containers. When we see each other, it upsets us and stresses us out. The beautiful display that we present with our fins and bright colors is meant to scare away other

male beta fish and isn't something we can healthily do perpetually. It's hard to keep up and very stressful. Don't slowly kill us this way just because we look pretty doing it.

4. From laying hens: Eat cage-free eggs. Do not support keeping hens in 12-inch-by-12-inch "battery" cages for their entire lives.

3. From the horses: Wear a helmet so that when you fall off you can just get back on and keep riding. We don't want to get blamed if you get seriously hurt. And while you're at it, join a club or other organization so we can go out riding in groups. We're much happier that way and you're much less likely to get hurt when we're happy.

2. From the bears: Secure all trash containers so that we can not possibly get into them. Do not leave food out for pets. We don't mind living around you folks, but when you make garbage tempting and pet food accessible, we can't help ourselves. Then we get blamed, removed from our homes or killed as nuisances. Now really, who's the real nuisance?

1. From the offspring and residents of puppy mills: Buy only from reputable breeders. Do not encourage pet stores or backyard breeding by purchasing puppies or kittens whose health, genetic history, environment and background are unknown or questionable. Reputable breeders will have genetic testing results available to prospective buyers. Never buy a puppy from a breeder who is unwilling or unable to show genetic test results on any dog they use for breeding (CERF, OFA, Penn-Hip).”

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Should I get a dog?



Should we have children?



Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month!