



Kids First!



OUR FAMILY NEWSLETTER

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My Mission is to help as many people in my lifetime as I can – especially children!

Last month we discussed fever and why it's a wonderful part of your body's immune system. This month I want to dive back into a topic that is dear to my heart...bed wetting.

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 that 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"? I have mentioned it earlier. 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 condition. Isn't it a wonderful service the pharmaceutical industry is providing?

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!

4 SECRETS to Being FUNNY (and To Make Anyone Smile) -Kevin Hotter

When you make someone laugh...You are forming a timeless connection with that person. A deep primal bond, in which you are saying – “hey, I get you... for at least this moment.”

Here are four secrets to unleashing that amazing sense of humor upon the world.

Be Confident

Having confidence is an important attribute for many endeavors in life.

And by confidence, I do not mean cockiness. I simply mean – you must be secure in yourself and what you are saying. People will buy you into what you are saying, if you believe it yourself. If you waiver, or show signs of low confidence, your attempt at humor will flounder.

Be Spontaneous

When you feel a joke coming on, let it out! Over-thinking a joke is the equivalent to well...umm, destroying a joke. If you feel something brilliant and humorous brewing inside, just let it out man! Of course, you may want to make sure that you are in the appropriate setting.

Be Cool

Yeah, that's right. I said to be cool. And by cool, I mean that you have to let things roll off your back, and enjoy the situation. This one is simple for some, and harder for others. You know what group you fit into.

Life does not have to be some unbearable task. It can be fun. You just have to be cool, and let the fun come to you. Once you can do that, the funny will fly you out of you. You will become an unstoppable machine of funny!

Be Empathetic

Honestly, I think empathy is the most important aspect. You have to be able to walk in another's shoes in order to truly connect with them. You must – at least try to – understand where they are coming from. What they are bringing to the table. And how they perceive the world. Being funny is all about knowing your audience, and responding accordingly.

Almost everyone wants to laugh. So, in order for you to be able to tap into that part of them, just take a second or two to see that person for who they really are. This is where your intuition comes into play. Your ability to speak the “language” of the person you are communicating with. If you truly make an effort to see the other person's point of view, then you will surely be one step closer to making them smile and, hopefully, laugh.

LAUGH ON! AND...ROCK ON!

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