

## BEDWETTING (NOCTURNAL ENURESIS)

Bedwetting happens when a child involuntarily wets the bed whilst sleeping. Because they are asleep, they don't have the awareness they have whilst awake.

Bedwetting is only really a problem if it begins to bother the children or parents. Only rarely will this be considered a problem in children under 5 years old. Many families first seek treatment when the bedwetting affects a child's social life (for example, preventing sleepovers).

Medical treatments aren't usually recommended for children under five

## SHIATSU TREATMENT

1) The best solution is if we teach the parents to do a simple shiatsu sequence that they can apply on the child every night before going to sleep. We can treat the child once or twice before they take over.

Be careful! We can't expect the parents to do shiatsu almost professionally when we have just given them one lesson.

Our treatment

- 1) Pay special attention to back, sacrum, neck and inner part of legs.
- 2) Do the sacrum (the three lines) quite a few times. Work on the back at least six times.
- 3) When child in prone position, after having finished with the back, give about ten raps on sacrum with hypothenar eminence.
- 4) Press TCM enuresis point. On the sole of the foot, in the middle of the fifth metatarsophalangeal crease.
- 4) Press Bl 67 for about a minute and then release. Repeat three times.
- 5) The 6<sup>th</sup> cervical line (2<sup>nd</sup> anterior) will stimulate the vagus nerve.
- 6) Finish with relatively stationary deep pressure on the lower part of the abdomen (bladder) and ask child if they feel like peeing.

Parent's treatment

- 1) Teach parents to work on both sides of the spine at the same time, and on the sacrum.

プロ  
2) Teach them to press BI 67 for a minute. Teach them to press on lower abdomen.

口  
指  
3) Parents should, for a few days, wake child up after one hour sleeping, to bring them to the toilet.

## TCM

圧  
In TCM the three main viscera which control water fluids in the body are the the lungs, spleen, and kidneys.

学  
It is the free flow of the lung ki which transports water fluids to the lower burner for excretion by the kidneys and bladder.

校  
The spleen sends the clear part of water fluids taken in by the stomach up to the lungs for distribution around the body. If the spleen ki fails to send up these fluids, they tend to go downward to the lower burner where they overflow from the bladder.

The kidneys govern the water fluids of the entire body but especially control the bladder's ki transformation and the opening and closing of the urethra.

If, for any reason, one or more of these viscera become deficient or infected, their control of water fluids may be impaired and enuresis may result.

プロ  
口  
指  
圧  
学  
校