

Nutrition

Consider
intolerances

Reduce animal protein and eating too late.
Avoid junk foods and food additives.
Increase potassium-rich foods (bananas, potatoes especially the skin, leafy green vegetables)
Consider possible food intolerances (often sugar, wheat, dairy, yeast) and diabetes.

Drink

Supplements

Drink Filtered water and Cranberry juice
Calcium, Bio-magnesium, potassium

Psychology

Do not make a child feel shame.
Don't get cross.
Avoid all forms of punishment or forceful methods.
It can be anxiety, upset, urinary infection or an attention seeking ploy
Talk about dry and not dry instead of "wet"

Psychology

Don't rely on night lifting - it means you are taking responsibility for your child's bladder control
Get into habit of using the toilet before getting into bed



Star Chart

Engage child in positive role, i.e. do a chart/calendar (or get child to do one him/herself) with stars/stickers for dry nights and give rewards (not too far in future or it loses impact).

Aromatherapy
Massage

Massage will relax and help give security and express love and acceptance to a child.

Chamomile in oil rubbed into the lower back and tummy may help.

Stress or Upset

Bedwetting in children who have already established a pattern of dry nights is usually caused by stress of some kind.

Bach Flower
Remedies

Wild rose - if child drifts through life;
Walnut - if happening through change, e.g. new house, school, or baby;
Chestnut bud - not learning from experience;
Star of Bethlehem - if related to trauma or shock;
Mimulus - if linked to fear.





The Clover House Solution

320F – Sarah, Aged 11

Bedwetting – Bladder Infections – Sleep



The Problem

Mum came to us because Sarah had been bedwetting since she was a small child, despite several medical investigations and many courses of antibiotics.

Our Solution

Creative Imagery: We helped Sarah ‘anchor’ a positive thought (drawing) with wetting the bed (a negative thought), changing the way she thought about it. She also didn’t get on with her brother, so we used a ‘car washing’ technique to imagine her washing away the bad emotions she felt about him. Finally, we helped her reduce her sensitivity to criticism by teaching her to imagine throwing a custard pie rather than reacting with a comment.

Aromatherapy: We taught Mum and Dad some reflexology and showed them how to give Sarah a massage using lavender oil to help her get to sleep.

Nutrition: We explained to Sarah and her parents that antibiotics can affect the gut flora and stop useful bacteria sticking to the gut. Sarah was advised to eat more prebiotic foods to encourage good bacteria to grow (such as bananas, oats and onions) and to avoid red meat, sugary and fried foods as these could cause inflammation.

The Results

Sarah improved quickly; by her second visit she had been dry for a week. After three weeks, she was getting on better with her brother and had stopped wetting the bed completely.

Mum said **“We are so happy with the result... I wish we had come sooner”**

The Clover House Solution – Natural Healing for Children

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