

Joette Calabrese presents JoetteCalabrese.com, where mothers and others become empowered via homeopathy. Mid January 2013 ~ Volume 5 Issue 1.5 ~ ISSN: 2152-4890

Bedwetting



Dear Friend,

Bedwetting has caused much anguish for many parents and children. The causes may be anatomical, hereditary or circumstantial, but whatever the cause, you can nip this problem in the bud with a correctly chosen homeopathic remedy!

Love,

A Two-Pronged Approach

Nocturnal enuresis, or bedwetting, can be embarrassing for a child and a cause of concern for parents.

The good news is that homeopathy has a proven track record for treating bedwetting and offers a solution that is less expensive, less time-consuming and easier on your child than conventional treatments. Even behavior counseling can be eliminated.

A combination of homeopathic remedies and nutritional support can be quite effective in ridding your child of this problem.

Homeopathy offers several efficient remedies from which to choose. The one that most closely matches your child's symptoms is the winner.

Give the remedy an opportunity to work over several weeks. Then assess the results. If you see no change, then consult a classical homeopath for more customized help.

A good way to begin is with *Sulphur* 30, four doses in one day, for one day only. This is a particularly well-chosen remedy if the urine or any other aspect of the child has an odor. It's an even better choice if the child is messy or hates being groomed.

Beginning on the following day, administer *Equis* 6 every night before bed for a week. If you see no change, then wait one week and try *Calc carb* 30, four times in one day, twice weekly for a month.

If the bedwetting always occurs soon after falling asleep, then *Sepia* 30 may be considered instead. Substitute *Sepia* for *Calc carb* in the above rotation.

If the child is quite sympathetic and anguished by the sufferings of others, then the remedy might likely be *Causticum*. Offer *Causticum* 30 four times per day every day for two days. Then continue with one round per week for a month.

Is your child a heavy sleeper, which precludes him from being awakened by the urge to urinate? In this case, *Belladonna* 30 may be useful. It is also indicated when your child's sleep is disturbed by illness or infection. Other indicators for *Belladonna* include sensitivity to changing weather, becoming easily chilled or sweating while sleeping.

Sometimes a stubborn case of bedwetting can be attributed to food intolerances. Simply eliminating foods with dyes, preservatives and additives can help.

Gluten, found in most grains as well as pasteurized dairy products, can also be a trigger for bedwetting.

According to a study published in the *Journal of Paediatrics and Child Health*, research shows that a commonly used bread preservative, calcium propionate, can cause irritability, restlessness, inattention and sleep disturbances in children.

When the preservative was removed from the children's diets, the bedwetting improved, but once the preservative was reintroduced into the diet, bedwetting resumed. (Dengate & Ruben, "Controlled trial of cumulative behavioral effects of a common bread preservative" *Journal of Paediatrics and Child Health*, Vol. 38, No. 4, August 2002, 373-376).

Why not try your hand at grain-free breads and crackers? (Check out my blog for easy recipes: www.joettecalabrese.com/blog.)

Some foods are said to aid in the treatment of bed-wetting. A teaspoon of honey before bed is said to aid with water retention and calm fears in children (<http://www.naturalnews.com/021506.html>; 12.23.11)

Another option is cranberry juice, a common solution for urinary problems. The book *Secrets of the Chinese Herbalists* by Richard Lucas states that "Chinese herbalists sometimes recommend cranberry juice for bedwetting; one woman reported that after giving her son 4 ounces of cranberry juice every day, it completely stopped the bedwetting issue." (<http://www.healingfoodreference.com/Cranberry-8.html>; 12.23.11)

These remedies and suggestions aren't the only ones available in the homeopathic arsenal. They are just the first ones worthy of your attention.

If you've given these a try or none of them fits your child, contact a professional classical homeopath. He/she deals with bedwetting as a matter of course on a regular basis because it is such a common occurrence in today's children.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.



Interested in finding out if homeopathy is a fit for you and your family's health strategy?

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The National Center for Homeopathy 8th Annual Joint American Homeopathic Conference
April 19-21, 2013
Hyatt Regency Reston
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Check It Out!

Liver, Anyone?



We all know that liver in our diet offers exceptional nutritional benefits, including Vitamin D, protein, iron, folic acid, trace minerals and a very concentrated form of Vitamin A that is easily absorbed and supports the immune system. Beef liver is also rich in B vitamins, especially B12, which protects the nervous system and further enables metabolism.

But some of us just can't get past the taste or texture. One solution is to use desiccated liver. This powdered beef liver can be easily snuck into soups, veggies, smoothies and a myriad of other meal options.

An excellent desiccated beef liver, which is sourced from healthy cows who graze on the Argentinean plains and are free from arsenic, antibiotics, pesticides and hormones, can be obtained from Radiant Life (www.radiantlifecatalog.com).

In the Kitchen

Is there anything as tasty on a cold winter's night as hearty homemade soup? Check out my recipe for nutritious bone stock that tastes great and helps boost your immune system!

[True Soup](#)



Did You Know?



Homeopathy is a recognized form of medicine that is used by 40% of medical doctors in Europe, South America and India. It's proponents and users include Sir Yehudi Menuhin, Chopin, Beethoven, John D. Rockefeller, Paul McCartney, the British Royal family and many U.S. presidents. Homeopathy is making a strong comeback in North America because it is gentle, effective, non-addictive and will not interfere with conventional medications or procedures. Consider learning more. You might find it a capitol idea.

Quote From Joette

"Homeopathy is like painting a watercolor; a dab of color here, an edit there, and then a pause to step back and see the beauty of its overall effect"

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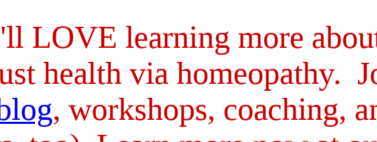
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About Joette

Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks how to obtain and maintain authentic, vigorous health via homeopathy and sound nutrition by offering time-tested and scientific principles. She has become a trusted voice that is decidedly educated, experienced, and committed and has a following of discerning clients throughout the United States and abroad.

Please Note...

Joette is not a physician and the relationship between Joette & her clients is not that of prescriber and patient, but of educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness, which is an educational process not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.



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