



Bedwetting in Children

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Bedwetting is a multifactorial occurrence, and in children, it is often or mostly of emotional origin: e.g. not accepted, being unloved, unwanted child, nothing but a burden to the parents, siblings get preferential treatment, too little time for the children, no understanding of their distress, anxieties, problems and needs, being brought up as a perfectionist, no emotional life permitted, parental expectations too high. e.g. at school, in sports, leisure pursuits, etc.

Other triggering factors might be: geopathic stress, electric smog, mobile phone used by child, electronic games, overstimulation from the media, parents constantly quarrelling, bad teeth, amalgam fillings (no rarity in children), dental brace - giving rise to galvanic current -, candidiasis as a consequence of heavy metal stress, sinus problems resulting from allergens in cow's milk or hen's eggs, sweets and fast food - leading to phosphate allergies and hyperactivity. Drugs that are often prescribed include „Ritalin“ and „Zyprexa“. There is much more that could be mentioned aetiologically, but I will just mention the most important items here.

Only seldom is the urinary tract itself diseased.

All these burdens mentioned above are frequently too much for a child to cope with - the dustbin is full, the night's rest often begins with nightmares, the consequence being unconscious urination, like a

safety-valve that opens under pressure.

In such cases, for children up to the age of 10 or even 12, psychotherapy will be useful in the form of some nightly verbal input. This consists of a suggestive text which is spoken by the mother or some other trusted person. As a rule, the outcome is a total success.

Suggestion during sleep is so valuable because the sleeping child cannot doubt, nor can it offer resistance. As is well-known, the subconscious is uncritical and follows every instruction, because it never sleeps, and the sleeping conscious mind, doubting and logical as it is, cannot interfere.

As soon as the child is in its first stage of deep sleep, the mother takes up a position about 75 cm from the sleeping child's head; she then speaks the sentences given below, softly, in a murmuring, insistent and positive tone of voice, ten times in succession. The child does not consciously hear the spoken words, but unconsciously it does. The words slip across the threshold of consciousness, so to speak, and down into the unconscious, into the deepest recesses of the mind. It is there that are situated the roots of disease, the roots of the disordered spirit. As the suggestions are uttered, slowly but surely the roots are eradicated: the child is healed.

Important: The suggestions must be spoken over a long period of time, evening after evening. This continual repetition also helps to secure the desired success.

Text to be spoken: „Breathe deeply, sleep peacefully. You're going to sleep more and more deeply, better and better, but you're going to take in every word that I say, without realising. Everything I say to you will make a firm impression on your mind. Your nerves will get calmer and stronger. Deep down inside you'll be totally calm, balanced, harmonious. With God's help, every day, in every way, you'll feel better and better. Breathe deeply, sleep peacefully.“

If, unusually, the child should happen to wake up whilst the words are being spoken, then his/her head should be gently stroked and a few calming words should be spoken; the child will then go straight back to sleep again.

Why doesn't the word „bedwetting“ come up even once in this text?

The answer is quite simple: that word has negative associations; the subconscious would misunderstand it and interpret it as an invitation to urinate in the bed.

In children, that is how the problem under consideration should mainly be treated. Anything else would not be logical.

Of course, it is self-evident that supporting medication should



also be given. This accelerates and consolidates a successful outcome. The remedies PEFRAKEHL and ALBICANSAN, likewise SANUKEHL Cand, are used in the treatment of candida infestations. However, that should not dull our perception - they have a very special affinity for the whole genito-urinary tract - both female and male.

As well as this, it has proved to be very helpful to rub a few drops of oil of St.John's Wort gently into the area over the child's pubic bone before he/she goes to bed.

Treatment plan

Alkalise the body with
ALKALAN powder

Twice a day, ½ a measuring spoon in a glass of hot water, to be sipped slowly, for 10 days, and then switch to a treatment from Monday to Friday with:

PEFRAKEHL 5X drops

5-10 drops, on alternating days with

ALBICANSAN 5X drops

5-10 drops orally and/or massaged in, e.g. into the hollow of the elbow or around the navel.

SANUKEHL Cand 6X drops

1-2 drops daily, massaged into the hollow of the elbow.

On Saturdays and Sundays:

SANKOMBI 5X drops

10 drops twice a day orally or massaged in. Keep to this cycle for some months.

First published in the German language in the SANUM-Post magazine (68/2004)

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