

# Bedwetting

Before bedtime, rub the abdomen with 2-3 drops of Cypress mixed in carrier oil. Then add a layer of Marjoram. These oils will help build the muscles of the area, helping them strengthen to increase control.

Address emotional issues:

- Use EFT (Emotional Freedom Technique)
- Do an EAT (Emotional Aromatic Touch)
- Do an EAT on the toes, every night before bed (if not doing EAT, don't do both, that's overkill)

Make sure you are sensitive. Be you old or young bedwetting is embarrassing, which adds to the emotional issue. Be very careful not criticize, demand, or make comments such as “there, that'll fix everything” because if it doesn't the person in question will feel worse. We would also recommend that you have someone not in the family perform the EAT without any other family members present, it can often take the pressure of the situation off and allow more progress to be made in less time. Always remember, however, that if you are dealing with a child, this may just be something they need to grow out of. Their body, regardless of how much help it is given, may not be developed enough to overcome the problem at this time. If you are dealing with an adult, again, they may need time for their body to repair something that has been lost. This is not always an emotional issue; sometimes it is developmental. An additional recommendation is to supplement with FrequenSea, this will ensure that the person is question is getting the nutrition their body needs to heal or develop the muscles in question.

Address the bladder, make sure you are not dealing with an infection (see our UTI handout/class). You can use the oils listed above to strengthen the kidney/bladder area or use herbs to strengthen.

- Kidney/Bladder (to cleanse and strengthen urinary tract) tincture formula
  - 2 Juniper Berry
  - 2 Parsley Root
  - 2 Dandelion Root
  - 2 Uva Ursi Leaves
  - 1 Buchu
  - 1 Lobelia
  - 1 Marshmallow Root
  - ½ Oregon Grape
  - ½ Astragalus
- Kidney Toner (healing diuretic) tincture formula
  - 1 Marshmallow
  - 1 Mullein
  - 2 Juniper

Tincture recipes courtesy of LaRee Westover. You can make your own, if you know how, using the above recipes or purchase a ready-made tincture (most health food stores carry them, or we can order in the above recipes already made up for you).

There are several things mentioned in this article that are not “covered” in this article (EFT, EAT, and Tinctures). We teach classes in all of them, but they are separate. Please contact us for additional information or to set up a time to take these classes.

**To order, for class information, or if you have questions contact:**

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