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Chiropractors provide health assistance that can alleviate health concerns on the body's muscular, nervous, and skeletal systems. They ensure that one's tissues, joints, and bones are free from imbalances that can bring about painful dysfunction and other ailments. As a result, chiropractors are dubbed as the heroes of ageing individuals who are experiencing problems with their weakening bodies and of accident victims who need to regain their healthy conditions.

These professionals can also help address conditions like enuresis, or simply known as bedwetting. Enuresis is common among children from ages 5 to 7, and about five to seven million American children have this condition. It can be caused by different factors and a professional chiropractor can help resolve these.

According to medical experts, enuresis can be triggered by genetic factors, difficulty in waking from sleep, stress, and hormonal factors. Urinary tract infection, abnormality in the urethral valves and ureter, and a small bladder are also possible causes. Even deficiencies in the spinal column can also contribute to the prevalence of enuresis.

A trusted San Jose chiropractor can work on the last aspect easily and help kids resolve their problems on bedwetting. This alternative medicine expert knows enuresis is not a condition of the mind or a behavioral problem, and neither is it a result of children's laziness to go to the bathroom. Instead, they know this is a physical disorder which can be corrected through appropriate treatments.

Most doctors advise parents to limit the fluid intake of their kids before going to bed at night. Others try to be practical by simply using diapers or by patiently training their kids to develop the habit of waking up when they feel the need to urinate. In fact, there are some parents that give their children some rewards for completing dry nights. However, with a chiropractor San Jose residents recommend, the answer to this dilemma is just a few hand strokes at the lower back of the child.

A reliable San Jose chiropractor simply needs to adjust the patient's spinal area, specifically at the lumbar spine area or sacrum. That is probably because the process of emptying urine from the bladder is controlled by the detrusor and trigone muscles, which are all situated near the sacral portion of the back. However, if the causes of enuresis are not related to the adjustment of the spinal cord, then parents should take their children to other specialists who can offer the appropriate remedies.

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