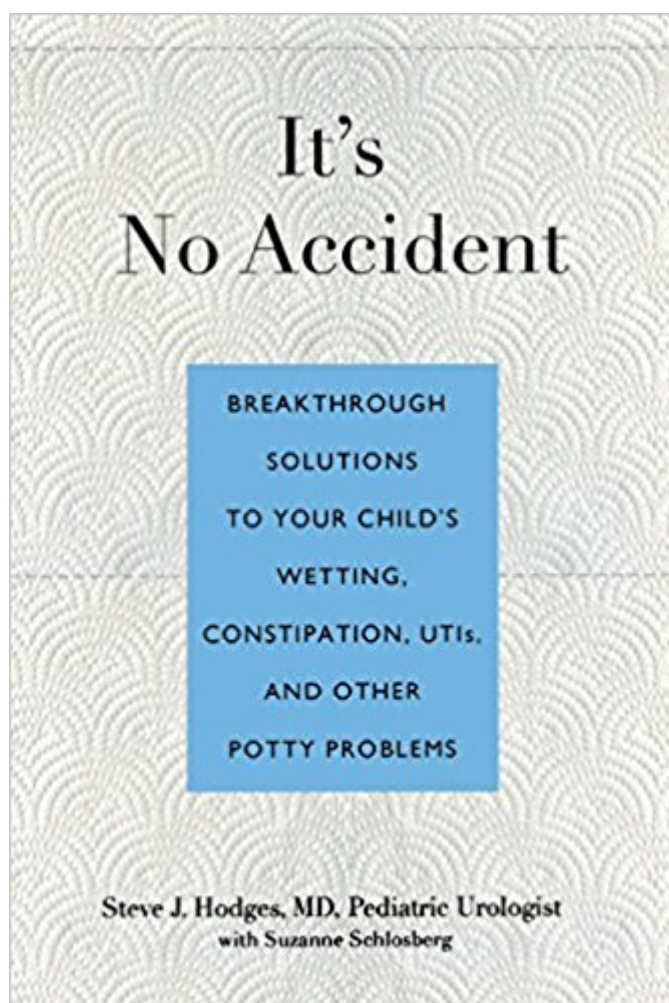


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# It's No Accident: Breakthrough Solutions To Your Child's Wetting, Constipation, Utis, And Other Potty Problems



## Synopsis

Proven, practical advice for treating and preventing potty problems.

## Book Information

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## Customer Reviews

Here's a reality sure to shock parents: Our nation has a silent epidemic of toileting troubles. No one posts on Facebook, "My kid wet the bed again," yet accidents, bedwetting, and urinary tract infections are rampant and on the rise. These messy and embarrassing problems "stressful for parents and children alike" are typically dismissed ("Kids are kids"; "She'll outgrow it"), misdiagnosed, or undertreated. That's because most parents and many pediatricians are unaware of a research-proven fact: Virtually all childhood potty problems are caused by holding "poop, pee, or both." What's behind the holding? In this eye-opening book, Dr. Steve Hodges explains why millions of potty-trained kids are clogged with poop and holding pee, problems related to the Western lifestyle, pressure to toilet train too early, inadequate potty-training follow-up, and misguided school policies. Dr. Hodges helps families recognize the subtle signs of holding and offers research-based strategies for resolving the wetting episodes and infections related to constipation. Parents and kids will cheer: No more wet undies or bedsheets!

Steve J. Hodges, MD, is a board-certified pediatric urologist and assistant professor of pediatric urology at Wake Forest University School of Medicine in Winston-Salem, North Carolina. An authority on wetting issues and the author of numerous peer-reviewed journal articles, he treats 3,000 children a year. Suzanne Schlosberg is a health and parenting writer whose articles have

appeared in Parents, Parenting, and Fit Pregnancy. She is the author or coauthor of a dozen books, including Fitness for Dummies and The Good Neighbor Cookbook. Visit her at [suzanneschlosberg.com](http://suzanneschlosberg.com).

Here is a three bullet-point version for the TLDR crew. (TLDR = Too Long, Didn't Read)<sup>1</sup>. This book has answers when it comes to the cause of bed wetting. Simple is so genius.<sup>2</sup> For some cases that may even seem to be extreme, enemas and other laxatives may not even be needed. Magnesium supplementation may be enough to fix the situation entirely in as little as a week. "Most magnesium supplements are junk" might be too strong, but ones like Natural Calm found on [www.naturalcalm.com](http://www.naturalcalm.com) are very effective and (most) kids can at least learn to enjoy them.<sup>3</sup> The book mentions switching to soy milk as an alternative to the constipation-inducing cow's milk. Intolerance is mentioned as a possibility of cow's milk producing bowel problems. While soy may help with constipation problems, it comes with its own set of problems that I would personally consider to be worse than constipation. Get educated on both sides of the argument and make a decision. I think that a majority believes soy to be a healthy food, so here's a book with an opposing viewpoint:Â The Whole Soy Story: The Dark Side of America's Favorite Health Food<sup>Now for the long version</sup>. What I've learned from this book has saved our family a great deal of frustration and rid us of bed wetting. Constipation has always been a concern of ours since our now four-year-old son started pushing out his rectum when he was two years old. It's a quite frightening thing for all parties involved, but it's no party. Three doctors didn't have an answer, so we went the guy that everybody says is the best doctor within hours of our area. He said that our boy would grow out of having the problem and he prescribed a spoonful of cod liver oil every day to help lube things up a bit. I was surprised when it "worked". The sad part of this part of the story is that since then my son has been terrified of using the bathroom. Who can blame him after that awful experience?Fast forward two years and we find out that it still didn't fix the problem. He didn't grow out of it after all. Having recently been forced to overcome a year-long illness by studying and trying things out on my own, I was a great deal more prepared to find an answer this time. I knew there had to be a simple cause with a simple answer, but didn't know where to find it. I only found this book because I was getting tired of the bed wetting problem. We had been changing sheets for two kids every day for what seemed like an eternity. After reading the first couple chapters of this book I was able to link up the increase in bed wetting with the rectum popping out again. This book showed me the simple cause. My wife is a nurse, and she knew about all of the available laxative and clean out options and let me know the concerns with each of them. We both wanted a simpler solution.I previously would have thought this next part was unrelated, but

stay with me and I'll bring this full circle. A friend of mine was having some gall bladder issues recently, so I started scouring for helpful information. Most doctors had basically given up hope for fixing gall bladder problems. There were treatments available, but in the end the doctor planned on having to remove the gall bladder anyway. I remembered reading in several different places (some that I would consider "credible" and others that I generally wouldn't.) that almost none of us eats enough magnesium-rich food, especially compared to our ancestors of thousands of years ago. (I also noticed that Dr. Hodges makes a reference to dietary differences from thousands of years ago in chapter two.) Increased magnesium intake was recommended as a treatment for gall bladder problems. The month before I started reading this book, I started having my own problems with a painful gall bladder. After studying the safety of magnesium supplements and fillers used in most of them, I ordered some Natural Calm magnesium supplement right here on . You can go read the many positive reviews of the product. It worked that way for me, too, and as an added bonus, it helped relieve my gall bladder problem. I'd say the problem is fixed. (at least for now) As an added bonus of the magnesium, there was no more constipation in my life. Wonderful! So there I was a couple months ago enjoying my magnesium supplement as a gift from heaven and then I read this book. I decided to share my magnesium drink in small amounts with my kids. It seemed to do nothing for several days. Four days later, the kids each had four or five sessions in the bathroom. The next day, my son was using the bathroom on his own without anybody even mentioning it. He would just disappear and I'd look for him and find him doing his business. Remember, this is the kid who was pushing out his rectum and frustratingly wetting the bed and filling diapers only a week earlier. Since that day five weeks ago, he has not wet the bed once. Nor has he been scared to use the bathroom at all. My six-year-old has had the same improvements with no longer wetting the bed. The research in this book has really helped us fix some major frustrations in the family. I didn't use the same fix as is recommended in the book, but it is working great for us. I'd love to see more people's results using Magnesium instead of other laxatives. Magnesium could kind of be viewed as being a laxative, I suppose. In the bowel, its use is very similar to the way that MiraLAX is described in the book. It helps regulate water and promotes peristalsis to keep things moving normally. The other great benefit is that, unlike MiraLAX which doesn't enter the blood stream according to the doctor, it's a great thing for the magnesium to be absorbed into the bloodstream. It helps build strong bones and teeth and is supposed to help us use our calcium better. I see nothing wrong with that. You have to finish every health experience or health claim aimed at helping others with one important caveat. Individual Variation is always present, so this may not be the answer for everybody. As for what I mention about soy, above. You need to do your own research on soy

before you try to accept soy into your diet at all. The "soy battle" is quite an emotional / political / almost religiously tenacious one, but the scientific studies against soy are many.Â The Whole Soy Story: The Dark Side of America's Favorite Health FoodÂ is only one book of many that shows mounting evidence against soy. I definitely recommend reading both sides of the argument before you start drinking soy milk every day and make yourself sick ten years (or however long) down the road. I really must make it clear that I don't recall Dr. Hodges recommending that people drink soy milk every day in this book. Emphasis on the "every day" He doesn't give a frequency. He only mentions that drinking soy milk instead of cow milk seems to help some people and he provides a couple of simple recipes for smoothies with soy milk or nonfat dairy milk. Personally, I'm in the "soy sucks" crowd. Finally, please don't join the crowd of people who hate others because of their difference in opinion. Read up on both sides of the argument and make your own decision and stand by it. I'm of the opinion that it would be best if we could stand by our opinions and decisions without hating others for coming up with opposing views. If only we could have a worldwide movement toward acceptance as strong and consistent as this book will help other kinds of movement. :)

If your potty-trained child is having frequent accidents and/or bed wetting, stop everything you're doing and **BUY THIS BOOK**. My 3-year-old daughter has been fully trained for 7 months or so and but regressed a lot over the course of that time. There are weeks when she does a great job with the potty and weeks when she has constant accidents. I just knew something wasn't right even though everyone kept telling me it was normal and that she would grow out of it. I took her to a pediatric urologist 2 months ago and told them about this book (they already knew about it) and they assured me she wasn't constipated. Well, the accidents continued and she even started leaking poop. Today we went in for her follow up. I demanded an x-ray, which they gave me a hard time about but finally agreed to, and sure enough, her colon was backed up to her diaphragm. I feel terrible but am so glad to finally have an answer. A mother knows! This weekend we'll start the cleanse Dr. Hodges recommends. But I just couldn't wait to share this experience here in the hopes it could help other parents in similar situations. Please advocate for your child if you know in your gut that something isn't right.

I wish I could send this to every pediatrician and chiropractor. The years we wasted! So simple and seems like it should be common knowledge info for health providers. "He will grow out of it" Ha! Changed our lives.

great quick and easy read. with helpful ideas it does need to be updated a little. we have followed much of the advice expect the daily enemas and have seen results and the xray opened my DRs eyes that whoa we have a problem and sent us to a GI still remedying our problem but this book has educated me and made me feel good that I wasn't alone and there are something's I cant control and need to educate my son as well so he doesn't with hold out of fear of getting in trouble or not liking a bathroom

It is an easy to read and easy to understand book about all possible potty-training issues. I bought it because my daughter had a particular problem and neither our doctor, nor any information I could find in articles online could provide a good, long lasting solution. Anything we tried would help short term, but not really solve the actual issue. I saw this book recommended on one of the discussion boards and bought it immediately. The book is written by a doctor, which is reassuring and is based on the generally accepted medical practices, not some kind of "crazy new discovery" or "secret method big pharma hides from you". I was very relieved to see that. All solutions are very simple, just need consistency and patience. The best thing about it? They work and they work pretty fast. I was dedicated to solve my daughters issues during the summer holiday and it seems that we have succeeded. It is amazing what healthy potty habits can do to the child's mood and well being.

I highly recommend this book for anyone dealing with a child that has problems with accidents and/or bedwetting. After 8 months of seeing doctors and trying bowel clean-outs and daily laxatives for my 5-year-old, I found Dr. Hodges's website and ordered this book (and the children's book for my son). Nothing was working for my son until we tried the enema regimen. After 3 weeks he is dry during the day for the most part and we are starting to see improvement at night too. I am so thankful to Dr. Hodges and his books.

This is the best explanation of my 7 year old son's fecal incontinence I have ever seen. We have seen pediatricians, a Gastroenterologist, the Mayo Clinic who finally referred us to a PT who uses Dr. Hodges methods. My son has gone from 2-3 fecal leaks a day to once a week, and we expect to overcome the whole issue entirely. The book is a quick and easy read, and a great reference source. Also good for nosy pesky relatives who don't understand the whole situation, and are not themselves being helpful.

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