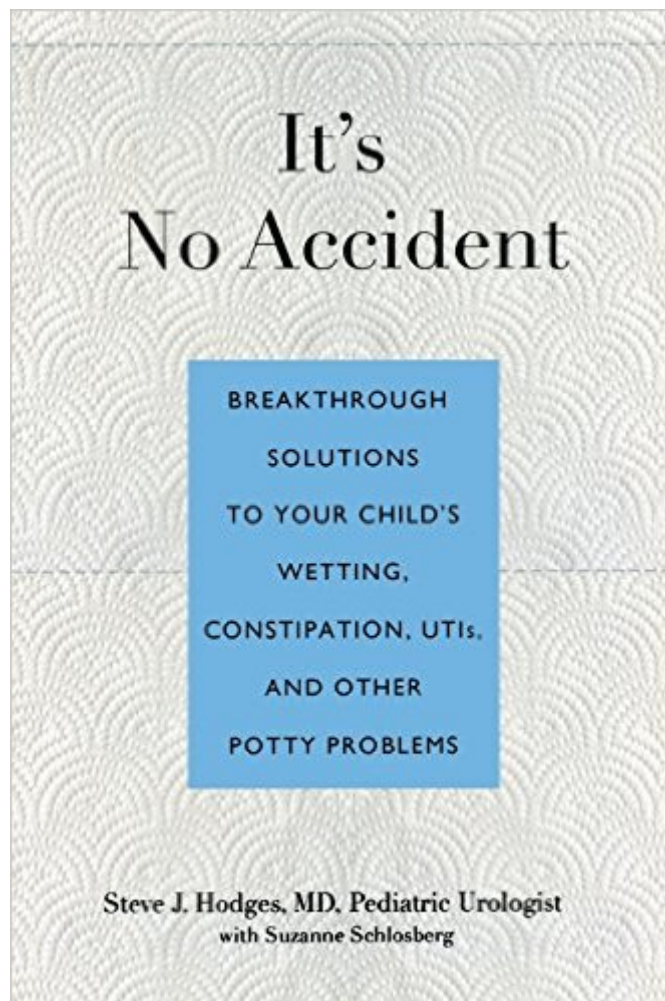


The book was found

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

Paperback: 240 pages

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (213 customer reviews)

Best Sellers Rank: #30,754 in Books (See Top 100 in Books) #38 in [Books > Children's Books > Growing Up & Facts of Life > Health > Toilet Training](#) #82 in [Books > Health, Fitness & Dieting > Children's Health](#) #4141 in [Books > Teens](#)

Customer Reviews

Here is a three bullet-point version for the TLDR crew. (TLDR = Too Long, Didn't Read)1. This book has answers when it comes to the cause of bed wetting. Simple is so genius.2. 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 [Amazon](#) are very effective and (most) kids can at least learn to enjoy them.3. 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: [The Whole Soy Story: The Dark Side of America's Favorite Health Food](#)Now for the long version.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.

[Updated/Revised 3-26-14]: Until recently, first-grade daughter had never been dry at night. For years we were told not to worry about it, and that children eventually grow out of it. But she had reached an age where it was upsetting to her, and recently she had to turn down her first sleepover invitation because she was embarrassed about wearing nighttime pullups. It may be true that most kids do eventually grow out of bedwetting. But this book makes a compelling argument that, in most cases, there is an underlying cause that (A) can be easily addressed (thus leading to a complete resolution of the problem); and (B) could turn into a much bigger problem if left untreated for too long. If that's the case, then we do a disservice to our children by just "waiting for them to grow out of it." Months and years go by; the child feels embarrassed despite the parent's best efforts to reassure her; and the underlying problem gets worse and worse. If there's a practical, step-by-step solution to the problem -- and if that solution could spare your child years of discomfort -- then every parent and pediatrician should be aware of it. Before reading this book, it never would have occurred to me that my daughter had issues with constipation, because she pooped regularly without obvious strain or discomfort. But I now realize that she had almost all of the signs of a different kind of constipation -- what might be described as "a big ball of poop" blocking her lower intestines and placing pressure on her bladder. It explains the nearly nightly bedwetting, the frequent mild stomach aches, and so on. We talked to our pediatrician about the book, and she gave us the go-ahead to try the Miralax cleanout described in the book.

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