

Complementary medicine

Is it good for kids?

It's never been so popular—at least one in 10 adults had treatment last year—and now parents are turning to complementary medicine for their children too. Sharon Collins looks at a few therapies that have had surprisingly good results...



Hypnotherapy helped Jane's son David to stop wetting the bed

Sharon Higson

David King started bed-wetting at the same time as his dad took a job working away from home in India.

The five-year-old had been dry since he was potty-trained at 36 months, but with his dad Michael's departure for up to three weeks at a time, the little lad was wetting the bed every other night.

'I thought that the two things might be linked,' says mum Jane, 36, 'because it began during Michael's second week away. David's a sensitive little boy and you can tell if he's troubled. There was no doubt he was really missing his dad.'

Jane, a former beauty therapist from Caterham, Surrey, turned to hypnosis after hearing a talk given by hypnotherapist Lynda Hudson at David's school.

'We'd already stopped giving David drinks after 6pm and made sure he went to the loo last thing, so when I heard about Lynda's hypnosis CD, I'm Dry At Night, I thought it might help.'

The idea was that David imagined his bladder was a fortress to which he held the key. After four nights of listening to the recording as he drifted off to sleep, he

stopped wetting the bed. Months later he's still dry.

'There was one incident the second night, but that was the last time,' says Jane. 'Now David wakes at night and goes to the toilet.'

LYNDA HUDSON SAYS:

'Hypnotherapy works because asking someone to imagine something often enough makes it real, and children have such brilliant imaginations.' For severe cases she advises visiting a hypnotherapist. 'The results are more successful. Also, I usually only treat children from the age of six because they need to be able to focus.'

● Lynda Hudson's Clinical Hypnosis Clinic is in Beckenham, Kent: 020 8402 1928.



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