

# The Nervous System and Incontinence

Each part of our body was created for specific purposes. Our legs are for walking, our hands are for picking things up, our immune system keeps us healthy, our gut helps digest food, etc. These functions are all controlled and coordinated by a central hub in the body: the nervous system.

Being unable to control part of our function means that the body cannot function and communicate somewhere along the line properly. Urinary incontinence is the loss of bladder control, most commonly seen in the elderly. 4 in 10 women and 1 in 10 men suffer from urinary continence in their life. It can also differ in the level of severity from person to person. One particular case study conducted recently focused on a 75-year-old woman suffering from urinary incontinence for six years and was suffering from a lack of sleep. Her bladder would empty up to 3 times each night. Her history included injuries sustained from motor vehicle accidents as well as a surgical mesh procedure.

She presented to chiropractic care with the hopes that optimizing nervous system health could help her regain some control. Her chiropractic delivered chiropractic adjustments as part of her health care plan, and her urinary incontinence resolved! At the end of care, the alignment of her spine was optimized – meaning interference was removed from the nervous system, and her bodily functions were optimized! When we ensure a clear path of communication within the body, we see an improvement in body functions!

Fedorchuk, C., & Simon, D. (2021). Resolution of Urinary Incontinence in a 75-Year-Old Female Undergoing Chiropractic Care for Correction of Vertebral Subluxation: A Case Report & Review of the Literature. *A. Vertebral Subluxation Res.*, 2021, 36–42.



**The nervous system controls everything in the body, including the bladder. Keeping this connection optimized is crucial for our independence as we age.**



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