

Medicinal dishes to help cure bedwetting

If children with bedwetting are thin, pale, and afraid of cold, they should eat warm foods to help cure bedwetting

Folk often use longan, dried lychee, to treat bed-wetting, but in fact, according to Eastern medicine, they only work with diseases caused by cold kidney or spleen, damaged lungs, and liver disease. Hot and humid will make the disease worse by increasing the heat. Therefore, it is necessary to choose the right medicine for the child.



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1. Children with bedwetting are thin and weak, their face is white, they are afraid of cold, they are less active, their urine is clear, they are many, they can add warm and nutritious foods such as longan, litchi, persimmons, almonds, goat meat, etc. .
2. Children with bedwetting should be frugal, mainly fresh vegetables and fruits, and abstain from hot and spicy foods.
3. During the day, children can drink normal water, after dinner, the amount of water taken into the body should be controlled.

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Shrimp fried with shallots cures bed-wetting first

Fresh chives 100g sliced, fresh shrimp 200g. Stir-fried shrimp with cooking oil, when almost cooked, add chives, making a regular dish. Used for patients with white face, pale tongue with thin moss.

2

Longan or dried lychee 5-10 fruits per day, eat in the morning on an empty stomach. Used for children with white and blue faces, not warm extremities, clear urine, a lot.

3

Chicken intestines 2 sets, three sizes 12g. Take a dry curtain, cover the three halves, put it in a pot of boiling water to cook soup with chicken intestines. This dish is used for children who are afraid of cold, are less active, and urinate a lot.

4

Take 10g hummus in a bowl, add a little water, steam in a water bath. 50g minced goat meat, cook porridge with 50g plain rice, add medicinal water. Used for weak children, limbs not warm, thin mossy red tongue.

5

Pork bladder 100g cut into small pieces, ginkgo ginkgo 5g roasted, peeled off, raspberries 10g. Use dry cloth to cover, boil water to cook soup with pig's bladder, treat bedwetting in clear, abundant water.

6

Confucius dried powder, used rice water mixed drink, each time 0.5g, 2 times a day, used to treat restless, hyperactive, urinating less, many times.

7

Goji berry 15g soft soaked, 1 pork kidney, washed, sliced ??thinly, fried together with cooking oil. Used for children with red tongue, little moss, little urine, yellow.

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