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Anthology Edition

2

BOOKS IN ONE!

Now Includes
Answers to 52 Questions
About **M.O.P.**

The

M.O.P.

Book

Updated and Expanded!

**A Guide to the Only Proven Way
to **STOP** Bedwetting and Accidents**

"**M.O.P.** saved my sanity
and my daughter's
self-esteem."

— Maria Bermudez
Sugar Land, Texas

"Our doctor couldn't help
us, but **M.O.P.** did. Now
my son is accident free."

— Lucia Gonzalez
Monterey, Mexico



By Steve Hodges, M.D., with Suzanne Schlosberg

Illustrations by Cristina Acosta

Steve Hodges M.D. and

The M.O.P. Book: Anthology Edition: A Guide to the Only Proven Way to
STOP Bedwetting and Accidents (black-and-white version)



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The M.O.P.O. Reserve: Anthology Edition is the updated and vastly expanded second edition of The M.P.O. Triple the space of the 1st edition, the new volume is certainly for parents who are tired of waiting for their child to “outgrow” accidents — who think they have “tried everything.” The pediatric urology team at Mayo Clinic phone calls M.O.O. “extremely effective.” Parents call it “existence changing” and “a lifestyle saver. Pooper’s Activity Book and Poop Calendar for Kids.P.P. Reserve: Anthology Edition. M.O.P.P.P., a pioneer in bedwetting research. Hodges’ acclaimed first publication, It’s No Accident, also created with veteran health and parenting author Suzanne Schlosberg.P,” created for parents to hand to their doctors., of Wake Forest University College of Medicine. Published analysis shows M.O. means the Modified O’Regan Process, a regimen named for Sean O’Regan, M. formerly sold only as an ebook on the author’s website. M. Book, a groundbreaking manual for resolving bedwetting (nocturnal enuresis), daytime pee accidents (enuresis), and poop accidents (encopresis). The anthology also contains monitoring calendars for parents and kids, safety suggestions and step-by-step instructions, plus “The Physician’s Guidebook to M. is founded on a simple, proven reality: bedwetting is caused by chronic, serious constipation. Stool piles up in the rectum, pressing against the bladder; only when the rectum is certainly cleared out on a daily basis did it shrink back again to size and stop aggravating the bladder. The M.O.D. Book: Anthology Edition not merely updates the initial edition, providing Dr. Hodges’ revised suggestions in great fine detail, but also includes an entire second publication, Answers to 52 Questions About M.O.P. is the only reliable solution to bedwetting and daytime incidents — far more effective than medication, bedwetting alarms, or Miralax.P.O.D. The Anthology Edition offers fresh insight into: •collaborating together with your doctor and your child •adjusting the process if your child is not progressing •minimizing the odds of relapse •managing M.O.P. on holiday The M.O.P. Reserve: Anthology Edition builds on Dr. The four-phase routine, based on a combination of enemas and laxatives, has been modified by pediatric urologist Steve Hodges, M. Dr. Hodges and Suzanne also have collaborated with illustrator Cristina Acosta on three related — and very clever! — kids’s books, Bedwetting and Accidents Aren’t Your Fault, Jane and the Giant Poop, and Dr.” If your loved ones is worn out from your kid’s struggles with mishaps, you will be grateful for The M.



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So I wanted to talk about our crazy awesome results. I do not advocate it!. This book is not inexpensive, that is for sure, but it contains so very much information that I have to say it is worth the money. Hodges' kids's books for my child, who is suffering from chronic constipation and bedwetting, but I was keeping off on using the M. We began offering our 12 yr aged bedwetter nightly enemas (fleet adult liquid glycerin suppositories) 6 nights ago and we've had 6 dried out nights in a row. The first time I found out about MOP I believed it was crazy but I finally decided to it was time to try something different. We have spent a lot of money on different water evidence bedding and pads, both disposable and reusable. Hodges himself. But laxatives and dietary fiber and all which have not done anything to repair the situation, so us has decided to move to M. When we continue camp outs or on the nights he's wished to sleep inside our bed we have had to get him up many times in the night or he would soak the bed linens. Fast forward 15 a few months and I am SO grateful because of this book and Dr Hodges. Because of this regular pull ups under no circumstances worked because there is too much output. My child was potty qualified at 2 1/2, but even though he didn't have incidents in your day, he is a nightly bedwetter. We spent close to two thousand dollars for therapy at the Enuresis Treatment Center. Big waste of cash. We started offering our 12 yr old . I will add that the enemas are not at all traumatizing on her behalf! She hasn't got any skid marks, her poops are fine and gentle, and wiping is definitely a breeze. Unfortunately, my child is proving to become one of the more complicated and tough cases, so we are going after MOP+ and Double MOP. We remain amid the procedure, but have already noticed marked improvement in symptoms. Laundry. The one continuous provides been that we've constantly known this was not his fault and so he hasn't been shamed. But it has still used a toll on his self-confidence. Her poop is good and gentle.5 hours away. The closest one was 2. I had so very much wish that the X-rays would support what I was expecting to find. However, they completely dismissed the idea that he was constipated. Said he actually looked much better than most children. I wouldn't ignore it and Dr. For the first time in years, I feel like we can start to see the light by the end of the encopresis tunnel! He confirmed he was backed up. Now we are beginning on my 6 year aged daughter who is also a bedwetter. We realize now not to just wait it out!*update We are now into this about fourteen days. We've had two or three 3 wet nights and the rest have been dry. We are thrilled with this improvement! My son, who obviously was not keen on the thought of daily enemas, right now reminds us it's time! Therefore grateful to have found Dr. Hodges and the MOP protocol! This really works So far, this is working for our 3 (nearly 4) year old child. She started potty training around 39 months rather than had much problems going pee, but nonetheless hasn't mastered pooping in the potty. She started holding in her poop, which quickly developed into dried out/hard poop, skid marks, flakes, etc. We really knew there is a problem when she began pooping in her jeans almost daily, seemingly unaware that it had been even happening. We had to go through some of doctors and professionals (who all underestimated constipation and didn't provide any alternative that truly worked) before learning about Dr. And it's actually significantly less than the co-spend at our pediatrician, who offers been unable to help us for all these years. Interestingly enough, our daughter real eats an extremely healthy/balanced diet plan. She loves fruits, vegetables and wholegrains, and probably eats healthier than most 3 yr olds. It gives detailed insight as to the reasons kids don't generally "grow out" of having accidents, has a physician's direct you can provide to your doctor to help get them up to speed, and most importantly, has a step-by-step guide of choosing and administer enemas for your son or daughter, track the procedure, including FAQ's that reply typical problems you may run into. The drawings in the book were really helpful, not merely to us as her parents, but for her to find and understand what exactly is certainly going on in her body. Easy quick read Valuable information Exceptional resource for

treating pee/poop accidents and bedwetting If you as well as your family are coping with any pee or poop mishaps, you should get this book and start the procedure immediately! Numerous alarms. So far, she hasn't been able to poop on her very own without the enemas, but I'll follow the program, and hope that occurs sometime soon. We are providing her Natural Vitality Mag Citrate gummies rather than Miralax and they appear to be functioning wonderfully. When I learned about MOP I finally produced an appt with a pediatric urologist. My only reservation is that we didn't get our doctor onboard, and Personally i think somewhat uncomfortable carrying out the trial/error method without personalized assistance. The book offers a nice framework, nonetheless it gets relatively confusing when you begin to consider all the possible variants in outcomes/symptoms from one child to another. I also examine Dr. There aren't any companies in our Condition on the service provider locator device from their internet site. We will give it a little more time, but I would be ready to drive to another Condition to have her noticed and get to the bottom of the once and for all. We spent another thousand on bi weekly excursions to the chiropractor. She definitely fussed about it for the 1st about a week (including full on fits for the first 3 nights), but now she actually reminds me that it is time for her treatment. She feels therefore much better, and can be a happier kid! I allow her play ABC Mouse on my iPad while she's seated on the potty, which is a huge motivator for her. I would like to possess my child x-rayed to observe where we are in, and whether we need to make any changes to optimize her outcomes. Hodges "It's No Accident" and introduced the idea to our girl by reading "Jane and the Giant Poop" and "Bedwetting and Accident's Aren't Your Fault" to her numerous situations before we began the treatments. The books are great, plus they helped our very young daughter to fully understand what is going on in her body, and how we are trying to correct it. Accurate and Educational As a physical therapist that treats kids with bowel and bladder incontinence, in addition to constipation and other conditions I've found this reserve to be very useful and valuable. Got a bed wetter? The information that is presented isn't only accurate and evidenced centered, but it is explained in a manner that kids can relate to and understand. Hodges wrote. Up to now my favorite web page that I maintain referring back to with the children may be the one with the extended T-shirt picture resembling the rectum. It really is helping children and parents understand the implications of getting stretched out and why things can take period to improve. Some of the webpages in this publication have a large amount of information so I actually find it helpful to read the pages slowly and stop and explain or discuss each different piece on the page. We are also users of his private Facebook group (parents of kids with these issues). It cost about the same as one copay at the specialist's office, but has provided SO much more assist in actually tackling this issue than our doctor ever did. This fresh edition has more information outlining the info for the tough situations along with the basics of constipation. I've never written a review before but I feel I owe it to all or any the youngsters that may benefit from Dr Hodges' MOP system. After many appointments with our pediatrician and pediatric GI experts, the recommendation to just "give more miralax" was just making the daytime accidents even worse and I was desperate to help my child. I'm trying to be cautiously optimistic that there could be some hiccups later on, but honestly, this is large for us. Put simply, he wet many times a night. After fighting constipation issues in my daughter for over 4 years, rather than getting any genuine help from our pediatrician/GI (other than pushing Miralax) I offered in and bought the anthology. Our 6-year-old daughter suffers from encopresis and I would pay almost anything to get rid of her struggle! Evidently, some kids simply have more sensitive ("stretchy") colons that, over time, get worse if you don't can help the kid full empty (i.e. that is the importance of the enemas). I understand the idea of enemas is definitely scary but they actually aren't (specifically the small glycerin ones you can buy at the store). The book is great but gleam personal Facebook group that

was amazing. It's pricey but well worth it! We had been in that category where we didn't know constipation was even an issue because my child usually experienced regular/daily bowel movements. This book is expensive nonetheless it has been life changing! We've just been implementing the procedure for a few weeks now, and already it's produced a big difference! However, she still became constipated! She was more willing to try the procedure once she understood the reason behind it. Steve Hodges was kind more than enough to look at the X-rays and give a second opinion. Skip the doctor check out and read this reserve! I have bought Dr. So I wished to share our crazy awesome outcomes.O.P. process, because frankly I found it intimidating. Ever.O.P.. After going through Miralax hell with an older child, I was willing to try anything else EXCEPT Miralax. I've learned more from this book than I have from countless doctor appointments over the years. There are no other books that I have found however that provide this content that book offers, as well as being appropriate for a wider selection of age range. This is essential read! I'm very thankful for the information in this reserve. I'd heard about bed wetting being caused by constipation, so I purchased the first edition by Dr. Hodges. Because of the info, I had my teen child x-rayed, and sure enough, he was severely constipated. So. If nothing else has worked, try MOP! We've also joined the private FB group, getting immediate guidance direct from Dr. We've never really had a spontaneous dried out night. I really wish I could have discovered this information years back. A MUST READ for parents of kids fighting accidents and bedwetting We discovered Dr Hodges last year and go through his first book, It's No Accident, followed by the original MOP guide...don't wait! Grab this book! Extensive help for kids with encopresis! I came across the MOP protocol nearly a year ago, but put off buying the book because it appeared like this intense process. Our major reason for beginning MOP was encopresis (daytime poop accidents). She has never had any kind of fast food, and we prevent processed foods just like the plague. Very much. This publication addresses topics that are not well understood and acts a very underserved population and for that reason only having a trust worthy way to obtain information is very helpful. If you are on the fence, it's definitely worth it! Should you have a bed wetter or a child who still has mishaps. I tend to explain certain points or images on each page and relate them to the kid and their problem which makes the pages less overwhelming and allows me to utilize this book as an excellent teaching tool.) but most instances are because of constipation. Although we are still not really 100% there and it's been a a lot longer road than expected, I completely believe in this protocol and have seen it work for so many family members. Dr Hodges and his associate, Suzanne, have been so supportive therefore beneficial to me and various other parents. This reserve is indeed worthwhile and we have found pediatricians (and actually pediatric urologists and GIs) know so small about accidents/bedwetting and have no real information (other than to try Miralax or "they will outgrow it"). We are on day 21 of this protocol, and she's only had 2 poop mishaps since we started! Don't pay attention to any doctors who state "oh they will outgrow these things" because they are dead wrong and take issues into your hands though it might feel a bit scary initially. What's suggested in this book is secure and has been tested and the publication goes into details how exactly to do and what to do. If you are interested in speaking with your doctors concerning this, there is a free of charge manual for doctors too that Dr. It is also nice that the information is shown at a rate that both younger kids can learn from but older kids are not bored with or turned off from. Your doctors can remove any other much more serious conditions (like spinal issues, etc. We are going through MOP protocol now. I cannot thank Dr. Hodges more than enough for his kind help for us for recent years. I've a 9-year outdated who's turned out to be a very serious case and when he was 5, we found out he was constipated as he started having pee/poop accidents throughout the day! She hasn't had much of a concern with pee mishaps, but

nonetheless wears a pull-up during the night. Hodge's first publication. It had been a savior!



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