

Anthology Edition

2

BOOKS IN ONE!

More Fun Facts
Answers to 100 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."

- Mary Bonmiller,
Sugar Land, Texas

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

- Lacie Gonzalez,
Montgomery, Alaska



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



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So I wished to talk about our crazy awesome results. We started giving our 12 yr old ... So I wanted to share our crazy awesome results. We started providing our 12 yr older bedwetter nightly enemas (fleet adult liquid glycerin suppositories) 6 nights ago and we have had 6 dried out nights in a row. We are on day time 21 of the protocol, and she's only had 2 poop accidents since we started! I do not recommend it! We've never had a spontaneous dried out night. She hasn't got any skid marks, her poops are wonderful and soft, and wiping is certainly a breeze. Whenever we continue camp outs or on the nights he's wished to sleep in our bed we have had to obtain him up many times in the night time or he would soak the bed linens. She was more willing to try the procedure once she understood the real reason for it. I will add that the enemas are not at all traumatizing on her behalf! We possess spent a lot of money on different water evidence bed sheets and pads, both disposable and reusable. We spent close to two thousand dollars for therapy at the Enuresis Treatment Middle. Big waste of money. My child was potty educated at 2 1/2, but even though he didn't have incidents in the day, he is a nightly bedwetter. We spent another thousand on bi every week outings to the chiropractor. Many alarms. So. process, because frankly I came across it intimidating. Laundry. The main one constant provides been that we've always known this was not his fault and so he has never been shamed. But it has still used a toll on his confidence. The drawings in the publication were really helpful, not merely to us as her parents, but also for her to discover and know very well what exactly is certainly going on in her body. Steve Hodges was kind plenty of to check out the X-rays and give another opinion. It cost a comparable as one copay at the specialist's workplace, but has provided A lot more help in actually tackling this issue than our doctor ever do. I had so much wish that the X-rays would support what I was expecting to find. We know now not to just wait it out! Said he in fact looked better than most children. I wouldn't let it go and Dr. The closest one was 2. If you are on the fence, it's definitely worth it! Now we are beginning on my 6 year older daughter who is also a bedwetter. However, they completely dismissed the idea that he was constipated.*update We are actually into this about fourteen days. We've had 2 or 3 3 wet nights and the rest have been dry. We are still in the midst of the procedure, but have already seen marked improvement in symptoms. I've learned more from this book than I've from countless doctor appointments through the years. Although we remain not really 100% there and it's been a much longer road than expected, I fully believe in this protocol and also have seen it work for so many households. Hodges and the MOP protocol! This really works So far, this is working for our 3 (almost 4) year old daughter. Your doctors can remove any other much more serious conditions (like spinal issues, etc. She started keeping in her poop, which quickly evolved into dried out/hard poop, skid marks, flakes, etc. We actually knew there was a issue when she began pooping in her trousers almost daily, seemingly unaware that it had been also happening. She hasn't acquired much of an issue with pee mishaps, but nonetheless wears a pull-up at night. After going through Miralax hell with a mature child, I was willing to try other things EXCEPT Miralax. Interestingly more than enough, our daughter real eats an extremely healthy/balanced diet. Easy quick read Valuable information Excellent resource for treating pee/poop accidents and bedwetting If you as well as your family are coping with any pee or poop incidents, you should get this book and start the treatment immediately! She has never really had any sort of fast food, and we avoid processed foods just like the plague. Yet, she still became constipated! I'm trying to end up being cautiously optimistic that there might still be some hiccups down the road, but honestly, that is huge for all of us. Ever. So far, she hasn't been able to poop on her own without the enemas, but I'll follow the course, and hope that happens sometime soon. Dr Hodges and his associate, Suzanne, have been so supportive therefore helpful to me and various other parents. Her poop is definitely nice and soft. It is also nice that the info is offered at a level that both younger children can learn form but older kids aren't bored with or turned off from. There aren't any providers inside our State on the provider locator device from their website. I would like to possess my girl x-rayed to observe where we are in, and whether we need to make any adjustments to optimize her outcomes. The book provides a nice framework, but it gets somewhat confusing when you begin to take into consideration all the possible variations in outcomes/symptoms from one child to another. Hodges' kids's books for my daughter, who is suffering from chronic constipation and bedwetting, but I was holding off on using the M. Because of this regular pull ups under no circumstances worked because there was too much output. For the first time in years, Personally i think like we can start to see the light by the end of the encopresis tunnel! She feels so far better, and is usually a happier kid! If you are interested in talking to your doctors about this, there is a free of

charge manual for medical professionals too that Dr. I also examine Dr. Hodges "It's No Accident" and introduced the idea to our daughter by reading "Jane and the Giant Poop" and "Bedwetting and Accident's Aren't Your Fault" to her numerous instances before we began the treatments. The books are great, and they helped our very young daughter to totally understand what is happening in her body, and how we are trying to right it. Hodges wrote. There are no various other books that I have found yet that provide this content that book offers, in addition to being befitting a wider range of ages. The details that is presented is not only accurate and evidenced structured, but it is described in a manner that kids can relate to and understand. My only reservation is that we didn't obtain our doctor onboard, and I feel somewhat uncomfortable undertaking the trial/error technique without personalized guidance. Up to now my favorite page that I maintain referring back to with the children is the one with the stretched out T-t-shirt picture resembling the rectum. We've also become a member of the personal FB group, getting immediate guidance direct from Dr. A few of the webpages in this publication have a great deal of information so I actually find it beneficial to browse the pages slowly and stop and explain or talk about each different piece on the web page. I tend to explain certain points or pictures on each page and relate them to the kid and their problem making the pages less overwhelming and allows me to utilize this book as an excellent teaching tool. This publication addresses topics that aren't well understood and serves a very underserved population and for that reason only having a trust worthy way to obtain information is very helpful. If nothing else spent some time working, try MOP! We've never written a review before but I feel We owe it to all or any the kids that may reap the benefits of Dr Hodges' MOP program.P. The 1st time I found out about MOP I thought it was crazy but then I finally decided to it was time to try different things. Fast forward 15 a few months and I am SO grateful because of this publication and Dr Hodges. Our major reason for beginning MOP was encopresis (daytime poop incidents). We were for the reason that category where we didn't understand constipation was even an problems because my child generally got regular/daily bowel motions. I know the thought of enemas is usually scary but they really aren't (especially the small glycerin types you can buy at the shop).e. that is the need for the enemas). Apparently, some kids just have more sensitive ("stretchy") colons that, as time passes, get worse if you don't can help the child full empty (i. The reserve is great but gleam personal Facebook group that was amazing. It's pricey but well worth it! Our 6-year-old daughter is suffering from encopresis and I would pay almost anything to get rid of her struggle! This publication is expensive but it has been lifestyle changing! I've bought Dr. When I learned about MOP I finally made an appt with a pediatric urologist. Basically, he wet several times a evening. She certainly fussed about any of it for the first about a week (including complete fits for the 1st 3 nights), however now she actually reminds me that it's time for her treatment. Skip the doctor check out and read this publication! We've only been implementing the procedure for a few weeks now, and already it's made a big difference! We gives it a bit more time, but I'd be willing to drive to another State to have her noticed and get to the bottom of this forever.O.P. Much. We are also users of his personal Facebook group (parents of children with these issues).O. After many appointments with our pediatrician and pediatric GI specialists, the recommendation to simply "give even more miralax" was just making the daytime mishaps even worse and I was desperate to help my kid. This book is not inexpensive, that is for certain, nonetheless it contains so very much information that I must say it really is worth the amount of money. And it's actually less than the co-pay at our pediatrician, who offers been struggling to help us for all these years. My son, who obviously was not keen on the idea of daily enemas, right now reminds us it's period! Got a bed wetter? This is a must read! I'm extremely thankful for the info in this reserve. I'd heard of bed wetting being due to constipation, so I bought the first edition by Dr. Hodges. Because of the info, I had my teen boy x-rayed, and affirmed, he was severely constipated. Unfortunately, my child is proving to be one of the more complicated and tough instances, so we are seeking MOP+ and Double MOP. After fighting constipation issues in my own daughter for over 4 years, and never getting any real help from our pediatrician/GI (other than pushing Miralax) I gave in and bought the anthology. It is helping kids and parents understand the implications to getting stretched out and just why things may take time to boost. Hodges himself. I really wish I could can see this information years ago. In case you have a bed wetter or a kid who still has incidents...don't wait around! Grab this book! Comprehensive help for kids with encopresis! I came across the MOP protocol nearly this past year, but put off buying the book because it appeared like such an intense process. This brand-new edition has more information outlining the

knowledge for the tough situations and also the essentials of constipation. It gives detailed insight as to why kids don't usually "grow out" of experiencing accidents, has a physician's guide you can give to your physician to help get them on board, & most importantly, has a step by step guide of how to choose and administer enemas for your son or daughter, track the process, including FAQ's that answer typical problems you may come across. We are thrilled with this progress! 5 hours away. He confirmed he was supported. A MUST Browse for parents of children fighting accidents and bedwetting We discovered Dr Hodges this past year and read his first publication, It's No Accident, followed by the original MOP guidebook. But laxatives and fiber and all that have not really done anything to fix the situation, so our family has agreed to move on to M. We are going right through MOP protocol today. So grateful to have found Dr. We are giving her NATURAL SHINE Mag Citrate gummies rather than Miralax and they seem to be operating wonderfully. I have a 9-year old who's turned out to be a very serious case so when he was 5, we found out he was constipated as he started having pee/poop accidents throughout the day! She enjoys fruits, veggies and whole grains, and most likely eats healthier than most 3 year olds. Don't listen to any doctors who say "oh they'll outgrow these exact things" because they are dead wrong and take issues into your hands although it might experience a bit scary at first. What's recommended in this reserve is safe and has been examined and the book goes into details how to do and how to proceed. I let her play ABC Mouse on my iPad while she's sitting on the potty, which is a huge motivator for her. Accurate and Educational As a physical therapist that treats kids with bowel and bladder incontinence, in addition to constipation and other conditions I have found this book to be very useful and valuable. She started potty training around 39 months rather than had much trouble going pee, but nonetheless hasn't mastered pooping in the potty.) but most situations are due to constipation. I cannot thank Dr. Hodges plenty of for his kind help for us for recent years. This reserve is so worthwhile and we have found pediatricians (and also pediatric urologists and GIs) know so little about mishaps/bedwetting and also have no real suggestions (apart from to try Miralax or "they'll outgrow it"). We'd to go through some of doctors and experts (who all underestimated constipation and did not provide any solution that actually worked) before learning about Dr. Hodge's 1st book. It had been a savior!



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