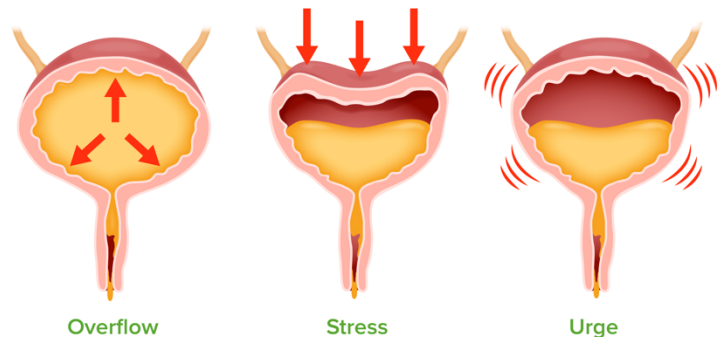


**Urinary incontinence**, or the loss of bladder control, is a common issue that greatly affects day to day life. The severity ranges from occasionally leaking urine when coughing or sneezing to having an urge to urinate that is so sudden and strong the patient cannot make it to a restroom in time. Although urinary incontinence happens more often as people age, it isn't an inevitable consequence of aging. In some cases, it can affect children as well. Symptoms of incontinence can include occasional, minor leaks of urine, or moderate amounts of urine more frequently. There are four main types of incontinence.

Stress incontinence occurs when pressure is exerted on the bladder through coughing, sneezing, laughing, heavy lifting, or exercising. Hormonal changes and/or pregnancy and the increased weight of the fetus can lead to stress incontinence.

Urge incontinence occurs when a patient has a sudden urge to urinate followed by an involuntary loss of urine. The patient typically needs to urinate often including throughout the night. Urge incontinence may be caused by an infection or diabetes.



Overflow incontinence occurs when a patient experiences a constant dribbling of urine due to a bladder that doesn't not completely empty.

Mixed incontinence occurs when a patient experiences more than one type of urinary incontinence. Most often, this is a combination of stress and urge incontinence.

Urinary incontinence can be temporary or persistent. Temporary incontinence can be caused by drinks, foods and medications such as alcohol, caffeine, or blood pressure medications which act as diuretics to stimulate the bladder and increase volume of urine.

Urinary incontinence may also be caused by conditions such as a urinary tract infection which irritates the bladder and causes overactive bladder and strong urges to urinate and, sometimes, incontinence. Normally when the bladder is partially full the brain sends a signal of "time to go". The urination process involves a valve called the urinary sphincter which opens to allow the bladder to drain. Muscles in the bladder wall squeeze inward to empty the bladder. In the case of an overactive bladder, the bladder muscles contract on their own, with little warning. This results in a powerful urge to urinate which could result in anything from a small leak to soaked garments if urine could not be held until reaching a bathroom.

Constipation can also cause urinary incontinence. The rectum is located near the bladder and shares many of the same nerves. Hard, compacted stool in the rectum causes these nerves to be overactive and increase urinary frequency.

In patients who have urinary incontinence due to recurrent bladder infections may develop interstitial cystitis. Pinpoint areas of bleeding develop in the bladder wall and scar tissue can form that causes the bladder to become stiff and less able to expand. The capacity of the bladder is markedly reduced. Irritants in the urine can leak into the interstitium through the scar tissue and irritate the nerve endings causing an abnormally high urination frequency, urgency, pressure and/or pain in the bladder, and pelvic pain. Patients may need to go to the bathroom at least once every hour. The sense of urgency can be present immediately after urination. The inflamed tissue makes it even more likely for recurrent and frequent infections to occur.

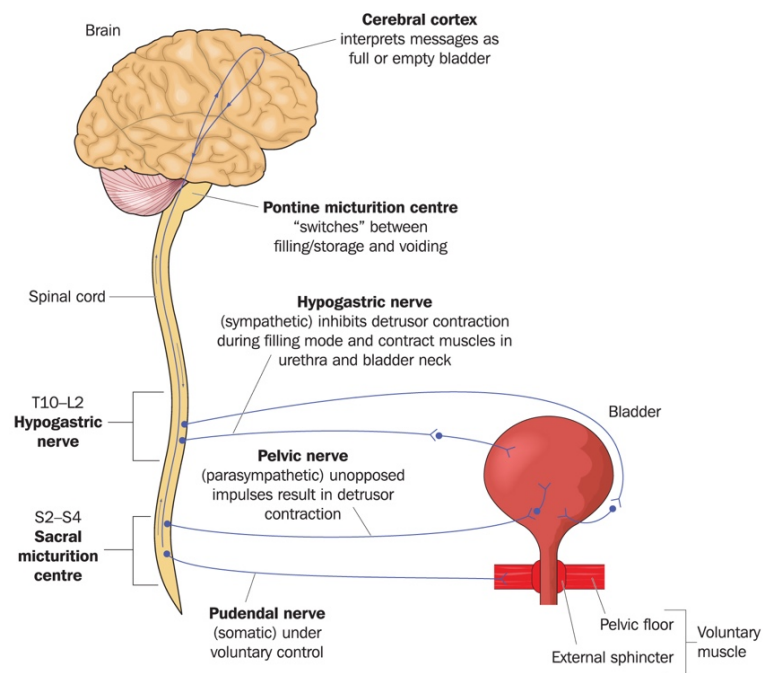
Persistent urinary incontinence can be caused by an underlying physical problem or changes which either weakens the muscle or irritates the nerve for bladder control. Pregnancy, childbirth, changes with age, or menopause can be risk factors. Vaginal delivery can weaken muscles needed for bladder control and damage bladder nerves and supportive tissue causing incontinence.

In Traditional Chinese Medicine (TCM), urinary incontinence may be attributed to a sinking of Qi. Qi is responsible for maintaining the body's overall health and well-being. When Qi sinks, it means that it is not flowing properly through the body's meridians and is accumulating in the lower part of the body, particularly the lower abdomen and pelvis. This can cause a variety of symptoms, including urinary incontinence.

Sinking Qi can be caused by a variety of factors, including aging, pregnancy and childbirth, trauma, chronic illness, and emotional stress. In TCM, urinary incontinence caused by sinking qi is often seen as a result of weakened or imbalanced organ function, particularly in the kidneys.

**Nocturnal enuresis** is the accidental or involuntary release of pee while sleeping. Bedwetting is common among children, even after toilet training. Although bedwetting isn't a serious condition, it can cause stress for a child and family. Children who wet the bed may feel ashamed or embarrassed. They might avoid taking part in activities, such as sleepovers, because they're worried that they might wet the bed while they're away from home.

There are two main types of bedwetting, primary and secondary. Primary nocturnal enuresis occurs when a person has never remained dry throughout the night for six months in a row or longer. Secondary nocturnal enuresis occurs when a person wets the bed again after not wetting the bed for six months or more. Secondary enuresis is usually the result of a medical or psychological condition. As the bladder fills with urine, it sends a signal to the brain. The brain sends a signal back to your bladder to relax so it can hold more pee. A full bladder continues to send signals to the brain so that you'll wake up.

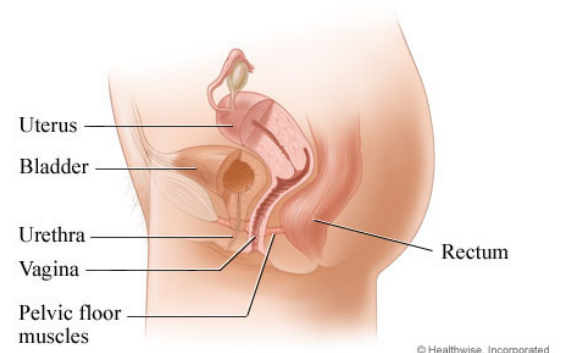


From a TCM standpoint, nocturnal enuresis occurs due to a Cold Kidney which causes the leakage and discharge. Cold kidneys are not able to send a strong enough signal to the brain causing poor neural function involving urine control; therefore, the patient's bladder releases the urine.

### Pelvic Organ Prolapse (POP)

Urinary or fecal incontinence can occur together with pelvic organ prolapse (POP). POP is a condition in which the pelvic floor muscles, ligaments and tissues that support the pelvic organs become too weak to hold organs in place causing one or more organs in the pelvis including the vagina, uterus, bladder, and rectum to sag.

In mild cases of POP, the organ drops from its normal position. In more severe cases, they may extend outside the vagina and cause a bulge. One organ may bulge into another organ or outside of the body. POP is one type of pelvic floor disorder which can occur along with urinary and fecal incontinence. For example, vaginal delivery can weaken muscles needed for bladder control and damage bladder nerves and supportive tissue which not only causes incontinence but also leads to a dropped (prolapsed) pelvic floor. With



prolapse, the bladder, uterus, rectum or small intestine can get pushed down from the usual position and protrude into the vagina. Such protrusions can be associated with incontinence.

**Prostate enlargement**, known as benign prostatic hyperplasia (BPH), is a condition in which the prostate gland becomes enlarged and can cause uncomfortable urinary symptoms. The symptoms of BPH include urinary frequency, urinary urgency, an interrupted and weak urine stream, nocturia, urinary retention, and pain after ejaculation or urination. These symptoms arise from a blocked urethra and/or a bladder that is overworked. Some men with BPH eventually start to experience urinary incontinence with the involuntary discharge of urine. This is due to the changes in bladder function caused by BPH resulting in overactive bladder. Urinary incontinence can significantly impair a man's quality of life. It may become very hard to sit for a longer period.

### **Wellness Recommendation**

The wellness recommendation for urinary incontinence and POP includes Qi Booster. Qi Booster enhances the Qi of the middle Jiao. It helps improve blood supply to the pelvic area to help restore muscle strength to hold the bladder as well as the pelvic floor in place. Enhancing blood flow also helps to repair nerve damage to restore bladder control. Through increasing blood supply to the muscles and ligaments that hold the internal organs, Qi Booster also helps resolve the organ drop and prolapse and release the protrusion to the bladder and relieve the incontinence. Patients can experience symptom improvements in 3 days. Up to 1 month of the protocol is required for significant improvement.

The wellness recommendation for patients with urge incontinence due to a bladder infection includes BI and UI. BI clears bladder Heat and helps clear infections from the bladder as well as reduces bladder inflammation. Herbal ingredients in BI have been used throughout history to treat UTI's and recurrent UTI's through their antibiotic and anti-inflammatory effects. UI helps clear damp heat in the Lower Jiao. UI helps clear infections by gram-negative bacterium, such as E. coli, in the bladder, ureters, and urethra. Herbal ingredients in UI have been shown to contain antibacterial properties and have inhibitory effects against E. coli. Patients can experience symptom improvement in 1-3 days. Up to 1 month of treatment is recommended for significant improvement depending on the severity of the condition. If patients have developed interstitial cystitis, LC Balancer is also recommended to improve microcirculation to help support blood circulation to the injured bladder and speed up the tissue repair of the damaged epithelium and interstitium. Patients can experience symptom improvement in 2 weeks. 6-8 weeks of treatment is recommended for significant improvement and sustained results.

The wellness recommendation for enuresis includes Nuresis Formula. Nuresis warms up the kidneys and improves the neural function that controls urination. Herbal ingredients have been shown to tonify the liver and kidney, warm the spleen, firm Qi, control nocturnal emission and reduce urination. They have also been shown to improve enuresis by inhibiting oxidative stress and regulating the expression of certain receptors. Patients can experience symptom improvements in 3 days. 2-3 weeks of the protocol is required for significant improvement. If patients also have kidney inflammation, KS is also required to clear the kidney inflammation. If patients also have poor kidney function or adrenal deficiency, LC Balancer and Xcel may also be required to nurture the kidney and enhance kidney function.

The wellness recommendation for BPH includes Prostate Formula, LC Balancer, Xcel, KS, and BI. Prostate Formula helps clear damp heat in the lower jiao. Prostate Formula helps to reduce prostate size. The herb Cinnamomi Cortex, used in Prostate Formula, has been shown to reduce prostate weight in testosterone propionate BPH rats through decreasing the main BPH-related receptors, ER $\alpha$ , and AR. Through downregulating ER $\alpha$ , ER $\beta$  which has many anti-proliferative actions and triggers prostate tissue apoptosis can reduce prostate weight and size. Ingredients in the Prostate Formula can help clear the prostate inflammation and bring down PSA levels.

LC Balancer nurtures kidney yin and helps to increase systemic microcirculation. This helps to increase nutrient absorption as well as improve circulation. Xcel nurtures kidney yang. By promoting blood flow to the kidneys, Xcel can help to restore the kidneys filtration function. KS clears kidney heat. The herbal ingredients in KS can help to reduce kidney inflammation also caused by urine retention in an individual with BPH. It is also recommended to use BI which clears bladder inflammation and infection. Patients can experience symptom improvement within 2 weeks. 1-3 months of treatment is required to have significant improvement with sustained results.

## Protocol Summary

Condition	Protocol Recommendation
Urinary Incontinence	Qi Booster
Pelvic Organ Prolapse	Qi Booster
Urge Incontinence + Infection	BI, UI
Interstitial Cystitis	BI, UI, LC Balancer
Enuresis	Nuresis (additional if needed: LC Balancer, Xcel)
Prostate Enlargement	Prostate Formula, LC Balancer, Xcel, KS, BI

### Selected Case Studies

#### Complete Resolution of Incontinence

*Christie Harrington, Lac, NY*

A 68-year-old female patient was suffering from incontinence. Her doctor recommended Kegel exercises which did not help the patient at all. Nothing she had tried improved her condition. She was still dealing with symptoms of urination every time she would sneeze, jump, or laugh. This made the patient extremely self-conscious and insecure. It also left her feeling very uncomfortable. She ranked her ability to control her incontinence at a 3 out of 10. The patient's main goal was to improve her symptoms by at least 50%.

The patient began a regimen from Wei Laboratories consisting of Qi Booster formula. After just 3 days on the formula, the patient was able to go from using an adult diaper to a full-sized pad. After one month, the patient reports that she does not even need to wear pads anymore and that her ability to control her bladder is a 10 out of 10. The patient is relieved to not to be experiencing those feelings of self-consciousness longer.

#### Successful Improvement of Prostate and Urination Issues

*Dr. James Sadleir, DC, LAc. Dipl. Ac. NCCAOM, Arlington Height, IL*

A male patient, age of 65, suffered from prostate issues that were causing frequent urination throughout the night. The patient urinated on average 6 times per night and as a result, did not get adequate sleep. Initially, the patient was given the BI Formula, an herbal formula from Wei Laboratories, but there was no significant change. Then the doctor recommended another herbal treatment to enhance kidney and adrenal strength with Xcel Capsules and LC Balancer and abstain from sugar for 10 days.

After 3 weeks, the patient saw great improvement and only urinated 2 times per night. The doctor then recommended another herbal treatment with the Prostate Formula, LC Balancer, and Qi Booster. After 3 additional weeks of treatment, the patient was happy with the results. The patient underwent a prostate test and when he received the results, he was happy to report his PSA (Prostate-Specific Antigen) levels were in the normal range! (PSA was measured at 2.1 and the normal range is 0-4).

#### Elimination of Symptoms of a Urinary Tract Infection due to Atypical Bacterial Infections

*Bio Wellness Center, LA*

A female patient presented to the Bio-Wellness Center on Oct. 3rd, 2017, with a urinary tract infection. The patient experienced a burning sensation during urination with a restricted flow and was frequently urinating throughout the day. She was also suffering from a lack of sleep due to constantly waking up in the middle of the night to urinate, which was not only uncomfortable but painful. The patient had been taking antibiotics prescribed by her primary care physician with no results.

The doctor recommended her to take Wei Laboratories BI and KS formula to help address the bladder infection and inflammation in addition to her issue of waking up to urinate at night. After one week, the patient reported no changes in her symptomology. Through further analysis, the doctor concluded that the patient may not have a typical bacterial infection. The doctor suggested on Oct. 10th for her to take Nefnin, K-2, and Mycocin to address atypical bacterial infections in her kidneys and bladder.

On Oct. 23rd, the patient reported her symptoms of burning during urination, restriction, and frequency had all improved by 90%. However, she was still having occasional minimal discomfort and some frequency of urination. The doctor then advised her to continue on her current protocol while adding in KS-F and BI-F to address a fungal infection in the kidneys and bladder. Within 3 days of starting the new protocol, the patient reported that she was completely symptom-free and was now sleeping throughout the night without waking up to urinate. Her urine flow was no longer restricted and her energy levels and mood had greatly improved.