

## Homeopathic Doctor St. John's

Homeopathic Doctor St. John's - Infant Colic can also be called Colic, Infantile Colic and Three Month Colic. This condition is seen in babies, who are otherwise healthy babies, show periods of severe crying and screaming that lasts over: 3 hours every day, 3 days every week for longer than 3 weeks. This recurrent fussing for extended periods of time with no discernible reason can be strenuous for both the baby and the parents.

Colic normally appears within the initial month of a baby's life. It can vanish all of a sudden, before the child is 3 to 4 months old, but in various cases it can last up to the first year of existence. Normally, the crying often increases during a certain time of the day. In lots of cases the evening is when the colic sets in. Sometimes indications may worsen soon after feeding. This is common in babies who have trouble burping. One study showed that babies who are breastfed have a less chance of colic.

The resulting constant crying can have effects on the family, the child and the parents. Problems could come from the crying and the tiredness caused from the crying. Issues such as relationship stress, breastfeeding failure, shaken baby syndrome, maternal smoking, postpartum depression affecting both new moms and new dads, excess visits to the doctor and unnecessary treatment for acid reflux. Exhaustion and crying could contribute to suffocation and SIDS. Some studies have connected agitated babies flipping onto their stomachs; along with parents placing fussy babies on their tummy's to sleep as being contributing factors. Various parents become very tired that they fall asleep with their baby in unsafe places like for example on couches or on beds with bulky covers. Even car accidents and maternal obesity have resulted from Infant Colic.

### Causes

Firstly, a GI or gastrointestinal theory of colic of babies seemed to be the logical assumption. Normally, fussy babies pass gas, double up, grunt, have noisy stomachs and cry after eating. Many of these conditions improve with massage or warmth, tummy pressure, sips of mint, chamomile or fennel herbal tea. In several instances, pain medication such as tincture of opium or paregoric has been prescribed. Interestingly enough, around 90 percent of colicky babies show no evidence of any GI abnormality.

There are various causes of colic that most experts agree upon, including intestinal gas pocketed in the intestinal tract, stomach gas from improper burping, and a muscular kind of colic associated with birth trauma and muscle spasms. There is even a neurological overload theory stating that the baby is over-stimulated and therefore overwhelmed, becoming tired.

Some reports have shown that babies would cry because they sense anxiety in their mothers. This has been debated in some circles, because babies have a hard time differentiating their mother's nervousness from frustration, depression, and so on. It has been shown that although parental apprehension normally dissipates with successive children, a couple's later children are just as possible to be colicky as their first.

### Effect on the Family

The families stability can be tested since infant crying can have an effect on every member of the household. There is a huge emotional strain on the parents, from the fatigue that normally accompanies the crying. They may feel anxious, insecure, stressed out, be experiencing low self-esteem and be concerned that they are not providing adequate care for their kid. Families, who share close living quarters such as military families or those in apartments, may also suffer stressed relationships with landlords and neighbors if they also hear the baby crying loudly for extended periods of time every day.

### Treatment

There have been various reports connecting colic to changes in the baby's bacterial balance within their intestine. There has been success giving daily doses of good bacteria called probiotics. These probiotics are referred to as *Lactobacillus reuteri* or *Lactobacillus acidophilus*. One study gave eighty three colicky babies *Lactobacillus reuteri* and this had lessened their crying time. After the first week, their crying time had improved by 20 percent, from one hundred fifty nine minutes a day versus the original 197 minutes every day. After a month, these babies improved 74% less crying time, averaging fifty one minutes every day versus the 197 minutes. Providing the *Lactobacillus reuteri* probiotic drops showed a 95 percent positive response to the colicky babies.

Today, the response that is suggested for healthy babies to use treatments like for example stomach massage, burping, emotional support and gas release techniques. These are all noninvasive and non-medical treatments.

One calming effect, a rhythmic effect called the "5 S's," or straddling is carefully done to be able to prevent overheating, and enabling the hips to be flexed; Stomach or side, placing the baby on their back is the only recommended sleep position although, it is the worst position for trying to comfort a fussy baby; Shhh Sound is done by making a strong shush noise close to the baby's ear so as to replicate the sound of blood pumping through the mother's veins in utero, several people use a CD of white noise or womb sounds for this; Swinging the baby while supporting the head and neck, incorporating tiny jiggle movements no more than an inch back and forth, and Sucking, which refers to allowing the baby to suckle on a pacifier, a clean finger or the breasts.

There has even been success associated with Chiropractic adjustments for the baby. Several experts feel that the baby's backbone could become compressed when passing through the birth canal, particularly in traumatic deliveries or long labours.