

## Homeopathic Doctor Winnipeg

Homeopathic Doctor Winnipeg - Infant Colic can also be referred to as Colic, Infantile Colic and Three Month Colic. This condition is seen in babies, who are otherwise healthy babies, show periods of severe screaming or crying which lasts over: 3 hours a day, 3 days per week for more than 3 weeks. This frequent fussing for extended periods of time with no distinct reason can be very tiring for both the parents and baby.

Colic usually appears within the first month of a baby's existence. It could vanish suddenly, before the child is 3 to 4 months old, but in some cases it could last up to the first year of life. Typically, the crying often increases during a certain time of the day. In lots of cases the evening is when the colic sets in. At times symptoms may get worse immediately after feeding. This is common in babies who have problems burping. One study revealed that breastfed babies have a lower chance of colic.

The constant crying of an infant could be overwhelming for the baby, the family and the parents. Serious issues can happen from the crying and the tiredness which comes with it. Issues such as relationship stress, breastfeeding failure, maternal smoking, shaken baby syndrome, postpartum depression that affects both new fathers and new moms, excess visits to the physician and unnecessary treatment for acid reflux. Crying and exhaustion may contribute to suffocation and SIDS. Several studies have associated agitated babies flipping onto their stomachs; along with parents placing fussy babies on their tummy's to sleep as being contributing factors. Some parents become very exhausted that they fall asleep with their baby in unsafe places like on beds with bulky covers or on couches. 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 rational assumption. usually, fussy babies pass gas, double up, grunt, cry after eating and have noisy stomachs. Many of these conditions improve with warmth or massage, tummy pressure, sips of chamomile, fennel herbal tea or mint. In several cases, pain medication like for example tincture of opium or paregoric has been prescribed. Interestingly enough, around 90% of colicky babies show no evidence of whichever GI abnormality.

There are different causes of colic that nearly all experts agree upon, consisting of intestinal gas pocketed in the intestinal tract, stomach gas from improper burping, and a muscular kind of colic connected with birth trauma and muscle spasms. There is also a neurological overload theory stating that the baby is over-stimulated and hence overwhelmed, becoming tired.

Several reports have shown that babies will cry since they sense nervousness in their mothers. This has been debated in some circles, as babies have a hard time differentiating their mother's anxiety from depression, frustration, et cetera. It has been shown that although parental anxiety usually dissipates with succeeding children, a couple's later kids are just as probable to be colicky as their first.

### Effect on the Family

The families stability can be tested as infant crying can have an effect on every member of the household. There is a huge emotional strain on the parents, from the tiredness which normally accompanies the crying. They may feel insecure, stressed out, anxious, be suffering from low self-esteem and be worried that they are not providing enough care for their child. Families, who share close living quarters like for example military families or those in apartments, could likewise experience strained relationships with landlords and neighbors if they likewise hear the baby crying loudly for extended periods of time each day.

### Treatment

There have been several reports associating colic to changes in the baby's bacterial balance in their intestine. There has been success giving daily doses of good bacteria known as probiotics. These probiotics are referred to as *Lactobacillus acidophilus* or *Lactobacillus reuteri*. One study gave 83 colicky babies *Lactobacillus reuteri* and this had lessened their crying time. After the first week, their crying time had improved by 20%, from 159 minutes every day versus the original 197 minutes a day. After one month, these babies improved 74% less crying time, averaging 51 minutes a day versus the 197 minutes. Providing the *Lactobacillus reuteri* probiotic drops showed a 95% positive response to the colicky babies.

These days, the response which is recommended for healthy babies to use treatments like 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 performed so as to avoid overheating, and allowing the hips to be flexed; Stomach or side, placing the baby on their back is the only recommended sleep position however, it is the worst position for trying to comfort a fussy baby; Shhh Sound is performed by making a strong shush noise near the baby's ear so as to replicate the sound of blood pumping through the mother's veins in utero, some people utilize a CD of white noise or womb sounds for this; Swinging the baby while supporting the head and neck, incorporating tiny jiggly movements no more than 1 inch back and forth, and Sucking, that means allowing the baby to suckle on a clean finger, the breasts or a pacifier.

Chiropractic adjustments have shown successes for the baby. Various specialists feel that the spine of the baby could become compressed when passing through the birth canal, especially in traumatic deliveries and long labours.