

## Homeopathic Doctor Prince George

Homeopathic Doctor Prince George - 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 crying and screaming lasting more than: 3 hours a day, 3 days per week for more than 3 weeks. This frequent fussing for extended periods of time with no visible cause can be strenuous for both the baby and the parents.

Typically, Colic appears in the initial month of a baby's life. The condition can disappear suddenly, when the child is younger than 3 to 4 months of age, but in several cases can last for up to a year. Usually, crying will often increase during a particular time of day. In lots of cases the evening is when the colic sets in. Sometimes symptoms could worsen soon after feeding. This is common in babies who have difficulty burping. One study showed that babies who are breastfed have a lower chance of colic.

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

### Causes

The most rational assumption seemed to follow a GI or gastrointestinal theory of colic of babies. Normal fussy babies would normally double up, grunt, pass gas, cry after eating and have noisy stomachs. Many of these conditions improve with warmth or massage, tummy pressure, sips of mint, chamomile or fennel herbal tea. In various instances, pain medication like tincture of opium or paregoric has been prescribed. Interestingly enough, approximately 90 percent of colicky babies show no evidence of any GI abnormality.

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

There have been various reports that babies cry because they could sense their mother's apprehension. This has been really debated because babies do not have the capability to differentiate a mother's nervousness from depression, frustration, etc. It has been shown that though parental nervousness usually dissipates with successive children, a couple's later kids are just as likely to be colicky as their first.

### Effect on the Family

The stability of the family can be really tested as infant crying could have a prominent effect on everyone within the household. The tiredness that commonly accompanies crying could inflict huge emotional stress on the parents. They can feel anxious, insecure, stressed out, be suffering from low self-esteem and be concerned that they are not providing sufficient care for their kid. Families, who share close living quarters like for instance those in apartments or military families, may likewise suffer stressed relationships with landlords and neighbors if they also hear the baby crying loudly for extended periods of time each and every day.

### Treatment

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

These days, the response that is suggested for healthy babies to make use of treatments like for instance burping, stomach massage, gas release technique and emotional support. These are all non-medical and noninvasive treatments.

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

There has also been success linked with Chiropractic adjustments for the baby. Various experts feel that the baby's spinal column could become compressed when passing through the birth canal, specially in traumatic deliveries or long labours.