

## Homeopathic Doctor Owen Sound

Homeopathic Doctor Owen Sound - Infant Colic can also be called Three Month Colic, Colic and Infantile Colic. This condition is seen in babies, who are otherwise healthy babies, show periods of severe screaming or crying that lasts more than: 3 hours per day, 3 days every week for longer than 3 weeks. This frequent fussing for extended periods of time with no distinct cause can be strenuous for both the baby and the parents.

Typically, Colic appears within the initial month of a baby's life. The condition can disappear all of a sudden, when the child is younger than 3 to 4 months of age, but in several cases could last for up to a year. Normally, crying will often increase during a particular time of day. In a lot of cases the evening is when the colic sets in. Sometimes indications could worsen immediately after feeding. This is common in babies who have trouble burping. One study showed that breastfed babies have a less chance of colic.

The resulting persistent crying can have effects on the child, the parents and the family. Problems can come from the crying and the tiredness caused from the crying. Issues like for instance breastfeeding failure, relationship stress, shaken baby syndrome, maternal smoking, postpartum depression that affects both new fathers and new moms, extra visits to the physician and unnecessary treatment for acid reflux. Crying and exhaustion may contribute to suffocation and SIDS. Various studies have linked 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 really tired that they fall asleep with their baby in unsafe places like on couches or on beds with bulky covers. Even car accidents and maternal obesity have resulted from Infant Colic.

### Causes

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

Most professionals think there are different causes of colic comprising: intestinal gas pocketed in the intestinal tract, stomach gas from improper burping, and a muscular kind of colic linked with birth trauma and muscle spasms. There is even a neurological overload theory stating that the baby is over-stimulated and therefore overwhelmed, becoming exhausted.

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

### Effect on the Family

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

### Treatment

Several reports have associating the balance of the bacterias in the intestine. Giving daily doses of good bacteria referred to as probiotics has seen some success. These probiotics are called 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%, from one hundred fifty nine minutes a day versus the original 197 minutes a day. After one month, these babies improved 74 percent less crying time, averaging fifty one 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 make use of treatments like for example burping, stomach massage, gas release technique and emotional support. These are all non-medical and noninvasive treatments.

There is a rhythmic calming effect known as the "5 S's," this stands for Swaddling, which is carefully done so as 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 although, it is the worst position for trying to comfort a fussy baby; Shhh Sound is done 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 use a CD of womb sounds or white noise for this; Swinging the baby while supporting the head and neck, incorporating tiny jiggly movements no more than one inch back and forth, and Sucking, that refers to allowing the baby to suckle on a clean finger, the breasts or a pacifier.

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