

## Homeopathic Doctor Halifax

Homeopathic Doctor Halifax - Infant Colic is also called three Month Colic, Infantile Colic and Colic. It is condition where an otherwise healthy baby shows periods of severe screaming or crying lasting over 3 hours per day, more than 3 days a week for more than 3 weeks. This repeated fussing for extended periods of time with no visible reason could be strenuous for both the parents and baby.

Colic generally appears in the first month of a baby's existence. It could disappear suddenly, before the child is 3 to 4 months old, but in several cases it could last up to the first year of life. Typically, the crying often increases during a particular time of the day. In many cases the evening is when the colic sets in. At times signs can get worse immediately after feeding. This is common in babies who have difficulty burping. One study showed that babies who are breastfed have a less chance of colic.

The resulting constant crying could have effects on the parents, the family and the child. Problems can come from the crying and the exhaustion caused from the crying. Problems like relationship stress, breastfeeding failure, shaken baby syndrome, maternal smoking, postpartum depression affecting both new dads and new mothers, extra visits to the physician and unnecessary treatment for acid reflux. Exhaustion and crying may contribute to SIDS and suffocation. Some studies have connected stressed babies flipping onto their stomachs; along 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 for instance on couches or on beds with bulky covers. Even maternal obesity and car accidents have resulted from Infant Colic.

### Causes

Initially, a GI or gastrointestinal theory of colic of babies seemed to be the rational assumption. usually, fussy babies pass gas, double up, grunt, have noisy stomachs and cry after eating. Many of these conditions improve with warmth or massage, tummy pressure, sips of fennel herbal tea, mint or chamomile. In some cases, 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.

Nearly all experts think there are a variety of reasons for 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 tired.

Various reports have shown that babies will cry since they sense anxiety in their mothers. This has been debated in some circles, as babies have a hard time distinguishing their mother's anxiety from depression, frustration, and so on. It has been shown that though parental apprehension usually dissipates with successive kids, a couple's later children are just as likely to be colicky as their first.

### Effect on the Family

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

### Treatment

Various reports have connecting 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 known as *Lactobacillus acidophilus* or *Lactobacillus reuteri*. 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 159 minutes per day versus the original 197 minutes per day. After one month, these babies improved 74 percent less crying time, averaging fifty one minutes every day versus the 197 minutes. Providing the *Lactobacillus reuteri* probiotic drops showed a 95% positive response to the colicky babies.

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

One calming effect, a rythmic effect called the "5 S's," or stradling is carefully performed to be able to prevent overheating, and enabling the hips to be flexed; Side or Stomach, 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 to be able 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 neck and head, 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.

There has likewise been success associated with Chiropractic adjustments for the baby. Several professionals feel that the baby's spine can become compressed when passing through the birth canal, particularly in long labors or traumatic deliveries.