

## Homeopathic Doctor Charlottetown

Homeopathic Doctor Charlottetown - Infant Colic can likewise be known as Three Month Colic, Colic and Infantile Colic. This condition is seen in babies, who are otherwise healthy babies, show periods of intense crying and screaming lasting more than: 3 hours per day, 3 days per week for longer than 3 weeks. This frequent fussing for extended periods of time with no visible reason could be very tiring for both the parents and baby.

Usually, Colic appears within the first month of a baby's existence. The condition could vanish all of a sudden, when the child is younger than 3 to 4 months of age, but in some cases can last for up to a year. Normally, crying will often increase during a certain time of day. In lots of cases the evening is when the colic sets in. At times signs can worsen soon after feeding. This is common in babies who have problems 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 like for example relationship stress, breastfeeding failure, maternal smoking, shaken baby syndrome, postpartum depression which affects both new mothers and new fathers, extra visits to the doctor and unnecessary treatment for acid reflux. Crying and exhaustion can contribute to suffocation and SIDS. Various 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. Various parents become so tired 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

At first, a GI or gastrointestinal theory of colic of babies seemed to be the logical assumption. Often, 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 various instances, pain medication such as tincture of opium or paregoric has been prescribed. Interestingly enough, about 90 percent of colicky babies show no evidence of any GI abnormality.

There are a variety of reasons for colic that 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 connected with muscle spasms and birth trauma. There is likewise a neurological overload theory stating that the baby is over-stimulated and hence overwhelmed, becoming tired.

There have been some reports that babies cry since they could sense their mother's nervousness. This has been really debated since babies do not have the capability to differentiate a mother's anxiety from frustration, depression, and so on. It has been shown that even if parental anxiety often dissipates with succeeding 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 could be very much tested as infant crying could have a prominent effect on everyone within the household. The tiredness which often accompanies crying could inflict huge emotional strain on the parents. They could feel stressed out, anxious, insecure, be suffering from low self-esteem and be troubled that they are not giving sufficient care for their kid. Families, who share close living quarters such as those in apartments or military families, could likewise suffer tense relationships with neighbors and landlords 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 within their intestine. There has been success giving daily doses of good bacteria called probiotics. These probiotics are called *Lactobacillus reuteri* or *Lactobacillus acidophilus*. One study gave 83 colicky babies *Lactobacillus reuteri* and this had reduced their crying time. After the first week, their crying time had improved by 20 percent, from 159 minutes every day versus the original 197 minutes every day. After a 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.

Now, the initial response most commonly recommended for healthy babies is to use non-medical and noninvasive treatments comprising: burping, stomach massage, gas release techniques and emotional support.

One calming effect, a rhythmic effect called the "5 S's," or straddling is carefully done in order to prevent overheating, and enabling the hips to be flexed; Side or Stomach, 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 done by making a strong shush sound near the baby's ear in order to replicate the sound of blood pumping through the mother's veins in utero, some people use a CD of womb sounds or white noise for this; Swinging the baby while supporting the neck and head, incorporating tiny jiggle movements no more than one inch back and forth, and Sucking, that refers to allowing the baby to suckle on the breast, a pacifier or a clean finger.

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