

## MONTHLY WELLNESS BULLETIN

### Chiropractic Care for Colic

An infant's cry is the perfect signal that he or she has a need, whether it is physiological or emotional. A cry is the infant's only way of communicating. Responding appropriately to your baby's cry is the first (and one of the most difficult) communication challenges you will face as a parent. You will master the system only after rehearsing thousands of cue-responses in the early months. If you initially regard your



baby's cry as a signal to be responded to and evaluated, rather than as an unfortunate habit to be broken, you will open yourself up to becoming an expert in your baby's signals.

A crying baby could be an indication of a significant health issue such as colic (Greek for kolikos, "suffering in the colon") and should not be ignored. Infantile colic is one of the most common pediatric ills to present in the chiropractic office. There are still clinical arguments over exactly what colic entails.

#### DOES YOUR BABY HAVE COLIC? HOW TO TELL

The agonizing outbursts of inconsolable crying leave no doubt that your baby hurts. While no one knows the cause, or even the exact definition of colic, pediatricians tag an apparently healthy, thriving infant with "colic" if the baby follows what is called the "Rule of Threes." The episodes of inconsolable crying:

- Begin within the first three weeks of life
- Last at least three hours a day
- Occur at least three days a week
- Continue for at least three weeks
- Seldom last longer than three months

The Doctors at InMotion routinely treat colic using soft tissue releases, chiropractic adjustments and mobilization and dietary strategies. Diaphragm spasms seem to be one of the most common involvements in colic. Organ manipulation via chiropractic manipulative reflex technique is particularly helpful. Much of the gastrointestinal system is checked for restrictions and spasms as well. We assess each case individually by performing a full orthopedic & physical examination.

And...the doctors here definitely don't underplay the role of the baby's diet when it comes to colic. Sensitivity to formula containing cow's milk derivatives is common in persistent colic (Lothe and Lindberg 1989), and a hypoallergenic formula should be sought. Wheat and nuts in an infant's OR mother's diet may contribute to the problem as well.

Testimonial: *"When Kandice was a month old...she was gassy, irritable, cried in her sleep and was altogether unhappy. With the doctor's help, she now sleeps all night, she holds her adjustments, and more importantly, she's a healthy, very happy baby."* Robin Brucella

Resources: [www.askdrsears.com](http://www.askdrsears.com),

*"Pregnancy and Paediatrics, A Chiropractic Approach"* by Stephen Williams D.C.