

Homeopathic Doctor Edmonton

Homeopathic Doctor Edmonton - Infant Colic is also referred to as Infantile Colic, Three Month Colic and Colic. It is condition where an otherwise healthy baby shows periods of severe crying or screaming that lasts over 3 hours per day, over 3 days per week for over 3 weeks. This repeated fussing for extended periods of time with no distinct reason could be very tiring for both the baby and the parents.

Typically, Colic appears within the initial month of a baby's life. The condition may vanish suddenly, when the child is younger than 3 to 4 months of age, but in a few cases can last for up to a year. Often, crying would often increase during a specific time of day. In lots of cases the evening is when the colic sets in. Sometimes symptoms can get worse soon after feeding. This is common in babies who have problems burping. One study showed that babies who are breastfed have a less chance of colic.

The constant crying of an infant could be overwhelming for the parents, the baby and the family. Serious concerns could happen from the crying and the tiredness which comes with it. Issues like breastfeeding failure, relationship stress, shaken baby syndrome, maternal smoking, postpartum depression which affects both new dads and new mothers, extra visits to the doctor and unnecessary treatment for acid reflux. Crying and exhaustion can contribute to suffocation and SIDS. Some studies have connected restless 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 for example on couches or on beds with bulky covers. Even car accidents and maternal obesity have resulted from Infant Colic.

Causes

Initially, a GI or gastrointestinal theory of colic of babies seemed to be the rational assumption. Normally, fussy babies pass gas, double up, grunt, 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 some cases, pain medication like paregoric or tincture of opium has been prescribed. Interestingly enough, roughly 90 percent of colicky babies show no evidence of any GI abnormality.

The majority of experts believe there are different reasons for colic including: intestinal gas pocketed in the intestinal tract, stomach gas from improper burping, and a muscular type of colic associated with muscle spasms and birth trauma. There is even a neurological overload theory stating that the baby is over-stimulated and therefore overwhelmed, becoming tired.

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

Effect on the Family

The families stability could be tested since infant crying could have an effect on every member of the household. There is a huge emotional strain on the parents, from the tiredness which often accompanies the crying. They can feel stressed out, anxious, insecure, be experiencing low self-esteem and be concerned that they are not providing enough care for their child. 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 likewise hear the baby crying noisily for extended periods of time every day.

Treatment

Several reports have linking the balance of the bacterias within 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 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 per day versus the original 197 minutes every day. After one month, these babies improved 74% less crying time, averaging 51 minutes per 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 recommended for healthy babies to make use of treatments like for example stomach massage, burping, emotional support and gas release techniques. These are all noninvasive and non-medical treatments.

One calming effect, a rythmic effect referred to as the "5 S's," or stradling is carefully performed so as 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 although, it is the worst position for trying to comfort a fussy baby; Shhh Sound is performed by making a strong shush sound near the baby's ear so as to replicate the sound of blood pumping through the mother's veins in utero, some people utilize 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 an inch back and forth, and Sucking, that means allowing the baby to suckle on the breast, a pacifier or a clean finger.

Chiropractic adjustments have shown successes for the baby. Various specialists feel that the backbone of the baby could become compressed when passing through the birth canal, specially in long labours or traumatic deliveries.