



## Fussy Babies & Colic

Almost all infants develop some periods of fussiness. This is often referred to as colic. Most people have heard of the effects of colic on both newborns and their parents. Incessant crying and discomfort in a baby can take their toll on new mothers trying to discover the cause of the complaint. While colic is not detrimental to an infant's health, it can place tremendous stress on a new family. Colic is a default diagnosis, as doctors are uncertain what triggers colic symptoms, or what it is exactly. It is characterized by constant, loud crying from the first few weeks of life. It can last up to three months, but usually subsides within six weeks. Regular bouts of crying are usually accompanied or caused by bowel pain, stomach rumbling and gas.



Due to their recurring and persistent appearance, symptoms of colic can be difficult to treat. Some parents find help from swaddling, cuddling, rocking, or singing to their child. Rhythmic rubbing of the stomach may help reduce gas, some babies respond well to reflexology, and changing the diet of your child (and your own, if breastfeeding) may also reduce symptoms.

Chiropractic care has shown to be highly effective in reducing the amount of time babies with colic spend crying. Nerve interference caused by spinal misalignments commonly occur in babies during birth, resulting in underdevelopment of the spine and related nerve problems. Gentle chiropractic adjustments can help correct problems in the spine, which then releases tension improving colic symptoms.

## Breastfeeding & Natural Alternatives and Supplements



We all know that breast milk is best for babies. A mother's milk is nature's perfect and complete food for babies and can't even come close to being reproduced. Studies show that infants who are breastfed have fewer illnesses and infections (including ear infections), fewer GI symptoms, less incidence of eczema, and sleep more soundly through the night. The benefits of breastfeeding don't stop there, though. Even children and adults who were breastfed as infants have fewer health concerns than those who were bottle fed. Mothers breastfeeding should continue using their pre-natal or other multi-vitamin, and should also take an omega-3 supplement to help their baby's neurological development.

While we acknowledge that breast milk is best, there are a few circumstances where new mothers need to supplement their infant's diet with formula. Here are a few recommendations to ensure your baby gets the healthiest of alternative diets:

1. Want the absolute best formula? Make your own: 2 cups whole goats milk, 2 cups of vanilla rice milk, 1 Tbs Black Strap Molasses, Probiotic supplement, 1 Tbs Flaxseed oil, 1-6 drops of trace minerals
2. When using pre-made formula, be sure to choose a DHA-enriched formula. This healthy fat is essential for the baby's neurological health and development. Carnation's Nestle Good Start Gentle Plus is a good option.
3. Most children do not respond well to cow's milk-based formulas. Try an alternative based-formula like Enfamil's Nutramigen or Similac's Expert Care Alimentum. It is not advisable to use a Soy-Based Formula, especially for boys.
4. Use glass bottles or non-polycarbonate plastic bottles (labeled #1, #2 or #5 in the recycling triangle).
5. The WHO recommends boiling water before mixing formula, then cooling to 70 degrees. This process ensures that the bacteria in the formula (not in the water) do not cause intestinal problems for the baby.
6. Supplement your child's formula with pro-biotics. These healthy bacteria not only ensure optimal GI function, but are also essential for a healthy and strong immune system.
7. Feed your baby while holding them on both sides. This simulates breastfeeding and helps ensure the baby receives information from both sides, enhancing brain stem development.