

Infantile Colic

For those who are not familiar with infantile colic, and have never had the “pleasure” of dealing with a child who is so afflicted, you have no idea how devastating it can be on parent’s nerves. Why? We’ll tell you. It is characterized by constant crying, screaming, whining, pain in the stomach area, and acute irritability. (This is not **cute** irritability, this is **acute** irritability... big difference between the two). The spells of crying can last for hours (in day or night time) and parent’s nerves can be shot at the end of such spells. This type of crying leads to aerophagia, which means the swallowing of air. This then causes distention or enlargement of the stomach and bowels, which then creates more pain, which creates more crying which creates more air being swallowed, which then becomes a vicious cycle. As well, the infant does not appear to be ill, is gaining weight, and has a good appetite. If this is not the case, then the incessant crying can be caused by a problem different from colic.



In such cases, we would suggest you consult your family chiropractor or health provider to give you some advice.

In our experience in dealing with thousands of children and babies, we have found that often a vertebral subluxation in the spine affecting the way the nervous system controls bowel function is usually the cause of colic. Any chiropractor involved in seeing children will attest to this fact. You must understand that the digestive system is essentially a long tube and is made of muscle walls, which are under the direct control of the nervous system. We find that a subluxation will reduce the amount of information flowing from the brain to the digestive system in the case of colic - thereby reducing the normal function of motility of the large intestine. The cry of the baby is really for help.

Children who are affected by colic generally show a wonderful response from gentle subluxation correction in the hands of a skilled chiropractor. Numerous parents in our clinic could attest to that. For more information and testimonials, please check our website at www.harperchiro.ca. Furthermore, research has proven the efficiency of chiropractic in reducing colic. In one landmark study involving 316 infants, chiropractic was successful in 94% of cases, the majority showing improvement after the very first adjustment! No other treatment has been shown to be so effective. For more info on this and other chiropractic pediatric research check www.icpa4kids.org/research/chiropractic.htm

Until they get their child to the chiropractor, parents can ease some discomfort by applying warm towels to the abdominal area. This causes reflex relaxation of the muscles of the bowels and will generally ease pain to a degree; but keep in mind that this is only for temporary symptom relief, it will not take care of the cause of the colic. Furthermore, the untreated subluxations will still be there after the colic is over and can result later in more serious health problems such as ear infections, asthma, bed wetting, headaches and behavioural problems, just to name a few.

For those of you who have children affected by colic, or know of a new mom who has a child so afflicted, we suggest you call us without delay.

Our next column will be on the first Sunday of January. Do not miss it! And watch for the dates of our presentation in Lethbridge on colic, ear infections and asthma! Have a wonderful Holiday Season.

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.