

Homeopathic Doctor Brandon

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

Usually, Colic appears in the first month of a baby's existence. The condition could disappear suddenly, when the child is younger than 3 to 4 months of age, but in some cases can last for up to a year. Usually, crying will often increase during a certain time of day. In a lot of cases the evening is when the colic sets in. Sometimes signs can get worse immediately after feeding. This is common in babies who have trouble burping. One study showed that babies who are breastfed have a less chance of colic.

The persistent crying of an infant can be devastating for the baby, the family and the parents. Serious issues could happen from the crying and the tiredness that comes with it. Issues like breastfeeding failure, relationship stress, shaken baby syndrome, maternal smoking, postpartum depression that affects both new moms and new dads, excess visits to the doctor and unnecessary treatment for acid reflux. Crying and exhaustion may contribute to suffocation and SIDS. Several studies have linked agitated babies flipping onto their stomachs; along with parents placing fussy babies on their tummy's to sleep as being contributing factors. Some 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 maternal obesity and car accidents have resulted from Infant Colic.

Causes

The most logical assumption seemed to follow a gastrointestinal or GI theory of colic of babies. Normal fussy babies will often double up, grunt, pass gas, cry after eating and have noisy stomachs. A lot of these conditions improve with warmth or massage, tummy pressure, sips of mint, chamomile or fennel herbal tea. In several instances, pain medication like for instance tincture of opium or paregoric has been prescribed. Interestingly enough, roughly 90 percent of colicky babies show no evidence of whichever GI abnormality.

Nearly all experts think there are different reasons for colic consisting of: 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 also a neurological overload theory stating that the baby is over-stimulated and hence overwhelmed, becoming exhausted.

There have been various reports that babies cry because they can sense their mother's apprehension. This has been really debated because babies do not have the capability to distinguish a mother's apprehension from frustration, depression, et cetera. It has been shown that although parental anxiety often dissipates with successive kids, a couple's later kids are just as possible to be colicky as their first.

Effect on the Family

The stability of the family could be really tested because infant crying could have a prominent effect on everyone in the household. The exhaustion which commonly accompanies crying could inflict huge emotional stress on the parents. They may feel insecure, stressed out, anxious, be experiencing low self-esteem and be troubled that they are not giving enough care for their kid. Families, who share close living quarters like military families or those in apartments, may also suffer strained relationships with landlords and neighbors if they likewise hear the baby crying noisily for extended periods of time each day.

Treatment

Several reports have connecting the balance of the bacterias in the intestine. Giving daily doses of good bacteria referred to as probiotics has seen some success. These probiotics are known as Lactobacillus reuteri or Lactobacillus acidophilus. One study gave eighty three colicky babies Lactobacillus reuteri and this had reduced their crying time. After the first week, their crying time had improved by 20 percent, from one hundred fifty nine minutes every day versus the original 197 minutes a 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% positive response to the colicky babies.

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

One calming effect, a rythmic effect referred to as the "5 S's," or stradling is carefully done in order to avoid overheating, and enabling the hips to be flexed; Stomach or side, 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 done by making a strong shush noise close to the baby's ear so as to replicate the sound of blood pumping through the mother's veins in utero, several people utilize a CD of womb sounds or white noise for this; Swinging the baby while supporting the neck and head, incorporating tiny jiggly movements no more than one inch back and forth, and Sucking, that refers to allowing the baby to suckle on a clean finger, the breasts or a pacifier.

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