

Natural Help 4...

Colic



What is Colic?

Colic is one of those conditions that affect babies - one that just doesn't seem fair. Your baby is so very new to this big world and what an introduction to life! Medically speaking, colic is defined as **crying for more than three hours a day**, three days per week, for longer than three weeks in an otherwise happy and healthy baby.

You may also notice that it tends to get worse at certain times of the day (most commonly during the evenings or at night) and that these episodes can last anywhere between a few minutes to a few hours. As your baby cries, it is also common to see them **clench their little fists, pull up their legs**, tighten their abdominal muscles and squirm into different positions to try and relieve abdominal cramps.

Colic usually begins between 0 and 2 months and while not all infants get it is a fairly common problem experienced in the first few months of life. The good news is that there are a few simple ways to help **soothe your infant's crying and discomfort**, and while it can be a terribly frustrating time for you and baby, colic is a temporary phase that will eventually end. By 3 months, the colic should pass and you and your baby can return back to your usual sleep routines.

Diagnosing Colic

Colic is usually recognized when you're well-fed, healthy and otherwise satisfied infant won't stop crying. While all babies cry (as it is their only means of communication), **babies with colic cry much more than usual**, and when they cry it seems that little can console them. Colic is usually diagnosed or confirmed if your baby cries more than three hours each day over a period of three weeks or more and no other cause is found.

If your baby's crying is worrying you, your baby's pediatrician will check for other causes of discomfort such as **intestinal obstruction, or illness and if nothing is found**, colic is often the diagnosis. Other tests are generally not necessary, as colic, while distressing for baby and family, is not serious and not associated with other complications.

What causes Colic?

There is little known about what causes colic, although, as mentioned above most, research agrees that colic is a gastrointestinal problem possibly associated with an immature digestive system. Other theories suggest that it is caused by lactose intolerance, allergies, mother's anxiety or the different positions that baby is fed.

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Whatever the underlying cause, [colic](#) is often associated with painful stomach cramps or stomach ache and intestinal gas and many parents have noticed that their infants do feel better after they have passed wind or had a bowel movement.

Help for Colic


[Colic](#) is something that will disappear on its own and because it is not considered to be harmful **there aren't many conventional treatments available**. Some pediatricians will recommend anti-gas medication such Mylicon or antispasmodics such as Levsin for treating [colic](#), however, there is little evidence to support the effectiveness of these medications and many have been known to have side effects.

[Colic](#) is a frustrating time for you and your baby and while it goes away eventually, it is always a relief to know that nature has all the ingredients to provide much needed relief.

Homeopathic remedies have been known for centuries to help calm the stomach. Ingredients such as Chamomilla and Mag. Phos. naturally relieve gas and bothersome colic-related fretfulness, **soothing tiny tummies while also acting as a natural anti-spasmodic**. Other homeopathic ingredients that can help during colic are Calc. sulph and Calc. phos which both work to encourage regular sleep and good sleep routines that can be disrupted during phases of colic.

The DO'S and DON'TS of Handling Colic

- Do consider eliminating milk products, eggs, wheat, nuts and berries from your diet if you are breastfeeding as this can provide some [relief from colic](#). You can also restrict very acidic foods, spicy foods and caffeine and keep your diet fairly bland. It's also a good idea to start a food diary and begin by eliminating all problem foods. You can then slowly start to re-introduce them into your diet while noting baby's colic reaction.
- Do drink herbal teas such as chamomile, vervain and lemon balm instead of your usual tea or coffee as these have a soothing effect on both mother and breastfed baby.
- Do try experiment with a few simple feeding changes and see if you notice any changes:
 - Try feeding your baby more frequent smaller feeds every 2-3 hours.
 - If your baby is bottle fed ensure that the nipple size and shape is correct for your baby's age
 - If your baby takes less than 20 minutes to complete a feed, you may need to swap over to a smaller bottle nipple
 - Talk to your pediatrician about changing to a hypoallergenic formula
 - While feeding your infant always ensure that they are in diagonal position with their heads higher than their feet
 - Always burp baby frequently. This can be done every 10min of breastfeeding and every 30 to 60ml of bottle feeding
 - Do make sure that your baby is not swallowing air while feeding as this can result in wind and furthers their discomfort
 - Do make sure that you are taking care of your own needs. [Colic](#) is trying for both baby and parents so do not hesitate to ask for help and be sure to get in a little relaxing "me-time" each day.
- Don't stop breastfeeding. [Colic](#) is equally likely to occur in both breastfed and bottle-fed babies.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Don't switch and swap your baby's formula brand. If you are considering changing to a new brand, speak to your pediatrician first.
- Don't hesitate to call your pediatrician if you are concerned. In many cases where colic is assumed, it turns out there were other medical reasons for the crying such as an ear infection or food allergy that may need to be dealt with.
- Don't wait until you have reached the point of desperation before asking someone for help. Accept babysitting offers and look after yourself. If ever you feel like hurting or shaking your baby, simply put baby in a safe place like their crib and leave the room for a few minutes while you gather your composure – then call someone to relieve you of baby duty for an hour or two.

Tips on soothing a colicky baby:

[Caring for a colicky baby](#) is no easy task and it tends to bring up a lot of emotion, especially for new parents or parents of babies whose [colic](#) is particularly bad or ongoing. The important thing to remember is that you are not doing anything wrong, and colic is just one of those things that happen. Below are a few simple techniques that may help soothe your colicky infant:

- Motion tends to help with [colic](#) so try different ways of keeping your baby moving. Rocking in a cradle or rocking chair to soothing music is effective, as is simply walking with your baby or bouncing them gently in your arms. Other useful methods are to take them for a drive in the car, or to hold them on top of a running dishwasher or washing machine as the bouncing vibrations are relaxing. Experiment with different motion methods and alternate between the ones you find work best.
- Wrap a warm water bottle (not hot) in a towel and place on your baby's stomach to help soothe the cramps.
- Provide a pacifier as the sucking motion is comforting and soothing to infants.
- Gently rub your baby's stomach or give them a relaxing baby massage with soothing oils. Infant massage with specialized "baby-safe" aromatherapy oils can be wonderfully calming and soothing to a [colicky baby](#) and it allows for a quiet bonding moment between mother and child. When massaging your infant, use slow, soft and gentle strokes. Remember to listen to and watch your baby's reactions and respond accordingly.
- If your baby can support its own head, then try putting them in a wind-up swing.
- Give your baby a warm bath.
- Swaddle your baby in a soft blanket and hold them close. Alternatively, try the "kangaroo method" of skin-to-skin by wrapping your baby against your bare skin. This is the most natural position for baby and can be very soothing if they are distressed.
- Sing and talk gently to your baby. Your voice is a comfort as well as a much needed distraction from the discomfort.
- Increase steady background noise. A relaxing CD, the hum of electrical appliances, a ticking clock or a steady "shhh" sound can be relaxing.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only

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treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the



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extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

iBaba: Homeopathic remedy temporarily relieves digestive distress and cramping in babies

iBaba is a safe, non-addictive, FDA-registered *100% homeopathic remedy* containing ingredients especially selected to temporarily **relieve digestive distress and cramping** in babies.

iBaba reduces the symptoms of infant [colic](#), providing **relief of gas and fretfulness** to allow your baby (and you!) to sleep peacefully.

iBaba should be taken at the first sign of a baby’s **digestive distress and cramping** for effective, short-term relief.

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

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