

## **INFANTILE COLIC**

What is colic? Colic is a term used to describe a seemingly healthy baby who cries persistently and often violently for no apparent reason. This distressed behavior is believed to be a reaction to pain.

Medical studies have proven that chiropractic treatment on infants with colic has proven to be a more effective treatment for the condition than using drug therapy. Avoiding dairy products, like cows' milk, has been shown to be effective, but chiropractic may be a better solution.

Source: For the Love of Children, Dr. Louis R. Briegel, II & Stacey A. Stefanski

### **Colic and Chiropractic Treatment**

If you have a colicky baby, and other forms of treatment don't seem to be helping very much, you may want to investigate taking your baby to a chiropractor.

As your child is being born, the neck and back vertebrae can go out of alignment due to the stretching and compressing of the body as it emerges into the world. If your delivery included a prolonged pushing stage, forceps or vacuum extraction, or other form of assisted delivery, the chances of a misalignment are great.

If the misalignments, called vertebral subluxations, are big enough, the functioning of major systems in the body can be compromised. The digestive system can be affected and ineffective digestion of breast milk and formula can cause major discomfort in your baby, leading to colic episodes.

The adjustments that a chiropractor will do on your baby is basically applying gently pressure with the finger to areas on the neck and back. You may see your baby totally relax before your eyes as the misalignments are corrected.

As with selecting any health care provider, you need to ask questions first. In this case, "Have you adjusted other infants?" would be most important. Ask for referrals that you can contact if you are unsure.

Chiropractic care can be very valuable in helping to calm the colic tendencies.

Reference: 2000 - 2004 ColicHelp.com