

Children's Health and Homeopathy: Using Homeopathy for Colic

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Colic most commonly affects infants from about two weeks of age until three months. Colic is traumatic to both the red-faced, crying, squalling infant, and the parents who have increased their stress by worrying about their baby, and lost their once cherished peace in the home.

A homeopathic colic formula can bring relief to the infant within 30 seconds to 10 minutes. The parents will receive equal relief from the worry and appreciate the peaceful quiet once again. If immediate relief is not noticed, continue the product up to a frequency of every 10 minutes. In rare cases, when a colic formula doesn't show results within an hour or two, begin a sublingual testing procedure.

The sublingual reflex test is performed by placing a few drops of a homeopathic colic formula in the mouth of the infant laying supine, observing a leg length change within approximately 5 to 7 seconds.

In rare instances of the homeopathic colic formula not working, look to other products which may relate to the case. Knowing that all patients are being chiropractically adjusted, a thorough history may indicate testing other homeopathic products.

Consider other homeopathic formulas for: indigestion; motion sickness; nausea; constipation; diarrhea; food and chemical allergies; and various detox and drainage formulas. Certain mental and emotional formulas may also be helpful with correcting the underlying causes of colic.

Caring for the Parents

Treating the mother who is breast feeding the infant has been necessary at times. Consider a homeopathic birthing formula or any other of the following homeopathic formulas, depending on your individual needs: a breast formula for nursing discomforts or mastitis; an energy formula for exhaustion; a low blood sugar formula for symptoms of hypoglycemia; a depression or mood enhancement formula; a nervousness or anxiety formula, or other homeopathic formulas depending on the symptoms being expressed.

Lifestyle Management Procedures

The following lifestyle management procedures can be helpful to either review with the parents or give them as a handout to follow.

Depending on what is causing your baby's colic, either pressure or total lack of pressure in the abdominal region can be helpful in comforting your baby. Try placing your baby face-down on your lap over a rolled up towel, as pressure sometimes eases colic. In a case where pressure may aggravate your baby's colic, place your baby over your knees so that there is no pressure on the infant's abdomen.

Give your baby some dill or fennel seed tea. Simmer a teaspoonful of seeds in a pint of water for 10 minutes. Strain the seeds, and give to your baby cooled in a bottle or by spoon. Peppermint tea can

also be helpful in comforting your baby.

Take your baby off cow's milk by changing the baby's formula to a soy-based formula, or use goat milk. Eliminating cow milk from the mother's diet may be helpful.

There are many other foods/substances which are known to affect a mother's milk: alcohol; tea; coffee; chocolate; spices; onions; garlic; broccoli; cauliflower; cabbage; Brussel sprouts; peppers; and grapes, strawberries, and oranges. In some cases, wheat products may also affect the baby.

Set the baby in motion. Mild repetitious motion such as that of a moving car or a rocking chair can calm a cranky baby. There are also devices on the market that will rock or vibrate the baby's crib. You can also try putting your baby in a safety seat and placing it on top of a running dryer. Repetitious sounds such as the noise of a fan, humidifier or vacuum cleaner can help calm your baby. Another way to soothe your baby is with warm water. Fill a hot water bottle with warm water and place on a towel on the baby's back or stomach.

Keep a calendar. Record your baby's feeding times and behavior. Record what mom has eaten and baby's behavior after nursing. Record the frequency and length of crying bouts. Record the baby's sleep patterns. Pay attention to environmental substances: chemicals in new fabrics in cars, furniture, carpet, cleaning materials, pets, etc. Be specific. This calendar can be helpful in maintaining overall optimal health for your baby.

Help for Exhausted Parents

Use common sense measures to look after yourself during this stage of your baby's development:

- Rest and sleep when your baby rests and sleeps.
- Eat well. Eating a little and often is better while you are breast feeding. Have a snack every two to four hours.
- Listen to your body. Hunger pains are a symptom that you need feeding, so don't ignore them while you are breastfeeding. You also want to make sure you drink plenty of fluids, especially water.
- Negotiate a deal with your partner so that you each get a decent amount of sleep each night. Your baby may awaken throughout the night, so take turns handling the early morning shift.
- Get some practical support if you are exhausted: someone to shop, clean, cook, or take the baby for a walk while you rest.
- Ask your partner or a good friend to give you a face, foot or back massage.
- Do one thing every day to give you a sense of accomplishment. This may be a walk, writing a letter to a friend, visiting a friend, or having one visit you.
- Do gentle exercise which will help create energy.
- Remind yourself that this is a short phase in your baby's life!

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