



Health TIPS

COLIC

Compliments of Michelle Townsend, Naturopath, Nutritionalist, Iridologist, Wellness Consultant at Lake Spa

Colic is severe abdominal pain (Intestinal Cramps) with waves of pain seconds or minutes apart caused by partial or complete obstruction or irritation of the intestines or gall bladder or constipation. In adults it is often considered a part of irritable bowel but more commonly we think of babies when we talk about colic. Either way the following considerations apply in all cases.

WHAT MIGHT CAUSE IT?

- Food allergy to cow's milk is often associated with colic in some children.
- Colic can occur as a result of appendicitis.
- Colic can occur as a result of gallstones. (more evident if the colic occurs mostly after fatty foods)
- Colic can occur as a result of kidney Stones.
- Allergies (especially food allergies) can be an underlying cause of Colic.
- Stress can cause or aggravate colic
- Eating too fast/not chewing properly
- With babies it can be caused by overfeeding, the position of baby while feeding, not burping baby properly, incorrect latching to the breast causing a sucking in of air, too fast a flow, more so with bottles, but can happen with breast.
- Colic can occur as a result of lead or zinc poisoning.

HOW TO EASE IT

- The first thing is to eliminate the cause and experiment with different food eliminations or food combinations that might be suspect. There are many different foods that can be a trigger for one person & not for another but the 'common list' seems to include curry, chilli, coffee, cabbage, cauliflower, brussel sprouts, chocolate, eggs, onions, leeks, eggplant, beans, lentils, cucumber & too much stone fruit. Eating these as a breast feeding mum will still affect a sensitive baby. Dairy of course is a prime culprit – so experiment with eliminating it for 3 weeks, then try lactose free milk; the A2 milk can be better tolerated & is easier to digest than milk that comes from a combination of cows with different proteins all mixed together. A change of formulas in babies can be beneficial too – results will be obvious within a few days.
- Using a probiotic, or adding it to a baby's bottle (or allow the baby to suck it off your finger) that includes bifidobacterium lactis & lactobaccillus rhamnosus are important for improving digestion, immunity & the way the intestines deal with foods that aggravate the mucosa.
- Using teas like aniseed, fennel, chamomile, peppermint, dill & ginger all help ease the pain & are all safe to use with babies. As a breast feeding mum, drink 3-4 cups yourself, or use the lukewarm tea in a bottle (you only need to use about 10 mL) for bottle fed babies.
- Magnesium can be useful as a muscle relaxant. For babies use the Mag Phos spray available in health food shops.
- Use hot water bottles to lie down with & relax. Rub some massage oil with some essential oils like lavender or chamomile into the tummy to help relax the muscles. Add essential oils to the bath for baby as well (about 6 drops is enough, making sure it disperses in the water)
- Regular massage can help on many levels. If you have a baby & are nervous about massage, why not look into the baby/infant massage courses available.
- For babies gently moving their legs in a 'riding a bike' motion can help relieve colic
- Having a chiropractic assessment can also be invaluable in some situations.

If you suffer from colic or have a baby that suffers with it, I welcome your visit as there are many things a Naturopathic treatment can offer to help you. Appointments can be made on 43931200 for both naturopathic and chiropractic consultations and also for inquiries regarding infant massage courses. Bye for now, Best wishes, Michelle.
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