

---

## Colicky Babies

Tiny arms and legs stiffen. Tummy goes hard. Face resembles a beet emitting paroxysmal shrieks. Unbelievably, the cry goes on for one, two, even three hours without pause. What's a parent to do?

Run a checklist. Is the baby hungry? Wet? Feeling gas pains? Allergic to something?

No, nothing is wrong. So exhausted parents call the pediatrician who, after examining the infant, gives a diagnosis of colic. Then, reflecting the mystery that still surrounds unsoothable crying, the physician offers medical advice, which falls into one of the following camps:

- Colic is perfectly normal. Learn to live with it; it is temporary.
- Colic is inevitable; but you can try a new method that will stop crying by turning on a baby's internal "calming instinct."

Not so long ago, the main explanation for colic was intestinal distress like gas or cramps, said Dr. Ronald G. Barr, a pediatrician and leading authority on colic at the University of British Columbia in Vancouver. That is no longer true, he said. A very few infants have gastric reflux or allergies to cow's milk or formula, but a vast majority are perfectly healthy.

The babies are not in pain, Dr. Barr said. A colicky cry sounds the same as any other cry. About 60 percent of crying is due to fussiness, 30 percent is related to genuine upset and 10 percent is emblematic of true colic, which means that it is unsoothable.

According to Dr. Barr, studies of infants around the world show that unsoothable colic is a natural phase of early infant development. Babies typically begin crying at 2 weeks of age. Colicky crying peaks at 6 weeks and ends by 3 to 4 months. It is not related to weak parental skills or anything done by adults. Infants in primitive tribes who are held 24 hours a day and breast-feed constantly show the same pattern in peak inconsolable crying.

"We now think of colic as being a part of normal development," said Dr. Ian St. James-Roberts, an expert in child development at the University of London Institute of Education. The infants are not stressed. But around 6 weeks of age, their brains undergo major changes that give rise to bouts of colic.

**Sandra Blakeslee, March 8, 2005**

**For further reading:** <http://www.nytimes.com/2005/03/08/health/08coli.html?ex=1268197200&en=a474cf7d991d2d6f&ei=5088&partner=rssny>

Through the years, medicine has taken a stance that certain diseases are either normal or all

in your head. They have changed their mind as many times as my two young children have changed theirs.

If we treated our marriages like diseases, our divorce rate would go from 50% to nearly 100%. The idea that a disease is normal is absurd. I guess cheating on your wife will become normal and wives will just have to accept it.

My two children never had a single colicky moment. If something is normal, by definition all children should have colic.

I know hundreds of family's whose children never experienced colic. There are consistent patterns that family's without colic live by. Here is a list of things you can do to correct and avoid colic.

- Make sure you breast feed you infants.
- Keep all preservatives and sugars out of their diet.
- Maintain a quiet, loving environment.
- Make sure your child's nerve system is working through proper chiropractic check-ups. Over the years I have had a 95% success rate with correcting colic in a short period of time.