

Chiropractic Relief for Colic



Are you one of the 20% of parents enduring the persistent and distressed crying of a colicky baby? A very safe and effective solution may be available.

For the baby who has colic and the parents who care for them it can be exhausting, debilitating and traumatic. It appears that in Western countries the number of infants suffering colic is increasing. It currently affects up to a third of newborn babies.

What is Colic?

In infants colic refers to uncontrollable, persistent crying combined with abdominal pain which appears to have no apparent cause. Often there is high-pitched crying and the baby may draw its knees up and arch its back and neck. Otherwise the infant seems healthy and puts on weight.

Colic generally begins within the first four weeks after birth, and may continue up to three months of age, or even longer.

Some of the causes of colic have been speculated to be: gas, lactose intolerance, other food allergies, constipation and temperature. It is not a disease. It is not known for certain exactly what causes colic but to the parent and child the symptoms are distressing.

How Can Chiropractic Help?

Although a specific cause for colic has not been found research has associated infantile colic with poor spinal function. This poor functioning occurs because of physical stresses placed on the baby's body during the birth process. These stresses may cause subluxation of the baby's spinal joints, (areas of the spine that aren't moving correctly) which in turn triggers changes in the nerves controlling the gastro-intestinal system, often resulting in pain and colic. The problem may be located in the neck, mid or lower back.

Correction of spinal stress and the reduction of interference with nerves can have a positive effect on baby's with colic.

Drug Free

A Danish University study found that chiropractic care was very safe, effective and it worked quickly. As few as 3-4 chiropractic consultations over 2 weeks reduced most colic symptoms by 66% down from a daily average of 3.9 hours to 1.2 hours. The study also found drug-free chiropractic care was 50% superior to a commonly prescribed drug and a preferred method of treatment by parents.

Chiropractors recognise the importance of maintaining a healthy spine for optimal bodily function and the prevention of disease. Colic is one of the health concerns in infants that can be improved by the use of chiropractic treatment.