



Chiropractic for Infantile Colic

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

Infantile colic is an intriguing and inexplicable condition. It is estimated that, on average, 22.5% of all newborns suffer from colic, defined as "uncontrollable crying in babies from 0-3 months old, more than three hours a day, more than three days a week for three weeks or more, usually in the afternoon and evening hours." But only 47% of infantile colic cases have disappeared by the age of three months, a further 41% disappeared before six months of age, and the remaining 12% of cases lasted until between the ages of 6 and 12 months." ¹

Chiropractic

According to a randomized, controlled clinical trial on colic in Denmark that compared chiropractic adjustments to daily doses of dimethicone: "Spinal manipulation has a positive short-term effect on infantile colic." Dimethicone, the drug used in this trial, has been shown to be "no better than placebo treatment" in several good controlled studies. ¹

The first retrospective chiropractic study on treating colic was conducted in 1985, followed by a prospective multicenter study in 1989. Both studies suggest that there seems to be a positive effect of spinal manipulation for infantile colic.

In addition, this particular investigation is significant as one of a growing number of clinical trials that have yielded positive results for chiropractic patients presenting conditions other than back pain or headaches. It may even signify the

management of a visceral condition rather than just a musculoskeletal disorder by spinal manipulation.

It also adds to the rapidly growing body of literature which supports the effectiveness of chiropractic in the management of pediatric disorders, such as ear infections, bed wetting, asthma, and ADD/ADHD, as well as colic. With the addition of these findings to the body of literature and research that has appeared within the past decade, it is no longer pertinent to suggest that there is no role for chiropractic in treating childhood disorders. ²

Nutrition

There are several things you can do at home to naturally ease colic. Fennel is a wonderful herb for colicky babies and is very safe to take. It has the added benefit of stimulating breast milk flow and quality in new mothers. Chamomile is another popular herb that has anti-spasmodic and anti-inflammatory action in the gastrointestinal tract. It is also good for children who are irritable, teething, or feverish.

For best results, boil 4 cups water. Remove from heat and add 1 tablespoon each of dried fennel seeds and dried chamomile flowers. Cover and let the herbs steep in the pot for at least 20 minutes. Remove the herbs and have the baby sip the tea while it is still slightly warm. You can double the amount of the dried herbs for older children or adults.



HEALTHY LIVING

E-Newsletter

Volume II Issue VIII
September 2005

For more information on natural methods to help with infantile colic please contact Dr. Long and Dr. Yeager.

1. Wiberg JMM, Nordsteen J, Nilsson N. The short-term effect of spinal manipulation in the treatment of infantile colic: A randomized controlled clinical trial with a blinded observer. *J Manipulative Physiol Ther* 1999;22:517-22.

2. Zhang JQ & Synder BJ. Effect of the Toftness chiropractic adjustments for children with acute otitis media. *JVSR*. March 29, 2004:1-4.

Show You Care and Help Us Celebrate Children!

**Our Annual Kids Day America is Fast Approaching
And We Need Your Support in Raising Money for Ronald McDonald House.**

**Join Us Here at West U Wellness on Saturday, Sept. 17 from 11am – 2:00pm
for FREE Food, Fun, Child Safety & Health Information, and Prizes.
Children of all ages are welcome.**

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Are You Stressed-Out?
Tired of being tired and tense all the time?
Come hear Natural Alternatives to help reduce your stress!
September 1st at 6:00 PM here at West University Wellness!**

September Calendar of Events

				1	2	3
4	5 Labor Day (CLOSED)	6 *Stress Management Health Talk	7 West U Walking Club 7:30 am	8	9	10 West U Wellness Open



HEALTHY LIVING

E-Newsletter

Volume II Issue VIII
September 2005

11	12	13 Ear Infections Health Talk	14 West U Walking Club 7:30 am	15	16	17 Kid's Day America (11am-2pm)
18	19	20 Cholesterol Health Talk	21 West U Walking Club 7:30 am	22	23	24 West U Wellness Open
25	26	27 Low Back & Leg Pain Health Talk	28 West U Walking Club 7:30 am	29	30	

Dr. Sherman Yeager & Dr. Caroline Long are available to give free "Stress Management" lectures to a variety of groups. If you would like us to speak at your company or have us offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

www.westuwellness.com