



Our Family Newsletter

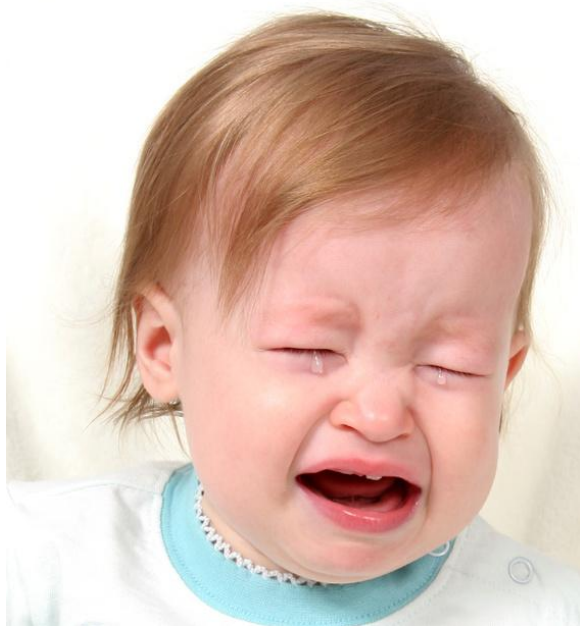
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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to help as many people as humanly possible, especially kids!

Last month we chatted about the fact that Sucralose – a “new age” sweetener has been insidiously taking over the sweetener industry. The branding by the manufacturer is brilliant: “It’s made from sugar.....” Almost makes one believe that it’s good for you! Almost!

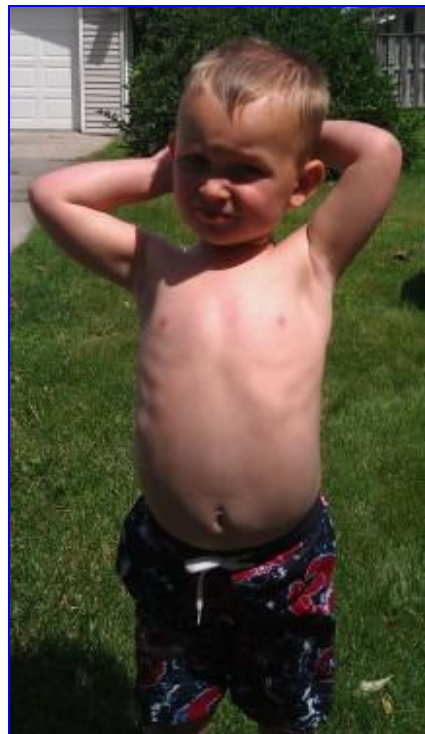
Infantile Colic:

Of all the health challenges that seem to plague infants, this is probably the one that causes most upset with parents. Imagine for a moment feeding your child, when all of a sudden your baby begins screaming at the top of their lungs, arms curling in, legs drawing up, with what seems to be agonizing pain.



All the common remedies associated with “over-the-fence” and grandmotherly advice seems to be of no avail. Colic and ear infections are the two that tug at mothers and fathers’ heartstrings more than any other condition that I see at our clinic.

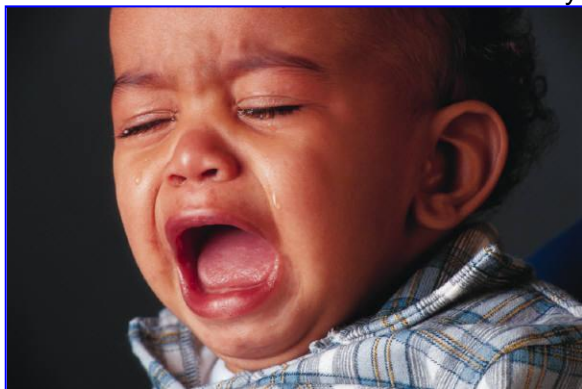
Most textbooks describing Colic mention that it usually happens in the evening hours. I have not found that to be the case. I found that it tends to occur at any time of the day and seems to have no rhyme or reason. Colic, it seems, tends to start sometime in infancy, around the first two weeks of life, and can persist for even a year.



For those who are not familiar with Infantile Colic, and have never had the

pleasure of dealing with a child who is so afflicted, you have no idea how devastating it can be on parents' nerves. Why? It's characterized by constant crying, screaming, whining, pains in the abdominal area, and acute irritability. (This is not **cute** irritability; this is **acute** irritability - big difference between the two.) The spells of crying can last for hours, and parents' nerves are shot at the end of such spells. This type of crying leads to aerophagia, which means the swallowing of air. This then causes distention or enlargement of the bowels, which then creates more pain, which creates more crying, which creates more air being swallowed, which then often becomes a cycle.

Colic is also characterized by



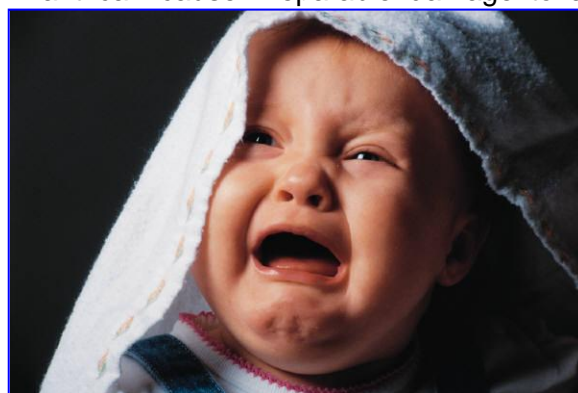
passing an exorbitant amount of gas and abdominal distention, which simply means the baby's abdomen area is enlarged and bloated (this gas thing can be embarrassing when in public). At the same time, however, your infant does not appear to be ill, is gaining weight, and has good appetite. If either of those is absent, then the incessant crying can be caused by a problem different from Colic - I would suggest to please call me and I'll provide you with solid advice.

There have been many theories people have used in the past to attempt to explain what Colic really is and why it occurs. Some authorities have blamed lactose intolerance; some felt it is caused by stress of the parents, stress of the baby, abnormal gall bladder function, higher levels of intestinal hormones, allergic reactions, digestive hormone instability, etc. None of these seem to be the problem. A recently-published study found that Colic is associated with allergies. Researchers in Finland tracked 116 infants for one week, at seven weeks of age, and for one week at 12 weeks of age. The study revealed that 38%

of children who showed signs of allergies at 2 years of age were significantly fussier during their seventh week and were more likely to have a colic-type cry during their twelfth week, compared with allergy-free babies. But, before you blame allergies, much more study needs to be done on this association.

One of the biggest concerns of a child having Colic is that there is a potential for possible child abuse. To be very frank, try to imagine a child screaming for hours, non-stop. This will sometimes get on parents' nerves and on occasion we see a condition which is called "the shaken baby syndrome." This is a condition whereby the baby is literally shaken by the parents to somehow stop him/her from crying.

This only takes place when mom and dad are at their wit's end. But there is no excuse for this behavior. Shaking an infant can cause irreparable damage to a



baby and even death. I am not suggesting that this is a huge problem, but there is the potential for abuse of an infant who is colicky. If you do ever feel that you as a parent are close to "losing it," remember that there is a reason this is taking place, and the baby's cry is really for help.

In my experience in dealing with children and babies, I found that often a vertebral subluxation in the spine affecting the way the nervous system controls bowel functions, is usually the cause of Colic. Any chiropractor involved in seeing children will attest to this fact. You must understand that the digestive system is essentially a long tube (refer to my Newsletter of August 2010 on Digestive Difficulties) and is made of muscle walls, that are under the direct control of the nervous system. Many people don't really understand that symptoms of digestive

distress are usually indicators that there is a malfunction somewhere within the system. Ignoring such signs is similar to having Cerebral Constipation. Such thinking doesn't handle the reason for these symptoms.



One thing I have learned from my experience in practice and the experience of other doctors like me: The body does not like to be ignored. And we talked about what symptoms really mean in past newsletters – the fact that they are a warning - your personal alarm system!

Let's take a look at your baby's digestive tribulations more closely: the digestive system is essentially a long tube that starts at your mouth and ends at your other end. It has one purpose—to extract nutrients and energy from the foods he eats. The digestive organs: esophagus, stomach, liver, gall bladder, intestines, etc., are simply modifications of that tube. Certain digestive enzymes, juices, acids, and other additives are secreted into this system to make the digestion of foods and thus the extraction of energy, more efficient and productive. This system is very efficient as long as it is functioning normally.

Many children and adults, however, suffer from a malfunction of their digestive system. I find that in the case of Colic, a vertebral subluxation will reduce the amount of information flowing from the brain to the large intestine, thereby reducing the normal function and motility of the large intestine – the intestine will not receive the proper information it needs to do its job. This

causes food to “stick around” in the large intestine longer than it should and it tends to produce gas. This then causes distention of the intestinal wall, causing pain and crying. A vertebral subluxation will also cause muscular spasms in the walls of the intestine and that is very painful for your baby.

Children who are affected by Colic generally show a wonderful response in the hands of a chiropractor. Most often I find results within the first week of care, but the care must be directed at the correction of the subluxation which is at the root of the problem, not simply giving the child mere relief. If mere relief is given only, there is a very high possibility of the subluxation becoming chronic and then causing arthritic degeneration and bowel problems later in life—not a desirable situation.

For those of you who have children affected by colic, I would suggest that you please call me without any delay.

I am including a short letter from two young parents whose child was very badly affected with colic, to give you a sense of reality:



“Both my husband and I feel the need to express our gratitude toward your treatment of our son. When we first brought him to you, he was only six weeks old and we had struggled for most of those weeks with his excessive gassiness and crying. When everyone we spoke to told us this was normal and he would grow out of it. As a new parent, it is a very scary feeling when

you are helpless; not knowing what is wrong with your child and no one can offer a suitable explanation. I refused to believe that this was normal and acceptable. As his condition worsened, I stopped questioning my initial instincts and after a series of coincidences involving information on Chiropractic, we decided to seek this alternative route of health care. Because we knew very little about chiropractic care, we did some research and the one aspect both my husband and I agreed upon, was that we wanted a chiropractor who treats kids and deals with these kinds of problems in kids. That led us directly to you.



The first time we brought our son to see you, we were told to open our mind and leave behind everything we perceived to be true regarding standard health care. What we did not realize then, but do now, is how that was going to open up doors for us that we would have laughed at only weeks earlier. We are very sceptical at the best of times. Needless to say, after only a couple of weeks, our beautiful baby boy was actually acting like a child—happy and

laughing. We have forgotten the long episodes of tears and screaming after his feedings. His gas is now gone, and he acts like a healthy infant, and very manageable. For this we would like to thank you.

I think what we appreciated most, was that not only did you treat our son with the care you would your own child, but that you took the time to fully explain in detail, all the possible causes and treatments of his condition. I feel that it is very important for us to fully understand what was happening to our son. I now feel comfortable discussing the details of our story with other parents so that they too can realize that you do not need to just accept the fact that colic is normal and will run its course, which may be months. Because of all you have done, again thank you for enabling us to enjoy raising our new son, and we look forward to seeing you for our families' continued care over the years." -Lori and Rohan

This is why I love my JOB! If you know anyone that might be suffering from this type of issues or anything, have them give me a call or e-mail me. I will do everything in my power to help them with their issues!



Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! I am always here to help! Talk with you next month.....