

# SHEPPARD CHIROPRACTIC

## COLIC

Colic is defined as an unexplainable and uncontrollable crying in babies from 0 to 3 months old. It is and can be extremely stressful on every member of the family especially the mom. A recent study in the *Journal of Manipulative and Physiologic Therapeutics* has concluded, "Spinal adjustments are effective in relieving infantile colic." For a period of two weeks, half of the subjects underwent chiropractic spinal adjustments, while the other half received the drug dimethicone. All of the adjusted babies stayed in the study, while only 64% of the dimethicone babies completed the two-week study. In the course of the study, the children being adjusted saw a 67% reduction in crying and the drug therapy group saw only a 38% reduction in colic.

In another study, thirty infants from the general public between the ages of 0-8 weeks were selected. Complete resolution of symptoms was found by 93% of the infants within the two-week treatment period with a maximum of six treatments. In addition, no recurrence of the infantile colic was observed in any experimental infant between cessation of treatment and the follow-up interview one month later. Similar results have also been found in a study of 316 children where a satisfactory result occurred within 2 weeks in 94% of the cases receiving chiropractic care (51% of these infants had prior, unsuccessful treatment, usually drug therapy).

So, Dr. Joe explains to me how an adjustment to my little baby's spine can help with the screaming, crying and no sleep that the entire family suffers from colic. A patient of the office was telling how stressful it was on her family when her oldest daughter had colic. She had had colic for four months straight. They tried everything and nothing worked. After the four months of suffering, the colic

finally went away. Her next child started to have the same symptoms. She couldn't imagine going through that again. She had heard that chiropractic helped. She took her daughter, and within 3 adjustments the colic was gone. She was extremely happy and grateful.

As a chiropractor, I have found that the delicate spinal bones, when misaligned, cause irritation to the nervous system. This misalignment is called a subluxation. The birth process itself usually causes a subluxation. Dr. Gutmann, a German medical Doctor, examined 1000 babies right after birth and determined that 80% had a subluxation from the birth process. This subluxation causes interference in their little body's ability to digest and eliminate food causing severe gas or constipation. A chiropractic adjustment allows their body to work and function properly. As a parent myself, the greatest gift that I gave my child was a healthy nervous system. Chiropractic has allowed his full potential to be expressed now and in the future.



For additional information please contact Sheppard Chiropractic at (513) 753-KIDS.

