

colic & reflux



As we know colic and reflux can cause babies and parents relentless distress and exhaustion.

Reflux is the spontaneous passage of acid stomach contents upwards into the oesophagus. There may or may not be associated vomiting. Colic symptoms usually affect the stomach and intestines and may be due to an immature digestive system.

Things to consider after any serious underlying issues have been ruled out include.

Lactose intolerance: For breastfed babies mum should try a milk free diet. Or if bottle fed try a lactose free formula.

Gut imbalance: If breastfeeding take a probiotic, especially if there has been a course of antibiotics for mum or baby.

Over stimulated: Sometimes babies become fraught and over-stimulated and it all becomes just too much. In this case wrap them firmly, put on some music and leave them for a while to settle while you take a moment to calm and look after yourself. If your nerves are becoming jangled consider the nerve tonic **Kali phos** regularly and maybe **Cocculus** if sleep deprived or **Sepia** if you're feeling totally fed up.

Position: Consider if you could settle easily on your back with a belly full of food and your diaphragm pushed up and tight?

Choose a remedy from the list below and if there is no change after 3-4 doses reconsider your remedy choice. The correct remedy may need repeating reasonably regularly while the baby's digestive system strengthens and develops.

Aesculus is indicated for babies who cannot tolerate breast milk and have vomiting, regurgitation and/or silent reflux.

Belladonna has sudden onset with violent pain, restlessness and a hot distended belly.

Bryonia has acute attacks that are much worse from movement so they want to stay still. They are very thirsty and often pull their knees up and burp.

Chamomilla is for the baby who is angry, irritable, restless and sensitive to pain. They don't know what they want and are better from being carried and constant movement, which soothes them a little.

Colocynthis suits babies who writhe, twist and pull their knees up with the intense pain. They are better from firm pressure; laying over a knee or shoulder.

Ignatia should be considered if there has been a disappointment,



loss or grief for either the mum or baby. This can be during pregnancy or since birth. In some cases it can be better if mum takes the remedy. If the baby is bottle-fed they may both need it.

Phosphorus is known for its burning digestive symptoms as found with reflux. This is a sociable baby, the milk is often regurgitated a while after the feed and burns the oesophagus causing pain and distress. These babies prefer colder drinks.

Lycopodium suits babies who are worse from tight clothes and around 4-8pm, have gurgling, bloating and wind. They often have a worried frown.

Nux vomica has severe bloating, arching and a tight belly. They seem angry and the pain appears to be in spasms; there may be constipation. The colic may come on after mum has indulged in rich foods, alcohol or coffee. This remedy can help detox the effects of medications used during or after the birth and improve digestive function.

Mag phos for babies whose spasmodic colic is relieved with gentle pressure or warmth applied to the belly. Not better from burping.

Pulsatilla babies suffer changeable symptoms. They need cuddles and gentle rocking. Colic or reflux if mum eats fruit, pastry, fats and ice-cream.

Silica suits babies who reject breast milk or vomit up curds after feeding because they can't digest the milk. It's better if mum takes the Silica regularly while the baby is breastfed.

Also consider: Dioscorea, Kali carb, Nat phos, Ipecac.