

## Help with colic & supplement advice for new mothers by Christian Bates

Cranial osteopathy helps babies with colic by gently easing the stresses and strains of birth. These stresses are particularly notable in babies that have had long deliveries, have been stuck in the birthing canal, have had an instrument delivery and even if they have had a c-section.

### **Foods that aggravate colic in the breast feeding mother's diet**

In tandem to cranial osteopathy it is vital to look at what the baby is consuming in the way of milk as this will obviously have a direct effect on the colic symptoms and the production of excess wind causing discomfort. If the baby is bottle fed then it is likely it is a cow's milk formula which maybe too heavy for the baby's delicate digestive system. There are alternative options that can be used, Christian will advise you on these.

If the baby is breast fed then it very much dependent on the mother's diet and what triggering foods maybe eaten and are finding their way into the breast milk which aggravate the baby's digestive system. Research on foods the mother ate that made the colic worse unfortunately revealed a wide number of culprit foods, including :

dairy,  
wheat,  
brassica vegetables - broccoli, sprouts, cabbage,  
onions,  
spicy foods,  
soya products (these contain hormone influencing chemicals so are probably best avoided anyway)  
fruits,  
chocolate  
eggs  
peanuts

Obviously it is not feasible to stop all these foods, but it is definitely recommended to initially reduce dairy and wheat and then start a diet diary of all the foods you eat and drinks in one column and then the severity of your baby's colic in the other. For a sample diet diary go to the Downloads section of [www.theperrymount.com](http://www.theperrymount.com). In this way you may be able to track the foods that your baby is most intolerant to. This is assuming that you are eating a reasonably good diet anyway, for example it would not be helpful to the baby or yourself to be drinking fizzy cokes etc, especially "diet" drinks that contain artificial sweeteners, any "junk" foods like these should be excluded anyway.

#### **References:**

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Hill, D.J., Hudson, I.L., Sheffield, L.J., Shelton, M.J., Menahem, S. & Hosking, C.S. (1995) A low allergen diet is a significant intervention in infantile colic: results of a community-based study. *The Journal of allergy and clinical immunology*, **96**, 886-892.

## **Avoid pesticides; which foods to buy organic**

Pesticides in food may also aggravate the delicate stomach of a newborn, after all they are not even fully developed enough to handle good natural foods let alone a man-made chemical that our bodies are not adapted to at all. Organic food is the way to avoid this and fortunately for our pockets the environmental working group produce a list of fruits that are the most and least toxic. So go organic for the worst and the cheaper “normal” version for the best. Of course organic for everything is the ultimate choice. The lists are:

### **Most toxic, worst first:**

Peach, apple, sweet bell pepper, celery, nectarine, strawberries, cherries, kale, lettuce, grapes - imported.

### **Least toxic, least first:**

Onion, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, aubergine.

### **References:**

For more information on the Environmental Working Group “Shoppers Guide to pesticides” visit:

<http://www.foodnews.org/methodology.php>

<http://www.foodnews.org/fulllist.php>

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## **Does the mother have digestive issues?**

It is also highly relevant if the mother herself has digestive issues such as irritable bowel syndrome, Crohn’s etc as these may need to be helped too. Conditions such as these will predispose the mother to malabsorption issues and the food particles that are not correctly digested and are then absorbed can irritate the newborn via the breast milk. There are many ways to assist in this situation too. Digestive enzymes can be used to help break the food down in the stomach, amino acids can be used to strengthen and repair the small intestine where the food absorption into the blood stream takes place and as mention probiotics really help too. In fact when I put mothers on the probiotic culturelle to help the baby many report that their bowels are so improved they stay on the supplement after. If you feel you have digestive issues that are quite troublesome then you may need an appointment yourself so please feel free to call and we can talk to see if you do or not.

## Probiotics for colic and more...

This is often a factor in why probiotics taken by the mother before and during breast feeding are so successful. Not only does the baby receive some of the probiotics through the breast milk but they also strengthen the mothers digestion. The probiotic I use is called Culture and is available from Nutri-Link on 08450 760 402. It is the most research strain of good bacteria there is plenty of interesting research done on its use, I have listed four below that are most relevant to mother and child, there is more at [www.culturelle.com](http://www.culturelle.com).

Savino et al (2007) found that probiotics improved colicky symptoms in the babies in their study within one week, with no adverse effects being reported.

In addition to probiotics assisting in colic symptoms research has also found benefits in prevention of atopic diseases. Culturelle was given to mothers two weeks prior to the birth and for the first six months of infant life in a double-blind, randomised placebo-controlled trial (Kalliomäki et al., 2001). There was a significant reduction in allergic symptoms in these children compared to controls. The children were chosen from mothers who had at least one first-degree relative (or partner) with atopic eczema, allergic rhinitis, or asthma. The conclusion was that probiotics are a natural source of immuno-modulators (balancing the immune system) in the prevention of atopic disease. What's more this same research team performed a four year follow up and found there was still a significant reduction eczema (Kalliomäki et al., 2003).

The main problems I use Culturelle for are colic and if the newborn has received antibiotics. They may have been affected by antibiotics if they have had them directly or if the mother has had them and is breast feeding. I have seen clinically that these babies will have a worsening of colic symptoms and are also likely to get oral thrush.

What is interesting about the probiotic use is that the research indicates that it is the probiotic IN the baby that is doing the good work. I agree with this but also believe that when the mother takes the probiotic it improves their digestion so much that the quality of the milk is improved as the food the mother eats is better digested. I have come to this conclusion as mother's who have been on Culturelle to benefit their baby have felt really fantastic on it themselves and many have continued to take it for their own personal reasons. I have also seen babies with very troubling digestive irritability when the mother has a known bowel disease, such as Crohn's or ulcerative colitis. So in these cases the digestion, assimilation and absorption of the food in the mothers bowel is poor and therefore the breast milk is made from this, which most likely carries potential food allergens to the baby. Backing this up is research confirming that food particles from the mothers diet are found in the breast milk (Hawkes et al., 2002), however it is highly variable and is probably due to the mothers gut health. As mentioned above, in cases like this the mother will do well to have some nutritional support, for example digestive enzymes.

### References:

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## **Feeding Environment**

Also the environment that the baby feeds in plays an important part as it is the nervous system that controls the gut. For example the nervous system maybe set "on edge" and therefore create abnormal gut movement which causes colic. This can happen if the baby is fed in a noisy, busy environment, for example under bright lights, with a loud TV on, other children running around etc.. Of course the nervous system may also be on edge after a traumatic birth, instrument birth or c-section. So a simple procedure is to feed the baby in a quieter relaxing room. As for the traumatic birth this will be helped by cranial osteopathy.

Some of these suggestions will be more pertinent to your baby than others, so either put them all in place or experiment with some and then others. In my experience it is better to do all of them initially to get results quickest and gradually introduce foods one at a time for a few days and see which irritate your baby the most.

## **Post - natal supplement advice for mothers**

Most mother's will know that before birth you need to supplement folic acid. This in itself is very basic advice as many other nutrients are required for a healthy child and could have been supplemented but folic acid is the most well known and recommended. However, nutrition after the birth is really not covered at all in normal advice so I have put together a few tips on how to best look after yourself and your newborn, all based on medical research and backed by my clinical observations.

New mothers commonly complain about being fuzzy headed, forgetful, experiencing baby blues and tired (obviously!). What follows may be able to help to ease these problems and gradually build your foundation of health again after the birth of your child. As a side note, if you think you are experiencing post-natal depression then you must obviously consult your GP and possibly book in for a full consultation with me if you wanted to look at natural ways to aid yourself. The advice here may assist but really it is too general and not meant for specific medical conditions.

When talking about supplementation it is important to realise that the baby is rated as number one priority by your body when you are carrying it. This means that any nutrients it requires it takes from you. Therefore if you start off deficient in something you will be more deficient after the birth and even if you weren't deficient but didn't keep up a very healthy diet that was able to support you and baby then you again are probably deficient.

There are a number of multi's on the market, I use one from a large company called Thorne. It is suitable for use before, during and after pregnancy and gives all the nutrients essential for pregnancy in safe dosages, which are higher than a one-a-day from the high street. Do not worry about these dosages, these professional supplement companies that are used by health professionals only are all based on orthodox, medical research. On top of this each nutrient will be in a form that is highly absorbable and "active" so it will definitely be used by your body, for example the active form of folic acid is called methyltetrahydrofolate. You will be surprised to find out that 25% of the population cannot absorb folic acid in the "folic acid" form, these people must take

methyltetrahydrofolate. This means that some women will not benefit from the folic acid they take at all. The Thorne multi I suggest uses this form, you will find that no high street brand will do this.

To help you understand why you may require a supplement here are a couple of more examples:

Zinc is required for cell division, every time a cell divides it uses up this mineral so you can imagine just how much extra zinc you have used up making your baby. Low zinc levels after birth are also highly linked to post natal depression.

B Vitamins are essential to make all your hormones ie oestrogen and progesterone. You also know that you have been making massive amounts of these hormones and now after pregnancy you will be trying to regulate the balance of the hormones back to normal. B vitamins are also heavily used in the pathways to make energy, and I know any extra energy at this time will be a good thing for you!

## **Omega 3 fish oils**

Fish oils or omega 3 oils have massive amounts of research on them, especially for use during pregnancy and for breast feeding mothers. As I said previously your baby would have just stripped you of the nutrients it requires and considering all its nervous system, including brain, and every single cell requires omega 3 oils you would have been a welcome source for the baby. You have probably guessed where your baby will take this from; that's right, your brain and nervous system! This is why you may have some forgetfulness and fuzzy head feelings. Again, deficiency of omega 3 oils in the new mother is highly linked to post natal depression.

The supplement I use all the time for mothers is called Eskimo-3. This is a very clean and pure fish oil supplement. It is vital to use only a good omega 3 oil at this time, if you are breast feeding, as your baby will also be benefitting from this nutrient by receiving some through your breast milk. For this reason the product you use must be especially clean from pollutants, which Eskimo-3 is. Research has shown that supplementing fish oils is of benefit to both the baby and mother, particularly a type of oil called Docosahexanoic acid (DHA) which Eskimo-3 has in it.

### **Research on omega 3 oils, benefitting the mother**

- Post - partum women have been found to be deficient in omega 3 oils (Mischoulon 2000)
- This decline has been found to be reversible by supplementing 200 – 400 mg/d of DHA (Makrides and Gibson, 2000). This study also found no harmful side effects of DHA supplementation during pregnancy or lactation.
- Worthington, (1979) & Harris et al., (1984) found that mothers must have a good source of DHA herself for it to be passed through the breast milk.
- Other studies have confirmed that the DHA present in the maternal blood and milk was proportional to the DHA supplemented (Hawkes et al., 2002) (Harris et al., 1984).
- An interesting study determined that the major portion of PUFA in the breast milk was actually derived from the mother's maternal stores, rather than current diet (Koletzko et al., 2001). This leads to the conclusion that the long-term maternal diet is of relevance when breast-feeding and that DHA supplementation should start well before breast-feeding.
- The omega -3 fats also assist in depressive states (Raeder et al 2006) (Tanskanen et al 2001) so it can be assumed that they are preventative of post-partum depression.

## Research on omega 3 oils, benefitting the newborn

A number of studies have found benefits of supplying the neonate with adequate DHA via breast milk.

- Helland et al (2003) found DHA to augment children's IQ at four years of age.
- Lower visual and neuro-developmental test scores were found with formula fed children as they received no poly unsaturated fatty acids (PUFA) (includes omega 3), this was compared to breast fed children who did receive the essential fatty acids naturally through the breast milk (Agostoni and Giovannini, 2001).
- Other studies have found improvements in visual acuity, cognitive and other neuro-developmental functions in children who received long chain PUFA's, i.e. they were breast fed (Larque et al., 2002; Gil et al., 2003) (Auestad et al., 2003) (Mitmesser and Jensen, 2007) (Tinoco et al., 2007) (Birch et al., 2007).

So to summarise in basic terms, these studies found that babies that were breast fed had higher good fat, omega 3, levels which helped their brain development.

### The take-away key points are:

- If you are breast feeding it is beneficial for you to take an omega 3 oil ie Eskimo 3 not only will this replenish your own stores but it will benefit your baby.
- If you are formula feeding then do not worry. Take the omega 3 yourself to help you and when your baby is slightly older they too can supplement for a time with omega 3 oils, in this case Eskimo 3 FOR KIDS. This research shows that it will help them.

## Supplement details

<b>Basic pre-natal</b> (good for post natal too)	from Health Interlink on 01664 810 011
<b>Eskimo -3</b>	from Nutri on 0800 212 742
<b>Eskimo -3 FOR KIDS</b>	from Nutri on 0800 212 742
<b>Culturelle</b>	from Nutri Link 08450 760 402

## Adrenal glands

Your adrenals glands are the organs that support your body with hormones in times of stress, which includes delivering a baby and lack of sleep. If the adrenal glands are over-worked and then subsequently fatigue they can cause a myriad of hormonal problems, in fact any hormonal problem can be initially instigated by adrenal gland fatigue. If you feel you are really suffering from fatigue, more than a mother with a newborn should, then please phone me at the clinic and we can talk through some natural health options that are available. In particular the use of an EAV device called the Avatar which can assess the health of your organs via the acupuncture system and also tests to find specific supplements and remedies you need to correct your problems. More information is available at [www.christianbates.co.uk](http://www.christianbates.co.uk)

Adrenal fatigue is a common problem in fertility issues, amongst others, so if you know of anyone struggling with conception then please pass on the clinic details and we would be happy to offer some advice.

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