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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Is It Colic?**

**By Terry Ross**

If your baby is crying for prolonged periods of time it maybe due to the fact that your baby is suffering from colic. Colic tends to start without warning and stops as abruptly as it starts.

Crying as a result of colic generally occurs during the day more often around the evening feed and if colic going to occur, it usually becomes apparent within 3 weeks of birth, normally lasting up to 3 months.

Colic is thought to be a type of spasmodic stomach ache resulting in cramp like pains which causes the baby to scream and draw their legs up in pain. The baby will be extremely miserable and show signs of distress with periods of calm being followed with bouts of screaming which can continue for several hours at one time.

Colic can affect both bottle feed and breast feed babies with possible causes being:

- The quantity of food offered, either too little or too much in one go.
- A feed which is too rich or too weak (if bottle feeding always follow the manufacturers instructions).
- A bottle feed that isn't offered at the right temperature being either too hot or too cold.
- With breast feeding the wrong type of food being eaten by the mother. If colic arises in a breast feed baby try cutting out anything that you have eaten within the last 24 hours which you think might have affected your baby. Speak to your midwife or healthcare visitor who will advise you as to what types of food may affect your baby.
- Constipation or diarrhoea.
- Indigestion

## Is It Colic?

It is thought that there could be a link between tension and colic with colic occurring more frequently at the end of the day. The evening tend to be a more stressful part of the day when mothers are tired with the baby to feed and make ready for bed, possibly other children to attend to and general chores to get cleared.

Babies are sensitive to moods and may cry when they feel the atmosphere is tense which just compounds the situation with the babies crying causing more tension and so it goes on until mother and child are exhausted.

One recommendation is to take as much pressure off the end of the day as possible by preparing bottle feeds and clearing as much work as possible earlier in the day. A more relaxed evening atmosphere could help to calm and soothe your baby and reduce the incidences of colic or lesson the impact.

When colic occurs you can try holding your baby close to your body providing warmth and comfort to your baby's stomach, gently rubbing their back. With possibly several hours to go it is always advisable to try and share the comforting of your baby, with your partner, which will help reduce the tension and provide you both will a well earned break.

As yet, there are no 100% reliable treatments for colic although there are some over the counter treatments available. If you and your baby are struggling with colic seek medical advice before trying any colic preparations.

If your baby's colic is beginning to get you both down just hold onto the fact that it generally only lasts for a couple of months!

Terry Ross is the author for and creator of:

[http://www.1st-4-baby.com/Baby\\_Care.html](http://www.1st-4-baby.com/Baby_Care.html)

, a site targeted

at pregnancy, babies and baby care.

### **Just What Is Colic - And Does My Baby Have It**

**By Sarah Veda**

There are few things more nerve wracking than a crying baby, particularly when nothing you do seems to console him. But, how do you know when your baby's symptoms have are just crying and when he has colic? And, just what is colic, anyway?

No one knows exactly what causes colic, though many old wives tales abound. Lots of older women

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will tell you that it is caused by parental inexperience, but colic does not occur more often in first children than in subsequent children, so they One thing that seems clear is that most babies who are experiencing colic have a stomach ache. Many are gassy, though a baby won't cry so inconsolably every time he has gas, so it is clearly gas plus something, though just what is not clear.

Though we don't know what colic really is, it is hard to miss when your child is experiencing it. The inconsolable crying usually begins in the late afternoon or early evening and often lasts until the baby finally falls asleep for the night, exhausted. Colic typically begins between two and three weeks of age, and is over its worst by twelve to sixteen weeks, though there are babies who start later and end later. My daughter started at twelve weeks, but thankfully her bout of colic was over in two weeks. A colicky baby will typically draw his knees up to his chest, clench his fists and scream. He may act like he wants the breast or bottle, but reject it as soon as you it's in his mouth. You will get the sense that your child is frantic, and needs something very badly, but doesn't know what.

If you believe your baby has colic, it is still wise to take him to a doctor. There is no cure for colic, but you should rule out other causes, such as an allergy to formula or some other gastric disorder. Once your doctor has proclaimed the baby healthy, you can chalk it up to colic.

Once you know that your baby has colic, though there is no cure, there are some remedies you can try. Simethicone drops, which are available over the counter as a gas medication for babies, helps in some cases. In addition, there are numerous tricks you can try such as taking a drive in the car or running the vacuum cleaner that will work for some babies some of the time. But, overall, colic is just a waiting game. Keep the baby (and yourself) as calm as possible and look forward to the day when it will be over.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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