



Kids Our Family Newsletter first

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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 reach as many parents and children as we can!*

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 seem 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 office.

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 - the swallowing of air. Aerophagia causes distention of the bowels which creates more pain, creating more crying, causing more air to be swallowed. It becomes a cycle.

Colic is also characterized by passing an exorbitant amount of gas.



The stomach area is enlarged and bloated. The infant does not appear to be ill. She’s gaining weight and has a good appetite. However, if either of those is absent, then the incessant crying can be caused by a problem different from colic. In such cases, I would suggest you consult your family health care provider for advice.

There have been many theories to explain what colic is and why it occurs. Some have blamed lactose intolerance, some felt it is caused by stress of the parents – which a baby can readily pick up on – stress of the baby, abnormal gall bladder function, higher levels of intestinal hormones and so on. None of these seem to provide adequate answers. It’s interesting to note that breastfed babies are rarely affected by colic whereas bottle fed babies have a much higher incidence. The answer here is that mom’s milk is specially designed for that baby – and no other. It’s the perfect food. It’s easily digested,

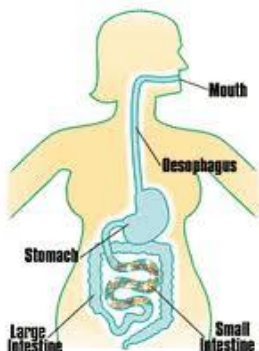
leaves very little waste and research shows that breastfed babies have a higher IQ,



less allergies and dental cavities and better jaw, teeth and speech development than their formula fed counterparts.

In my experience dealing with hundreds of children and babies, I found that often a vertebral subluxation in the spine affecting the way the nervous system controls bowel function 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 and is made of muscle walls which are under the direct control of the nervous system. I find that a vertebral subluxation will reduce the amount of information flowing from the brain to the small or large intestine in the case of colic – thereby reducing the normal function and motility (movement and function) of the intestines.



This causes food to “stick around” in the large intestine longer than it should and millions of illness-promoting bacteria that live in our gut feed on it and it tends to produce gas. This gas causes distention of the intestinal wall, causing pain and crying. The cry of the baby is really for help.

Supplement Help:

I have often been asked if there are any nutritional products parents can give their colicky baby to ease their discomfort. If the

child is older, mom can try a little **slippery elm powder** and also test for lactose intolerance which may produce gas in the bowel.

It is well accepted that **probiotic bacteria** are necessary, essential requirements for digestive health and overall wellness and prevention based on their ability to produce nutrients such as vitamins and short chain fatty acids and compete with illness-causing bacteria to balance gastro-intestinal function. Research tells us that the intake of probiotics has been associated with beneficial effects on the immune system, such as improved disease resistance and diminished risk of allergies as well (Ezendam, Nutr Rev, 2006, Jan;64(1):1-14).

Therefore being deficient in probiotics would make one more susceptible to infections.

One British researcher, Dr. Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (nutrition), states that “in order to rebalance the gut flora it is essential to use a strong multi-strain probiotic product containing soil bacteria” (Campbell-McBride, CAM journal, 2003).

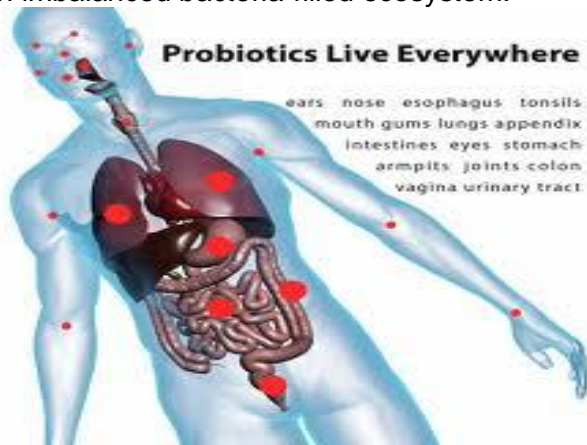
To elaborate, this type and source of probiotic that we are designed to benefit from come from soil, fruits, and vegetables, is alive (active) and needs to be stored in the fridge...NOT from dairy, soy, corn or wheat! So, if you are using yogurt, goat’s milk or another source that contains the above no-no’s you are doing yourself a disservice. Additionally, added ingredients such as sugar, artificial sweeteners, colors, flavors and preservatives should be avoided.

So why would bacteria help with colic?

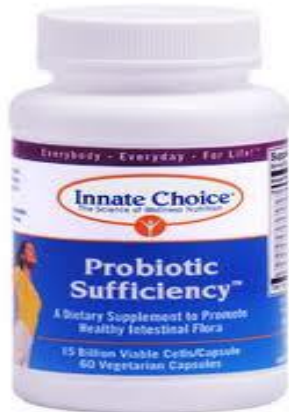
Colonization of the human gut with probiotic bacteria begins at birth with the first exposure to the flora of the birth canal (crucial for development of the immune system) and a deficient probiotic profile of the mother, non-vaginal births, use of antibiotics and the level of artificial hygiene are known to exert a significantly negative influence on the number and species of microorganisms that colonize the newborn gut; in addition, modern human diets, which are deficient in fruit and vegetable fiber, and toxic from dairy, refined sugars, alcohol and prescription drugs and animals treated with antibiotics, result in lowered rates of probiotic bacteria and higher survival rates of harmful or pathogenic illness-causing bacteria and yeasts, not to mention the modern farming, food processing and food preparation methods!

Therefore, many children with colic have been through most of what was just listed above and their

intestines have become a breeding ground for an imbalanced bacteria-filled ecosystem.



A premier multi-strain probiotic formula, like the one we offer in office, would contain nine of the most essential species of beneficial bacteria, including *Lactobacillus* (*L.*) *plantarum*, *L. acidophilus*, *L. rhamnosus*, *L. casei*, *L. salivarius*, *Streptococcus thermophilus*, *Bifidobacterium* (*B.*) *bifidum*, *B. longum*, *B. breve*. These strains have been isolated from healthy Swedish volunteers and were among the most common bacteria in the food of our healthier ancestors (Bengmark, S. Immunonutrition: Role of biosurfactants, fiber and probiotic bacteria. Nutrition 1998:14).



The most important thing is to find out **why** your baby has colic. To treat only the pain will provide generally short term relief. I have always felt that this is a most important distinction. And to think your child will outgrow this condition can only lead to further problems down the road if due to a subluxation.

I see a common trend of a trade off of health problems from childhood to (early) adulthood. For instance, kids with colic many times have other digestive problems – Crohn's, colitis, IBS - later in life or nearby nerves that may be affected can cause problems with the bladder, reproductive organs (infertility, menstrual

problems, erectile dysfunction) or cause sciatica, lower back or leg pains as well.



Children who are affected by colic generally show a wonderful response in the hands of a pediatric chiropractor like me. Most often I see 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.

For those of you who have children affected by colic or know of a new mom who has a child so afflicted, I suggest you take your child to see me right away.

Summer Time Diarrhea Help/Prevention

With sunshine and warm weather come two favorite pastimes – barbeques and picnics. These activities often involve food choices, preparation and storage that is not as stringent as it should be. Foods often get left unrefrigerated or uncovered.

While the popular media eagerly reports each E. coli scare or food poisoning episode it is important to note that your best defense comes not from the local pharmacy but from healthy intestinal flora (probiotic bacteria). Research shows that probiotics are useful in helping to prevent food poisoning bacteria such as E. coli or campylobacter from surviving in your intestine (Gibson, Microbiology Ecology, 2005). Probiotics have also been shown to be protective against traveler's diarrhea. Supplementation with probiotics is recommended because levels of beneficial bacteria decline due to the Western Diet, medications, and age (Hamilton-Miller, Postgrad Med J, 2004).

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month! Enjoy your summer!