

Screaming Baby: Homeopathy Melts Colic Away



Every expectant mother looks forward to the day when she gets to hold the precious baby growing inside her. The first-time mom sees her baby, the first kiss and the first moments of motherhood are something treasured forever.

This new little life brings much joy, but colic can quickly turn things into a nightmare. As many as 20% of newborns (and consequently their families) suffer from colic.

Colic is defined as incessant crying for more than three hours at a time for three or more times per week. The baby appears to be in pain with fists clenched, legs curled up and painful wails that nothing seems to help. This is extremely draining on an already sleep-deprived new parent

and can really take its toll on the entire family.

It is important to take a close look at the baby's digestive health when colic is present. Does the mother suffer from GI troubles? If so, it is more likely that this will be passed on to the infant because the mother is responsible for populating the gut bacteria of her child.

When breastfeeding, what the mother lacks in helpful bacteria cannot be passed along to the infant. A change in diet may be a good idea for mom to include foods that have probiotics in them.

For more information on how to make your own formula, contact the Weston A. Price Foundation for raw milk, goat milk or liver-based formulas if you are looking for a superior choice to commercial formulas.

In the meantime, Mom should consider eating kombucha, kefir, sauerkraut, kim chee, kvass, etc. Until this piece of the puzzle is ironed out, get out your homeopathy kit and start treating your babe.

As you may know, *Chamomilla* is a primary remedy for cantankerous teething infants. Infants needing [*Chamomilla 200C*](#) are deeply irritable, and the remedy is beneficial in colic when the infant wants to be carried endlessly or calms a bit when taken for a drive.

Another key remedy for colicky infants is [*Colocynthis*](#). This remedy has a classic picture of colic, with an angry baby who pulls his legs tightly into his chest, clenches his fists and screams. The baby will feel some relief with firm pressure or rubbing the belly.

When in doubt, Hyland's Baby Colic Tablets can come to the rescue. This mixture of *Dioscorea*, *Chamomilla* and *Colocynthis* in 3X potency can take the guesswork out of finding a helpful solution in a time where seconds feel like hours. This is especially valuable for those babies whose colic is a more occasional problem and not a chronic problem. [Editor's note: Hyland's Baby Colic Tablets are no longer available.]

For a more chronic setting, consider what I learned from the Banerjis in Calcutta as follows:

Nux vomica 30C, mixed with *Colocynthis* 200C given twice daily. Nice and easy. Wholesome and simple. Powerful and effective. Can we ask for more?

Keep these helpful solutions in mind for your family and share them with the expectant mothers in your circle.

Photo courtesy of Wikipedia
http://en.wikipedia.org/wiki/File:Crying_newborn.jpg