

Natural Help 4...

Colic



What is Colic?

Colic is one of those conditions that affect babies - one that just doesn't seem fair. Your baby is so very new to this big world and what an introduction to life! Medically speaking, colic is defined as **crying for more than three hours a day**, three days per week, for longer than three weeks in an otherwise happy and healthy baby.

You may also notice that it tends to get worse at certain times of the day (most commonly during the evenings or at night) and that these episodes can last anywhere between a few minutes to a few hours. As your baby cries, it is also common to see them **clench their little fists, pull up their legs**, tighten their abdominal muscles and squirm into different positions to try and relieve abdominal cramps.

Colic usually begins between 0 and 2 months and while not all infants get it is a fairly common problem experienced in the first few months of life. The good news is that there are a few simple ways to help **soothe your infant's crying and discomfort**, and while it can be a terribly frustrating time for you and baby, colic is a temporary phase that will eventually end. By 3 months, the colic should pass and you and your baby can return back to your usual sleep routines.

Diagnosing Colic

Colic is usually recognized when you're well-fed, healthy and otherwise satisfied infant won't stop crying. While all babies cry (as it is their only means of communication), **babies with colic cry much more than usual**, and when they cry it seems that little can console them. Colic is usually diagnosed or confirmed if your baby cries more than three hours each day over a period of three weeks or more and no other cause is found.

If your baby's crying is worrying you, your baby's pediatrician will check for other causes of discomfort such as **intestinal obstruction, or illness and if nothing is found**, colic is often the diagnosis. Other tests are generally not necessary, as colic, while distressing for baby and family, is not serious and not associated with other complications.

What causes Colic?

There is little known about what causes colic, although, as mentioned above most, research agrees that colic is a gastrointestinal problem possibly associated with an immature digestive system. Other theories suggest that it is caused by lactose intolerance, allergies, mother's anxiety or the different positions that baby is fed.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Whatever the underlying cause, [colic](#) is often associated with painful stomach cramps or stomach ache and intestinal gas and many parents have noticed that their infants do feel better after they have passed wind or had a bowel movement.

Help for Colic


[Colic](#) is something that will disappear on its own and because it is not considered to be harmful **there aren't many conventional treatments available**. Some pediatricians will recommend anti-gas medication such Mylicon or antispasmodics such as Levsin for treating [colic](#), however, there is little evidence to support the effectiveness of these medications and many have been known to have side effects.

[Colic](#) is a frustrating time for you and your baby and while it goes away eventually, it is always a relief to know that nature has all the ingredients to provide much needed relief.

Homeopathic remedies have been known for centuries to help calm the stomach. Ingredients such as Chamomilla and Mag. Phos. naturally relieve gas and bothersome colic-related fretfulness, **soothing tiny tummies while also acting as a natural anti-spasmodic**. Other homeopathic ingredients that can help during colic are Calc. sulph and Calc. phos which both work to encourage regular sleep and good sleep routines that can be disrupted during phases of colic.


The DO'S and DON'TS of Handling Colic

- Do consider eliminating milk products, eggs, wheat, nuts and berries from your diet if you are breastfeeding as this can provide some [relief from colic](#). You can also restrict very acidic foods, spicy foods and caffeine and keep your diet fairly bland. It's also a good idea to start a food diary and begin by eliminating all problem foods. You can then slowly start to re-introduce them into your diet while noting baby's colic reaction.
- Do drink herbal teas such as chamomile, vervain and lemon balm instead of your usual tea or coffee as these have a soothing effect on both mother and breastfed baby.
- Do try experiment with a few simple feeding changes and see if you notice any changes:
 - Try feeding your baby more frequent smaller feeds every 2-3 hours.
 - If your baby is bottle fed ensure that the nipple size and shape is correct for your baby's age
 - If your baby takes less than 20 minutes to complete a feed, you may need to swap over to a smaller bottle nipple
 - Talk to your pediatrician about changing to a hypoallergenic formula
 - While feeding your infant always ensure that they are in diagonal position with their heads higher than their feet
 - Always burp baby frequently. This can be done every 10min of breastfeeding and every 30 to 60ml of bottle feeding
 - Do make sure that your baby is not swallowing air while feeding as this can result in wind and furthers their discomfort
 - Do make sure that you are taking care of your own needs. [Colic](#) is trying for both baby and parents so do not hesitate to ask for help and be sure to get in a little relaxing "me-time" each day.
- Don't stop breastfeeding. [Colic](#) is equally likely to occur in both breastfed and bottle-fed babies.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Don't switch and swap your baby's formula brand. If you are considering changing to a new brand, speak to your pediatrician first.
- Don't hesitate to call your pediatrician if you are concerned. In many cases where colic is assumed, it turns out there were other medical reasons for the crying such as an ear infection or food allergy that may need to be dealt with.
- Don't wait until you have reached the point of desperation before asking someone for help. Accept babysitting offers and look after yourself. If ever you feel like hurting or shaking your baby, simply put baby in a safe place like their crib and leave the room for a few minutes while you gather your composure – then call someone to relieve you of baby duty for an hour or two.

Tips on soothing a colicky baby:

[Caring for a colicky baby](#) is no easy task and it tends to bring up a lot of emotion, especially for new parents or parents of babies whose [colic](#) is particularly bad or ongoing. The important thing to remember is that you are not doing anything wrong, and colic is just one of those things that happen. Below are a few simple techniques that may help soothe your colicky infant:

- Motion tends to help with [colic](#) so try different ways of keeping your baby moving. Rocking in a cradle or rocking chair to soothing music is effective, as is simply walking with your baby or bouncing them gently in your arms. Other useful methods are to take them for a drive in the car, or to hold them on top of a running dishwasher or washing machine as the bouncing vibrations are relaxing. Experiment with different motion methods and alternate between the ones you find work best.
- Wrap a warm water bottle (not hot) in a towel and place on your baby's stomach to help soothe the cramps.
- Provide a pacifier as the sucking motion is comforting and soothing to infants.
- Gently rub your baby's stomach or give them a relaxing baby massage with soothing oils. Infant massage with specialized "baby-safe" aromatherapy oils can be wonderfully calming and soothing to a [colicky baby](#) and it allows for a quiet bonding moment between mother and child. When massaging your infant, use slow, soft and gentle strokes. Remember to listen to and watch your baby's reactions and respond accordingly.
- If your baby can support its own head, then try putting them in a wind-up swing.
- Give your baby a warm bath.
- Swaddle your baby in a soft blanket and hold them close. Alternatively, try the "kangaroo method" of skin-to-skin by wrapping your baby against your bare skin. This is the most natural position for baby and can be very soothing if they are distressed.
- Sing and talk gently to your baby. Your voice is a comfort as well as a much needed distraction from the discomfort.
- Increase steady background noise. A relaxing CD, the hum of electrical appliances, a ticking clock or a steady "shhh" sound can be relaxing.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only

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treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the



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extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

iBaba: Homeopathic remedy temporarily relieves digestive distress and cramping in babies

iBaba is a safe, non-addictive, FDA-registered *100% homeopathic remedy* containing ingredients especially selected to temporarily **relieve digestive distress and cramping** in babies.

iBaba reduces the symptoms of infant [colic](#), providing **relief of gas and fretfulness** to allow your baby (and you!) to sleep peacefully.

iBaba should be taken at the first sign of a baby’s **digestive distress and cramping** for effective, short-term relief.

Unlike many other colic remedies, iBaba **contains no alcohol or artificial ingredients** and contains only 100% natural and proven homeopathic ingredients. **It is so safe and gentle**; it can even be administered to newborn infants.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature’s medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about iBaba](#)

Read the testimonials for these quality products [here!](#)



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Alternative Healing Academy

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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