

# Infantile Colic



*Did you know that colic in infants can lead to marital tension, social disruption and even child abuse? <sup>1</sup>*

The causes of infantile colic are unknown.<sup>1</sup> Traditional medical management involving prescribing drugs or proton pump inhibitors have consistently shown that these interventions are no more effective than a placebo.<sup>2</sup>



## **What is colic?**

When a baby cries inconsolably for more than three hours per day, more than three days per week, for longer than three weeks this is known as '*infantile colic*'.<sup>2</sup> Chiropractic care is a safe and effective choice for even infants.<sup>3-5</sup> In one study researchers showed that babies who received chiropractic care cried significantly less than those who did not receive care.<sup>6</sup>

# As many as 40% of all babies suffer from colic<sup>1,2</sup>



## What does the research show?

Over recent years the safety of chiropractic care for children and infants has been investigated.<sup>3-5</sup> The results of their studies suggest that chiropractic care can be safely provided to even the youngest members of our society. Adverse events in children after chiropractic care are rare and usually don't require further care.<sup>3-5</sup>

A study conducted in the United Kingdom looked at the effectiveness of chiropractic care in affected children.<sup>6</sup> The researchers observed 104 babies who were randomized into three groups. The first group of babies were given chiropractic care and their parents knew they were seeing a chiropractor. The second group also received chiropractic care, but their parents didn't know whether their baby was receiving the care, or the control intervention. And the third group didn't get checked by the chiropractor; instead they received the control intervention. These parents also didn't know whether their baby was receiving care or the control. Parents were asked to complete a 10-day 'crying diary'. The findings from this study suggest that even without chiropractic care crying time reduced.

However, babies under chiropractic care cried up to 3 hours less compared to those who did not receive care. Interestingly, the parent's awareness of whether their baby was receiving chiropractic care, or the control did not matter. This confirms previous studies that have also shown babies with colic responding well to chiropractic care.<sup>4</sup>

It suggests that the child's improvement is probably due to chiropractic and not parent bias or parent placebo effect. Further, this study found that excessively crying babies were (at least!) five times less likely to cry if they received care, compared to not receiving care. So it's very likely that chiropractic care really does help at least some babies who are suffering from colic.

Remember that the chiropractor isn't directly trying to treat the colic. Instead they're trying to improve spinal function with the aim of improving your child's brain's ability to process what's going on in their body. And for some kids this seems to result in less crying time!

This has to be a good thing for the whole family!

### Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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