

Is Chiropractic Treatment Effective for Colic?

If you have a baby suffering from colic then you know you will search to the ends of the earth to find some form of treatment to help soothe your baby's suffering and make them stop crying. You may be looking for conventional or natural treatments, or both, to help your baby and may have discovered the option for chiropractic treatment. You might think chiropractic treatment is only for those suffering from problems with their spine's alignment and the like, and it is to some degree, not to mention this could be the problem that is causing your baby's colic. Amazingly, chiropractic treatment has great results for relieving colic symptoms and helping baby and parents feel better again.

If you are not interested in chiropractic treatment for colic simply because you believe it is too radical or something you just don't approve of, then you can learn some massage moves that might prove effective as well at relieving colic symptoms and soothing your baby. If you do want to try the chiropractic treatments then you need to find a certified chiropractor for infants and you will need to talk with him/her to ensure you are confident in their skills and perhaps even ask for references. This is important because while chiropractic treatment for colic is natural it can be harmful if done incorrectly so you want a qualified chiropractor to perform the treatment. Once you find a chiropractor licensed to perform treatments on infants that you are comfortable with and confident in then you should give it a try and see if it works for your baby.

You are probably anxious about how the treatments will work and what will actually happen to your baby. However, don't worry because the treatments simply include lengthening procedures that lengthen the body to remove the kinks that are in the intestines. Additionally, many chiropractors simply align the baby's spine by adjustments to help relieve colic. Many times this helps and you might be surprised when a chiropractic adjustment helps your baby. You should not worry your baby will be in pain, either, during chiropractic adjustments because they are normally painful. Your baby might look as if he/she is in pain because of the chiropractor's strong hands and movements, but rest assured the adjustment is virtually pain free and will likely help your baby's colic tremendously.

After the chiropractic adjustment your chiropractor will likely show you some exercises to perform on your baby each day. These are generally called colic release exercises and they benefit approximately 70% of babies suffering from this condition significantly while a great many others benefit marginally. So, there is a pretty good chance that a chiropractor can significantly help your baby's colic pain, or at least reduce the pain somewhat, so you ought to give it a try.

The reason chiropractic techniques work so well is that they treat the condition of colic rather than the symptoms. Many parents give their children drugs or other remedies to treat symptoms and while this is ok it really is better to treat and eradicate the problem of colic altogether and that is what a chiropractor does. So, look for a certified chiropractor that can work on infants and give it a try, it just might be the best choice you ever made!

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About the Author

Vickie Barnes is a colic veteran of two colicky babies. Please visit her website, <http://www.ColicHelp.com>, for more support and resources for dealing with your colicky baby.