**Infant GE reflux and colic**

**​**

Here is a list of things to try...​

1. First, just **remember the basics** about frequent burping, positioning upright after feeding, proper breast positioning, eg, sometimes football hold gives a better latch, or "belly-to-belly" if doing the across belly hold. Make sure infant does not have to reach across his/her shoulder to maintain a latch otherwise will suck lots of air. Also, make sure there is no tongue-tie, for the same reason. Lastly, make sure infant is getting lots of "hind milk" which is much higher in fat. Switching sides too soon will give the infant more sugar rich milk that is more likely to give gas and diarrhea.
2. **For bottle fed infants,** use a gmo free, and preferably organic formula. I am not happy with formulas as they currently exist, but this is the best of an unhappy situation. The Gerber gmo-free formulas are the best I have found. WIC will not cover anything but Similac unless there is a Failure to Thrive diagnosis. No, colic and reflux is NOT the same as Failure to Thrive. A nice touch with the Gerber formulas is that they have some probiotics and prebiotics in them. Similac is jumping on the gmo-free bandwagon as well as prebiotics as of the end of 2016. Beware, however, those prebiotics are synthetic so I am not sure how they compare to the prebiotics you get from breastmilk. Better yet, is goat milk formula. The protein is much closer to breast milk and develops smaller curds thereby making for easier digestion. There are several goat milk formulas of which you can avail yourself. BTW, you can enhance the richness by adding ¼ - ½ tsp organic coconut oil to each bottle. This is not only great for gut healing but also for brain growth.​

Kabrita Goat Milk Toddler <https://goo.gl/Juquew>

Interestingly, this “toddler” formula is very similar to “infant” formula composition. It is an FDA labeling requirement. Infant formulas have other hoops to jump through before being approved to carry the “infant” label.

* + Mt Capra Goat Milk Formula Kit; this is for those with more time and money than they know what to do with. It is a bit spendy and requires that you mix the ingredients. It is a superior product, however. <https://www.mtcapra.com/product/homemade-goat-milk-formula-kit/>
	+ Holle Organic Infant Goat Milk Formula Stage <https://www.beyondorganicbaby.com/?gclid=CjwKEAjw3f3NBRDP_NHS9fq53n4SJACKIfEYbimeZOyj1mabBVTR6u8hZHiPbHII8g6V42OdPeYR0RoC9y3w_wcB>
1. **For nursing infants** with issues, first start with **eliminating things from your own (mom's) diet.** Spicy and ethnic foods, gas producing foods like beans and collards (broccoli and cauliflower), caffeine, chocolate, then moving on to dairy, eggs, and lastly to gluten.
2. **Put yourself on probiotics and enzymes.** This will help your own gut be as healthy as possible. This will be especially true if you have been exposed to antibiotics for any reason during pregnancy, around delivery time for group B strep infection, if you delivered by C-section, or if you have been on acid inhibitors. Remember, probiotics are different than enzymes. The former recolonize your own injured gut with a nice carpet of healing bacteria like Bifidobacter and Lactobacilli of various types. The enzymes help break down large protein molecules in your diet to they are less likely to travers your intestinal mucosal lining and enter your system, then on into breast milk. Smaller amino acid chains means less allergic reactivity in both your body and baby’s system.
	* <https://www.amazon.com/dp/B004H4A2PS> This is a wonderful broad spectrum probiotic. If you purchase it at the health store like World of Nutrition in Nampa or Nature’s Pantry in Lebanon, it is likely to be refrigerated. If purchased on line, then shipping is without refrigeration, so I suspect it may lose some potency. IDK for sure, though.

There are several enzymes available online or at health store. Source Naturals brand is one. Take with each meal.

* <https://goo.gl/YJGeWU>

Here is a chewable that can also be used for the infant (see below): <https://goo.gl/926fT5>

1. Certainly try **enhance milk production** if you are low, e.g. Mother's Milk, or straight Fenugreek. If you use the rx Reglan, just remember that it can give you "extra-pyramidal" side effects with bizarre muscular twitches and movements. Not common, but be aware!

Mother’s Milk tea:

* <https://goo.gl/hcivAq>

Wish Garden has a product to help with this also:

* <https://goo.gl/iQdgLW>
* If you are going to use Reglan to stimulate milk production, just beware of side effects: <https://www.drugwatch.com/reglan/>
1. **Put the infant on probiotics.** There are ones specifically made for infants. They do not need a wide variety like older kids and adults. Nutrition stores and Amazon give a good variety. Here is one option.
* <https://goo.gl/i6B1yM> Instructions say to use above 3 mo age at ¼ tsp. If we need to colonize the infant prior to this, start out with 1/8 tsp and slowly work up to ¼ or ½ tsp depending on response. For infants born by C-section or exposed to antibiotics, start right away after birth. This is especially true for reflux or colic. Don’t wait till 3 months.
1. Try **aloe vera** liquid. Soothing and healing to stomach lining and very safe. Can be used several times daily. Maybe start with ¼  tsp and move up to a full tsp 3-4X daily.

You may want to mix it in some breast milk or formula or just use it straight then chase it with milk. Some babies don’t like the taste. This is one sample brand but whatever is at the health store is fine. <https://goo.gl/tmEqAz>

1. **Digestive enzymes for the infant.** Try the adult chewable papaya-based enzymes and cut them into 1/2 or 1/4. Crush and mix with a bit of milk or water several times daily.
* <https://goo.gl/XjVQNh>
1. **Restore.** Mom can take this twice daily to seal her own leaky gut barrier. Infants, until about age 6-8 months have normal leakiness to allow maternal antibodies to pass uninhibited.
* <https://goo.gl/zVtWcD>
1. **Pediatric Chiropractic:** as I have watched these folks work, I have been impressed with the results I have seen. There are several reputable Pediatric Chiropractic clinics in the Boise/Meridian/Nampa area. Here are a couple: (please PM me to add more based on your experiences)
* <http://www.anackerclinics.com/>
* <http://www.bodochiro.com/>
1. **Herbal remedies:** here is a quote from the University of Maryland site on colic <http://umm.edu/health/medical/altmed/condition/infantile-colic> with several herbals.
* **Fennel**(Foeniculum vulgare). Fennel tea is a traditional remedy for colic, and some research suggests that fennel tea may help reduce colic symptoms. A breastfeeding mother can drink it. Fennel helps relax the gastrointestinal tract and get rid of gas. There is a report, however, that two infants suffered neurological damage when their mothers used an herbal product that contained fennel, among other ingredients.
* **Slippery elm** (Ulmus fulva). Helps soothe the digestive system, and you can use it as a tea. You can also combine the powdered bark with water and make a slippery elm "gruel," similar in texture to instant oatmeal. Check with your child's pediatrician first before using slippery elm gruel in your child's diet.
* Some supplement manufacturers make products specially formulated for infants. These products often contain herbs like chamomile (Matricaria recutita), fennel (Foeniculum vulgare), and lemon balm (Melissa officinalis). Ask your child's provider to determine the right dose for your child. DO NOT give these herbs to your child on your own. Some people are allergic to chamomile.
* Other herbs that may help calm the baby or reduce gas include linden (Tilia cordata), catnip (Nepeta cataria), peppermint (Mentha piperita), and dill (Anethum graveolens). Ask your child's provider to determine the right dose for your child. DO NOT give these herbs to your child on your own.
1. **Essential oils**

Here is a list of oils reported to benefit colicy infants when applied externally over the belly. Needs to be mixed with Coconut oil. Use one or two drops diluted before applying.

* Roman Chamomile.
* Lavender.
* Serenity blend.
* Melaleuca (Tea Tree oil)
* Frankincense.
* Lemon.
* Wild Orange.
* Balance Blend.