

Is your baby crying excessively?

Do you feel your baby is crying too much but have been told 'all babies cry'?

My name is Christian Bates and I own The Perrymount Clinic in West Sussex. I specialise in treating newborns with cranial osteopathy and helping mums with their own nutrition. After 20 years and thousands of mum & baby patients, I can assure you that 'All babies cry' is NOT normal. There is help for these babies!



All of which can be helped
learn more here: www.calmingcolic.com

P THE PERRYMOUNT
OSTEOPATHY & NATURAL HEALTH CLINIC

Let's start with the birth. Your birth story contains the conditions that affect whether your baby is colicky, excessively crying, upset and even how they sleep as toddlers in the future. Did you have C-section? Antibiotics? Ventouse? Forceps? A stressful delivery? Even a relatively normal delivery can have factors that upset your baby. They are all described in my book *Calming Colic - How To Help The 10 Causes Of Colic* (www.calmingcolic.com). It's not just about colic though! My book will help your baby right now if they are crying, upset, not sleeping and can even benefit their future health too.

This is my MISSION: To use my clinical experience and research to educate parents that there are solutions to help calm your upset baby. Mums shouldn't be told 'All babies cry' or 'Wait 12 weeks and they all get better' anymore. You can have your baby happier, quicker by understanding the causes of their irritability and get them on track for better future health and sleep.

I've put together this quick guide of tips and advice that I give to all of my mum & baby patients on a daily basis. For a more in-depth version of my solutions, please visit www.calmingcolic.com to purchase my book.

TOP REASONS YOUR BABY IS CRYING TOO MUCH

- 1) Traumatic delivery
- 2) Antibiotic use
- 3) C-section delivery
- 4) Stressful delivery

Which can all
be helped...



THE BRAIN-GUT CONNECTION.

How a baby's tummy is behaving can be a major factor in how they are sleeping. If they are windy, constipated or have frequent watery poos they won't sleep well. One reason for this is that the "Vagus Nerve" from the brain communicates to the bowel and from the bowel to the brain. Basically, if the bowel is awake and active the brain will be too, which equals NO sleep! In all children of all ages that have any health problems a great question to ask is "how is their tummy?".



**Quick births,
long births,
c sections,
premature births,
instrument
assisted
deliveries**

Many births can
be problematic
& cause
COLIC



**"A baby's gut bacteria health
can be a predictor of their
future health"**

- Christian Bates



DELIVERIES

It's easy to understand that a long, traumatic delivery can cause problems for a baby. Surprisingly, c-section, planned c-section and very quick deliveries also leave babies very irritable, jumpy and light sleepers.

GUT BACTERIA

Research has shown that a baby's friendly gut bacteria is forced out of balance after a number of factors around delivery. These factors, including the imbalance in gut flora, have been shown to make it more likely that your baby could have food allergies, eczema or asthma issues later in life. Correcting these imbalances can actually have a future health benefit. You can read more details in 'Calming Colic'.



Join Christian on Facebook for LIVE baby help videos



CalmingColic

visit www.calmingcolic.com to purchase the book





ANTIBIOTICS

My interest in colic came when I realised that most of the babies that were colicky had had exposure to antibiotics which are known to cause digestive issues in adults. It seemed highly likely they would also be a factor in babies too. If you know the cause of an issue, you can then find a way to fix it. Visit the Calming Colic Facebook page <https://.facebook.com/CalmingColic> and watch LIVE videos for more hints and tips to calm your baby.

STRESS

The stress a mother is feeling passes to her baby via her milk. This can alter the gut bacteria and aggravate colic and wind. Don't forget that even if you aren't breast feeding a baby can still sync with your stress and get upset. If you are feeling the pressure, it's time to hand your baby over to family or friend and have a well deserved break!

EXCESSIVELY CRYING

The babies that see me for treatment and benefit from the advice in my book are most often babies that are excessively crying, upset and not sleeping. A mum's intuition knows that their baby isn't right and they don't accept the 'all babies cry' advice and the 'wait 12 weeks' advice they are given. If you are local to Haywards Heath in West Sussex, UK, you can have treatment with myself, Christian Bates, at The Perrymount Clinic. If you aren't local then all of my advice is in my book 'Calming Colic' available at www.calmingcolic.com. Please also visit my Calming Colic facebook page for LIVE videos, chat events & webinars. Pop over and join our community aimed at helping mother & baby.

To buy the book Calming Colic, for free downloads, Blogs and baby help videos visit www.calmingcolic.com. Also follow Christian on Facebook calming colic and The Perrymount Clinic. For baby appointments call 01444 410944. www.theperrymount.com