

BY CHRISTIAN BATES

# DISCOVER THE 30 CAUSES OF YOUR BABY'S EXCESSIVE CRYING & IRRITABILITY

*So that they sleep through the night, feed in routine & then settle easily so you can live a stress free life & get a few smiles out of them along the way*



**CHRISTIAN BATES**  
EXPERT & AWARD  
WINNING OSTEOPATH &  
NATUROPATH AUTHOR  
OF CLAMING COLIC -  
HOW TO HELP THE  
10 CAUSES OF COLIC

**Dear Friend,**

Below is your special report called: **“Discover The 30 Common Causes of Your Baby’s excessive crying & Irritability So That They Sleep Through The Night, Feed In Routine & Then Settle Easily So You Can Live A Stress Free Life & Get A Few Smiles Out Of Them Along The Way!**

Colic is the medical term for excessive, frequent crying in a baby who appears to be otherwise healthy and well fed. It is a common yet poorly understood condition, affecting up to one in five babies.

I’m here to change that!

If, like so many other parents I talk to, you are searching for a realistic and permanent solution to your baby’s excessive crying & Irritability, and if you are tired of having sleepless nights I urge you to read every word of this important free report.

The information in this report is revolutionising the osteopathic industry. I have countless success stories to share with you. You will not find a more realistic, simple and powerful system for safe, rapid, and lasting prevention to your baby’s colic.

I sincerely look forward to hearing from you. After reading this report, please call me for more information – I’m here to help you.

Don’t put this off. There’s nothing more important than your baby’s health.

Please read the report and call me today.

To Your Health & Your Baby’s,

**Christian**

**Christian Bates**  
Osteopath & Naturopath

*P.S. Over the last 18 years I’ve been helping the parents of Mid Sussex in person and hundreds of parents around the world understand what colic is and how best to treat it. I’m not sure of your exact problem or the issues you’re facing with your baby, but what I do know is that my team and I can help.*

*Read the information below and then call 01444 410944 to secure your appointment!*



*Expert & Award Winning  
Osteopath & Naturopath  
Author of Calming Colic - How  
To Help The 10 Causes Of Colic*

**Christian Bates**

## Dear Parent,

Ask yourself these 3 questions:

1

Are you constantly tired because your baby isn't sleeping through the night?

2

Is your baby crying excessively throughout the day?

3

Is your baby Irritable day-to-day and suffering in pain and discomfort?

*If you answered **YES** to any of these questions, then this may be the most important letter you ever read.*

What I have to tell you addresses the most important issue you face – **your baby's HEALTH.**

From my 18 years of experience as an osteopath, one critical point has been hammered home countless times:

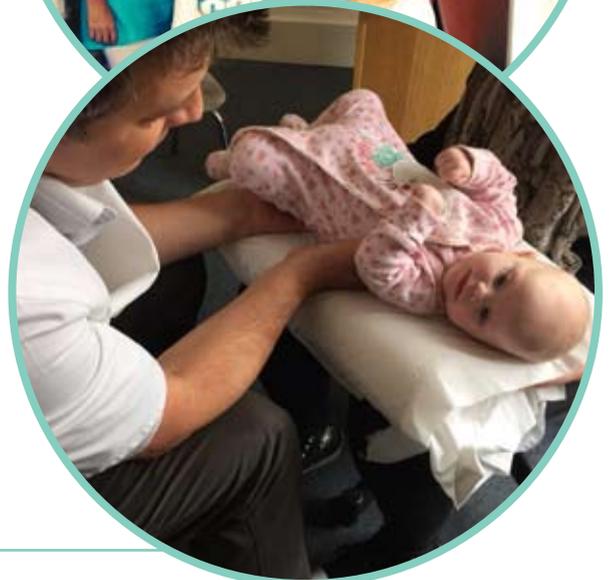
Our health is the most valuable asset we have...and if it goes south, we will spend everything we have, financially and emotionally, to get it back!

So please take a few minutes to hear me out.

My name is Christian Bates and shortly you will be reading an e-report I have written on tips to quickly calm your colicky, upset, irritable, distressed baby.

This report is a prequel to the baby help guide I have written called Calming Colic - How to help the 10 causes of colic.

But before you read that I'd like to tell you a little bit about myself and my clinic – The Perrymount Clinic, in Haywards Heath.



## THE EARLY DAYS...

Ever since I was aged 14 I've had an Interest in helping people and my first real memory of this was falling off a skateboard and needing help myself! Fortunately, both of my parents already visited an osteopath and so immediately sent me off to have treatment for my acute back pain and sciatica.

Well I was blown away after my first treatment! I went in in agony and worried about what I had done to myself and also devastated that I was unable to play cricket which was my passion at the time playing for my school, local club and my County, Sussex. The osteopath had me do a few moves and instantly could see what was wrong and after some muscle work gave me a "click" and the relief was amazing! To me osteopathy had an air of mystery around it, almost being able to look inside the body at what was wrong, at least that was what it seemed like. Osteopathy is now more mainstream so it may not quite hold this mystery now and 1000's of patients visit osteopaths every day.

At the age of 14 I was telling my teachers and career advisers that I wanted to be an osteopath. And guess what? None of them knew what an osteopath was! So I basically ended up choosing my subjects and applying to the three osteopathic colleges available at that time myself. I was accepted into all three and chose the British College of Osteopathy and Naturopathy as I also had an interest in nutrition and at the end of my 4 years training I would receive a BSc (Hons) in osteopathic medicine AND a Diploma in Naturopathy.

In 1997 I graduated as an osteopath fulfilling my dream of achieving the only job I have ever wanted and I can honestly say there isn't another job I would change to. As a fully qualified Osteopath and Naturopath I went out to help the residents of Mid Sussex and started operating in a clinic in Haywards Heath. Here I built up a loyal client base who I helped function better day to day and live pain free.

## NOW

In 2008 I decided to follow my dream of setting up my own clinic (The Perrymount in Haywards Heath) to better service my own clients and to reach even more people in the Mid Sussex Area. I learnt the good and bad from the different clinics I had worked in over the previous years and wanted to run my own clinic to exceed every clinic I knew and implement all the burning ideas I had collected over the previous years. I wanted to own the number 1 natural health clinic in Mid Sussex bringing together the best practitioners and offer the absolute best customer service possible.

In fact my mission is to have my clinic rival any global business in its service and communication and to help as many people as possible, whether they are a newborn baby through to those in the later years of life. I'd also like us to be the first people you call with any natural health questions and we also aim to provide as much health information to you as we can so you can help yourself whenever possible.

In the 6 years The Perrymount has been open I have personally won a prestigious "CAM" award entitled "Outstanding Contribution to the Community". I was privileged to receive this mainly based on my book 'Calming Colic' and due to the amount of babies The Perrymount Clinic now helps. The Perrymount Clinic as a whole also won a best start up business in its first year and has been a finalist in best clinic in the Country and top business in Europe at the ActionCOACH awards last year.

Now let's get into: **Discover The 10 Common Causes of Your Baby's excessive crying & Irritability So That They Sleep Through The Night, Feed In Routine & Then Settle Easily So You Can Live A Stress Free Life & Get A Few Smiles Out Of Them Along The Way!**



## STEP #1

## WHY DO I SPECIALISE IN HELPING BABIES?



Parents always ask me how I got into treating babies and ended up writing a book. After I finished post-graduate training in cranial osteopathy I immediately started treating babies in the first clinic I worked in as I was the only “cranial osteopath” there. I am pleased to say I remember the first baby I ever treated... because I caught chicken pox off her! At the age of 22, when I had just bought my first car, finished my four year osteopathy degree and was feeling fantastic about life, you don’t want to catch chicken pox! After two weeks I stopped looking like a zombie I got back to treating babies.

I was fortunate enough to be learning from some fantastic osteopaths then who were “evidence based” in their approach to natur-opathy and nutrition. This means they studied medical research to find new ways of helping patients. This rubbed off on me and I started writing a handout that I gave to all parents that brought their precious baby to see me.

### *You see...*

it wasn’t that long ago that cranial osteopathy wasn’t as well recommend to mothers as it is now so I wanted to give them information about what I was doing to their precious new arrival. I was using more than just hands-on osteopathy, I was recommending probiotics and changing the mother’s diet and maybe the formula their baby was on. So I was giving a lot of information to the parents, and as you know as a tired parent it probably wasn’t all sinking in!



It didn’t take long after adding new information I had found and developing my “colic” techniques that the handout became too thick to staple together! At this point it dawned on me that I had nearly written a book and I had so many more ideas and advice to share to parents to help their baby that I might as well commit to making this handout into a book.

### *This is how my book started....*

I set the alarm an hour earlier every morning and before my two boys woke I made great head way into “Calming Colic”. Then the next problem formed; when should I STOP writing. I was absolutely fired up on the experiences I was having treating babies in clinic, talking to parents and then going home to convert them into research proven information to write in my book.

I learnt something new after every baby I treated. I had a note book next to me on my desk and I would scribble notes to investigate the next morning. I remember noticing that so many of the colicky babies had had antibiotics shortly after birth yet the parents were told that they wouldn’t affect the baby or even be passed through a mothers breast milk if she took them.

## STEP #1

## WHY DO I SPECIALISE IN HELPING BABIES?

I just didn't believe this! So I investigated it and found *medical scientific research that stated it DOES!* One of the studies even said something along the lines of

*"We didn't think antibiotics would affect a baby's gut flora, but it does."  
And it really did, the babies gut flora in the study was still altered after a year!*

For me this is mind blowing; have you ever heard this! Did anyone in hospital mention this to you? The thing is you would have been giving antibiotics for a very good reason, but I strongly feel you should have been told how to negate their detrimental effects, don't you? I have written all about this in Calming Colic.

On the day I was finalising the book a piece of research came out that babies that had antibiotics in the first week of life had a

**25%** INCREASE IN OBESITY  
AT AGED FOUR YEARS!

*Hello! This is revolutionary, can what happens to a baby at birth be affecting them later in life and has it affected us as adults already?*

*The answer is an absolute yes!*

## STEP #2

## THE THING NO ONE IS TELLING YOU...

The thing is no one is telling you this and if they do all they give is the bad news, right? This is another one of my aims and commitments, to find out this research, spin it so it is helpful to you and your baby and explain it to you so you understand it. One of the most common compliments I hear from parents is that they understand what I have written in Calming Colic and in my Blogs and spoke about in my videos, because I make an effort to put myself in your shoes (I'm a parent too) and it is of no use you to at all if I use medical and osteopathic jargon. Apparently, this is a Capricorn trait!

Currently, my research is leading me onto something called epigenetics and trans-generational factors (see long worded jargon!). So let me put that in to something that makes sense, basically, this is how we can actually beneficially or detrimentally alter our genetics and how the parents' lifestyles and even grandparents lifestyles affect future babies. The big highlight of this is that you CAN alter genetics with lifestyle, whether that be good or bad lifestyle habits.

I am now conducting research into the eating habits of the new mother and how this affects the health of their baby and how it can cause colic type symptoms in the newborn. And let me tell you as a generalisation new mums do NOT eat well!

## STEP #2

## THE THING NO ONE IS TELLING YOU...

Although I touch on this in "Calming Colic" in the Hungry Baby chapter this is actually research I've been carrying out since writing Calming Colic. It is absolutely vital to know this for yours and your baby's health. But don't worry all this is explained in videos, Blogs and eBooks which are included in your Calming Colic Club Membership. This is a lifetime membership and you will have access to all of my updates and they will be there for you if you have children in the future

Let me finally explain to you my values and the aims I want to achieve when you read my book, join the membership site and see me for treatment.

## STEP #3

## I WANT TO TAKE YOUR BABY OUT OF THE SCREAMING, WINDY, IRRITABLE PAIN THEY MAY BE IN - FAST!



Firstly I aim to get you baby better as soon as possible! And by this I mean get to where a "normal" baby should be, bear in mind a normal baby, cries, poo's and doesn't sleep through the night in the early days. What I want though is to take your baby out of the screaming, windy, irritable pain they may be in so they can be calm, relaxed, you can put them down and they are happy, they sleep well, feed well and then settle again and you can get a few smiles out of them!

I will delve into everything I can think of to find the CAUSE of your baby's discomfort; what was your birth like? Did either of you have antibiotics? Was there maternal separation after birth? Are you breast feeding? What foods are you eating? etc. I have a way of helping each of these.

Let me tell you what I DON'T think is a valuable fix for your baby: your baby screams in pain but you can settle them if you continuously hold them, shush them, rock them, walk around the room, take them for a walk at 2am or take them for a drive in the car. Repeat this for 12 weeks!

After 12 weeks they are meant to be fine aren't they, or are they? If your baby had antibiotics has their gut flora replenished itself correctly? If they had a forceps delivery has the tension been removed from their head? Yes, at 12 weeks they may stop crying so intensely but they have probably just got old enough to cope with these issues.

So I truly aim to find the colic that YOUR baby has, you see every baby's colic is different, because every baby and every birth story is different.

Let me quickly show you

## THE 10 COMMON CAUSES OF A SCREAMING, IRRITABLE, COLICKY BABY AS FULLY DESCRIBED IN THE BOOK CALMING COLIC

- 1 Birth trauma—long births, instrument delivery (forceps, ventouse, kiwi), quick births, C-sections, premature births.
- 2 Antibiotic use and imbalance in bowel bacteria.
- 3 Maternal separation.
- 4 Growing pains.
- 5 Feeding and sleep environment and routine.
- 6 Foods eaten by the breastfeeding mother causing colic.
- 7 Formula-fed babies have issues with the formula causing colic.
- 8 The mother has digestive issues of her own such as Crohn's, IBS, or ulcerative colitis.
- 9 The mother is deficient in good foods and nutrients resulting in a “hungry baby” that is unsatisfied with breast milk.
- 10 Stress in parents, before, during and after the birth.

My book, blogs, videos and slideshows give you detail on these causes, the reasons behind them and the solutions. And the solutions are to help FIX them for the future, not just some tame advice to get you through a few minutes until the next episode starts.

I also post up advice on any new research that comes out which I actively look for every day. I analyse this and flip it into something of use to you, your baby and your family. 99% of the time the actual research will make no sense and in fact will be quite negative research with no solution. But there usually IS a solution that can be interpreted and I will tell you this from my experience and opinion.

I hope that after you have read this e-report and Calming Colic you will see the value of taking your baby to see me at The Perrymount Clinic. If you are considering it I have written a few frequently asked questions for you below:

Q

Does cranial osteopathy hurt my baby?

A

No! Most certainly not, cranial osteopathy is EXTREMELY GENTLE. In fact it is so gentle that most parent's wonder how on earth it works as you can't see me doing much. I LOVE THIS! Why? Because it means that I HAVE to rely even more so on great results to get new clients.

*Read this Facebook comment that was posted in a local group called Haywards Heath Gossip (HHG):*

I do actually have a few techniques that you will be able to see more clearly than the cranial osteopathy. These are just very gentle movements along the spine to relieve compressions from the birth. Again they are super gentle and you will actually have your baby laying across your lap on a pillow so you will be able to touch them or hold them whilst I treat them. Essentially you are right there as close as you can be.



A

In the most simplified way cranial osteopathy gently removes the tensions of birth or some other trauma from a baby (or toddler, or adult). Cranial osteopaths are trained in techniques that work WITH your baby to speed up the natural healing process that they are trying to do anyway.

Q

How does cranial osteopathy work?

**A** Not much really, well except all the bags, bottles, spare clothes, muslins and nappies you usually carry! Just come prepared as you normally would with your baby. If you are bringing a toddler you can bring their favourite toy, but we actually have toys and paper and crayons at the clinic.

**Q**  
What do I need to prepare for the treatment?

**STEP #5**

**5 FAQ'S ABOUT CALMING COLIC**

**Q**  
What if my baby needs to feed?

**A** This is no problem either your baby can feed or have a dummy whilst having the treatment. Whatever is good for your baby, I will work around that. If you breast feed then we usually have a room you can feed in either before or after the treatment.

**A** No problem! Crying comes with the territory of having babies in the clinic. The cranial osteopathy is actually very relaxing and most babies will settle whilst having the treatment. Not always, it is babies we are dealing with here after all!

**Q**  
What if my baby cries?

**Q**  
Will I get a cup of tea on arrival?

**A** Yep, always!



## STEP #6

## WANT A QUICK RELIEF METHOD TO A SCREAMING BABY?



I know that as a parent you will be desperately seeking a quick relief method to help your baby when they are in full-scream-ahead colic pain. I want to make it clear here that anything that calms your screaming baby is great but this will be symptom relief only. To help the CAUSES of colic then you must follow the advice in Calming Colic - How to help the 10 causes of colic which will give long term relief and even improved health for your baby into their future life.

To offer you an example of how issues at the time of birth can predispose to future problems, a particular study found that babies born by C-section have a greater risk of having allergies when they are two years of age. The Calming Colic book looks into the reasons behind this and also gives advice on how to prevent this happening. I firmly believe that the symptoms of colic are harmless and short lived but the CAUSES of colic, like C-section or antibiotic use, can carry a longer term effect on your child, as this research shows. Let me reiterate that last sentence; as research shows, these are my ideas but I have backed them up with scientific research papers that are listed in Calming Colic.

### *Let's look at another example...*

This one is of a baby's colic being caused by a breast feeding mother eating too much dairy which is passing into the baby creating wind and giving painful colic. Often referred to as cow's milk intolerance or lactose intolerance. You might be able to massage this baby's tummy after every feed and bring some quick colic relief. However, you are simply giving symptom relief now, for the baby's comfort and a long term fix the mother needs to reduce the dairy in her diet which in turn reduces the wind in the baby which is giving the colic. This illustrates a SYMPTOM fix compared to a CAUSE fix. You want both, Calming Colic helps you with the CAUSE fixes and there are many, many more than just the couple I have mentioned here. So if you really want to fix the causes then jump over to [www.Calmingcolic.com](http://www.Calmingcolic.com) and download the PDF.



## STEP #7

## FIX THE CAUSE



I'm not saying you shouldn't give symptom relief, of course you should! You must do whatever it takes to ease your baby's colic and I will walk you through a number of solutions in this eBook. However, when you give a symptom fix you will need to repeat that fix at the next bout of colic, which is probably the next evening or even next feed! According to the commonly known duration of colic this will last for 12 weeks! Do you want to wait 12 weeks doing this at every feed? I doubt it.

### *In my book Calming Colic...*

I look at all the researched causes behind colic and offer a solution for each. In this way I aim to have a baby nicely calmed in around 2 weeks, a lot more appealing than 12 weeks I think you'll agree.

In this eBook however I am going to help you with quick calm symptom relief and my aim is to make this the best symptom relief guide you have read anywhere on the internet. The reason being I have drawn on my many years of treating babies, I have also listened to parents about what they have done for their baby and I have investigated the internet and taken what I have found there and made it better!

## STEP #8

## SYMPTOM RELIEF

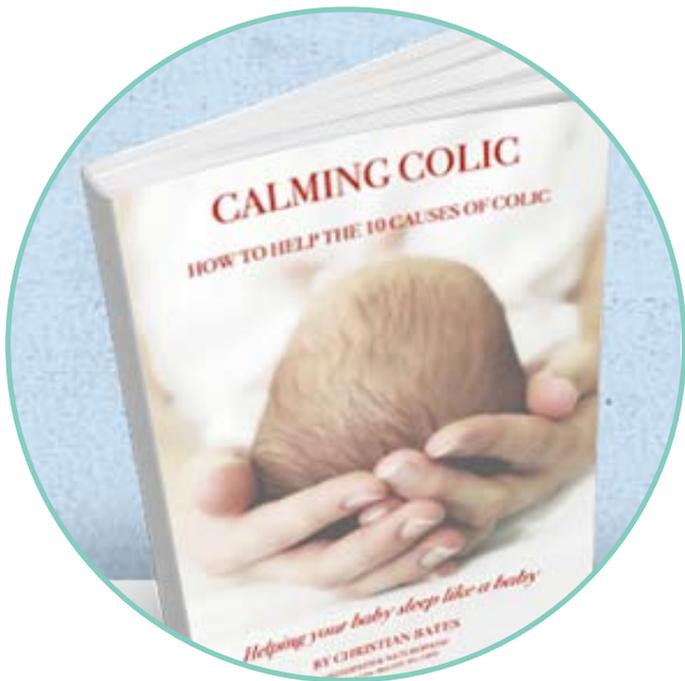
In my clinic I look at each baby individually and each colic type as differing too, so when I help the causes behind colic the advice can vary. This is the same for the symptom relief too. You may need to try out a few of these symptom relief techniques to suit your baby, and perhaps even a different one will work at a different colic episode, it will depend on what the trigger of the colic is as this can vary.

*“ My husband and I would like to say a huge thank you to you for helping our baby son. I brought my 18 week old son to you a couple of months ago after being told by doctors that he had reflux and would grow out of it but it only seemed to get worse. He was arching his back and just seemed constantly irritated. After reading your book 'Calming Colic' it gave me hope that maybe my son didn't have to go through more weeks of misery and that his very quick ventouse delivery may be a cause. Half an hour after my sons first treatment with you we got our first proper giggle and he just seemed to be more comfortable and happy. Now 2 months on and only needing 2 treatments in total he is such a happy baby and a joy to be around. ”*

*Suzanne, Ralph & baby Seth*

## STEP #9

### RESEARCH



As in Calming Colic I have looked to the research and science behind calming a colicky baby, I have also added tips that parents have mentioned to me over the years in ways they have used to calm their baby down too.

I think we are looking at 3 immediate problems to try and relieve a colicky baby having a big crying colic episode.

- 1** A painful, bloated, windy tummy.
- 2** A stressed nervous system in a state of over stimulation.
- 3** Tightness in the spine, often between the shoulder blades.

There are a number of other factors of course, such as those I explain in Calming Colic, but these can't be addressed immediately as they require perhaps giving probiotics or a cranial osteopathy treatment all of which are explained in the book. These solutions will bring about a longer term fix to colic so it won't return. I have also written a number of Blogs and made some videos all available at [www.calmingcolic.com](http://www.calmingcolic.com)

## STEP #10

### DIFFERENT POSITIONS TO HOLD YOUR BABY TO GIVE THEM RELIEF

This is the most simple fix and can be really great when it works. If it doesn't then continue reading and try out the other quick fixes! Each position does something slightly different to your baby, but in general it alters the position of their spine or offers some relief to tummy pain. I have picked these up from mothers commonly telling me that one of these positions brings some relief to a colic episode. I personally like to understand why different things do work and I have reasons I believe these "holds" work.

On the internet you will commonly see the "Lazy Lion" hold illustrated as helping ease colic. Yes, that hold might help SOME babies, but definitely not all, in fact some babies will hate it as it won't suit them. So I have found a number of different holds can be helpful, including the Lazy Lion hold, but there are others too.



## STEP #11

# DIFFERENT POSITIONS TO HOLD YOUR BABY TO GIVE THEM RELIEF



The first hold is cradling your baby with them laying on their back with their knees up, this “flexes” the babies spine which can be comforting to them and also releases the nerve supply to the bowels or the stomach, depending on which part of the spine flexes. This is one of the fundamental laws in osteopathy; that each part of the spine supplies a particular area of the body with nerves. Therefore treating the spine has an internal effect. This position also has a compressing effect on their tummy and may nicely push out their trapped wind. If all goes well you may get some loud trumps and lovely baby smiles of relief!

This is similar to having your baby lay on their back on the floor and you “cycling” their legs.

This “flexion” position is also the position a baby lays in when they are in a car seat, so if a car seat calms your baby then it may be because of this position. Of course you don’t want to leave your baby in the car seat all day so it will be appropriate to see a cranial osteopath to help relieve the tension in your baby’s spine and then they will be able to lay flat. You can find a “Calming Colic osteopath” at [www.calmingcolic.com](http://www.calmingcolic.com)

However, lots of babies I see feel uncomfortable laying on their back, this is either because they have a sensitive head from the birth or because they don’t like being stretched out yet, after all they have been balled up inside you for the last few months! This is especially true in very quick births and also C-section births as the baby hasn’t been “stretched out” through the birth canal.

The second position is similar to the first but with the baby on their tummy. Parents often say this is a helpful position. Basically your baby is face down draped across your knees as you are sitting down. This flexes their spine again but also compresses your baby’s tummy over your knees, and lets them flop forward slightly. On top of this you can also rub and pat their back too to help the wind out.

This is similar to the lazy lion hold except in this you are sitting. So if you need to stand then use the lazy lion hold, the baby’s tummy is compressed along your arm and you can pat their back and flex them slightly too. However, this is interesting because I have seen many parents demonstrate this hold to me; some parents hold the baby in a flexed position as I have mentioned (baby flopping forward) but some hold the baby in an “extension” position which helps them.



*Extension is the position a baby throws themselves into when they are arching backwards. Some babies like extension, some like flexion and a cranial osteopath will be able to balance this out. Very often a baby actually throws themselves into extension when they actually need to be helped into flexion with some gentle treatment.*

## STEP #12

### UNDER ARM HOLD



I have never seen this hold described on the internet but I have found it very useful and parents often mention it as helping. Quite simply you hold your baby under their arms and let them gently dangle. This can literally switch some babies off when they are screaming. Bliss! I think that this hold gently lengthens and stretches the baby's spine causing a release of tension that is annoying them. Babies with reflux often respond well to this as I find reflux babies are tight between their shoulder blades. This can happen if you have had a long delivery where perhaps your baby got stuck on the way out and had a number of contractions compressing down on them whilst they weren't going anywhere.

So try these different holds as a starting point, all babies are different so maybe you have your own hold that brings colic relief. Please let me know and I will add it on here and it may help other parents out.

## STEP #13

### MASSAGE

You can try and gently massage your baby's tummy however, I really think that if your baby is screaming a lot and has a "hard" tummy then this might not be as effective as hoped, but is still worth trying. The pressure you would have to use to give some relief would be too hard to get through the tight tummy muscles. Having said this just gently circling with some oil could still help as it adds another sensation for your baby to think about rather than the wind pain. I think you can even simply put your hand on their tummy and just remain very calm and let your calmness go through to them if possible. The power of touch! More on this later. Also feel free to massage them all over, again any calming sensation that takes their mind off the colic is great.



*What would be even better is to go to a baby massage class and learn a few techniques from a professional and you can then apply those to your baby in times of colicky need. We have a growing list of health professionals on the Calming Colic website and also on the Facebook page that you can tap into.*

## STEP #14

### REFLEXOLOGY POINTS



Reflexology maps out the internal organs onto the soles of our feet. You can gently massage the areas on the feet to have an effect upon the organs. What's nice about using reflexology zones for colic is that you aren't directly massaging a tight tummy which your baby might not immediately like if they are uncomfortable. You can specifically massage the stomach and bowel area reflex points on the feet which can be soothing, however, your baby's feet are small so just gently massage the whole foot and you will get the correct areas at some point! Just use a little oil suitable for babies so your fingers run smoothly over your baby's skin.

## STEP #15

### CALMING TEAS

In my clinic I sell teabags by Earth Mama Angel Baby that help to increase breast milk production. The added benefit of these particular teabags is that the ingredients are also known to be beneficial for colic (Fenugreek, Fennel, Caraway, and Anise). I have been told by parents that having 1 or 2 cups of this throughout the day has seemed to bring some relief to babies. Going and sitting down for a cup of herbal tea obviously isn't going to bring immediate relief to your colicky baby, unless you are in the kitchen out of ear shot! But every little bit of help counts and this is really easy to add into your normal daily routine (if you have one).



## STEP #16

### PARENTS KEEP CALM AND CALM COLIC

I feel that this is one of the most simple yet effective methods that should be practiced at virtually all times with your baby. There is loads of research on how babies pick up on the stress of their mother and father. Both through the mothers breast milk directly via stress hormones but also by just being in close proximity to them. More research has been done on the mother obviously. Basically, the advice is to keep calm around your baby even when they are mid flow colic meltdown.

#### Simple...?

Obviously not, when you are worried about your baby and you are being deafened by crying this can be difficult. But the research is clear, if you are worried and stressed you will be passing those feelings to your newborn. I firmly believe then that if you can remain calm then you can pass that on too.

## STEP #17

## HOW TO REMAIN CALM



If your baby is in the middle of crying and they are working you up into a stressed frenzy too then I think it is a great idea to have what I call a “tag team” going on. Pass your baby to another family member or friend that isn’t as stressed as you are and let them have a turn at settling your colicky newborn.

I see this regularly in my clinic. A baby can be upset and crying hard and the mum is getting stressed too so I sometimes ask to hold their baby. The baby often quiets very quickly. This is because they aren’t picking up on their mothers stress and I remain very calm and neutral to their crying. Now this is quite easy for me because they aren’t my baby, I don’t have such connected emotions to them apart from wanting to help them with their colic. Also I am comfortable holding babies as I see so many of them.

The baby will quieten either because they are away from their stressed mother which they are picking up on or they are with me who isn’t stressed, which they are picking up on. I suspect it is a little of both.

## STEP 18

## BREATHING TO SYNC YOUR LITTLE ONE

Research also shows that deep breathing is calming on us and lowers our stress levels. They have known this for 1000’s of years in India and China where their natural exercise forms, Yoga and Tai Chi, focus so much on it. But I can’t get my baby to breathe deeply I hear you cry! No you can’t, but YOU can breathe deeply and relax. We know that your stress can pass to your baby and cause colic and excessive crying, so the aim is to relax you. So while you are holding your baby, walking around, gently jiggling them you can do some gentle deeper breathing to relax yourself too. I used to personally do this with my two baby boys when they weren’t going off to sleep. I would lay next to them, snuggle up and then do some deep breathing, remain neutral and calm and off they would go to sleep. Many times I would be off too.

***Meditation in between colic episodes and even whilst holding your baby***

Scientific studies have proven that stress is transmitted to the baby though breast milk. But let me make it clear that research also shows that the stress of the mother and baby syncs in formula fed babies too, so it wasn’t a physical chemical being passed through the milk in this case. The stress was actually being “picked up” by the baby by just being near you (if you are stressed). If you are a wonderfully relaxed mother then the advice is to be near your baby all the time!





So it is all very well breathing deeply and trying to relax whilst your baby is crying, but what is probably better is to practice purposely relaxing in the times your baby isn't screaming in colicky pain. Then perhaps if you are generally more relaxed anyway you won't respond in such a stressed way the next time your baby cries. In turn they won't pick up on you being so stressed and so the cycle of stress-crying-stress that gets into a spiral will actually go the other way and the crying will ease quicker.

I propose that the best way to do this will be for you to do some meditation or relaxation each day. As far as timing goes this could be as little as 10 minutes twice per day, or whatever you can manage. Many people instantly say "I can't meditate!" as they think it has some mysterious, airy-fairy technique to it. Well it could do, or it could just be you sitting quietly by yourself and spending some time slowly breathing in and out. I'm going to give you a really easy relaxation technique below:

Let me quickly show you

### EASY RELAXATION TECHNIQUE

- 1 Sit comfortably and quietly, your baby is probably asleep.
- 2 Close your eyes (but don't fall asleep) or softly focus on something in front of you (not the TV) or even put your sleeping baby in front of you and enjoy watching them sleep!
- 3 Simply breathe in a slightly deeper, slower and more purposeful way, in through your nose and out through your mouth. Nasal breathing is relaxing as it calms your nervous system.
- 4 Continue this for as long as you can or until your baby wakes. It's very easy, so give the relaxation a go!

*Let me share with you that some of the most distressed, screaming, crying and colicky babies I have ever seen have had mothers who have been very stressed too and have worked hard right up to their due date. Fortunately, cranial osteopathy is able to gently remove this tension from the baby very effectively.*

## STEP #20

### BABY SLEEPS MOTHER SLEEPS



I am sure that you can also grab some more down time whilst your baby is sleeping, in fact I would consider you having a joint nap when your baby does as very relaxing and restorative for you. I simply don't think as a new mother you should be running around cleaning the house whilst your baby sleeps. You may need to do this at some point but you also need to rest too and as a priority I think you and your baby come before house work.

Yes, ladies, I am saying in a vague round-about way that house work causes colic! Now, before you going telling your baby's father that I have suggested you stop house work I also found some research that suggested colic was less in couples that were happily together and had a closer more physical relationship. So yes in a vague way more sex decreases colic too!

Right let's get back on track. This is how sleeping at the same time as your baby can help you. The stress hormone cortisol is what keeps us awake. It has also been shown to be passed to your baby via breast milk and your stress can be "sensed" by your baby too. Cortisol is what keeps us awake during the day. It is also what keeps you awake at night when your baby is crying. So if you are up with a colicky baby through the night and are lacking sleep your cortisol will naturally be high, which then aggravates your baby more, their crying stresses you more and round in circles it goes!

Grabbing some extra sleep to catch up is vital as it will give your body a chance to naturally reduce the levels of cortisol and de-stress you.

As a side comment, I also run weight loss workshops and it is this same process of high stress hormones and lack of sleep that can cause weight gain and hinder weight loss. So as an extra incentive if you need it, the extra sleep will also help you shed any extra baby weight you may be carrying. I use a blood sugar balancing food plan to assist in this weight loss and it is actually great for the pregnant or breast feeding mother as it involves eating plenty of food regularly and can really help your energy levels and milk production if you are breast feeding.

## STEP #21

### SKIN TO SKIN

Research has shown that skin to skin contact has a calming effect on your baby too. We have already seen that your mood can be passed to your baby through contact. So if you are feeling calm whilst your baby is irritated it may be worth going the extra mile and giving them a cuddle your skin to their skin. Just do it in a nice warm room!

There is more to skin to skin contact than just this stress element. There is also the passing of friendly bacteria which is an absolutely vital step in the long term fix of colic. I have gone into great detail on this in my book *Calming Colic* as I believe this bacteria is one of the most important aspects in causing colic and helping calm colic and in fact vital in the future long term health of your baby.

## STEP #22

### SKIN TO SKIN



#### SWADDLING

Most of the techniques listed here in some way calm your baby by reducing the input of extra information to them or distract them in some way from their colic pains. Swaddling is the same. It is like getting a hug except it is a blanket wrapping them up. So the contact of the blanket wrapping them up creates a distraction and at the same time it minimises them flailing their arms and legs around which in itself can stop them settling.

I have read some controversy in swaddling recently because it is mentioned that your baby can get too hot or wrapped too tight. I suggest that you have a midwife or health visitor show you how to do it correctly and ask them if they recommend it themselves.

## STEP #23

### ROCKING, SHUSHING, CARRYING

When your baby is stressed anything that can calm them or take their minds off the colic will be helpful, so rocking them, gently bouncing them or shushing them will give them another calming input to their nervous system rather than the painful input from the colic. It is the same principle as rubbing a bang or “ouchy” with an older child or yourself. Let’s say you bang your knee, your nervous system is sending you signals of pain to your brain. When you rub your knee you are almost rubbing these signals out, the body has only a set number of nerves to transmit pain feelings to you, so if you start using those nerves up with other signals, from rubbing, then the pain ones lessen.

So rocking your baby, patting their back and speaking loving words in their ear all adds to their calming experience. Just remember though, if they have some irritation from a traumatic delivery it will really only be a cranial osteopath that can soften those tensions most effectively.

## STEP #24

### CAR JOURNEYS

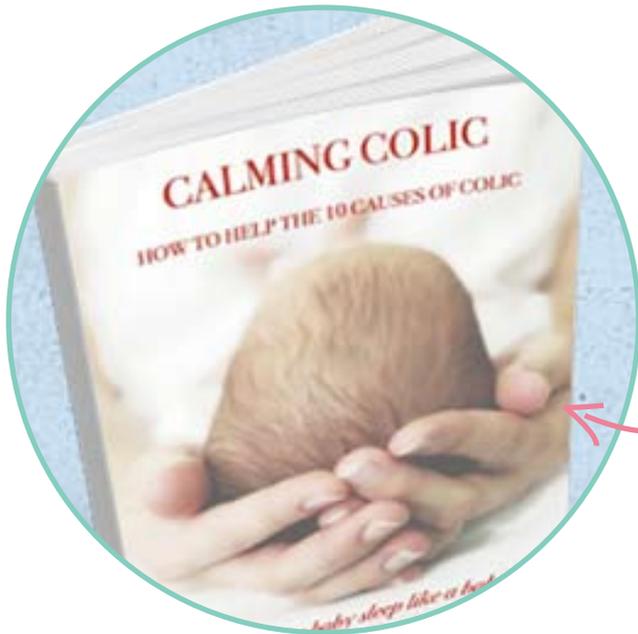
Most parents have realised that a car journey provides lots of things that a baby finds soothing. It has the background white noise of the engine, it has the bumps in the road providing rocking and to some degree the car seat acts like swaddling. In this respect a car journey can work wonders to calm your baby. But... do you really want to be doing a car journey in the middle of the night for 12 weeks? I don’t think so!

This is where my approach to colic is vastly different. If you search the internet for advice on helping colic you will often read you should take your baby for a car ride. In my opinion you want to fix the CAUSE of your baby’s colic so you DON’T have to take your baby for a night time car journey every night for 12 weeks. The soothing action of the car is not fixing the fact that your baby’s intestinal flora might be upset from antibiotics or that they have birth tensions from an instrument delivery, or that you might be breast feeding and eating foods that irritate your baby’s stomach.

Having said this, a car journey might help your baby get off to sleep and give you the chance to do some meditating or get home back to bed.

## STEP #25

### A WARM BATH



A warm bath can be lovely and relaxing for your baby. I think that rather than putting your baby into a warm bath while they are troubled by colic it is better to integrate the warm bath as part of a whole evening routine. This may well be in the colic “witching hour” and so may be preventative of a bad colic episode. Bathing, feeding and low light whilst settling your baby to sleep would be an ideal night time routine to calm your baby effectively.

*Again I have written in more depth on this in my book Calming Colic - How to help the 10 causes of colic.*

There are also a number of products on the market to add to your baby’s bath to help them relax, such as lavender or Chamomile essential oil drops but please consult a local professional for guidance with this and also use baby approved products correctly.

## STEP #26

### SUCKING

I talk about sucking in Calming Colic in more depth than I will here but it can be a very good method to calm your baby. A dummy can be used or a clean finger. If you have an aversion to using a dummy then see it more as a “tool” to help you calm your baby whilst you look to correcting the root causes of colic by following the advice in the full Calming Colic book. Once the help is in place for the causes and your baby’s colic eases then you should be able to remove the dummy as you haven’t used it for so long as to form too strong a habit.

When using a finger I find that having the palm of your hand up so your finger bends towards the roof of your baby’s mouth is more calming for them. As your baby sucks your finger will naturally rest behind their upper front gums/teeth area. Some babies have a very strong suck so be prepared!



## STEP #27

### DIFFERENT FEEDING BOTTLES

The Haberman feeder and other similar bottle makes are designed to lessen the air intake from a formula or expressed milk fed baby. I have had them mentioned to me a number of times as being helpful so this is just another option for you to try. Again, it is likely that it isn’t fixing the cause behind colic but I’m a fan of “try everything” and help your baby rather than try one thing at a time to see what works as this takes longer.

Parents with a colicky baby mention often that their baby gulps the air down when feeding. This air then causes trapped wind presumably and worsens colic. So using a bottle that decreases air intake this seems to make sense.

Remember that the action a baby uses to feed from a bottle and from the breast is different. A breast needs to be sucked to get milk and a bottle flows naturally by itself so there may simply be some confusion by your baby if it is both breast and bottle feeding. This is why I recommend the Haberman Feeder bottle as it is specially designed so the baby has to suck to get its milk just like it does when breast feeding.

There is another aspect to this which I go into more detail about in the book Calming Colic and that is that any birth trauma can affect how your baby feeds and how much air they gulp in. If your baby favours looking in one direction then it may struggle to turn its head the other way to feed. This inability to turn correctly can cause gulping of air, so again seeing a cranial osteopath will help with the CAUSE. I have done a video illustrating this in more depth at [www.calmingcolic.com](http://www.calmingcolic.com).

## STEP #28

### HOMEOPATHY



With homeopathy, as with all natural therapies, each baby is viewed as an individual and each baby's colic and temperament will differ because they differ themselves. Because of this each baby could have a different remedy to help them, so if you lined up 5 babies all with colic they may all have a different remedy to help. Having said this, there is one remedy that can be a catch all for colic and that is Chamomilla. This can be bought at most health shops and even Boots. It is also the remedy in "Teetha" which Boots sell. Buy some of this and use as instructed on the packet at times of colic.

## STEP #29

### WHITE NOISE

I have been told that white noise is effective by a few parents coming to see me so I thought I would include it here as another tool in your mission to settle your baby. White noise is basically hissing or a static type noise that soothes your baby. Similar to what I have mentioned before it is an extra input to the baby to take their mind of some irritation or over-excitability nervous system, a bit like giving them a massage. Some baby monitors come with a white noise function and they are also available on the iPhone or other devices. I don't personally recommend them as I use cranial osteopathy to actually remove the over-excitability from the baby's nervous system rather than temporally switching it off with the white noise. However, why not try the white noise along with all the other advice here. Please read the next section for advice pertinent to what I have just explained.



## STEP #30

## WIFI & ELECTRO-MAGNETIC INTERFERENCE

Do you sleep with your mobile phone next to your head on your bed side table? Have you ever tried switching it off, having it on airplane mode or not having it in the room at all? I find it makes an amazing difference to my sleep, significantly improving my sleep when I turn it off. I think the best way to experience the effect that a mobile phone can have on your sleep is to experiment on yourself and turn it off for the night and see if you sleep better.

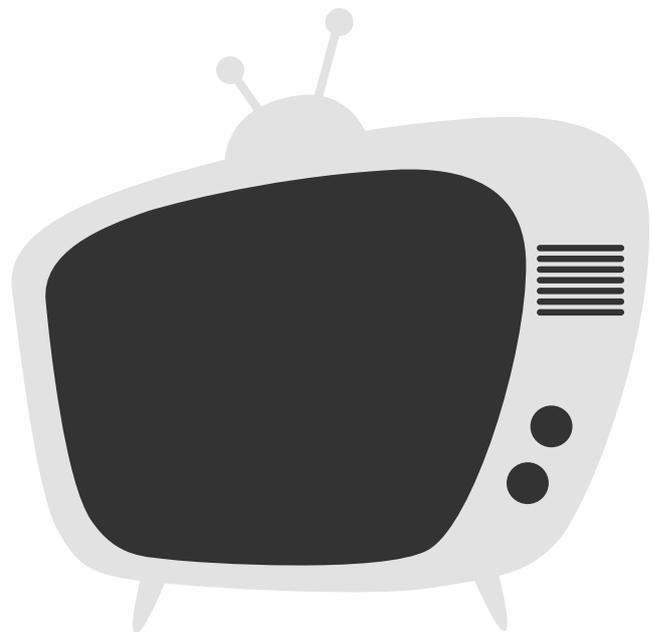
Now I don't expect that you have a mobile phone switched on next to your baby's head, but if they are sleeping in the bedroom with you then you may have one in the room. You may also have them in the cot with a Wi-Fi router nearby or a wireless baby monitor near their head. Now you may need your baby monitor to hear them so my advice would be simply to move it away from them so it still works for you. I would seriously recommend you try having the Wi-Fi router switched off for the night and your mobile phone too.

At night the stress hormone cortisol decreases and the hormone that makes us sleep increases. I have written a Blog on the relationship between cortisol and colic occurring in the evening, the book *Calming Colic* also goes into detail how raised stress in the baby can causes colic.

Research has shown that the electro-magnetic frequencies emitted from phones and Wi-Fi devices etc have an effect on our melatonin and cortisol levels which can hinder our sleep. If you want your baby to sleep better then it is worth taking this into consideration!

### WATCHING TV LATE

This is a basic bit of advice and follows nicely on from the previous section on the stress hormone cortisol and the sleep hormone melatonin. Cortisol is raised with sunlight, or I should say simply "light". What this means is that watching TV at night with your baby with you, perhaps for their last feed will stimulate their cortisol levels which stops them sleeping. A basic step in helping your baby sleep and lessening their stress hormones which can lessen their colic symptoms is to feed them at night in low level lighting in a relaxing environment which will encourage lowered cortisol and increased melatonin which sends them to sleep.



Interestingly, it is a fact that the mothers stress hormones are passed to their baby through breast milk as mentioned already. There could be many reasons behind this, but one of them could be staying up late watching TV or being on the computer or iPad etc. Basically, whatever stresses you out will pass to your baby and aggravate their colic and whatever relaxes you will help ease your baby's colic.

## WHEN SYMPTOM RELIEF JUST DOESN'T WORK

Below I have put a checklist of the CAUSES behind colic as I have seen in my clinic and then researched from the medical literature. If you have experienced any of these then I highly recommend (even though I say so myself!) that you purchase [Calming Colic - How to help the 10 causes of colic](#). The advice in this book will help you achieve a long lasting colic relief for your baby. I even detail how colic can be an indicator of future child health issues, such as eczema, food allergies and obesity.

*Tick the boxes that relate to your baby*

### HAVE A LOOK AT THIS LIST AND TICK THE BOXES RELATED TO YOU AND YOUR BABY

- Antibiotics at labour, direct to baby or whilst breast feeding

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- C-section

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- Traumatic delivery

---

- Very quick delivery

---

- Born in hospital environment

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- Baby separated from mother

---

- Baby in special care

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- The foods the breast feeding mother eats

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- The formula a baby uses

---

- The breast feeding mother has digestive issues

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- Your baby is a "hungry baby"

---

- The parents are stressed

## SUMMARY

I firmly believe in giving everything a go at the same time to get the best and quickest results. Some parents say they are going to try one thing at a time and see what works. For me the aim is to get a baby out of colic pain and sleeping better as soon as possible. When a baby visits me for treatment I personally hope for improvement in the first few days and the baby significantly better in 2 - 3 weeks maximum rather than 12 weeks as classic medical literature states. This is a huge difference especially when you are seriously sleep deprived.

In that short space of time there seems no point to try one piece of advice for a week, another for a week and then another and find out that the 4th thing helps your baby, you have already lost 4 weeks! It's better to try everything, if something works and you want to take one thing away, observe what happens and if your baby is worse again then simply add it back in the mix again. This way you have only lost a day or so and your baby is right back to being happy again.

### How good can you get your baby?

My answer to this is that you can get them back to being a "normal" baby. Remember a normal baby is probably still hard work! They still cry for food, cry when they are tired, cry when they have poo or are wet and cry when they want a cuddle. But I see this as normal. I hope to have the babies I treat only crying for the normal things and probably when they want some love! But not continuously or in a way that sounds like they are in pain; the classic colic high pitched intense scream.

Also they should be able to be put down for some length of time and be happy to play by themselves for a while. For how long? I'm not sure, I don't think cranial osteopathy or other treatments should break the bond between mother and baby when a baby loves being held over their mother or fathers heart, then who's to stop this natural desire!

In other counties it is often mentioned that newborns are continuously held all day and they breast fed hourly. Maybe this is natural, but in our modern lifestyle this is more often than not impractical. I am working with parents to achieve a goal with their baby that varies family to family.

*At the end of the day the most important thing is to have your baby out of the colic pain and help everyone to get more sleep.*

Cut me out! 

# Certificate



*I have two options for you to take action:*

## OPTION ONE

**For Parents That Live within 90 Minutes of the Perrymount Clinic  
(Addresses: 2 Clair Rd, Haywards Heath, West Sussex RH16 3DP)**

*As part of the treatment package I have crafted to help your baby and you as quickly as possible you will receive:*

- ✓ Free PDF of Calming Colic - How to help the 10 causes of colic (Value £5.99)
- ✓ A diet diary analysis to see if your food intake is healthy for you and your baby if you are breast feeding. I will advise you of improvements accordingly based on my research into new mothers dietary habits and foods that can aggravate your baby via your milk. (Value £55)
- ✓ You will receive an extensive list of foods that can aggravate the colicky baby if eaten by the breast feeding mother. (Value £10)
- ✓ Advice on supplements to help mother and baby plus supplements to help us achieve the quickest results (if appropriate) (Value up to £30)
- ✓ Free homeopathic remedies specifically designed to calm your crying, colicky, upset baby if relevant. (Value £6)

And of course this is on top of the treatment that I have spent 18 years improving on a daily basis to help your baby calm down from birth trauma, colic, excessive crying or whatever the problem might be. I am constantly striving to perfect my treatment and the whole package revolving around it to improve yours and your baby's health.

**Your Price for this package is: £55.00**

**To schedule a consultation and your first appointment call: 01444 410944**

## OPTION TWO

**For Parents That don't Live within 90 Minutes of the Perrymount Clinic**

- If you aren't local to The Perrymount clinic to visit for cranial osteopathy then I recommend you download my book [Calming Colic from www.calmingcolic.com](http://www.calmingcolic.com).
- It offers you all the "extra" advice I give parents during an appointment. You can also on the website read Blogs and watch videos as I do my best to take you in steps through helping your baby and making recommendations.
- I update this site regularly if I learn of new research on baby and children's health that might help you.

*“ This is a pioneering book. If your child is suffering with the symptom called Colic, Calming Colic will help you identify and resolve the underlying causes in your child. ”*

*Dr Mark Atkinson, Integrative Medical Physician and Author of the Mind-Body Bible*

*“ Calming Colic made it easy to understand what was happening to my baby boy. Understanding it is the biggest step towards curing it. My boy had colic and Reflux. Rather than using the useless medicines prescribed, I swore by Cranial Osteopathy as recommended in Calming Colic. The most invaluable advice was given about taking probiotics following a course of antibiotics, this really helped. I have passed on this book to all my friends as it should be given out by GPs and midwives. ”*

*Becky*

*“ Excellent book for new parents*

*I teach baby massage classes and I recommend this book to all my mothers especially those who have babies with colic or reflux. ”*

*Marilyn Wilson, Tiny Touch Baby Massage*

*“ Every pregnant mum needs this book!!!!*

*Amazing book!!! How long have we put up with people telling new mums ‘its just colic, it will go when baby is 12 weeks!’ Now at last calming colic explains not only the reason why colic can occur but also how to help it!! (or cure it) Wow!!!*

*I read this after my baby girl was screaming for 3-4 hours every night. We followed Christian’s advice and we have a much happier baby. Im not making this up, when reading this book i felt it was actually written for us!*

*I have recommended to lots of friends and will continue to do so.*

*Honestly it makes so much sense. I just wish midwives and health visitors would start giving this advice. It would avoid a LOT of unnecessary stress at such an amazing time.*

*I wish i knew about this when having my first baby.*

*Thank you Christian! ”*

*Warrender*



**THE PERRYMOUNT**  
OSTEOPATHY & NATURAL HEALTH CLINIC



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