

HOMEOPATHY CORNER



By **Bev Nickolls**
For advice about homeopathy call
01934 631931

I have been told that my baby has reflux. Who gets it and can homeopathy help?

Reflux is extremely common. It is estimated that around one in two babies in the UK have regurgitation, which is when some of their feed effortlessly returns into their mouth from their stomachs. This is most commonly caused by reflux.

It commonly occurs because the muscle at the lower end of the food pipe (oesophagus) is too relaxed still and hasn't developed properly, so some of the contents of the stomach then pass up into the oesophagus, leading to regurgitation or vomiting. If he brings up small amounts of milk it is known as possetting. It's only when strong acid from baby's stomach comes up into the oesophagus that it can be painful and this is not that common. The muscular valve gets stronger and better at keeping food down during the first year and most reflux decreases.

If gastro-oesophageal reflux is associated with troublesome symptoms (such as unexplained crying, poor weight gain or distressed behaviour) check with your GP. If your baby or toddler does not appear to be showing any obvious signs of reflux, such as vomiting, but they appear to swallow their stomach contents (vomit) down, they may have silent reflux.

In rare cases there can be damage to the oesophagus and this may be diagnosed as Gastro-oesophageal reflux disease or GORD. This is more common in babies who are born prematurely and also in those who have a very low birth weight. It is also more common in babies or children who have some impairment of their muscles and nerves (for example, those with cerebral palsy). Any unusual symptoms such as vomiting bile, repeated projectile vomiting, choking and severe constipation should be investigated.

You can help ease your baby's reflux by adapting the way you feed and carry him.

- Frequent small feeds may help prevent baby's stomach getting too full. Breast milk is ideal.
- Keep her upright during and for at least half an hour after a feed.
- Try to keep as still as possible and have quiet time after feeds.
- Avoid tight clothing around her waist.
- Think about how you travel. Avoid baby slouching in her car seat putting pressure on her tummy.
- Carry baby upright in a sling or baby carrier if possible.
- Try baby massage and cranial osteopathy to help ease colic and reflux symptoms.

- If symptoms persist consider whether there could be a dairy intolerance or cow's milk protein allergy.

There are a number of homeopathic remedies that can be used and it is recommended to seek the advice of a Registered Homeopath to take your baby's case in full. I have worked with a number of babies to aim to ease these symptoms.

Vicky explains: "Ollie suffered from severe reflux from birth secondary to a dairy and soya intolerance. After trying all the usual prescribed medicines with no success I turned to homeopathy in the hope of giving Ollie some relief from all the pain he was suffering.

"Within just a few weeks Ollie had become a completely different baby. He had a completely different cry. He was no longer screaming in pain all day. He went from sleeping only 2 hours a night to on average 10 hours a night and best of all he had gone from being sick over 20 times a day to a maximum of 3 times a day! This was such a relief for me. I couldn't believe how a natural remedy had done so much to help Ollie. I would certainly use homeopathy again."



Recurrent infections?
Eczema? Colic?
Tummy aches or constipation?
Sleep or teething problems?
Boost your child's immunity naturally with homeopathy.
Self-help kits for labour/childbirth also available
Bev Nickolls MA DSH RSHorn
Registered Homeopath
Specialist Low Cost Clinics
Weston-super-Mare area
01934 631931
www.westonwellbeing.co.uk

