

## **Colic!**

Craniosacral therapy treats conditions like colic, developmental delays, spasticity, stress, migraines, allergies, vertigo, whiplash, dyslexia, hyperactivity, chronic ear infections and strabismus through normalizing the environment of the brain, spinal cord, and soft tissues.

It uses the movement of the craniosacral rhythm (a subtle movement that is produced in the head and felt on the head and whole body), to feel where there has been a loss, change or distortion to the normal patterns of motion. Craniosacral therapy then attempts to release the restrictions and tension patterns thereby easing the pain or dysfunction.

Colic is often irritation or unusual pressure on the vagus nerve that can cause this painful condition. Other potential sources include food sensitivity, an immature digestive tract, nursing mother's diet, etc. The vagus nerve is responsible for the proper functioning of the stomach, liver, pancreas, small intestine, spleen, heart, lungs, and part of the large intestine. This important cranial nerve is vulnerable where it exits the skull. The angled, beveled, joint shape (between the base of the skull and first vertebrae of the spinal column) makes the joint complex susceptible to jamming or wedging. Strain or trauma to this function may be caused by things like the position and length of labour, use of forceps, or post-natal handling of the child.

In the birthing process the cranial membranes can be traumatized, and the cranial bones can shift out of alignment. Because a baby's skull is pliable, the realignment of the plates is achieved quickly and dramatic results have been achieved in working with newborns, infants, and young children.

Whatever the source, joint and soft tissue restrictions cause unusual pressures. These may possibly affect the vagus nerve or its other exit point companions, the jugular vein and other cranial nerves, resulting in a child displaying signs of colic as well as things like weak sucking, projectile vomiting, headaches or irritability.

Colicky children may obtain relief through gentle, hands-on treatment techniques. These techniques focus on regaining soft tissue elasticity, or compliability and restoring normal motion to the craniosacral system (the fluid environment of the brain, spinal cord and cranium or sacrum).

Hints on handling your new babies:

Always provide complete head support when holding a newborn or infant. In the event your baby's head flops backwards, help to counteract the potentially disturbing force by cradling and gradually stretching and elongating his back and neck muscles as the chin slightly tucks in.

If your child is colicky, you will notice that he will arch his back when crying. Although this is a reflex action, it actually worsens the symptoms, further jamming the whole complex. To help relax the strained nerves, gradually stretch and hold the child in a fetal curl.