

Infantile Colic

What is Infantile Colic?

Colic is usually defined as the situation where an otherwise well-fed, healthy baby cries for more than three hours a day, at least three times weekly, for more than three weeks.

Signs and Symptoms

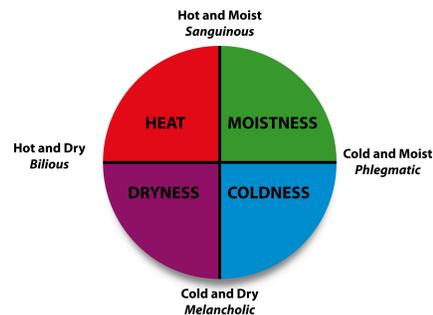
During a colic episode the baby cries at the same time every day, usually in the late afternoon or evening; crying may be intense and inconsolable; changes in posture may be evident, such as curled up legs, clenched fist and tensed abdominal muscles.

What Causes Infantile Colic?

The exact cause of colic remains unknown. However, many digestive system complaints have been linked to infantile colic. These include constipation, diarrhoea, acid reflux, indigestion, lactose intolerance and flatulence.

The Tibb View on Infantile Colic

According to Tibb, Colic is associated with qualities of **coldness and moistness**. This results in an immature digestive process, with improper digestion of milk and other foods. Heat is needed to facilitate the proper functioning of digestion, as the excessive coldness associated with colic decreases the heat available. Infantile colic can affect infants of all temperaments.



Treatment and Management of Colic

Treatment and management is aimed at **reducing the excess coldness and moistness** associated with colic, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat**. This assists Physis in addressing both the symptoms and the causes of infantile colic.

Tibb Lifestyle Factors

- **Feeding:** Breast milk is preferable, unless the infant is lactose intolerant.
- **Abdominal massage:** This should be practiced as often as possible, especially before crying episodes are expected. The massage should follow a clockwise motion, starting on the right lower abdomen. The use grape seed oil or olive oil for the massage is advised.
- **Baby exercises:** Gently move the legs around in a bicycle motion. Raise both knees to meet the chest whilst the infant lies down. This assists the movement of faeces or gas along the digestive tract.
- **Routine:** A sleep and eating routine is advised to ensure that the infant is getting the necessary amount of sleep and food for his/her age.

Medication

Tibb Medication

Bonnycare – This product assists in the management of common digestive complaints, including colic, in babies. It also helps them gain weight adequately, so it helps to ensure a thriving baby. Bonnycare is associated with qualities of heat with moistness. This means it gently assists and supports digestive activities, and aids in conditions such as constipation, diarrhoea and flatulence.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "Healing with Tibb". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "Cooking for your body type" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian gourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix