

STUDY SHOWS CHIROPRACTIC HELPS REDUCE INFANTILE COLIC

Infantile colic is a term used to describe persistent, often violent, crying for no apparent reason in otherwise healthy and thriving young infants. The distressed behavior is believed to be a reaction to pain. It is different from normal crying, because it does not stop when the infant's physiological needs are met.

In 1985, Kougart Nilsson D.C., M.D., who has both chiropractic and medical qualifications and is currently academic dean at the Anglo-European College of Chiropractic, Bournemouth, England, reported good results with chiropractic management of infantile colic in 90 percent of infants in a retrospective questionnaire study.

These results have now been confirmed in a well designed prospective, multi-centre study by Klougart D.C., Nelsson D.C., M.D., and Jacobson D.C., published in the August 1989 issue of the *Journal of Manipulative and Physiological Therapeutics*.

Results from the study:

- There was a population of 313 infants with the median age of 5.7 weeks at first examination and treatment.
- Subjects had symptoms of moderate to severe colic with an average of 5.2 hours of persistent crying per day.
- Successful results were reported in 94 percent of the cases following a two week period of chiropractic treatments.
- Conclusion: "The results of this study suggest that spinal adjustments to the vertebral column in infants with infantile colic constitutes an effective treatment of the condition."

Fifty-one percent of the infants had had prior unsuccessful treatments using drug therapy.

SOURCE: *Excerpt from the book For the Love of Children, by Dr. Louis R. Briegel, II & Stacey A. Stefanski.*