

Colic.

Your tummy hurts. You have a terrible headache. You can't sleep and you're cranky. One more thing: you can't ask for help because you're only two weeks old! So you cry, and cry, and cry.

Lacking the ability to speak, newborns cry, indicating that something isn't right. Your parents feel helpless.

Indigestion?

Infantile colic was first thought to be merely indigestion. The most widely accepted definition of colic today is "unexplainable and uncontrollable crying in babies from 0 to 3 months old, more than 3 hours a day, more than 3 days a week for 3 weeks or more, usually in the afternoon and evening hours."

Birth Trauma?

If a baby is inconsolable, it's hard to know if it's a digestive disturbance. Consider another explanation. Upon examination, we often find spinal distortions in the baby's upper cervical

spine. These babies are probably suffering from head and neck pain. This is especially common if there was a difficult or quick birth.

A 93% Success Rate

In a South African study by Mercer and Cook, thirty infants diagnosed with colic were randomly divided into two groups. One group received chiropractic care while the other group did not. Within a two-week period, the chiropractic care group saw a complete resolution of symptoms in 93% of the infants.

A 94% Success Rate

A Danish study (Klougart et al., 1989) looked at the effects of chiropractic care with colicky infants. Their published report indicated that 94% of parents saw improvement in their baby's behaviour within two weeks of beginning care.

Not a Cure

But chiropractic isn't a treatment for colic! If

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Health Care or Sick Care?

Traditionally, we see doctors when we have some type of obvious ache or pain. Yet, waiting for these obvious symptoms to appear before finally seeking help is becoming an increasing burden on our health care system, our economy and our well-being. And while it may be called "health" care, it's actually sick care.

Chiropractors are leading the way with real health care that's designed to keep you well. Not surprising, it's called wellness care. And the preliminary research is astonishing!

Consider the following reports:

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**Please pass on the secret. We run a referral based practice.
Pass the word on and help us help others.**

Colic - *continued.*

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subluxation is present, interfering with the proper function of any part of the body, restoring proper nervous system control allows the body to heal. This can happen regardless of age and regardless of what the symptoms are called.

Find Out More

Consult our office for a consultation. Take action now and set up an appointment. Call us on 9435 2887 and put an end to the sense of frustration and helplessness so many new parents feel.

Don't battle with the bulge this winter.

Natural weight loss without counting calories.

The Ketoslim program uses your body's metabolism to lose weight without starving yourself.

Call us today on 9435 2887 for more details

Health Care or Sick Care? - *continued.*

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A study published in a 1996 edition of Topics in Clinical Chiropractic looked at a group of seniors aged 75 years or older. Subjects who were receiving chiropractic care reported experiencing better overall health and had fewer hospitalisations, used fewer medications and were more active than their peers who did not receive chiropractic care.

A more recent analysis published in the Journal of Manipulative and Physiological Therapeutics looked at 311 chiropractic patients aged 65 years or older who had been receiving "maintenance" chiropractic care for five years or longer. When compared with subjects who were not receiving chiropractic care, they had half as many medical doctor visits and overall had healthier habits.

Other studies further confirm what a growing number of our own patients have been telling us: it's actually less expensive to stay well, than it is to get well. Let us know how we can best support you and your individual health goals.

Our New Team Member.

For those who have visited the practice on a Tuesday or Friday, you will know the smiling friendly face of Belynda, our new Chiropractic Assistant. Belynda has joined us from the Flight Centre where she worked as a travel agent, but their loss is our gain! She has worked in chiropractic clinics in England in the past and is currently engaged in studies at RMIT to be a psychologist. Jenny and I would like to publicly extend to her a warm welcome.

Thanks.

Just a quick note of thanks to everyone for their thoughts and words of support for our recent loss. Jenny and I were very touched and very gratified that we have such a wonderful group of people who visit our practice.

Wishing you the best in health, *Matthew Holmes.*
