INFANT DIGESTIVE PROBLEMS
(Constipation)
(Diarrhea)
(Colic)

1. Pre-Disposing Factors and Clinical Indicators: Manipulative support is often very helpful for infants with colic and digestive problems. With diarrhea common serum indicators include decreased CO2, chloride, potassium and sodium. The serum markers with colic are variable, but often immune markers will be abnormal and markers indicating possible sensitivity (eosinophils) will be abnormal. Serum markers with constipation include decreased potassium and signs of dehydration (increased HgB, HcT and albumin).

a. Dairy and/or formula sensitivity.
b. Breast feeding mother has poor diet (excess refined carbohydrate, dairy, foods from the cabbage family, refined grains or alcohol).
c. Thymus hypofunction (almost always present with any of the above problems).
d. Bacterial imbalance in the bowel.
e. Viral or bacterial infection.
f. Intestinal parasites.
g. Physiological problem in the bowel (kink, bleeding, etc.).
h. Potassium deficiency.

2. Dietary Suggestions: Supplements can be blended with mother's milk, goat's milk, water, etc.

a. Attempt a different formula (goat's milk with a combination of **Nutri-Clear, Bio-Trophic Plus, Optimal EFAs, Aqueous Multi-Plus,** etc.).
b. Change mother's diet (breast feeding). Eliminate refined carbohydrates, alcohol, fried foods, processed foods, hydrogenated fats and oils, gluten, dairy (except butter) and caffeine and other foods that produce gas.
c. If infant is taking water, insure pure water only (no well water or city water). If mother is breast feeding, insure she also uses only pure water.

3. Primary Supplemental Support in order of need:

a. **Children's ENT Pro** – ½ to 1 lozenge daily.
b. **Cytozyme THY** – 1 to 4 tablets daily.
c. **Bromelain Plus CLA** – 1 to 2 tablets daily.
d. **Potassium-HP** ¼ to ½ tsp daily.
e. **IAG** - ½ tsp daily.

4. Other Considerations: A combination of Chamomile, Fennel and Lemon Balm as a tea is also helpful for many of these infants.