

Alexandra Worsley's Health & Wellbeing Column



It can be a very stressful time if your new baby starts to experience health problems. Although the symptoms may look or sound worrying, there are some simple healthy solutions to help...

Eczema and colic are the two most common ailments that your baby may experience.

Eczema can range from small patches of itchy skin to raw, red, broken skin. To calm your baby's skin the best ointments to use include Lavender and/or Chickweed as both of these herbs have anti-inflammatory properties. Lavender, in particular, is very soothing with Chickweed helping the itching. Always use organic ointments designed specifically for babies.

Eczema may be caused by certain foods in mum's diet, transferred to the baby when breastfeeding. Specific foods that may cause problems are cow's dairy products, eggs, citrus fruits and wheat. As cow's milk is generally the most common culprit, it is best to consume goat, sheep or rice milk, it is also useful for mum to take a probiotic (the good bacteria) as this will help improve the baby's digestive tract – often at the root of food reactions.

If mum is not breastfeeding, then swapping a cow's milk formula for one made from goats milk is recommended and adding an infant probiotic supplement to the bottle.

Colic may also be caused by reacting to certain foods in mum's diet, wheat and dairy are the most common offenders. Avoiding all gas-forming foods including cauliflower, broccoli, brussels sprouts, cucumbers, red and green peppers, onions and beans can often help too.

Camomile and fennel tea are both very calming for baby. Either mum can drink 2-3 cups a day or if bottle-feeding, dilute 1 cup of either tea in 2 cups of water and give baby one teaspoon of diluted tea four times a day.

Cranial Osteopath, Natasha McLeod explains how this treatment can help mothers and babies "Cranial osteopathy works with the forces of growth and development to guide the body back to its healthy normal function. Babies and children respond very rapidly to treatment as these forces are at their most vigorous in the early years. It is never too early to treat, in fact the younger the better. It can be very useful to have a

precautionary check up to make sure that all is well, especially when there has been an unusually fast or slow delivery, where ventouse or forceps have been necessary or in the case of an unplanned caesarean section.

Treatment to normalize the structure in a newborn can have exceptional results, as at this stage there are no fixed postural problems. Treatment is very effective up to the age of seven years when the bony skeleton begins to mature. After this, the stresses and asymmetries can often not be completely eliminated, but it is still possible to achieve beneficial release of the stresses throughout life.

Cranial osteopathy can help treat many children's conditions including colic, sickness, crying, feeding difficulties and sleep disturbances."

Healthy eating and cranial osteopathy are very effective approaches to support your baby through the early years, helping to make you and your baby's lives happier and calmer.

Next time I will be discussing the skin and how you can support and prepare it for those beautiful summer months that lie ahead. **thebeacon** team have been invited to try and test the Dr Hauschka skincare treatment, read their review in the next issue.

For more advice, please contact me:
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*Take care of yourself
Alex x*

Offer for the month is £10 towards a cranial osteopathy treatment with Natasha (usually £55 – now £45) till the end of April 2010.



This information is not intended to replace the guidance of your health practitioner. Consult your doctor if you are taking medication.