

CONSTIPATION,
GAS, + GOOD
GUT HEALTH



Dr. Adam Markew

Every parent wants the best for their little ones and will go to the edge of the earth to help. But sometimes things can be scary, especially for new parents when things don't go according to plan.

One of the most common complaints in infants is trouble going number two. Medications, nursing problems, and spinal subluxations could lead to higher rates of constipation, and can leave parents frazzled. I thought I would put this useful resource together to help parents have access to healthy alternatives to help you and your baby.

What is normal?

Breastfed babies should be pooping multiple times a day while they first start feeding. Sometimes right after feeding they will go. By six weeks, they will start to slow down. It is not uncommon for some babies to go only once every five to seven days.

If it is a longer period between poops, if it is wet and soft it is usually fine.

But when your baby doesn't go for a few days in a row and they look like they are in discomfort and are having hard dry poops, here are a few things you can try.

Water:

It seems simple but make sure your baby is getting enough water. When a stool has higher water content it is easier to pass.

Tummy Rubs:

When I see moms in the office some have heard of the tummy rubs. The “I love you” rubs are common. But really you can cut out the “I” and the “love” and focus on the “you”. If you are facing your baby, start from their right lower abdomen (your left) and slowly apply gentle pressure like a massage up towards the rib cage, stay below the ribs across to your right and then back down the baby’s left abdomen. This will make an upside-down “U” shape and follows the normal pattern of digestion through the large colon. Make sure to go down just below and to the left of the belly button. This is where the sigmoid colon is and one place where the poop can hang tight and cause distension and discomfort.

A great tool to use is an infant friendly cream so you lessen friction and won’t be forced to massage too deep. I personally would use an arnica based cream or gel. Arnica will help to reduce inflammation and if your baby is having constipation or bad gas distension there will be inflammation. Another option is coconut oil.

Diet:

If on whole foods, here are some foods you may want to avoid: bananas, milk, other dairy products, refined grains such as pasta and cereals. You may want to try prune juice to stimulate a bowel movement.

If currently still nursing, there are certain foods that have been shown to increase gas in babies. Mom should cut out cruciferous vegetables, cow’s milk, onions and chocolate. Other foods to limit or eliminate are spicy foods and caffeine.

Probiotics:

Your gut and your baby's gut health depends a lot on the presence of certain bacteria in the gut. When there is an imbalance in the gut bacteria (dysbiosis), digestive complaints may result and persist into later years.

If your baby was not born vaginally, is not being breast fed, or had a round or more of antibiotics they should be on a high quality probiotic.

Here are my recommendations:

Genestra HMF Baby B - For infants currently nursing. I hear from mothers that this can be messy.

Genesta HMF Baby F - For infants who are formula fed.

Metagenics UltraFlora Baby

Fiber:

If the problem persists your baby maybe recommended further intervention. A common medication prescribed is Restoralax, which is usually effective by keeping water in the colon and softening the stool.

If you are at this point with your baby I would recommend you look into a fiber supplement first. Soluble fiber will help to bring water to the stool, soften it and make passing time quicker and usually more comfortable.

Fiberrific is a great product, and is safe to use with children.

Chiropractic:

Birth can be very traumatic on mom and baby. A result of this can cause minor shifts in the spine that can irritate the nervous system and have an impact on the brain's coordination of the body. If this is the case the fight flight system heightens and when that happens the digestive and immune system will be lowered. Common manifestations of this would be colic, constipation and reflux. Search for a chiropractor who is comfortable with pediatrics.

Bone Broth:

A great alternative to cow's milk that will provide minerals such as calcium and magnesium. Other important components are gelatin and collagen, both important for development. Done in a pot or a slow cooker. This should be done for at least 18-24hours and more for larger cuts. Make sure to get good quality meats (free range, grass fed beef etc)

In health,

Dr. Adam Markew



If you would like more information or would like to connect with Dr. Adam please see information below.



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