

# CHIROPRACTIC & HEALTH

A Natural Connection

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## *Chiropractic and Probiotics More Effective and Safer than Usual Medical Care for Colic*

Ellwood et al (2020) Comparison of common interventions for the treatment of infantile colic: a systematic review of reviews and guidelines. *BMJ Open* 2020;10:e035405. doi:10.1136/bmjopen-2019-035405

### QUOTE BOARD:

"High-level evidence showed that probiotics were most effective for reducing crying time in breastfed infants (range -25 min to -65 min over 24 hours)."

"Manual therapies had moderate to low-quality evidence showing reduced crying time (range -33 min to -76 min per 24 hours)."

"Simethicone had moderate to low evidence showing no benefit or negative effect."

"One meta-analysis did not support the use of proton pump inhibitors for reducing crying time and fussing."

**Conclusions:** "The strongest evidence for the treatment of colic was probiotics for breastfed infants, followed by weaker but favourable evidence for manual therapy indicated by crying time. Both forms of treatment carried a low risk of serious adverse events."

### Key Concepts:

The evidence for manual therapy gets a lower quality rating simply because it is not possible to blind or hide from the caregiver whether they are providing real or placebo manual therapy. It is easy to create a placebo probiotic or drug capsule.

However, the benefit was actually larger for manual therapy than for probiotic, and manual therapy included physical therapy and massage and light touch not just chiropractic SMT, which has stronger evidence than all other manual therapies.

What is perhaps most striking is that there is NO EVIDENCE of benefit and AMPLE EVIDENCE OF HARM from usual medical care treatments for colic.

### Key Take Home Points:

Nobody knows exactly what colic is or what causes it. It is simply defined as prolonged periods of crying.

Certainly, based on Western birth practices such as vacuum extraction, use of forceps, and cesarian section, and Western child rearing practices such as prolonged time in child car seats, there are biologically plausible reasons to assume the babies may be suffering from spinal neuromusculoskeletal issues which could manifest as headache or spinal pain.

If a child shows signs and symptoms of colic the most evidence-based, safest course of action is to take that child to a chiropractor to be assessed and, if warranted, for that child to undergo trial of gentle, safe, effective chiropractic SMT care and home care advice.