

Baby Colic

Recommendation (may take few days for effect)

If baby is formula-fed then switch to a non-dairy alternative (see your Dr first)

If baby is breast-fed then the mother can try eliminating dairy from her diet

Note: please also see the reference link below for further tips/advice that may help.

Results: studies indicate a significant improvement in up to **68%** of cases.

How it works: a common cause of colic is thought to be an intolerance to cow's milk proteins hence this aims to alleviate gastro-intestinal discomfort. Even breast-feeding mothers (who consume dairy products) may pass cow's milk proteins through to her breast-fed baby hence the mother avoiding dairy is mentioned.

References: healGB.com/colic

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.

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