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The Wonders of Baby Chiropractic Care

December 9, 2016 | Breanna Colaianni

Day four of Silas' life, I knew something wasn't quite right.

Call it mother's instinct, maybe to you it would be obvious too, but he was in pain and it sucked to watch.

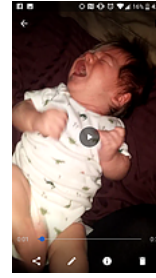
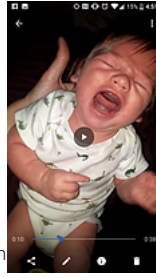
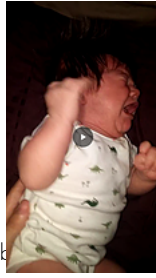
From when Silas was born until about the eight weeks of his life, if he wasn't eating or sleeping, he looked like this:

- Clenched fists
- Winding up, then wailing *like he had lost a limb*
- Holding his breath, red in the face
- Arching his back
- Puking up all contents of his stomach, no matter what we tried to make him keep it down. (100% breast milk - this made it very discouraging to want to continue breastfeeding. When you don't produce a lot of milk, then he eats and makes your nipples feel like they're on FIRE, then he doesn't even keep it down? I almost gave up right here.)

We tried everything, right away.

Gas drops, gripe water, two kinds of Acid Reflux prescriptions, eliminated dairy out of my diet, side diaper changing, inclining crib wedge, 5 different styles of burping, The "5 S's", pace feeding. YOU NAME IT. WE TRIED IT.

Heavy and dark post-partum blues were setting in fast, probably some mild psychosis from severe sleep deprivation, too. Then I posted a video of him having 'an episode' on Facebook Mom group, desperate for answers and guidance.



Across the board, I highly recommend bringing your baby to a chiropractor.

If you were like me, you immediately visualized a strange person *cracking* the living daylights out of my newborns' body. And for what? How could a fresh, floppy, squishy newborn baby even benefit from this practice? They don't even carry around or support any of their own weight yet, so how does this make sense? Well, I'll be first to tell you - they DIDN'T do the cracking program, not even close. Thank goodness.

When you're a baby on your way out of the womb to be born, you have **70 - 100 lbs of pressure on your head** in the birth canal. So when labor is going steadily, the baby has time to adjust to this massive breach of space. Unlike our pal Silas, he came out in **TWO** pushes. This meant that he had next to no time to adjust in the birth canal and basically experienced a simulation of getting slammed into a brick wall. He got all sorts of twisted up.

We had no idea.

Until we met with a Chiropractor and they showed us the results of his spinal scan.

The scan results are color coded, and follow a 5.00 point scale.

Green - perfect/normal range

Blue - needing moderate attention/correction

Red - severe and urgently needing adjustment

Silas' results were mostly green 1.00-2.00, with a couple of blue 2.00-3.00 places, and one giant **RED 4.90**. Right on the vertebrae near his neck, which happens to be connected to a nerve that's directly attached to his stomach. **This is why he wasn't keeping any food down and constantly in pain.** This 'avenue' for sensation was totally kinked.

We immediately signed on board to start a four week correction program for him. It was the best choice we had, it was the last choice we had, and it was the most expensive choice we had - several hundred dollars were now out the door and into their cash box. Am I upset about how insurance didn't cover any of it? Oh yeah. Do I regret any of it? Oh no. Unfortunately the cost of this kind of care can *drastically vary* from family to family, and if you were ever interested (and not in a urgent rush, like we were) I would recommend doing some research with your insurance and finding a clinic that fits your needs.

Monday, Wednesday and Thursday at 11:00am, like clockwork. For four weeks, I drove from Columbia Heights to Ford Parkway to get my son on the track to feeling and growing better.

The adjustments are the most minute of touches. Dr. Tye Moe (nicest guy ever) would take 6.5 week old Silas in his arms and start to strategically tap the bottom of his feet and the back of his neck in an alternating pattern. He then would take two fingers and walk them down his spine in a precise way. At the end of the 15 minute appointment, he would hang Silas upside down by his thighs, and hold him there until his body went from an agitated C-shape, to a limp, comfy noodle. During the last week of our program, Dr. Tye also did some pallet work inside of his mouth. He used a single-finger glovelette on his pinky and did some technical pressing up inside there. It seems so very simple, and *almost* makes you wonder if there was a Youtube video out there to teach moms and dads how to do this ourselves. I digress.



At the end of each appointment, he would either: puke again, poop a lot, or sleep for a long time. All were acceptable options, because I knew he was on the road to becoming a happier baby.

After the four week program was finished, we basically had a much more content child. He could keep more food down, he could withstand tummy time, there were more moments of happy baby than an upset baby. The last reason was worth every penny.

I don't doubt the knowledge of pediatricians, they certainly have their place and expertise. But I just have to mention that ours did not support us seeing a chiropractor. He wanted to continue pushing a good-better-best tier of Rx's for acid reflux, and mama just ain't about that. Every time one Rx wasn't working, the answer was "Oh, you have to give it two weeks." WE DON'T HAVE THAT KIND OF TIME, MKAY.

When I came back to our next shots appointment gleaming and excited to tell him how much a chiropractor has helped, his exact words were, "Well, believe the magic if you want to, but don't go throwing money and breaking the bank at that kind of thing, this is about the time in a baby's life where they start to grow out of that fussiness anyway."

Excuse me what.

I'm sorry, but when I see scans, numbers, and an obviously happy baby changing right before my eyes I will certainly *believe the magic*. I don't understand. Chiropractors and Medical Doctors at one point used to be brothers, they worked side by side for the good of the people to cure whatever ailed you. Their forces were much stronger and more aligned when they supported one another. I'm glad for at least one of my trusted pediatric advisors helping us in the best way that seemed fit for our family.

All in all, we are so comfortable with our choice. Silas is too.

If you think your new baby has shown the same symptoms Silas had, I would really encourage you to hold off on pumping their virginal little guts full of prescriptions, and just going to see what a Chiropractor would have to say. This choice gave us a whole new baby. <3



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3 comments



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There is really no such thing as magic. It only seems like magic until you understand the trick. That is what most doctors lack is the understanding of how chiropractic, specifically neurological chiropractic works. They dont know and they dont seem to want to know. They would rather stick with what they know which is unfortunately largely driven by pharmaceuticals with their "magic" "cure all" drugs which sometimes help but doesnt always adrees the problem and instead only masks the symptoms.

Ashley · 2 years ago · [Reply](#)



I was an avid chiropractic visitor for years, prior to my kids being born. I had a severe back problem and suffer from a minor case of scoliosis. I continued to see my chiropractor throughout my whole pregnancy and she even came to the hospital the day after I gave birth to adjust me and my new little guy. She also explained how traumatic the birthing process is on a baby and how important it is

traumatic the birthing process is on a baby and how important it is to correct their spine right away. I continued to bring my newborn son (now nearly 12) to see her for monthly adjustments. He was always such a great baby and while I'd hear all of these other moms talk about how sick their baby was, or fighting a cold every month, mine literally never got sick! Still to this day, he rarely catches anything, and when he does, well it rarely even lasts over 24 hours. To this day, I am certain that "the magic" is what has kept him so healthy throughout all these years.

I didn't have to do an aggressive program like you endured, mainly because I knew the benefits early on so I made sure he received regular adjustments right off the bat, so luckily it didn't clear out my bank account.

All hail to chiropractors!! They do not get nearly as much credit as they deserve. Wish more health insurances would cover their costs.

Suzy Jones · 2 years ago · [Reply](#)



I had no idea you and bub were having such a hard time. I'm so glad you have support and were able to find something to help. One of my best pals is a Chiropractor and he does a lot of work with babies!

Kate LeMay · 2 years ago · [Reply](#)



Kate! It was truly an amazing experience. I would have never known that Chiropractic work was an options had I not been fully submerged in mom forums. We are so thankful for the work that friends of yours do! ❤️

Breanna · 2 years ago

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