

■ Babies With Dysfunctional Nursing Respond To Chiropractic Care

The *Journal of Clinical Chiropractic Pediatrics* (vol. 4, No. 1 1999) reports on two case studies where two infants with dysfunctional nursing were able to breastfeed normally after chiropractic care.

In the first case, an 8 week-old girl was unable to maintain a proper amount of suction while feeding. She had been unable to do so since her birth. After receiving two chiropractic adjustments in a 14 day period, she was able to feed normally. Follow-up revealed that at 9 1/2 months of age, the baby was still feeding normally.

The second case involved a 4 week-old boy who had been unable to effectively suckle since birth. This child suckled immediately after his first adjustment. He went on to receive a total of 4 adjustments in 21 days. Follow-up in this case found that the baby was still doing fine at 3 months of age.

According to the author, chiropractor Elise G. Hewitt, "breastfeeding is important for a healthy infant. Not only does breast milk reduce both mortality and morbidity among infants but the act of nursing creates an important bond between mother and child. Dysfunctional nursing can negatively impact the mother, creating feelings of guilt, depression and anger, all of which may negatively affect the mother-child bonding relationship."

Hewitt mentions a 1980 study of 239 mothers who chose to breastfeed their children. The study found that only 46% of the mothers continued to breastfeed at 22 weeks. 59% of the reasons given to discontinue breastfeeding were potentially related to the child not being able to nurse properly.

By way of commentary, all children, not just those with obvious problems should have their spines checked for subluxations, misalignments of the small bones of the spine that can interfere with normal bodily functions. Clearing interference to these children's nervous systems allowed them to return to a more complete state of proper function and health, as it can in any child. ▲

■ Breastfeeding reduces risk of children's obesity

The July 17, 1999 issue of the *British Medical Journal* reports that babies who have been breast-fed have a lower chance of being obese in childhood than babies who have been bottle-fed.

The study of 13,000 German children just starting school found that those who were breast-fed was nearly half that of those bottle-fed; 2.8% vs. 4.5%.

The researchers also found that obesity risk declined the longer a child was breast-fed. Dr. Rudiger von Kries at Ludwig Maximilians University in Munich, Germany where the research was conducted said, "In children who had been breast fed for at least 6 months or more the risks of being overweight or obese were reduced by more than 30% and more than 40%, respectively,"

This study puts reduced risk of obesity on the long list of health benefits – including improvements in immunological function and neurological development – already attributed to breastfeeding. ▲

■ Non-breastfed babies have higher risk for asthma

A study in the September 25, 1999 issue of the *British Medical Journal* found that babies who were fed milk other than breast milk experienced a substantially higher risk of developing asthma.

The study involved infants who were only breastfed for the first four months of their life compared with infants who were fed non-breast milk.

The authors surmised that non-breast milk does not provide the same protective agents that are naturally found in breast milk. Non-breast milk also contains more potential allergic components that can lead to health problems such as asthma.

■ Breast-fed babies have fewer fatal infections

The February 5, 2000 edition of the British journal *Lancet* reports that children who are breast-fed have a significantly lower mortality (death) rate from infectious disease.

The World Health Organization coordinated the study with researchers from around the world. Data from Brazil, Gambia, Ghana, Pakistan, the Philippines and Senegal shows that infants who were breast-fed were six times less likely to die from infectious disease throughout the second year of life than those who were not breast fed. The study also found that the protection afforded by breast-feeding diminished as the children got older.

In the February, 2000 issue of *Obstetrics & Gynecology* researchers cautioned expectant mothers about the influence of advertisements for baby formula, saying that mothers who received literature from formula manufacturers were five times more likely to stop breast-feeding during the first few days after delivery, the most critical time for building the infant's immune system.