MaxLiving Chiropractic - Tech Ridge in Austin Highlights Natural Colic Relief Strategies for Infants

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MaxLiving Chiropractic - Tech Ridge in Austin highlights natural colic relief strategies for infants, addressing a condition that affects between 10 and 30 percent of newborns worldwide. This focus responds to the prevalence of infantile colic, characterized by excessive crying in otherwise healthy babies, typically peaking in the first few months of life. The clinic draws attention to gentle, non-invasive methods that support digestive and nervous system function, aligning with broader trends in pediatric wellness.

Infantile colic presents as inconsolable crying, often in the late afternoon or evening, lasting more than three hours a day for at least three days a week. Statistics indicate that colic occurs in 5 to 28 percent of infants during their initial months, with resolution usually by three to four months of age. While the exact cause remains unclear, factors such as digestive discomfort, gas, and nervous system stress from birth may contribute. The clinic's approach emphasizes identifying and mitigating these interferences through natural means.

One key strategy involves mindful diaper changing techniques. Traditional methods, such as lifting the baby by the legs, can stress the thoracic spine, which connects to the intestines via nerves. An alternative roll technique, where the infant is gently held by the chest and rolled side to side, helps maintain spinal alignment and supports nerve function. This method aims to reduce potential contributors to colic without invasive interventions.

Gentle chiropractic care forms another component, focusing on the spine and nervous system. Adjustments target subluxations, or minor misalignments, particularly in the thoracic and lumbar regions that influence digestion. Birth processes can introduce such stresses, compressing or twisting the spine and affecting nerves linked to the digestive system. Correcting these may facilitate better nerve communication and ease discomfort.

Research on chiropractic for colic shows varied results. A Cochrane review found that manipulative therapies, including chiropractic, reduced average daily crying time by one hour and 12 minutes in colicky infants. Other studies report greater reductions in crying among infants receiving chiropractic manual therapy compared to those without.

Additional techniques include infant gas relief methods. Holding the baby upright during and after feeding, massaging the abdomen in clockwise circles, and performing bicycle leg motions can help release trapped gas. These practices address common triggers like bloating and support digestive comfort.

Proper feeding practices also play a role. Ensuring correct latching during breastfeeding or bottle feeding, offering smaller amounts more frequently, and maintaining a semi-upright position during feeds can minimize air swallowing and overfeeding, which may exacerbate colic symptoms.

Establishing a calm and consistent routine contributes to overall comfort. Gentle rocking, swaddling, or soft background music can create a secure environment, aiding nervous system regulation and digestion. Consistent schedules align with the body's natural rhythms, potentially reducing colic episodes.

Dr. Sara Richa, Doctor of Chiropractic, leads the clinic's efforts in pediatric care. She earned a Bachelor?s Degree in Health Sciences from James Madison University in 2016. Prior to chiropractic studies, Dr. Richa worked as an Applied Behavior Analysis therapist, providing in-home interventions for children with Autism and other disabilities. This experience led her to explore chiropractic as a supportive option for neurological conditions. She graduated with honors from Life University with a Doctorate of Chiropractic and received advanced training in spinal correction, nutrition, exercise, and detoxification from a prominent health clinic.

Dr. Richa holds certification through the Pediatric Experience for pediatric and family care, membership in the International Pediatric Association, and certification in the Webster Technique for prenatal care. Her specialization includes Autism, ADHD, Oppositional Defiant Disorder, and other neurological issues, with a focus on serving families from newborns onward. As a provider of pediatric chiropractic care in Austin, she integrates these strategies to support infant health.

"Natural colic relief strategies, such as gentle spinal adjustments, can help address subluxations that may interfere with digestive function in infants," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

The clinic operates within the 5 Essentials framework, which includes Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimizing Toxins. This holistic model seeks to remove interferences to the body's natural processes, with patient education as a central element. Care begins with a health history review, followed by data collection, result analysis, and personalized plans.

"Combining home techniques like proper feeding and routine establishment with chiropractic care supports the body's innate ability to regulate and heal," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

MaxLiving Chiropractic - Tech Ridge serves the North Austin area, offering natural health solutions through principled chiropractic methods. The clinic empowers individuals and families to achieve wellness by focusing on root causes and facilitating the body's inherent healing mechanisms.

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For more information about MaxLiving Chiropractic, contact the company here:MaxLiving Chiropractic - Tech RidgeDr. Sara Richa - Doctor of Chiropractic(512) 717-6597info@maxlivingtechridge.com12314 N Interstate Hwy 35 Suite 108, Austin, TX 78753

MaxLiving Chiropractic

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

Website: https://www.maxliving.com/clinic/maxliving-chiropractic-tech-ridge

Email: info@maxlivingtechridge.com

Phone: (512) 717-6597