

Gripe Water - Does Gripe Water Bust Up Baby Gas?

All babies have gas. Some more than others. Parents on the lookout for a way to relieve baby gas fast may have run across the homeopathic remedy called Gripe Water. It certainly has a funny name, so: what exactly is gripe water, is gripe water safe, and will gripe water really bust up baby gas? What is Gripe Water A long time ago, in Merry Ol' England, a doctor named Woodward concocted the very first gripe water by accident. In an attempt to treat malaria, he discovered a formula that helped ease the pain of gassy babies. He bottled the formula as Woodward's Gripe Water in 1851, and it has been a staple for parents in the U.K. ever since. Some parents say it does nothing. Others say that it is a "miracle in a bottle." Because it has remained a popular remedy for baby gas for more than 150 years, there must be something about it that works. Many variations of gripe water exist today. Most are a mixture of various herbal extracts and essential oils that are known historically to be gas-busters and cramp-soothers. But, watch out which brand you buy. Is Gripe Water Safe? As stated above, be careful of which brand of gripe water you buy. For the most part, gripe water sold in the U.S. is monitored by the FDA and absolutely safe for your baby. But there are a few ingredients you need to avoid: alcohol sodium bicarbonate (a.k.a. baking soda) sugar concentrated essential oils and herbal extracts (instead of de-concentrated dilutions) Some gripe water formulas contain the original organic oil or extract instead of the diluted version. So, you need to research your gripe water to make sure it meets FDA guidelines for strength, quality, purity and labeling. If you are ordering online, make sure you order directly from the manufacturer's site and investigate the ingredients. Does Gripe Water Bust Up Baby Gas? Most gripe water ingredients are chosen to aid in the breakdown of gas bubbles which consequently are absorbed by or moved through the digestive track and expelled. You will often find that homeopathic remedies you may have used on yourself to aid in digestion are also contained in gripe water formulas. Common gas-busting, gripe water ingredients include: caraway, peppermint, (antacids are often peppermint flavored) ginger, (ever heard of ginger ale or sprite for an upset stomach) lemon balm, and fennel. I'd Like to Buy Some. Where Do I Buy Gripe Water? The proof, as they say, is in the pudding, or in this case, the Gripe Water. So, if you want to try this homeopathic remedy to eliminate baby gas fast, you can try your local drugstore. They will sometimes carry some brands. Just make sure they don't contain any of the ingredients to watch out for at the top. If you want to save yourself a trip, you can also buy gripe water online. [Colic Calm Gripe Water](#) is a brand which touts an astounding 90% satisfaction rate and is regulated by the FDA (that means nothing in it to harm your baby).

About the Author

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Source: <http://www.colic-baby-bootcamp.com>