

Baby Fart Aerobics-Funny Name or Fabulous Remedy for Baby Colic?

Are you seeking a remedy for your infant's tearful episodes due to discomfort from colic and gas? Jini Patel Thompson and her comically titled DVD, [Baby Fart Aerobics](#), may become a great new resource for you. Why does baby farting relieve colic and crying? It's true that the title is comical. However the methods outlined in the DVD are anything but. Jini Patel Thompson is a professional in homeopathic treatments of intestinal ailments, and author of Listen to Your Gut and The IBD Remission Diet. She was a Crohn's sufferer until she found relief on her own with natural methods. Thompson is someone who has experienced colic as an infant. Once she implemented what she knew about ailments of the bowels for relief of her own infant's colic, she was on her way to developing [Baby Fart Aerobics](#). Thompson states that by adhering to the colic massage and aerobic exercises, in a matter of weeks, your infant should experience relief from any colic. Is this true? Absolutely! She is convinced that baby colic stems from gas and feces trapped in the intestinal tract of the infant. Baby Fart Aerobics provides instruction in methods of baby massages and workouts created to relax bowels and the pelvic area. Thompson believes that as the infant performs the aerobic routine, the trapped gas and bowels will be relaxed and expelled. Relief of gas, discomfort and colic! Thompson is not alone in claiming the benefits of colic massage and aerobic exercise to alleviate colic discomfort. Dr. Harvey Karp, The Happiest Baby on the Block, describes a technique of baby massage where the baby pedals its legs and the stomach is massaged to help expel gas or have a bowel movement. In addition, there is a whole new market of infant yoga lessons. Among the recognized advantages of infant yoga is improved digestion and reduced colic. Yoga for infants resembles the basic technique of Baby Fart Aerobics. Infants Crave Human Contact However, other advantages exist for conducting these [Baby Fart Aerobics](#) gas/poop relief methods. Along with alleviating colic distress, you are providing your infant with what she desires - human contact. Why do infants crave our contact? Just consider it for a moment. While in the uterus, she received a continual embrace. Helping her experience what she felt in the womb can relax and soothe her. There is even research to suggest it facilitates growth in infants! Dating back to 1982, research conducted by Dr. Tiffany Field on premature infants who received massage, as opposed to those who didn't, led to astounding findings. Nurses practiced massage on a bunch of premature infants, fifteen minutes daily. They did this massage technique several times weekly over a ten day period. The premature babies put on 47% more weight than those who weren't massaged. What's more, the premature infants who received massage got sent home a week prior to those who didn't get massaged. Baby massage also has the same type of effect on infants born at full term. Just 15 minutes of daily massage can make an infant less tearful, more alert, able to put on weight, and more relaxed. So, after you try whatever you can to alleviate your infant's colic, think about giving the massage techniques of Baby Fart Aerobics a chance.

About the Author

Check out the DVD recommended by Parents Magazine. Watch a quick preview of [Baby Fart Aerobics](#) today!

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