

*BY CHRISTIAN BATES*

# FOOD TIPS FOR THE BREASTFEEDING MUM WITH A COLIC OR REFLUX BABY



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## THE FOODS YOU EAT AFFECT YOUR BREAST MILK

I'm writing this from my experience of 22 years helping mums and babies. I'm very keen on using scientific data to back myself up too, so I will use that combined with my experience where I have found some.

Foods that a breastfeeding mum eats without a doubt affect her baby's wind, colic, crying, hunger, sleep and general happiness. If you have been told otherwise it is wrong. A bold statement that I actually get a lot of grief for saying! The strange thing is the conflict I get is from breastfeeding specialists not from mums. Tell this to a mum and they totally agree that how they eat and drink affects their milk and in turn their baby.

Figuring out which foods are aggravating your baby is can be a bit of a minefield! So, I'm going to try and simplify it for you into a few tips and stages you can work through.

Firstly, a baby's wind and colic don't have to be due to what the mum is eating, there are many different causes for this as described in my book *Calming Colic* and there are many, many other ways to help them too. Don't believe there is "no cure for colic" or that "all babies cry" or you should "wait 12 weeks for them to get better". You can help them right now. However, in many occasions the diet of the breastfeeding mum does play a role in her baby being windy. Other major factors include antibiotic exposure and having a C-section. These and many more reasons are explained in my book. Have a look at [www.calmingcolic.com](http://www.calmingcolic.com) for loads more help.

# THE SCIENCE OF WHAT'S IN YOUR BREAST MILK

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The actual science of what gets into your breast milk is a bit confusing and quite sparse. When you read scientific articles they always start “The science on breast milk is sparse and needs more research...”, or something like that. Let me summarise some findings and then add in my own experience. What goes into your breast milk from what you eat falls into only a few categories:

You eat it and yes it goes into your milk in small quantities

You eat it and doesn't really change your milk

You eat it and depending on how much of it is in YOU will depend how much goes into your milk.

But there are a lot of grey areas. This is what I tell my mums:

Assume EVERYTHING you eat will go into your milk in small amounts.

In fact what you eat, drink, breathe, put on your skin and even THINK will go into your milk. Why is this? Because it all affects your blood and your blood makes your milk. This is basic physiology and nutrition. Food goes into your digestive system and is broken down to be absorbed into your blood. This is what keeps us alive. Your breast milk is made from your blood. If you have been told that what you eat doesn't affect your milk because your milk is made from your blood then the person telling you doesn't have basic physiology knowledge as they don't realise that what you eat goes into your blood too.

Back to what does go in to your milk and what doesn't. It seems ridiculous to go through your day thinking, “that goes into my milk so eat lots or conversely that goes into my milk so be careful”, or vice versa “that doesn't go in my milk so eat lots or be careful”. Way too complicated for a tired, busy mum. What's better is to figure out the particular food that is giving your baby a wind issue and then avoid that and also simply eat well. Then you won't have to even worry in the first place. But what is eating well?

## YOUR BREAST MILK IS MADE OUT OF YOU (AND WHAT YOU EAT)

Some vitamins and minerals in your breast milk are dependent on the vitamins and minerals you consume. What I am explaining in this ebook is more the fact that your milk is composed either from the foods you eat or from YOU. Meaning your breast milk takes it's nutrition from your body stores and your body stores are made out of what you eat.

# BREAST MILK IS MADE FROM YOUR BLOOD

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Back to your blood. Breast milk is made from your blood. The way our body works is that just about everything we eat, drink, breath and even put on our skin goes into our blood and therefore possibly into your breast milk too.

Your breast milk is amazing, it is able to nourish your baby no matter what you eat. Your milk can stay good enough to make your baby grow and live even if you eat a load of rubbish or don't eat at all. So where does the content of your milk come from? Thin air? Nope, it will take its nutrient out of you, it has to, it can't get it from anywhere else. So if you've been told that you can eat what you like because your breast milk will stay the same, they are sort of right. But I totally disagree...

I have two problems with this advice. Eating a load of rubbish or nothing at all means that your milk strips you of goodness, leaving you tired, anxious and generally ill; not great when you have a new baby!

Secondly, in actual fact you can make your breast milk better by eating better. There is science showing foods and other particles do pass through. The odd thing is that mums are told they can eat what they want, which usually means high sugar snacks, yet most mums have associated their breast milk quality and quantity with eating or drinking better. Have you?

It's been mentioned to me that the breast milk colour changes, the smell changes and the thickness / consistency changes according to how a mum eats. I have been told that if a mum eats poorly, her baby cries more. When she eats better her baby feeds better and is therefore happier. I believe this, I've seen it too. Yet I have had "breastfeeding specialists" get very obnoxious towards me for stating this.

In my opinion your baby is nourished better on higher quality milk brimming with nutrients, good bacteria, healthy food particles and correct levels of protein, fat and carbohydrates. I believe this will make your baby more satisfied, they will sleep better, will feel more full so will go longer in-between feeds and be less snacky on you. They can also have less wind, reflux and colic symptoms. And a baby that doesn't have these is a happy baby. And a parent that doesn't have a colicky baby is a happy parent!

I have had mothers report this to me time and again when we make a few simple changes to their diet. There are bits of research here and there that I have found that corroborate my ideas. For example, one study found that babies fed better when the mums breast milk had the flavour of garlic the mum had eaten.

I love this recent one, not about food but about probiotics. The study gave mums a probiotic when breastfeeding and they found it changed the amount of healthy sugars in the mums breast milk. This is the best bit though. The sugars in the mums breast milk were thought to be totally fixed genetically and couldn't be improved! And they only just found out they were wrong. This is a quote straight out the study

# A HAPPY RANT

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If you have read my ebooks or posts on here you will know I recommend mums eat well, for themselves and their baby. I also recommend breastfeeding mums eat well as the food they eat passes through to their baby. For this I have had many lactation specialists and other professionals say I am wrong, that doesn't happen and to leave new mums alone and let them eat what they want as they are looking after a new baby. I still advise what I believe is right which is mums should look after themselves with good nutrition. I wrote this is a new ebook I'm preparing now on breastfeeding "Tiredness, hormones, late nights, the delivery process, stress and all of this after just growing a baby for nine months! ... Seriously, you are in the middle of one of the hardest things a human can do and what an amazing job you are doing! All of these factors are depleting you though, whether you are breastfeeding or not. You must eat well to look after yourself and feel well to look after your baby too."

Well here is the amazing bit.. Research this week found that a pregnant mum is pushing her body to the peak of performance that is similar to running a marathon or doing the Tour de France! Have a read here, it's totally amazing --->  
<https://www.sciencemag.org/news/2019/06/study-marathon-runners-reveals-hard-limit-human-endurance>

So think about this. Would a Tour de France athlete then not eat well after they've finished!? Let's face it, you've still got a harder job ahead of you now your baby is born!

Everyone knows that good nutrition is important. So even if everything I say here is totally wrong about foods supporting breast milk, it doesn't change the fact that good nutrition is needed to make a body function well. I personally do include breast milk production quantity and quality in this. What makes a new mum exempt from eating well? It's really not good that mums are told to eat whatever they like. They should look after themselves (or get husbands / family etc. to look after them as part of the new mum & new baby team).

The problem with specifically focusing on breast milk content and function is that you lose sight of the whole person, or mum in this case. As a naturopath and osteopath I learnt about the physiology of the whole body and the laws of health and disease that a body upholds to. When looking at a mum I see her as a whole, not just how her breasts produce milk. Is the mum physically, emotional and nutritionally well? All these factors play a role in her breast milk. Especially, how the mums digestion works and how that food is absorbed into her blood stream to then be taken into her milk. So yes, the breast milk ducts have a filter but the filter before that is you and your digestion. And your digestion is dependent on your nervous system. Being stressed for example shuts your digestion down so it doesn't work as well. Interesting to put your own stress, tiredness and digestion into the equation of how your breast milk is produced.

# MINERALS IN THE MILK

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It seems from research that some minerals (which are things like calcium and magnesium) are dependent on how much you eat of them but some are not. Does it really matter which ones are and which ones aren't? Not really! Are you going to say "I'll only eat these foods as they will go into my breast milk but not those foods as they don't"? Are you really going to get that detailed with your diet? And anyway it's just not that clear cut with foods anyway, they don't only contain one or two vitamins or minerals.

This is another problem, we have to be seriously deficient in a mineral to get really unwell. But the reality is that many of us are deficient for optimum health, so in fact you can feel below par by having a vitamin or mineral moderately deficient. Basically, you can be the vertically ill, meaning you can get up and get on with life but feel tired and rubbish!

Let's take calcium in your breast milk as an example. The calcium levels in your breast milk is said to NOT be dependent on the calcium you have in your diet. Well, we all have absolutely masses of calcium in us in our reserves (bones). All good then, your breast milk can pinch from your plentiful reserves. But your reserves will still go down unless you top up with your diet. It so happens that we have plenty of calcium in our diets so this isn't a big deal really. But does that mean you say "I don't need calcium in my diet"? Not at all.

One of the most common deficiencies naturopaths find in their patients is magnesium. It is also very abundant in our body but it has a high turnover. Loads of people get deficient enough to get some symptoms, like cramps and twitches. Magnesium is used in muscle contractions. Can you think of something you have just gone through where you had loads of contractions!? So perhaps you might be running low on magnesium...

I see many patients who have deficiencies and they haven't just grown a baby and placenta inside them, gone through the birthing process, hardly slept, are stressed, are tired

and are breastfeeding. If they can get deficient and benefit from eating well and taking supplements for a short time then I'm

It's not just your breast milk taking the goodies out of you

Tiredness, hormones, late nights, the delivery process, stress and all of this after just growing a baby for nine months! ... Seriously, you are in the middle of one of the hardest things a human can do and what an amazing job you are doing! All of these factors are depleting you though, whether you are breastfeeding or not. You must eat well to look after yourself and feel well to look after your baby too.

## Mums gut = baby's gut

In the science literature they use this great term for mother and her baby, the "mother and baby dyad", basically meaning you are both a pair. And I really encourage mums to think of themselves and their baby as one, so although you are now two, a dyad, the bond you have is still one and in more ways than you may think.

Now you will understand you are one in your love, but how about what you eat and what you think? Here's my tip, what you eat is what your baby eats, if the foods you eat gives you wind and stomach ache it will likely give your baby wind and colic. As a side note what's in your head in terms of stress will also stress your baby and make them cry too. So think of yourself as a unit in many ways. Check out my easy and quick relaxation routine to calm you and your baby here: [www.calmingcolic.com](http://www.calmingcolic.com)

TIP #1 - IF WHAT YOU EAT GIVES YOU WIND, BLOATING OR STOMACH ACHE IT WILL COULD DO THE SAME TO YOUR BABY.

# THE BIGGEST CULPRIT FOOD GROUPS

Mums are very often told that the brassica family pass wind on to their baby (broccoli, cabbage etc). This might be true but it is very rare I speak to a mum that is eating too much broccoli or cabbage! Most mums are eating far too much wheat, dairy and sugar. Why? Because it's easy to grab, convenient to prepare and you can get your hands on it so easily. You may also be reaching for the sugar for a quick energy boost as you are so tired. The problem is that it's so easy to go a full day and every meal you have eaten has wheat, dairy and sugar in it. Usually a mixture of all three! Take cereal for example which is milk, wheat and sugar. This means every feed you give your baby will have some wheat or dairy particles in it. If your baby is struggling with either of these then you will have a constantly upset baby.

Sugar is an interesting one. In my New Mum Food Mistakes ebook I found mums to be eating massive amounts of sugar. Sugar often ferments into wind so can result in a colicky baby. I have also found some great research where it is possible to link this overload of sugar to reflux. I was very excited to read this as I saw it happening in clinic but now I have

## CONSIDER OVERLOAD, NOT ALLERGY

I have mentioned this in many of my ebook and in here too. But to explain again as it really is important. Many mums that have an upset baby with tummy issues worry that they may have a dairy allergy. This may be true and of course have a GP check up if you think this. If this isn't the case then babies can have "intolerances" to certain foods, which aren't as full on as an "allergy". I would go one stage further than this and say that often babies don't have an allergy, or an intolerance but rather an OVERLOAD.

This has been mentioned in the advice in here already. Mums tend to eat a lot of only a few food groups, very often lots of wheat, bread, cakes, dairy, chocolate, ice cream and in general sugary carbohydrates. Excess of all of these can trigger a baby to have wind and colic or tummy pains and troubles. But it is due to the excess or overload rather than an allergy.

All the advice about eating in here and in my 5 day mum food plan is to reduce this overload and help with the variety so the excessive pressure of these big food groups is taken off the baby's digestive system. It just can't cope quite yet with the overload and excess.

So let's hope that most babies are just suffering from an overload rather than an intolerance or allergy. As with everything I write it all links up. You may also want to read Calming Colic and my reflux help ebook as these really helps with the other factors that contribute to colic, wind and reflux.

## The food could be anything! (Use my food diary)

This is where it gets tricky for new mums. The food that aggravates your baby could be one of many things. Big culprits are dairy, wheat, ice cream and chocolate. I've had mums pinpoint it to garlic, spice, fruit smoothies, satsumas, fizzy drinks and various other foods, some of which are healthy!

To help with this you can keep a food diary with the tummy symptoms of your baby. Then if you have a really bad witching hour a few times after having ice cream for dessert you can stop eating ice cream. You can download my Mums diet diary from [www.calmingcolic.com](http://www.calmingcolic.com). It is included in my Complete Happy Mum & Baby online package.

## Don't replace the food you restrict with other bad food!

This is very common with mums. A mum will reduce down one of the big culprit foods but just replace with another big culprit food. Very often it's an accumulation of a certain food or the over-eating that triggers a colic or reflux response in your baby. If you cut dairy out and then add in extra wheat you may be taking your wheat above a threshold that now creates wind in your baby. Again, remember it is a wheat overload, not necessarily a "gluten

**TIP #2 - VARIETY. CHANGE IT UP! EAT DIFFERENT FOODS AT EACH MEAL, AVOID WHEAT AND DAIRY OVERLOAD AND DON'T HAVE A MEAL WHERE THE MAJORITY PART OF IT IS DAIRY OR WHEAT. CUT DOWN ON YOUR SUGARY FOODS AND SNACKS. INSTEAD SWAP THEM FOR HEAVY FAT AND PROTEIN FOODS. SEE MY NEW MUM FOOD PLAN FOR HELP.**

Most mums are not eating “normally”. And by this I mean they aren't eating like they used to eat when not pregnant or not with a new baby. New mums have odd eating habits as they are tired and are grabbing everything in sight. New mums tend to eat a load of chocolate, ice cream, cakes, buns, whatever is easy. New mums often say to me “I don't usually eat like this”.

So my advice is to eat how you used to eat, or eat like you did when you were pregnant. Mum's tend to eat really well when pregnant as you are looking after a baby in your belly. However, you are still looking after a baby they just aren't in your belly!

Looking after a baby is hard work. So you need to eat even better, not worse.

## Are you over eating a particular food?

I have touched on this already but will describe it here in a common way I hear on a daily basis. Mums very often latch onto an odd food and eat loads of it. They find a food that is easy and quick, that they can eat one handed while holding a baby and then eat it all day. This is very often the food that is creating wind pain in your baby as you are simply over doing it. Satsumas for example. I recently had a streak of mums eating loads of these. Why? Because they had come in season and were on sale in supermarkets and you can buy a bag of ten. It's easy to eat the whole bag in a day. Your baby may have no issues with you eating one or two, but eating a load is just overdoing it.

## The food could be healthy

This is where foods can be tricky. A food that is triggering wind doesn't have to be a “bad” food. Take the example above of satsumas. You might be thinking they are a great snack as they are fruit and healthy. The problem is even a “healthy” food can

TIP #3 - EAT LIKE YOU USED TO. TRY AND DROP THE SNACK FOOD (CHOCOLATE, CAKES, BISCUITS ETC) YOU HAVE BECOME HOOKED ON AS IT'S SUPER CONVENIENT.

## CARB OVERLOAD

This might be the most important tip I have. It might also be the easiest to change for you as it is very broad and general and not overly finicky, like avoiding a specific food.

It is also a combination of a number of my tips and it is one I have observed for a very long time now and have the scientific research to back it up. It also applies very strongly to reflux babies that are breastfed.

It is this: DON'T OVERLOAD YOUR DAY WITH TOO MANY CARBS.

My new mum eating plan I wrote a long time ago covered this and is a step by step eating guide that is higher in good fats and proteins. It will fill you up, decrease your cravings and help balance hormones too.

So to repeat myself... This is avoiding SPECIFIC foods, it's decreasing the total amount of carbs you are having each day. Now I don't mean you are going zero carbs or into a Keto diet but bring a balance to

## "EATING FOR TWO"

Like all things with babies (and in life in general), there is two sides to this coin. I like “eating for 2” but I also don't like it. In terms of eating a nutrient dense, healthy diet because you are either growing a baby inside of you or breastfeeding a baby or looking after a new baby and not sleeping much it's a great term. However, if it's used on a calorie basis as in “just eat more no matter what that is” then it isn't

TIP #4 YES, “EAT FOR 2”, BUT EAT WELL BECAUSE YOU ARE IN CHARGE OF THE NUTRITION FOR YOUR BABY AND YOURSELF. EATING FOR TWO DOESN'T MEAN DOUBLE THE QUANTITY AND DOUBLE THE CALORIES, IT MEANS DOUBLE THE QUALITY.

Digestive enzymes and lactase drops, but for you not your baby.

Here is a little trick to make things easier. This whole ebook you are reading revolves around foods passing from you to your baby. What is possible is to make sure you digest your foods really, really well so in theory the food particles do not pass to your baby in such a way as to trigger wind. Just as you can put lactase drops in a baby's formula to pre-digest the lactose YOU can take a digestive enzyme with meals yourself. This digests a lot more than just the milk sugars, but also the milk proteins in your food too. These can really be amazing. I recommend Cytoplan's CYTO ZYME. Take one capsule WITH each

**TIP #5 USE A DIGESTIVE ENZYME. ESPECIALLY IF YOU HAVE DIGESTIVE ISSUES YOURSELF.**

### It takes a village...

Have you got local family and friends? See if they can cook you up some hearty meals, lasagna, bolognas etc and freeze it to be used for a few evening meals. We like to use a little twist on a sailing quote "One hand for yourself and one for your baby". What we mean is look after yourself so you can look after your baby too. If you only look after your baby and get so tired and depleted you won't be able to look after them so well. Let's add another quote "It takes a village to raise a child". This means get some help! We have food plans and ideas for you and your family to use at [www.calmingcolic.com](http://www.calmingcolic.com)

**TIP #6 GET HELP! ASK FOR SOMEONE TO BATCH COOK FOR YOU**

## BREAKFAST, LUNCH, DINNER... WHO CARES!

Once you have cooked yourself up some healthy and nourishing meals and snacks or received some from loving friends and family then just eat them anytime! You're in a rush, not much time to cook so it's best to have something to grab when you are hungry or peckish. It doesn't really matter what that might be. Reheat some leftovers from dinner the night before. Even better make lots more at dinner and purposely have it for breakfast.

### Batch cook

But remember that you are aiming for VARIETY too. So don't cook enough of one food to last for days and days. If this food is a wind trigger in your baby then you will just be eating the culprit food continuously and you won't see a change in your baby. So a bigger dish of food that is able to be eaten at one meal the next day will work nicely.

Tip #6 Batch cook and eat for breakfast, lunch or dinner so you don't reach for the bad snacks foods so easily.

**TIP #7 BATCH COOK AND EAT FOR BREAKFAST, LUNCH OR DINNER SO YOU DON'T REACH FOR THE BAD SNACKS FOODS SO EASILY.**

FODMAPS stands for....

This is a group of foods that breaks down into wind and has been used for people with Irritable Bowel Syndrome with success. I have been using it for a few years now for breastfeeding mums due to my belief that wind in the mum passes wind to her baby. It works well in many mums, not all, so I have simplified the instructions on how to use it. Recently I was pleased to find that the creators of this food plan had actually scientifically tested it's effectiveness on helping colic with success! However, as I would have suspected it didn't help ALL babies. Of course it wouldn't, changing foods won't help a pain upset from a forceps delivery. The FODMAPS food list is available as a download in my online courses and from [www.calmingcolic.com](http://www.calmingcolic.com).

TIP #8 HAVE A LOOK AT THE FODMAPS LIST OF FOODS AND CROSS-CHECK THEM TO FOODS YOU ALREADY EAT. READ MY INSTRUCTIONS ON THEM AS YOU AREN'T GOING TO GO FULL FODMAPS FREE.

## RELAXED OR STRICT?

I see the best results when a mum is strict with reducing certain foods that might be causing her baby colic or reflux issues. However, there is definitely room for leeway here. The reason being that you may be able to reduce a certain trigger food by half for example and that is enough to not trigger the wind, colic or reflux in your baby. On the other hand I have had mums report that when they completely cut dairy their baby is great and if they only have milk in a cup of tea their baby gets worse. Again, it shows every mum and baby are different. Your digestion is different, your baby's is different, how your body absorbs your food into your blood and converts your blood into breast milk will be different.

To get a really clear idea the foods are better completely excluded for at least a week but you may see differences in just a few days which will encourage you. My new mum meal plan naturally excludes most trigger foods and is really easy to follow as it replaces the culprit foods with good foods. This is part of the full Calming Colic mum and baby health package available from [www.calmingcolic.com](http://www.calmingcolic.com) and my online course at Udemy.com too.

Most mums actually feel so much better themselves they quickly love the food plan and also the improvements in the baby can be amazing. It really is easier than you think to eat healthily.

TIP #9 GO STRICT TO GET THE FULL BENEFITS AND THEN RELAX OFF TO SEE AT WHAT POINT YOU NOTICE THE WIND IN YOUR BABY RETURN

Absolutely amazing research now shows that the bacteria in a mums gut moves to her breast milk and can be found in her baby's gut. I totally love this! It's amazing. Research and my experience also shows that if a mum takes a probiotic, like Optibac which I recommend, it will aid her baby by passing healthy bacteria to them through her breast milk. Again, totally amazing!

So, we know that bacteria passes to the baby from the mum. Let's take this a step further, to a place that has less research on it though, but again I can tell you 100% that what I am going to tell you is true in my opinion, because I've seen it many times. In fact I wrote about in my book Calming Colic a number of years ago.

What I have seen is that if a mum has gut problems, like IBS, then her baby is more colicky. Most gut problems in adults, like IBS, have at least to some degree an issues with good / bad gut bacteria balance. This would be too much bad, not enough good. Therefore, if a mum passes her good bacteria to her baby through breast milk, but actually she has tummy issues herself we can possibly deduce that that she may not have the best bacteria in the first place to pass on. This really sets up the scene for the mum to be taking probiotics in her last trimester to get a great bacteria balance to pass to her baby.

What I also love about this and research is showing it more too, is that it means you can be PROACTIVE in helping your baby. You can take a probiotic yourself and pass it through your breast milk or you can add it to your baby's formula and they can get it that way. It's so simple and amazingly effective!

TIP #10 LOOK AFTER YOUR OWN DIGESTION AND TAKE A PROBIOTIC TO PASS TO YOUR BABY VIA BREAST MILK OR IN THEIR FORMULA

## COLIC PREVENTION FOR YOUR NEXT BABY...

When a pregnant mum comes in for treatment I check the supplements they are on. Most are on a folic acid supplement. I prefer a mum to be on a high quality Pregnancy Multi with the correct folic acid levels rather than just folic acid by itself and also a more natural folic acid too. You will just get more benefits. I also advise a high quality omega 3 fish oil and finally in the last month or so a probiotic. So many problems in new babies are related to tummy problems and these are related to an imbalance of good and bad gut bacteria. We help this with baby probiotics that the mum takes or are given directly to baby. What I recommend is the mum to take the probiotic before the birth so she is nicely stocked up on good bacteria that she can pass through breast milk. This is a step towards having a happy, less colic, less reflux newborn baby.

Research has even shown now that a baby has bacteria in their bowel whilst INSIDE the mum. This is a mazing and means that you can be adding to this whilst they are insdie you. The same advice applies, use a probiotic in your last trimester.

TIP #11 NEXT TIME YOU ARE PREGNANT TAKE A PROBIOTIC IN YOUR LAST TRIMESTER SO YOU HAVE LOADS OF GOOD BACTERIA TO PASS TO YOUR BABY.

It is well known that stress does pass through to your breast milk and it is also known that stress passes to your baby if you are just holding them and you are stressed. I'm sure you have realised this. I have written more about this in my other ebooks but to summarise quickly to you. The stress chemicals in your body are called adrenalin and cortisol. These spike if you are stressed, but what is less known is that they spike when you HAVEN'T eaten. These hormones are responsible for getting sugar into your blood stream to keep you alive. If you haven't eaten they will spike to put sugar into your blood. It's sort of an emergency situation.

What you need to understand from this is that you need to eat and eat regularly to stop this spike. So no skipping meals! You are tired and working hard to look after your baby and recover from being pregnant so you need your food!

The food plan included in my online course covers eating like this and I haven't written more in depth in my other ebooks about mothers diets.

TIP #12 EAT! AND EAT TO BALANCE YOUR BLOOD SUGAR. HOW TO EAT IN THIS WAY IS IN MY FULL BABY HELP PACKAGE.

## BABY BAD OVER THE WEEKEND?

This is another situation that I frequently see so I'll add it here as another tip. The situation is if you see your baby become a lot more windy, colicky and crying more over the weekend. I see this very often and initially it struck me as odd. What happens at the weekend to make a baby more windy? This is how my mind works, can I find something that alters for the baby that makes them upset. And after asking many, many mums I can tell you that it's really common to have a special food treat over the weekend like a curry, Thai or Chinese food. These may be what has affected your baby in terms of wind, they can be spicier than you would normally eat or more creamy and we know that dairy can be a common colic trigger. Just have a think what you might have done over a weekend that is different. It might not actually be food, it could be a change of routine, a family party, a later night, all sorts of things. These can just upset your baby, but they aren't the biggest deal as they are temporary, but they are a good learning experience to see what can affect your baby's mood. Which reminds me. If there was something that affected your mood, then you can pass your mood onto your baby very easily too... So consider this.

TIP #13 IF YOUR BABY IS GENERALLY GOOD BUT HAS A BAD WEEKEND CHECK WHAT UNUSUAL FOODS OR CHANGE OF ACTIVITIES / ROUTINE YOU HAVE DONE. IT COULD BE THAT THIS IS THE TRIGGER AND IT WILL BE ONLY TEMPORARY FOR THE WEEKEND.

I have spoken about varying your diet when breastfeeding and this is for the benefit of your own health but also so you can see more easily whether a food is affecting the wind, reflux or colic in your baby. So keep an eye out for bad nights or days and good nights or days. If you have either then check out your food diary and see what foods you ate. Do this for the good times too, then you'll know that those foods are okay. But remember don't then over-do these foods too much as it can also be the QUANTITY that affects your baby, even of a good food. Use my new mum food diary again for this.

TIP #14 LOOK FOR THE GOOD AND THE BAD. USE YOUR FOOD DIARY TO RECORD WHAT YOU ATE. EXPERIMENT AGAIN. IF YOU SEE A LINK THEN AVOID THE FOOD OR EAT THE SAME MEAL AGAIN IF ALL WAS GOOD.

## TOXINS

It's unfortunate but toxins in this world DO get into your placenta and therefore your baby and they also get into you and into your breast milk. It is well worth thinking about this for the health of your baby. It is very often told to mums that the filtering system of the placenta and the filtering system of your breast milk can take these out. First of all, even if this were true (which it isn't entirely) that still leaves the toxins in you! Which we also don't want.

There are toxins on this planet now that are so new that when our body evolved it didn't even know that it could come into contact with them. Your body's filtering system from your blood to your breast won't even recognise these toxins. As amazing as our bodies are these toxins do get through and it is wise to reduce your exposure to them and even to take steps to get them out of your body. A really easy step to reducing toxins is to avoid pre-packed food, cook your own food from fresh ingredients, use organic foods and eat plenty of fibre yourself which drags toxins out of your gut.

I don't want this information to worry you in anyway, it's not here for that reason at all. It's to be educational to you that it is a sad fact the planet has many, many toxins. None of us can avoid them in fact, so the solution is to understand they are there and minimise them if possible.

TIP #15 IT IS WELL WORTH GENTLY REDUCING YOUR TOXINS EXPOSURE FROM FOODS AND OTHER ENVIRONMENTAL FACTORS. THIS IS QUITE AN IN DEPTH TIP AND ONE YOU MAY NOT WANT TO GET TOO EXTREME ON AS THE REALITY IS THERE ARE SIMPLY TOXINS EVERYWHERE AND THEY ARE UNAVOIDABLE DURING THE COURSE OF A NORMAL LIFESTYLE.

## In conclusion!

I would assume that everything you eat and drink could potentially go through into your breast milk and then into your baby and create them some wind or colic discomfort. If you want to go a step further to really look deeper at keeping yourself and your baby healthy then assume that whatever

*you eat, drink, breathe, put on your skin and even think passes to your baby*

This is a bit harsh but it's true and it is something for you to consider. I'm not trying to make things hard for you but rather encouraging you to eat well for yourself and your baby. Mum's definitely deserve a tasty and naughty snack or two! But just understand that this can affect your baby's wind.

Gently take on board what I have said and look at the ebooks and videos in my online course. There are many triggers to a colic, reflux, unhappy baby and I have written about all of them in my book Calming Colic and my other ebooks.

In fact the most common ones I see AREN'T to do with what a mum eats, they are more to do with factors that change the beneficial bacteria in tummy, for example antibiotic use. And this can be more easily fixed using probiotics.

Your first place to start now is to follow my 5 day eating plan for the new mum. Let me know how you get on or if you have any questions my emailing me at [christian@theperrymount.com](mailto:christian@theperrymount.com)

TIP #16 FOLLOW MY 5 DAY FOOD PLAN FOR THE NEW MUM THAT IS ALSO IN MY ONLINE COURSE