



Colic Solved: The Essential Guide to Infant Reflux and the Care of Your Crying, Difficult-to- Soothe Baby

Bryan Vartabedian

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For generations, doctors have been diagnosing babies with colic, offering little comfort and few solutions to worried, weary parents. But recent medical advances made through cutting-edge technology now reveal that many if not most cases of colic are actually caused by acid reflux. In this revolutionary book, Bryan Vartabedian, a noted pediatric gastroenterologist and the father of two babies with acid reflux, provides hands-on, practical advice about this hidden epidemic—and how to make your own baby happy again.

- Recognize the seven signs of reflux in infancy.
- Discover the role of milk protein allergy—the other colic.
- Learn what, when, and how to feed an irritable baby and the best positions for sleep.
- Recognize the role of formula, breast milk, bottle systems, burping, and pacifiers in your baby's fussiness, and irritability.
- Understand when and why your baby may need testing for reflux.

Weigh the pros and cons of available treatment options.

Identify when a specialist is needed and where to find one.

Complete with inspiring real-life cases of colic solved, plus tips, sidebars, and illustrations, this essential guide provides real answers to a problem that has been upsetting babies—and parents—for years. Help and hope are at hand!

“This is the book for every parent whose young baby is a ‘bundle of misery,’ in pain, and hard to feed, and for that baby’s pediatrician, too.”

—Laura Nathanson, M.D., F.A.A.P., author of *The Portable Pediatrician*

“Great news for exhausted parents and for suffering babies! Colic Solved gets to the root of what is making many babies cry, and offers powerful, real-world solutions. This is a must-have book for desperate parents everywhere.”

—Alan Greene, MD, FAAP, author of *From First Kicks to First Steps* and founder of DrGreene.com

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