

BabyCues

A close-up photograph of a baby lying on its stomach on a grey textured blanket. The baby has light skin, blue eyes, and is smiling broadly, showing its tongue. It is wearing a white short-sleeved shirt with a ruffled neckline. The background is a soft, out-of-focus grey.

top five
ingredients to avoid



Hello!

It's lovely to have you here

I'm Philippa Murphy

I'm an Awarded Infant Gut Health Practitioner, colic and reflux specialist, postnatal practitioner, educator, speaker, author, Mum, step-mum, detail attentive newborn and infant activist, meditator, quantum physics lover, dabbling artist and creator. Oh, I'm also a self-described advocate for common sense, I love all things nature, the colour green, and my morning coffee.

With a background in Child Development and Psychology, and being a Certified Lactation Consultant, and a Nutritional Health Coach, I'm a keen advocate

for preventative intervention through education. One of my main commitments for holistic child, and parent health, is to provide education that is focused on eliminating the unnecessary symptoms of colic and reflux from our world. Yes that can be done, and by natural means. It's what I love to do.

I also cherish any opportunity to empower parents with knowledge that will enhance confidence, so their intuitive care, and love, can develop in the best way possible. The tips in this guide are a little slice of the empowerment that I wish for you.

Maltodextrin

Maltodextrin is being found in baby food and formulas more and more these days, and this is a grave concern for newborn and infant health and generational health. It's also important to be aware of this ingredient within a breastfeeding diet, for maltodextrin is anything but healthy.

It is said to be used to improve texture; prolong shelf life and often to 'improve' consistency, and is commonly used within processed foods.

While maltodextrin is not listed as a 'sugar' it is easily hydrolysed in the digestive tract, and actually has a higher glycemic index (GI) than regular table sugar – meaning it can cause a spike in blood sugar. It's one to avoid for diabetes sufferers, and it's advised that it should be consumed in VERY small volumes for adults.

Side effects

- gas
- bloating
- flatulence
- explosive bowel motions
- green stools
- arching backwards in pain
- pedalling legs
- short sleep cycles
- crying, grizzling, screaming
- intestinal injury
- links to Crohn's Disease
- negative effect on gut bacteria
- increases mucins, which can induce transformation and promote tumour progression with inflammation and cancer
- increased cell death
- impairs cellular anti-bacterial responses

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Soy

It is true that many have been silenced on the soy subject but this information is not new. It's been known for decades and yet remained under the radar for most parents even though it is a paramount health warning!

Usually parents are steered toward soy if their baby is sensitive, or allergic to the cows' proteins of casein and/or whey but there is much debate about whether soy formula should be available for our newborns – personally I advise parents to stay away from it. I also advise them to ideally avoid any formulas, or infant baby food, that has soy oil or soy lecithin on its ingredients list. If you would like to read more about the effects of soy, please click [here](#).

Side effects

- diarrhoea
- nausea
- abdominal pain
- fullness
- blocks the absorption of critical minerals like calcium, magnesium, iron and zinc
- enlargement and pathological conditions of the pancreas, including cancer
- increases phytoestrogen levels that affect menstrual cycle, fertility, muscle development (e.g. forming breasts for boys)
- has been shown to increase autoimmune thyroid disease
- reduced skeletal mineralization (osteopenia)

Corn Syrup

Fructose corn syrup (HFCS) on the labels of formula, is created by manipulating the percentage of fructose in the syrup that is taken from corn. Companies use this because it is cheaper to make than cane sugar, and it's sweeter.

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Side effects

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- flatulence
- diarrhea
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- green stools
- arching backward in pain
- pedaling legs
- short sleep cycles
- crying, grizzling, screaming
- increases your risk of fatty liver disease
- increases your risk of obesity
- excessive intake is linked to type II diabetes and heart disease.
- contains no essential nutrients.
- inflammation which is associated with cancer
- it can cause the lung disease known as fibrosis

Probiotics and Prebiotics

A probiotic is live bacteria, and a prebiotic is a carbohydrate that can naturally occur in food, or can be added. These are largely new additives to the list of formula ingredients, and at this stage there is little conclusive evidence of the benefits. Shel Banks - IBCLC and Infant Specialist that is currently taking part in a Cochrane Review on the treatment of newborn reflux says this about probiotics, and I wholeheartedly agree..."Probiotics are bacteria, and the idea is that they help build up the colony of the good ones and help fight the bad ones. We must remember that probiotics are bacteria, and we as adults have a robust digestive system. However I am very concerned about giving these out to babies and have big reservations about giving bacteria to babies on purpose. I was part of a systematic review that looked at probiotics to prevent baby from crying, colic, reflux, trapped wind and pain - simply

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THE EVIDENCE DOES NOT SUPPORT THE USE OF THEM. We don't know what's going on down there and whether the baby had that kind of bacteria already. We may be over populating them. So personally, I would say - AVOID."

I'd like to add to this by saying - the side effects of the probiotics are often the symptoms that parents are trying to heal for their baby with reflux or colic - or what I call [Digestive Overload](#), the cause of these symptoms. If you would like to read more research about probiotics please click [here](#).

Side effects

- stomach upset
- gas
- diarrhoea
- bloating
- flatulence
- explosive bowel motions
- pedalling legs
- arching backwards
- bopping on and off the breast
- refluxing
- it may lower supply
- hinder baby's latch
- make for uncomfortable feeding
- interfere with sleep

Coconut oil


While the effects of coconut oil are not as adverse as some of the previous ingredients listed, it is still worth a mention for it can cause a lot of discomfort and yet there is currently very little said about this ingredient in the parenting world.

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Side effects

- nausea
- headache
- dizziness
- fatigue
- swollen glands
- joint or muscle pain
- stomach upset
- chills
- hives, rashes, or other adverse skin conditions

If you would like to avoid all of these ingredients for your loved one, or perhaps gain clear, professional advice on which formula is best for your child's own individual needs, then join me on either a [private consultation](#) where we can discuss this, and answer any other questions you may have about your child's health and wellbeing.

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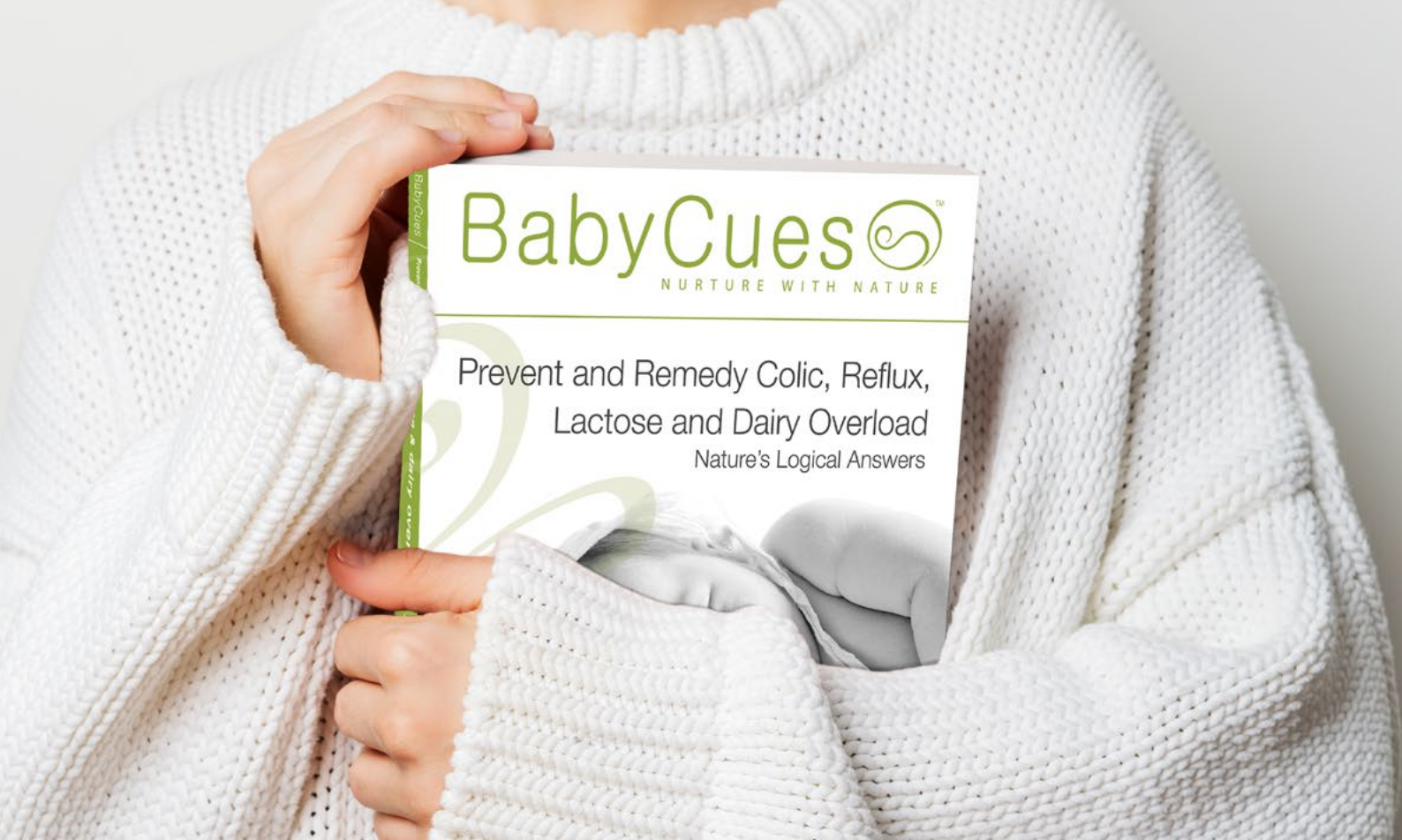
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