

## This Month's Case Study: Baby M

Baby M was a healthy baby boy at birth but good health did not last long.

Six months after Baby M was born, his mother returned to work and Baby M was put on a formula. He became irritable, fidgety, difficult to feed and was suffering from malabsorption, evident by his excretion of fat (4 times the average). To ensure he received some nutrients, his parents waited until he was asleep to give him a bottle. (Sleep feeding is possible because babies have strong innate suckling reflexes.) Baby M suffered colic, numerous ear infections, respiratory tract infections and continued to be bad-tempered and restless. Often the only way to get him to sleep was to take him out in the car or pram and allow the sleep-inducing effects of motion to kick in.

Baby M was not thriving and his behaviour was taking its toll on his parents. His concerned mother took him to a GP. The GP claimed that the cause of the child's ill health was an overly attentive mother.

Fortunately, his mother began to

research infant illnesses. Baby M's mother had been a practising associate physician in geriatrics and spent years in part-time study of migraines and MS research. She soon discovered that many babies are intolerant of gluten and that most baby formulas contain rusk (a wheat derivative). She removed gluten from Baby M's diet and his health improved significantly immediately. Baby M was later diagnosed with Coeliac Disease (an inability to digest grains, which is often hereditary). Baby M's mother also learned about "elimination and challenge" dieting and started isolating foods and monitoring the different foods' effects. By controlling his food sensitivities, his health steadily improved and the various infections he had been suffering from stopped.

Not all babies are as fortunate as Baby M to have had Dr. Jean Monro's full attention from before birth. Today Alister Monro is the Managing Director of Breakspear Medical Group and clearly understands the dietary limitations of Coeliac Disease and keeps his various allergies and sensitivities under control. Dr. Monro's work and Breakspear Hospital allow Alister to live a normal life, completely free of the poor health of his childhood.

