

## Infant Stooling

I might have to post this about once per week because this myth has got to be busted!

For years mothers have been told that breastfed babies can "normally" poop infrequently. Common sense should immediately cause us to ask how it is possible that NOT pooping is normal. The argument has been that "breastmilk is so perfect, it is 'all used up'".

But, we know that isn't true, because of all the babies who are miserable before they finally poop, all the babies who have massive blowouts and all the babies who have pasty stools (the stool has been sitting there for a long time, the water being lost to the intestines, hence the pastiness). Lots of these kids also have skin issues, as their bodies struggle to detox through their skin.

Secondly, research now proves that this concept is completely wrong. Human milk contains carbohydrates (human milk oligosaccharides) that have multiple purposes, among them soluble fiber feeds the baby's gut flora and insoluble fiber is an indigestible waste product. Insoluble fiber, just as it does in children and adults when consumed in foods, mildly irritates the gut, causing peristalsis. There is always waste. Whether or not the baby is "comfortable" is irrelevant. We are meant to eliminate our waste.

In addition, infant poop is comprised largely of gut bacteria, which allows the stool to absorb water (and is the reason it smells sweet). When the mother's gut is not healthy, she passes compromised flora to her baby. It is highly likely that mothers with compromised guts also have breastmilk containing different HGOs than mothers with healthy guts.

Common is not normal. It is never normal for any human being to poop infrequently. Several stools per day is the normal at any age. And consider this, if it is "normal" not to poop because breastmilk is "all used up", where is the poop coming from for those babies who poop several times per day? Are they making the stool?

Finally, in my practice I see babies who are not pooping normally all the time. By the time we heal the mother and heal the baby, they are always pooping. If we can restore function in these kids, it was not there before. Babies should poop 4-6 times per day. A baby who does not poop for 10 days has skipped 40-60 bowel movements. That is never normal or healthy.

### RESOURCES:

The Gut, Microbes and Poop.

<http://holisticibclc.blogspot.com/2011/06/gut-microbes-and-poop.html>

### WASTE!!!

"HMO have long been regarded as metabolically "inert" to the host, as significant amounts are excreted with the feces."

<http://www.ncbi.nlm.nih.gov/pubmed/22350049>

I decided to look at literature from AIM companies--bc THEY would be researching the hell out of HMOs, wouldn't they!

"For instance, HMO can affect faecal characteristics such as stool consistency and stool frequency. Such effects on stool characteristics can be beneficial for young infants as hard stools and even constipation is common in that age group. Prebiotics in infant milk formulas have been introduced to exert similar functionalities. "

"First, an increase in microbial mass due to the fermentation of the oligosaccharides can increase the faecal water content, which can result in softer stools. Second, the selective fermentation and growth of Lactobacillus species and bifidobacteria[19,20] and the subsequent production of SCFA can increase the water content of the faecal mass, but SCFA may also stimulate gastrointestinal motility, either by being used as energy source for colonic epithelial cells, or by inducing phasic and tonic contractions in circular muscle[21-25]. Third, as HMO are specific types of dietary fiber, they can be hypothesized to bind water and thereby increase the water content of the faecal mass[22]."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4188896/>

BOWEL MOVEMENTS OF NORMAL THAI INFANTS

<http://www.tm.mahidol.ac.th/seameo/2009-40-3/15-4516.pdf>

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