

in-line

With Oklahaven Children's Chiropractic Center

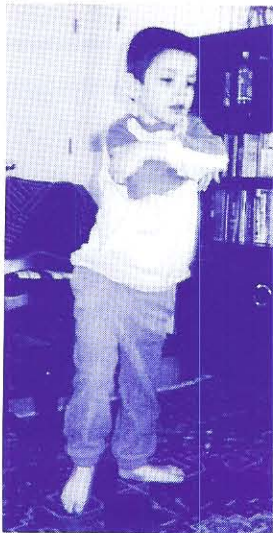
Spring 2001

4500 N. Meridian

Oklahoma City, OK 73112

Lawrence's Story

Six-year-old Lawrence Provan and his family came to Oklahaven from Louisville, Kentucky in December, for a series of intensive treatments. Being diagnosed with autism and cerebral palsy, he received traditional occupational, speech and physical therapy for most of his life. In May 1999 Lawrence began a home program set up by Estin and Goodchild LLC Neurodevelopmental Consultants, Gloucester, Massachusetts. This program helps children regain lost skills and Sarge Goodchild found that including Chiropractic brings quicker results.



Lawrence: Up and walking

Leo and Rolph, Lawrence's parents, had never experienced Chiropractic and didn't really have any knowledge of it until finding Kentuckiana Children's Center where Lawrence has been receiving treatments for about a year. The progress he has made since his family started the program and Chiropractic is significant.

During his visit at Oklahaven, Lawrence became more aware of the people around him and his surroundings. He took his first independent steps while receiving intensive treatments. He now walks 50 or 60 feet on his own, changing direction and standing still as necessary. He is also beginning to feed himself, a task, which even a few months ago, seemed likely to take considerable time to master.

His fine and gross motor skills have improved immensely and he has a range of different sounds he is making including experimenting with words.

Lawrence's trip to Oklahaven for intensive treatments led to an historic event. On March 15, The Program Committee of Kentuckiana welcomed Dr. Bobby Doscher and Sarge Goodchild with open arms. The three were brought together as a result of their shared experiences with this very special child. Lawrence has benefited from care through all three organizations.

The meeting culminated in the agreement between Kentuckiana's Dr. Sharon Vallone, Kentuckiana Board President, Clinic Director Dr. Kahlid Khorshid, and Dr. Doscher for the two Centers, with the assis-

tance of Sarge Goodchild, to work on common goals which include:

1. Increasing outreach efforts and a joint campaign to raise awareness about the needs of children with special needs,
 2. Increasing services to their immediate community through informational seminars.
 3. Involvement in Chiropractic education to support the increasing number of these children Chiropractors in the field who are working with challenged children on a daily basis and an ongoing forum for peer discussion and review,
 4. Collaborating on research projects as well as outlining methods of tracking, compiling outcomes and related data to document the efficacy of Chiropractic care for children with special needs.
- This event marks the beginning of mutual efforts to support the continuing work of both Centers.



West Jefferson Chiropractic

HAVE-A-HEART Enormous Success

The HAVE-A-HEART Campaign response in February was overwhelming. Over 400 Chiropractic offices and Colleges in the United States and Canada participated. That is about four times the number of the year before.

Our goal was to send our informational video to Chiropractic offices around the nation who accepted the challenge to let their patients know about the benefits of Chiropractic for children and also ask for financial support for Oklahaven.

Beyond the monetary aspect of this project, we were able to spread the message of taking responsibility for the health of children and families. The message was: CHIROPRACTIC WORKS! No matter how seriously hurt a child is, with help, their body possesses the ability to get well and stay well.

Thank you to all the colleges, doctors, and staff who took time to show the video and collect the gifts. We are so grateful to be able to help raise the awareness of Chiropractic for our children.



Stacy, Life West Chiropractic College student, delivered the largest donation to win the College Golden Heart Award. Ginger, Dr. Ed Lynch, Anna and Dr. Bobby received it.

President's Report

By Dr. Bobby Doscher

How do I begin to thank everyone who has supported the mission? Know you have opened my heart

and I say 'THANK YOU!' to all of you for your gifts by giving back to life with love and responsibility for the children.

It's 2001 and Oklahaven began the year with our view of the odyssey being the wandering journey of a parent, looking for help for their sick and damaged child. Children are spiritual beings, not packaged goods to be labeled with categorical diagnoses.

We look forward to the many challenged children and parents we will meet and help through the activities and projects planned for this year.

February brought our Have-A-Heart fundraiser. We are pleased and so grateful to all the Chiropractors and students who took our message to the public and to all the people who opened their hearts to the children.

The benefits of Chiropractic for seriously ill children are seen everyday at the center. But children

are sicker than ever. Not only do they come with cerebral palsy, but now with cerebral palsy and autism as well as many Syndromes. (Syndromes are defined as a group of five or more symptoms) Children with these conditions are becoming aware, growing stronger and accomplishing things that seemed impossible before Chiropractic, thanks to you.

I am very proud of our parents and children who have dedicated their lives to total responsibility to their health relying on their inner self and daily discipline of health and the Chiropractic way of life.

Then giving to others what they have learned and to teach them to reach their optimal potential is the goal of the parent support group.

On a very happy note, Robert, who was diagnosed as having Juvenile Rheumatoid Arthritis, again placed second in the state in Piano. This is three years in a row for Robert. Congratulations!

Keeping Busy

By Paula Barnes

The Parent Support Group has been very busy this spring. In February we met at The Earth Natural Foods and Deli for our **Taste and Learn Series**. The lesson was - **Beans**. Tempie, Owner of The Earth, Oklahaven Board Member, and parent, prepared a variety of beans to try including: Adzuki soup, Black Beans and Rice, Hummus, and Sweet Beans. Another fun snack was the soy nuts that have become popular in just the last few years. Beans have many benefits for our bodies and should be approximately 25% of our diet.

In March, the parents met at Oklahaven and received a lot of information. Dr. Pat Gayman, Chiropractor, author and lecturer, was our special guest and talked to the parents about the Chiropractic philosophy. She emphasized the importance of letting others know about Chiropractic and its benefits for children. We all agree that Chiropractic is an important part of natural health-care, however, it is hard to help others understand it. But our children are doing the job.

Breastfeeding - Trish, one of our parents, a certified breastfeeding educator, spoke on **Preparing Baby and Toddler Food**. After breastfeeding her four children, Trish has no problem advocating what she believes is the only food a baby should have for the first six months of life. The breast-fed baby stimulates all of their senses evenly (left and right), tactility, taste, smell, hearing and vision (proper distance from mother's face to child).

Most breastfeeding problems are eliminated with Chiropractic by early alignment of the cranium and cervical spine and sometimes misaligned extremities, so the baby can suck properly and is more comfortable. Support of other moms is also helpful to alleviate many of the fears and concerns that breastfeeding mothers have. The research, even from the American Academy of Pediatrics, is very strong in favor of breastfeeding infants these days. There are exceptions to everything, but if at all possible, breast surpasses any other options available.

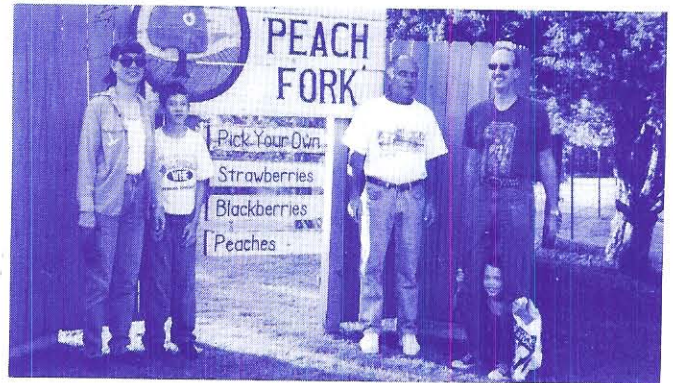
Baby-food - At about 6 months, a healthy baby should begin to sit up and reach with their hands. With these developments, along with the arrival of their teeth, babies introduce themselves to solid foods. Introduction is the key word. This is another opportunity for discovery and exploration for our children. Food is a new thing and they need to play with it to learn about it. When the family is eating fresh, whole, organic meals, then the child can begin to explore how this new food looks, feels, squishes, and eventually tastes. Their stomachs are small and they will eat what they need combined with the breast milk until both mother and child decide what they like and when it is time to wean.

Our refreshment for the meeting was Fruit Gelatin

made with Agar Agar, a seaweed product that gels the snack without the refrigeration time and without artificial colors and flavors. Because it is seaweed, it provides minerals, which is greatly needed, to young bodies. It is so versatile. With some imagination (ask the kids to help) and the variety of fruits, berries, and juices available, a variety of yummy, nutritious desserts the family loves can be prepared.

Dr. Bobby presented our lesson in April. The topic was **Anatomy - It's Your Body**. She helped us understand how our bodies work and encouraged us to feel and take responsibility for how we take care of ourselves. We also enjoyed salads made with a variety of greens, herbs, and easy-to-make dressings.

In May, we take a break as children get out of school, but we have already planned our summer events— walking through Martin Nature Park in June and picking blackberries in July. I enjoy the summer programs so much because the whole family can participate.



Paula, Parent Support Group President, fixin' to pick blackberries with her family and Dr. Bill Doscher.