

in-line

With Oklahaven Children's Chiropractic Center

Fall 2002

4500 N. Meridian

Oklahoma City, OK 73112

TOXIC TEENS: A CHILD'S JOURNEY TO HEALTH

The quick fixes are now showing up in our teens. In this last year, Oklahaven has seen several teenagers come to the center very sick, lethargic and in need. Today, thanks to greater determination they are transforming their lives through the natural lifestyle of chiropractic!

Many of today's adolescents are malnourished, tired, toxic and disorganized. Because of this, academic and social pressures are having a far deeper impact on their lives. They cannot process their vision, hearing, and tactile input, causing their output to be delayed and inconsistent. They become frustrated, depressed and lose their spiritual well being. They have only rare moments when they are able to initiate ideas. Because of inconsistent performance, they lack the tools to organize the direction and pace of their lives to make their future goals a reality and put them more in the moment.

Their original complaints vary between headaches, sleeplessness, stomach cramps, ulcers, extreme weight gain or loss, poor attention, dizziness, pain or numbness in limbs, constipation, neck ache, migraines, grumpiness leading to belligerence and fatigue or a combination of them all. They arrive with several symptoms:

bloated, pale, asthmatic, arthritic, skin full of rashes, with dulled reflexes, blank eyes, no energy, tight muscles, constipated and in pain. The light had gone from their eyes—all symptoms of the toxins within.

First we explain the journey of natural health care and its responsibility. Then we guide them as their bodies detoxify. They may experience some discomfort, however with patience and dietary changes toward whole fresh foods these young teens learn how to win back control over their lives.

We suggest plenty of pure water, fresh fruits and vegetables — especially greens, beans and whole grains, seeds and nuts vital for their entire system. For teens the proof of dietary change often comes when they sense how much better they feel. They avoid dairy foods, heavy breaded fried foods, white flour, sugar (natural, artificial or sugar-free), chemically adulterated meats and microwaving.

Try one simple recipe each week that parents and "young adults in training" can make together. This can provide a really good meal the whole family can share

while they work as a team. We empower them to take a stand and change their health for the better.

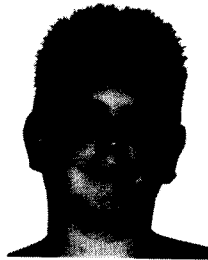
An example of one such teen that has taken the responsibility for his health and his life is Chris.

Chris was almost like any other 12-year-old boy. He enjoyed video games and all outdoors activities, but from an early age, Chris was sick much of the time. He had chronic ear infections, became allergic to many substances including antibiotics and he developed asthma. The more he became hypersensitive, the more medications he tried.

Chris began to lose important things in his life...hearing, concentration, attention, emotional control, friends and self-confidence. He could not focus on his work at school and he had difficulty processing mathematics. Chris couldn't keep up with the kids as they played games outdoors. Each day was harder to enjoy. He was losing his will to live. He had to struggle just to get through it.

Chris's grandmother watched him fade a little

(Continued)



Parent Support Group

Berry Picking, July 2002

Almost 20 children and their parents gathered to pick blackberries at the **Peach Fork Farm** in Edmond for the July Parent Support Group meeting. Two of the families were from Mexico and another from Texas. These families are patients that come for a week or two at a time for intensive treatments and it was great that their stay coincided with the PSG activities.

The berries were just coming on and we helped



the children learn that the deep, dark blackberries were the ones to pick and if the berries pulled off easily they were the ripest. The children had such fun popping the fresh berries in their mouths.

Parker, a 12 year old, who has been a patient at Oklahaven for 7 years, wanted to have a contest for who could pick the biggest berry. He and **Dr. Bobby** did some observing and determined that Dalton and

Josh had picked the biggest berry. There was a joke that others may have had the biggest berry, but they ate it!

Dr. Bill Doscher generously purchased all the berries for everyone and we appreciate he and **Dr.**

Bobby being able to share this time with us.

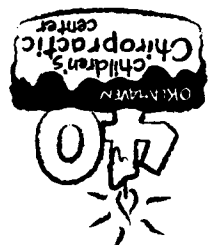
We thank **Rick Web** for helping us with information about his farm and the berries we picked that evening. The variety of blackberries on this farm are called Hull and were the first hybrid variety in which the bushes were thornless. Their harvest time is a little later than most varieties of blackberries, which produce in June.

Berries are a delicious part of the summer season. Gathering summer fruits is a ritual each year with many families and maybe this event will inspire others to include berry picking in their summer activities.

- To enjoy the berries year-round, simply:
- Freeze
- Wash before using
- Great as snacks, toppings, or a delicious smoothie!

Return Service Requested

Oklahaven Children's Chiropractic Center • Oklahoma City, OK 73112



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"You are a special person who has a lot to give others but you've got to learn to be kinder to yourself."

—Harold Klemp

(Toxic Teens, continued from page 1)

more each year. He was becoming dull and lethargic and she felt in her heart that a very different road needed to be taken. She learned of Oklahaven from a friend. At the first visit, Chris was very clear: he wanted to be off all medications. His body responded quickly to chiropractic and after the second treatment he could hear clearly again! After the fourth adjustment, Chris could breathe through his nose--something he hadn't been able to do for years and years!

During the past two months of treatments he has noticed his vision improving, he has lost twelve pounds, is much more attentive to those speaking to him and his grades have improved dramatically. Chris has more emotional control and is more self-confident. He appreciates the effects of his healthier diet and chiropractic adjustments. He is taking responsibility for helping to heal himself. He is enjoying the challenge of school and easier camaraderie with his peers.

We polled our teens and asked them how they cope with everyone around them eating fast food and drinking soda pop at lunchtime during school. They replied quite candidly. They preferred water because they didn't feel sleepy and bloated after drinking it the way they did with soda. Now when they eat lunch with their friends everyone drinks water! A victory for their self-discipline, they demonstrate the truth and others follow their healthy example!

Oklahaven's goal is for teens like Chris to have a healthy, productive life! Let's pass the time-honored torch of the chiropractic lifestyle - responsibility for their bodies, with respect, good humor and joy!

What Treasures does this Season Hold for You?

When you think about the treasures awaiting you at this time of year, what comes to mind? Gathering with families and friends, the crisp winter air, the anticipation of a New Year or giving thanks for the blessings that life has bestowed upon you. These things often come to mind during the holiday season. However, for the families and children affected by damaging illnesses, sometimes the treasures come in much smaller measures like taking a first step after being confined in a wheelchair or being able to write a name without assistance or learning to live without drugs for the first time since birth.

For the children helped by Oklahaven, life is the treasure, and for us, the children are its gems.

In 40 years of helping children reach their full potential through intensive treatments and a natural, drug-free lifestyle, Oklahaven has seen many of these children turn from diamonds in the rough into the most brilliant of gems. The light inside these beautiful children turns on and their bodies begin to heal and become whole.

The trend for treating children as a whole rather than as a label or diagnosis is spreading. Oklahaven

has experienced a significant increase in inquiries from parents of sick children as well as professionals requesting evaluation and treatment. Many parents we see have lost hope and are seeking effective treatments for their children, and, in most cases, their call to Oklahaven is as a "last resort."

Oklahaven has been treating children without state, federal or United Way funding for 40 years. Through your benevolence and charitable contributions, we are able to assist and educate families so that children can begin the long journey back to health.

This holiday season, please find it in your heart to help Oklahaven help others. Your contribution will enable us to help children with devastating illnesses become the polished gems they were meant to be. Make your tax-deductible donation today and give the gift of health.

We Give Thanks

Since 1962, Oklahaven has been privileged to serve children with devastating illnesses and injuries. We have been able to help these children because of the generosity of those, like you, whose wealth has enabled us to bestow the gift of health.

As we enter our Fabulous 40's, here are just a few of the accomplishments that we've been able to achieve thanks to our generous friends:

- We've treated thousands of children from 20 countries including the USA
 - We expanded our clinic space and services with the move into our new Center in 1993
 - We have been invited by families in Mexico, Guatemala and Jordan to treat damaged children in their countries while teaching their chiropractors Oklahaven's unique techniques
 - You have helped us find homes for 4,400 of Dr. Bill's painted pumpkins raising more than \$110,000 for the Center
 - Concerned parents have joined together to form the Parent's Support Group which has laid the groundwork for us to begin doing more educational outreach
 - We have influenced thousands of chiropractors to treat millions of damaged children
 - We are now accessible via the world wide web where we offer information on our treatments, take orders for our products, respond to questions from colleagues and parents and accept donations
- Operating without state, federal or United Way funding since 1962, we are truly thankful to each of you who give generously so that we can continue to touch the lives of children. Simply stated . . . **we thank you.**

Foundation for the Advancement of Chiropractic Education issues Challenge

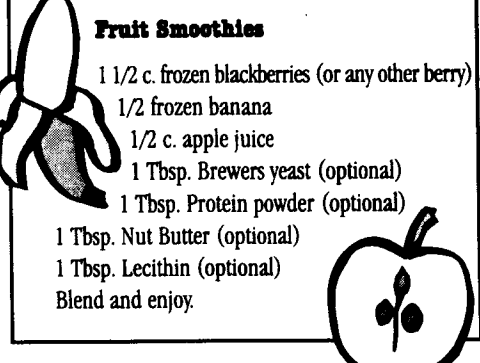
Dr. William Harris, Director of the Foundation for the Advancement of Chiropractic Education (F.A.C.E.), has issued a fundraising challenge to Oklahaven and its donors to help advance the work of the Center in treating severely sick and damaged chil-

dren. In order to rise to the challenge, Oklahaven must raise \$5,000 by December 27, 2002 in order to qualify for the \$5,000 F.A.C.E. grant.

In the spirit of this wonderful opportunity that has been given us this holiday season, we encourage everyone to find it in their hearts to dig into their pockets a little deeper to give the gift of health and enable Oklahaven to meet the challenge!

Have-A-Heart for the Children

We need your help to open hearts this Valentine's holiday. For the 5th consecutive year, Oklahaven will present the **Have-A-Heart** fundraising event. This event is a wonderful way for chiropractic offices, businesses & organizations to join students in chiropractic colleges to help raise the awareness of the benefits of a natural, drug-free way of life for the severely ill children. Help make 2003's event the best ever by signing up to Have-A-Heart for the children. Visit our website at www.chiropractic4kids.com for complete information or to register to participate.



Fruit Smoothies

1 1/2 c. frozen blackberries (or any other berry)
 1/2 frozen banana
 1/2 c. apple juice
 1 Tbsp. Brewers yeast (optional)
 1 Tbsp. Protein powder (optional)
 1 Tbsp. Nut Butter (optional)
 1 Tbsp. Lecithin (optional)
 Blend and enjoy.

Donations now just a Mouse Click Away!

Okay . . . so who would have dreamed that, 40 years ago when Oklahaven was created, the term "mouse click" would have made sense to the majority of those who heard or read the term? Well, as they say, "We've come a long way, baby!"

Oklahaven is proud to announce that we are now able to accept and process credit card and auto check donations via our website. The process is very simple, and all transactions are processed through a secured site. This means that you can make a donation to Oklahaven with the comfort of knowing that your credit card or checking account information is secure.

Future additions to this site will include the ability to order, and pay for, the Oklahaven 40th Anniversary video as well as other Oklahaven materials.

A huge thank you to several folks who have made this exciting news possible: **Larry Steele, Clint Steele and Charlie Humphrey of eBanking Experts.com; Marc McKinney and Valerie Kenney German**, our volunteer Web Masters; and the good people of **BancFirst and Fullnet**.

Visit us at www.chiropractic4kids.com, click the "Donate Now" button and give the gift of health to the children who need your help.

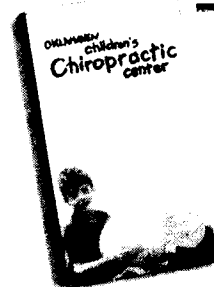
Tear-Away Donation form for In-Line

You have the power to create a miracle in the life of a child - give the gift of health today!

- \$5,000 for one month of intensive treatments
- \$1,000 for one week of intensive treatments
- \$500 to provide educational outreach materials for the Parents' Support Group
- \$100 to fund a child's first visit
- \$20 to provide pamphlets to educate others about Oklahaven
- Other _____
- Purchase our 40th Anniversary Video (\$40 plus \$5 S&H)

Your generosity and support of Oklahaven's ongoing mission inspires us as well as the families of the children. All gifts are tax-deductible as allowed by law.

Name _____ Phone _____ E-mail address _____
 Address _____ City _____ State _____ Zip Code _____



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