

in-line

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Chiropractic
center

Spring 2008 • Oklahaven Children's Chiropractic Center • 4500 North Meridian • Oklahoma City, OK 73112

Bode's Story

From the day Bode was born he thrived! Even starting life five weeks premature and weighing only 4 lbs. 4oz. He seemed healthy and strong and began developing normally . . . or so we thought. When he was about two months old, everything changed. He would awaken in **pain** several times a night, **inconsolable**, and it broke my heart. The pediatrician's diagnosis was colic. Neither prescriptions nor herbal remedies seemed to help. I was exhausted and irritable from the lack of sleep and it affected our entire family.

A **small rash** appeared on his collarbone and eventually spread to his entire body. Then came **ear and sinus infections**, one right after the other. Bode seemed to be **sick all of the time**, living on over-the-counter meds and antibiotics. We were told the rash was a heat rash and would go away when he quit teething and the ear infections were common and that we could wait for him to outgrow them or have tubes inserted.

When he turned one, I started to notice **some strange behaviors or responses**. He had **little desire to play** with his toys and he **seemed distant or unaffected**. He **didn't cry after hurting himself**. He started shaking his head back and forth incessantly. It took 15-20 seconds of tickling before he would laugh or giggle. He also walked on his toes.

When Bode was 16 months of age, we seemed to be in a downward spiral and nothing seemed to help. We were frustrated, tired and desperate for solutions and answers. We didn't know where to turn.

One night I saw an Oprah show with Jenny McCarthy sharing her personal journey with her son's experience with autism and his road toward recovery. Oprah asked Ms. McCarthy if there were children that were more at risk to develop autism, she responded, "there is no scientific research to back this, but as parents we see problem pregnancy, low birth weight, c-section, and candida". I began to see similarities with Bode. She talked about how her son had hit all of his milestones in the first year of life and then at the age of 2 he was "gone". I didn't think that Bode had autism, though I felt in my heart that was the path we were on. After my moment of enlightenment, I was terrified! How was I going to tell my husband my thoughts? What would our pediatrician think? I knew I had to take action, but realized there would be opposition.

I knew a friend who was really into natural or alternative therapy. She told me about Oklahaven Children's Chiropractic Center and felt confident that Dr. Bobby and her staff would be able to help us. The thought of taking Bode to a chiropractor frightened me. I couldn't understand how a chiropractor could "crack or pop" his neck or back without there being risks to his little body.

I took Bode to see Dr. Bobby hoping that she could offer information or a way to help Bode regain his health. During our initial visit, Dr. Bobby



As the body becomes stronger its recuperative powers discharge impurities sometimes resulting in a rash which Bode and his mother Tiffany discovered.

confirmed my suspicion after performing a couple of tests. She said, "He definitely has low level signs of autism." She then assured me that he would be fine if we made some drastic changes in diet and continued with chiropractic.

We have followed Oklahaven's advice and instruction diligently, keeping to a whole foods diet in conjunction with the chiropractic adjustments three times a week. We implemented some other changes with household cleaners, water filtration, etc. Bode's skin seemed to get worse as he detoxified, but **within a month we saw significant changes in his personality**. It was amazing! He was finally living in the moment and responding much faster than before. He was more joyful and active, too. His skin continued to get worse, even raw in some areas, but with the personality and behavioral changes, we knew we were doing something right. Over the past month, Bode's skin has improved dramatically and we know it's just a matter of time. His eyes that were a strange yellow-green are a truer color of green/blue as the body keeps naturally detoxifying.

It is fascinating to watch.

The staff at Oklahaven has been caring and supportive. They were willing to work with us, and educate us on helping his little body heal itself instead of telling us to live with his symptoms and that they would eventually go away. I have learned so much seeking health for Bode. More than anything, I have learned to trust my instincts. It has been empowering to take a stand and take charge on behalf of my family, and see that we can make a difference in his health and happiness.

Did You Have-A-Heart This Year?

Our annual fundraising campaign has been another astounding, inspirational success. Did you know we had participants in seven countries, including Japan, New Zealand, Norway, Australia, Canada, Italy and United Kingdom – plus 16 chiropractic college campuses? The response of the chiropractic community is always so amazing. During Have-A-Heart week, we ask that Oklahaven's DVD be shown to their patients and the public. Colorful paper hearts are sold to



Colorful hearts show support for our Have-A-Heart Campaign at Dr. Robin Hohorst's Family Chiropractic Life Center

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those wishing to help support Oklahaven's mission, which is the return of our children to health, naturally.

Each year the coveted **Golden Heart Award** is given to the campus and clinic that has the most successful campaign. Originally, the "golden heart" was a blessing from God and the giver of life. The only one who may possess it is he who gives it away from hand to hand and heart to heart. At the end of the campaign after all campuses and clinics have turned in their packets, we determine the winners in early May.

Each year we love to hear how Have-A-Heart has been creatively done in offices and on the chiropractic college campuses around the world. **Dr. Ellie Rolnick's** office had a particularly wonderful Have-A-Heart week. It was her assistant's birthday, and she requested donations be made in her honor. We heard rumors that one patient was so affected by the DVD and the work that Oklahaven is doing that she promptly donated a \$100 bill. Then, another patient asked for a copy of the DVD to show to other people. Know that showing this inspirational message of the healing power of chiropractic really works! **Dr. Howard Berg** expresses how many of the participants feel, "What a powerful feeling it is to know that an adjustment performed in 'our little corner of the world' will make a huge difference in the life of a child at Oklahaven."

Here at Oklahaven one of our oldest and dearest patients started off the campaign as he does every year. **Parker**, age 17, loves handing out heart stickers, while explaining why everyone should visit the chiropractor.

We would like to thank all of our Have-A-Heart participants! Each year hearts multiply as each of you raise awareness of the healing of children through chiropractic...the circle expands.

Excitement is building for next year! Join us again in 2009 by going to www.chiropractic4kids.com/hearts. While there, check out this year's fun pictures from participants.



Dr. Bobby Doscher

President's Letter

I continue to be grateful for the opportunity to show the light of chiropractic through the awesome recuperative powers of the children. Thank you for your continued support of the chiropractic message that has extended far beyond what you can imagine.

Over the last year "Oklahaven on the Move" took me on many trips to many locations across the globe. As I have had the opportunity to work and interact with people from many parts of the world, I see these similarities:

- Progress is so much faster with no chemicals and a healthy diet
- The life force always returns in response to the adjustment and miraculously organizes the body
- The younger the age of the child, the faster he heals; changes in older children are still great, but it does take longer
- The bravery of the parents and the love these parents have for their children
- Children who admire their parents and do what is asked progress faster
- Parents who realize the child's optimal potential and celebrate the small improvements continue the hard work
- Children became happier as they gain control of their bodies

A favorite story from a recent trip:

I was treating a 7-year-old-boy who had trouble walking and using his hands. It was a struggle from the beginning because the treatment angered the child. When I was finished, I sternly ordered him to get off the table and put his clothes back on. This was by design, but I could tell that his father was shocked by my request. Still bristling, the boy climbed off the table and put his clothes on for the first time by himself. When he realized that no one had helped him dress, he angrily took his clothes off again and demanded help redressing. His family was so overcome with their son's improvement that they didn't know whether to laugh or cry...or help.

The gratitude of the families reinforces our desire to see health restored for more and more children. I know your help has made a difference in many lives. Our goal for this year is to do a video on the return of health to very sick children.

— Love, Dr. Bobby

Parent Support Group News

Choosing a natural lifestyle and then doing it every day (especially with a neurologically damaged child) is a physical struggle and emotional challenge. It is also an awesomely amazing spiritual journey to awaken one's consciousness.

The story featured in this issue depicts the questioning, instincts, struggle, faith, hope, hard work and eventual joy parents walk through on this natural journey to health. Many parents are turning to a natural health option even if they haven't been raised that way. This instinct is strong.

Sharing the message of natural healthcare with parents -- no matter what stage of the journey they are on -- is vital for them, for their children and for our future. Help us take this message to more parents, civic and community groups by sharing our new 45th Anniversary documentary DVD which tells a mother's passionate story about her child's transformation and return to health. It is the perfect length when it's your turn to speak. Order it today and let it tell this powerful story to reach the parents who are searching.



Top Left: **Dr. Mike, our naturopath**, was concerned about **Alyssa's black tongue**, until he realized it was only candy.



Middle: **Elena Oklahaven's massage therapist**.



Bottom: **Christopher, the Laughing Yogi, and Parker**, demonstrate laughter therapy.

Oklahaven on the Move



June 13-15th – Hamburg, Germany
July 11-13th – Honduras
August – St. Pete, Florida

"If you want something of great value, you're going to have to work hard for it."
~Harold Klemp

Soup Recipe for Spring

Pureed Vegetable Soups - Serves 4-6

Pick your main ingredient:

1. Parsnip – 2 ½ pounds parsnips, peeled and cut into 1-inch chunks
2. Carrot – 2 ½ pounds carrots, peeled and cut into 1-inch chunks
3. Celery Root (also called celeriac) – 2 pounds celery root peeled and cut into 1-inch chunks.
4. Beet – 2 pounds beets, peeled and cut into 1-inch chunks
5. Butternut squash – 3 pounds butternut squash, peeled, seeded and cut into 1-inch chunks
6. Cauliflower - 2 ½ pounds cauliflower, cored and cut into florets.
7. Broccoli – 2 pounds broccoli, cut into florets, stalks peeled and cut into ½ inch chunks.
8. Celery – 2 pounds celery, cut into 1-inch thick pieces.
9. Mushroom – 20 ounces button mushrooms, trimmed and quartered.

Remaining Ingredients

- 1 onion coarsely chopped • sea salt • 4-5 cups water
1. In a crock-pot add 1 Tbs. olive oil and the chopped onion to season the pot.
 2. Next, prepare your main ingredient. Add to the pot and enough water to cover.
 3. Add a pinch of sea salt and other seasonings, if desired.
 4. Cook on Medium to High setting for several hours.
 5. Using a hand blender, puree liquid and vegetables in the crock-pot.
 6. Adjust soup's consistency with:
 - Water • Flour, cornstarch or Kuzu root starch
 - Potato – 1 potato and cut into 1-inch chunks (cooked with broccoli, celery, mushroom especially)
 7. Serve with love.

You Can Make Healing and Hope A Reality for Children! Your gift of health CAN make a difference!

I pledge the following financial support:

- Single donation Quarterly Alternate Months Monthly
 \$25. \$50. \$100. \$250. \$500 \$1000. \$5000. Other \$_____

Or donate online at www.chiropractic4kids.com

- Support the Parent Support Group Seminar/educational materials
 Intern Program Memorial Gift for _____ Other _____

All gifts are tax deductible as allowed by law.

Purchase our new 45th Anniversary documentary DVD of one child's journey to health

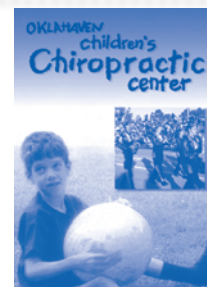
- \$20 each (add \$5.00 S&H)
 6 DVD's for \$100. 15 DVD's for \$200. 20 DVD's for \$250. 50 DVD's for \$500.

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Donations may be made online at
www.chiropractic4kids.com

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