

in-line

with “Oklahaven”

Children’s Chiropractic Center

Fall 2010

4500 North Meridian

Oklahoma City, OK 73112

Jacob’s Story

Overcoming Autism Spectrum Disorders

For years we had seen one provider after another and all the specialists could do was find another label, prescribe more medication, and leave us with more unanswered questions about how to help my precious young son. At two years old, Jacob would not make eye contact or respond to verbal communication without a great amount of prompting. While he would speak, he would talk at you but rarely to you. He spent much of his time climbing and jumping with little awareness of his own safety or the safety of those around him.

These behaviors brought the first label for my son: “Terrible Twos.” That label meant that we would spend a couple of years in behavior therapy until we were finally told there was more going on and that Jacob could have a form of Autism—Jacob’s new label. After beginning the medication Risperdal at age 4, Jacob gained nearly 30 pounds in less than three months, quite a lot for a little boy who started out weighing 50 pounds. The medications were creating negative side effects and the only answer provided was to give him more medication.

Just past Jacob’s fourth birthday he was diagnosed with ADHD as well as Pervasive Developmental Disorder, Sensory Processing Disorder, and possibly Asperger’s which are all Autism Spectrum Disorders. He was prescribed multiple medications—first Clonidine, then Risperdal, and then eventually Ritalin was added and we were medicating my son four times a day. All this time Jacob seemed to be riding a roller coaster of behavior. The first couple of hours he was almost zombie like then, as the medication wore off, he would escalate into more and more severe episodes of negative and aggressive behavior.

In addition to the behavior issues, we began having challenges in other areas. Jacob had been fully potty trained the week of his 2nd birthday,

but after three years of successful toileting he would no longer use the toilet for bowel movements. Once again we looked to traditional doctors and therapists to find a solution, but again only found more questions. Possibly due to sensory processing difficulties, Jacob attempts to avoid bowel movements until he finally has an accident in his pants, sometimes four to five times per day.

On our first visit to Oklahaven, Jacob was his usual bouncing-off-the-walls self, almost leaving a path of destruction as he made his way back to the treatment room. Within minutes of starting his treatment, Jacob was laying on the table still, quiet, and just breathing.

In fact, it was the most relaxed state I had seen him in since infancy. As I sat in amazement, watching my little boy who had struggled for so long, tears began to sting my eyes as I realized we were finally where we needed to be. I had driven past Oklahaven for years, and even visited their Web site to find out what they offered. Although I wanted to have Jacob evaluated, I hesitated in making the initial call because I knew we could not afford treatment. I was becoming a single mom who, because of domestic abuse, was now trying to hold down a full-time job, a part-time job, all while trying to be the Mom that my two boys needed me to be. If it were not for Oklahaven’s willingness to work with us, he would still be stuck on the roller coaster with little hope for the future. We came three times a week for one year.

After years of traditional therapy, we finally found something that did more than just mask symptoms and instead gave us solutions. Since coming to Oklahaven we are now medication-free, and I have seen improvements in coordination, fine motor skills such as handwriting and pencil grasp, his ability to focus, and so many other areas. Jacob is beginning to read and while he is in a smaller class designed for children with behavioral challenges, he has had a successful start to the first grade this school year, something I couldn’t have said for Pre-K and



Jacob is expressing life!



Kindergarten. Although Jacob has gotten nearly 6” taller since coming to Oklahaven his weight has remained steady. Through better nutrition, we are slowly undoing the negative impact of medication-induced weight gain.

Jacob has begun using the toilet two to three times per month and the accidents are getting fewer and further between. Most importantly Jacob is now full of smiles, enjoys telling you what he learned at school today, and is excited to explore the world around him and to share his favorite joke. While we still have a long road ahead of us and many challenges to face, I know we are on the right path.

Recently Jacob’s emotional progress was evident when his older brother, Josh, was recovering from surgery. After talking with Jacob about being quiet so his brother could sleep he disappeared into his play area only to return a short while later with a card he had made for his brother. There in his own handwriting was “Get Wall Josh, Love Jacob”. Even with his misspelled word, it was so touching to see that my little boy, who just months before had little empathy or recognition of others’ feelings, was expressing emotions. It is a blessing to have my little boy look me in the eye with a sparkle in his brilliant blue eyes and say,

“I love you, Mama”! It is then that I know he is in there, no longer hidden by labels and altered by medication—at last, thanks to Dr. Bobby and Oklahaven, Jacob is on his way to reaching his potential.

President's Report

by Dr. Bobby Doscher

This past year has been an exciting mix of events which involved bringing Oklahaven's message across the country and three continents. I am most grateful to all who have given countless gifts of time and money and your loyalty to this mission. I want to acknowledge and celebrate all the volunteers who have made this possible at the clinic, the colleges, and for those who help in different major cities with “Oklahaven on the Move.” Our mission is still the same as it was 48 years ago - to heal the children and to educate.

Oklahaven has educated more than a thousand chiropractors, who have adjusted millions of children. It's very gratifying to be able to teach other chiropractors and health providers the techniques and methods that we use to help our profoundly hurt children find the way back to health. We continue to encourage parents to commit to a natural drug-free lifestyle. Those who understand and embrace the chiropractic lifestyle, see results nothing short of miraculous.

In March, the Oklahoma University students brought their enthusiasm and hard work to help beautify our grounds as part of their community service again this year. Their efforts were much appreciated and reminded us that spring was near as we picked the projects and flowers.

My visits to the chiropractic colleges are always to share Oklahaven's miracles,



“Oklahaven on the Move” seminar with our good friend and mentor, Dr. Liz Erkenwick in Chicago.

empowering them to give back to the world.

The students are always amazed at the power of chiropractic when they see the life force return to the severely hurt children, their bodies reorganize and their health restored.

- **Cleveland Chiropractic College** loves Oklahaven's philosophy so much that I was invited back to Kansas City to teach a second upper classman clinic. What a great time we had! As I lectured, a sensory shut down child kept running through the

classroom. He later improved with the adjustments. The second child, who was physically challenged, was better able to stand and walk after the adjustments. Plus, his eyesight improved to the point that glasses were no longer necessary.

- I was also able to share our message at **Northwestern Health Sciences University** - Chiropractic College in Minneapolis, Minnesota to meet again with **Dr. Ann Spicer**, Pediatric Professor. Then, continuing a 20-year tradition, we met with a group of female chiropractors for dinner at the same Japanese restaurant.
- **Life University** in Marietta, Georgia won the 2010 “**Golden Heart Award**.” It was obvious at the award presentation that the student body was pleased and excited. Thank you for the wonderful time, and know that you recharged me with your love and commitment to our mission. I especially want to thank **Dr. David Koch**, who made it happen.
- **The Chiropractic Philosophy Forum** in Seattle, welcomed me in June, and I would like to especially thank **Dr. Randy Baze** for the great evening.
- In December, I will return to **Southern California University of Health Sciences** for a ribbon-cutting ceremony for their new Children's Clinic and an hour lecture to the student body. On Saturday “Oklahaven on the Move” will present a seminar on Functional Neurological Evaluation. I am also honored to be the guest of **Dr. Bill DeMoss**, **The Dead Chiropractic Society**.

We've all heard the old saying that laughter is the best medicine. Actually, it's true. Laughter increases energy and provides more oxygen in the blood so the child is more aware of his surroundings. When I saw the positive changes in the children through laughter and realized that it was another important tool for the parent, I knew that I needed to learn more of this skill. So I traveled to Chicago to become certified as a Laughter Yoga Teacher and found I could laugh with the best of them. My class included students from all over the world.

With all this energy, I was able to reach the highlight of the year - a trip to Russia, to see two of our patients and to educate more parents. With today's security restrictions, traveling is no easy task. Even though I had traveled to Russia as a stewardess in the late sixties and had traveled the world for most of my adult life, I was not fully prepared for the incredible amount of paperwork, clearances and permission statements it took to travel to Russia. However, Yulia, (Semyon story is in In-Line Fall 2009) and I prevailed, and I finally landed in Moscow on May 1st.

For the next nine days, I worked



Have-A-Heart Golden Heart Award Presentation at Life University - Christie Kwon and Student Council President.

with many severely hurt children and each afternoon went to the Global Medical System. The doctors there were very helpful, providing treatment tables that were highly superior to the ones we have at Oklahaven. The Russian children's conditions were very much like those of the children I saw in the United States 20 years ago. Many were blind, and none of them could walk. Some of the new mothers heeded my advice and removed their children from the medication. As a result, these children experienced a dramatic improvement in their physical condition within the nine days. One little boy was even able to run!

After I met with the two chiropractors who were treating the children, they wanted to go to Starbuck's, which was literally at Red Square. They were so happy to have a new chiropractor with them since they are the only ones in



Dr. Bobby with Yulia, Dr. Charles Register and Dr. Boris Veller at Red Square.

Patients in Russia.



Moscow, a city of millions.

I had always thought Dr. B.J. Palmer, the developer of chiropractic, had gone to Russia, but Palmer College historians tell me no. It appears that I may be the first chiropractor invited to see the children of Russia, which is a wonderful honor for Oklahaven.

From Russia, I continued on to Amsterdam to meet up with the other children of Europe whom we have seen over the years. Trude Cone, our new President of the Parents Support Group, hosted the event. Her son, Rein's story is in our fall 2008 In-Line. I am grateful to the all the volunteers, and especially the Osteopaths and **Dr. Herman Pohle**, who has always assisted me in Amsterdam. I'd like to thank **Dr. Morag Deane**, Pediatric Professor at McTimoney Chiropractic College in England, who now goes each month to help this group of children.

To everyone who participated in our 2010 "Have-A-Heart" campaign Valentine week, to raise the consciousness to heal our children, I cannot thank you enough. I also want to thank the Independent Fund Raisers, especially the 2010 September "Subluxation Benefit Walk/Run" in the San Francisco area conducted by **Dr. Robert Martines** and all the volunteers and donors.



Subluxation Benefit Walk/Run in the San Francisco Bay area, California.

It will take a firm commitment from everyone to improve the health of our children. National health statistics show one in nine children are using natural health care. This year has brought a keen awareness of the significance of our message and the critical need to invest in our future generation. I'm thoroughly excited about all the possibilities we have to educate and help the children. I'm grateful for the opportunity to be a part of this wonderful chiropractic lifestyle, which is nothing short of miraculous. Thank you for your unwavering support, and I encourage you to continue to be part of this grand adventure. Know you are loved by me, and that the world is brighter because of your gifts of love.

Parent Support Group *by Trude Cone*

Dear Parents,

The Parent Support Group is undergoing some exciting new changes! Paula Barnes, has turned over the presidentship of the Parent Support Group to me. We would all like to thank Paula for her commitment in serving as president for the past 12 years. Paula was instrumental in hosting television public service announcements, enjoyed overseeing berry-picking events each summer, and sharing her child's journey to health in Oklahaven's 45th anniversary video. We are very grateful for the pioneering work she has contributed in helping other parents to be aware that there is another way to heal our children. Paula will continue to encourage other families to take their power back. Thank you, Paula, for being such an excellent role model.

I would like to introduce myself. My career has been in college dance education, although my most rewarding role in fulfilling my purpose is as the mother of Rein, a 17-year-old young man. We live in Amsterdam, Netherlands. Rein has been coming to Oklahaven for the past 3 years, and in doing so, he has made remarkable progress. Before the first session he could hardly walk 3 meters without losing his balance, nor could he stand still, and his walking was more about falling forward. After the first session he ran down an 8-meter hallway without touching the walls or falling over. I was flabbergasted. I had tried many therapies but never saw such remarkable, tangible results. As we all know, it's also a lot of hard work, diligence, and abiding trust and love in your child. It is a journey still unfolding. We both have grown and developed. With every new capability that Rein masters, I have to change to try to be one step ahead of him. Even though I sometimes get lost in the day-to-day



Dr. Debora Logan, second row right, founder of the new Austinhaven, in Austin, Texas, hosted a 12-hour accredited seminar led by Dr. Bobby on August 5th, 6th, and 7th. The public lecture with Dr. Shawn Powers emphasized the need for chiropractic care for special needs children.

reality, I am thrilled and proud of what he is now being able to accomplish.

We would like to announce that the Patters are taking on a new form. We want to make them more accessible to parents so that they can ask for the next step in the program when they are ready for it.

Recipe *Banana Pancakes*

3 Bananas (new or old) - mashed
1 Tbs. Flour
1 Tsp. Baking Soda (aluminum free)
1 Egg
Mix together and cook in skillet. Suggested other ingredients – blueberries, nut pieces, coconut, vanilla, cinnamon. Enjoy!

Laughter Yoga!

Laughter Yoga – Benefits are: Releases tension, brings rhythmic breathing, and brings us joy and happiness. We are learning that only 10 minutes of laughter each day can result in healing for the child and less frustration for the parent.

(1) Exercises:

- He-he-he is in the throat.
- Ha-ha-ha is in the chest.
- Ho-ho-ho is in the belly.

(2) Vocal Sounds Exercises

- Baby cry – deep pelvic waaah
- Halloween shriek - eee
- Blow into bottle – ooo
- Blow in bottle – high & low pitches
- Owl sound – uu-uu, make your eyes big

This Holiday Season, Do an Act of Love. If you know someone who has served our nation or a partner/spouse of our soldiers who have children, encourage them to explore the chiropractic lifestyle. Take them good whole food, run an errand, give a gift of time, or just be there to listen. They need our help.

"If you're going to do anything, do it for love or don't do it all." — Harold Klemp

A Time to Celebrate

Each first Wednesday of the month we meet at Ingrid's Kitchen, a German restaurant in Oklahoma City, for a fund-raising birthday party to celebrate each zodiac birthday and to get ready for our 50th Anniversary. Please come and join us for a piece of cake if it is your birthday. If it's not your birthday month, join us anyway for a piece of cake for a donation. It's delightful seeing the changes in the children who come each month,



and especially the families who join us from far away.

Birthday Party – Ingrid's Kitchen's Blaine Burks, manager, and guests the Kellers, and Ludwina Van Dyke from Australia.



Announcing the 2011 "Have-A-Heart" - Heal Our Children Campaign

Thank you to all "Have-A-Heart" participants for donations and commitment to raising the awareness of the power of chiropractic and to heal our children. Each year the Golden Heart Award is awarded to the clinic and college campus that sells the most hearts. The "Golden Heart" is an attitude. It is thinking of the other person before oneself, giving service, and simply being a channel for Divine Love. The only one who may possess it is he who can give it away from hand to hand

and heart to heart. This year the 2010 Golden Heart Award went to Dr. Steven Loehr and staff with Meek Chiropractic in Springfield, Missouri; and Life University, Marietta, Georgia, spearheaded by student Christie Kwon. The campaign will be held during Valentine's Week, February 7 through 14, 2011. The purpose of "Have-A-Heart" is to bring community awareness of the power of chiropractic for the children. We invite you to join with hundreds of chiropractic offices, chiropractic colleges, and many other advocacy groups around the world to advance our message of hope and healing for the severely hurt children. "Have-A-Heart" and register online now at www.chiropractic4kids.com.

Give the greatest gift of all - the gift of health to a child! Help Us Heal Our Children

The story of Oklahaven has been unfolding since 1962. It's your enduring spirit of generosity that makes Oklahaven possible and helps sustain the clinic's mission of restoring the children's health for life in a global community. Together we can make all the difference in the world!

- I pledge the following financial support:
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