

in-line

with “Oklahaven” Children’s Chiropractic Center

Winter 2011-2012

4500 North Meridian

Oklahoma City, OK 73112

Chanden: A Six-Month-Old’s Journey into Life

— By Chanden’s Mother, Kailia



Chanden and Kailia

I had been taking heart medication for about six months when I found out I was five-weeks pregnant. I immediately set up a cardiologist appointment, and my doctor asked if I wanted to switch medication since the one I was on had never been tested on pregnant women. I was told if I chose to switch, it could hurt my baby since

his body was already exposed to my current medication. Therefore, I decided to stay on the medication. When it came time to deliver my son, the doctors feared labor would be too much for my heart. So they took Chanden at 38 weeks with a C-section.

In the first three weeks we had our little boy, his dad noticed something wasn’t right. He didn’t look around at things or even at us. His pupils wouldn’t dilate at all. I took him to a pediatrician who sent us to a children’s eye doctor. The eye specialist diagnosed Chanden with optic nerve hypoplasia, or ONH. We were told our **baby was beyond legally blind**. His vision was 240, and 220 is considered to be legally blind.

The doctor also said Chanden could have **developmental problems** and that we should get him into a program called Sooner Start, where he could learn to crawl, sit up, talk and walk.

At six or seven months old, Chanden was still not holding his head up very well. We began to notice he had no control over holding his head up; spoon feeding was difficult and Chanden had not even attempted crawling. He was almost lifeless; he played, but very little. He always wanted to be left alone. I was starting to feel extremely emotional and overwhelmed, so I called my mom. She told me to take Chanden to see Dr. Bobby Doscher at Oklahaven.

My mom told me that she had taken me to her when I was a child. So the pediatrician’s office called Oklahaven. When I told Dr. Bobby about my situation, she insisted upon seeing Chanden immediately, even though she was about to leave town.

Chanden has been coming to Oklahaven for about a month and a half now, and he has more life in him than I ever could have hoped for. After the first adjustment, he could hold his head up and had more spinal movement and was easier to hold.

In the first week we saw he had more control of his head movements and his tongue movement; his spoon feeding greatly improved. His toe dig in



Chanden at 7 months.

the right foot came in, but his left side was much slower. His left shoulder joint and elbow were also misaligned.

His hands and fingers began to open and close, swiping at objects and now showing more control. He, now at eight months shows spontaneous laughter and association of familiar sounds. He makes more distinct sounds, such as being happy or excited, hungry or irritated and is now making full range and tones. He now makes sounds with intent. He’s talking non-stop to everyone.

His eyes move more fluidly to the corners, not rolling in different directions, although the left eye still glitches passing through midline. I think he is seeing changes in facial expression, tracking light and recognizing other important things, especially his bottle. His pupillary movement now goes to pinpoint with great stimuli.

Six weeks after his first adjustment, he now lies on his stomach longer and his arms and legs are moving freely. He has his full range of motion of both arms and legs, moving together very quickly. He loves pushing off of things and is beginning to roll over and rocking. He’s getting close to crawling forward on his belly.

He’s actually sleeping longer—before he wouldn’t sleep more than two hours. My son has gained a lot of weight because of how much better he’s eating on his whole food diet. I believe it’s safe to say that I’m glad we found Oklahaven again. They have changed my son’s life. **He is now sociable with lots of smiles and laughter**, and I’m looking forward to even more positive changes as he continues to grow.



Shanti Rood has been a patient of Dr. Bobby’s since she was 3 days old. Her most recent treatment was after a fall while jumping at the Morgan Grand Nationals and World Championship Horse Show!!!

Thanks to Dr. Bobby

— By Tempi Nichols

Thanks to Dr. Bobby for her late night adjustment, which helped Shanti **quickly recover from a bad fall at Grand Nationals** and go on to finish her competition during that 10-day event! Shanti and Jay Jay won the Tulsa Summer Classic Morgan Horse Medal Award this year and was the youngest rider qualified to compete for the Grand National Morgan Dressage Medal in 2011.

We brought Shanti to Oklahaven when she was three days old. Fenton and I were privileged to be present at Shanti’s birth, but as adoptive parents we weren’t fully able to make decisions about her care. Consequently her birth mother’s labor had been induced and Shanti received one vaccination. We observed her bruised forehead, and some limited range of motion with her left arm.

Shanti is no longer the hyperactive little girl who struggled to read that she once was. She loves learning; she is sensitive and caring with others and animals and determined to succeed, ... *(Continued on Page 3)*

President's Report

Good health, vibrant life, doing what you want and living your dreams has always been the chiropractic lifestyle. These are more than just words at Oklahaven – this is our mission!

I'm so grateful to everyone who has contributed to help us reach our 50th Anniversary year. I am proud of the loyal community of Oklahaven's family, friends, chiropractors and the chiropractic colleges around the world who have worked and given what they can to support this mission. I want to thank the Board of Directors, all of the volunteers, both at the clinic and "Oklahaven-On-the-Move," who made this 50th Anniversary of showing the way back to health and optimal life for our children an extraordinary experience instead of simply a good one.

This was a very busy year for "Oklahaven-On-The-Move" and it has empowered many in the chiropractic community to continue our work.

FEBRUARY -

- Our "Have a Heart" Campaign – During Valentine's week chiropractic colleges and clinics around the world show our videos and sell paper hearts to bring the awareness of how chiropractic can heal the very sick and damaged child. This devotion to raising this greater level of consciousness to return our children to health through chiropractic and a natural drug free life style they deserve.
- We honored this year's two "Golden Heart" winners –
 - ~ Meek Chiropractic in Springfield, Missouri, for the second year in a row
 - ~ Life Chiropractic College West in Hayward, California

The "Golden Heart" award is given to a Clinic and the Chiropractic College that raised the most funds for Oklahaven and its mission.

- Love gives life to everything in creation; this is the fabric that holds all life together. It is the life force, the Innate Intelligence we talking about in chiropractic. It is thinking of the other person before oneself, giving service, and simply being a channel for Divine Love. **The Golden Heart means to simply fill yourself with love and then carry that love into your life...** The only one who may possess it is he who can give it away from hand to hand and heart to heart. With love comes the key to freedom and truth. The Golden Heart is an attitude.

MAY – Ran our annual European Clinic in **Amsterdam, Netherlands**

JUNE – Lectured to the **Logan Chiropractic College** student assembly in Missouri

JULY – Invited to be one of the Lyceum Speakers for **New Zealand Chiropractic College** and presented to their students



Oklahaven's Board of Directors begins 50th Anniversary Celebration

AUGUST –

- Participated in the **Royal Melbourne Institute of Technology University "RMIT" Australia, Philosophy Night**
- Attended **Palmer College of Chiropractic**



Royal Melbourne Institute of Technology University "RMIT" Australia philosophy night—Dr. Simon Floreani, President of Chiropractors' Association of Australia with students, Lidwina VanDyke and patients.



Homecoming and Sorority 100th Anniversary Celebration where I was honored with the Lifetime Achievement Award presented by "The Oldest Chiropractic Organization," **Sigma Phi Chi Sorority.**

SEPTEMBER –

- Addressed the **Southern California University Health Science** student body
- Presented our 6th Annual California Seminar and Clinic with children in Dr. Zail Khalsa's office in Beverly Hills.



Sigma Phi Chi Sorority's 100th Anniversary Lifetime Achievement Award

OCTOBER –

- Presented the "Golden Heart" Award and a lecture to the Life West Chiropractic College student body
- Lectured to the Life West sorority about **Dr. Mabel Heath Palmer, founder of the first chiropractic sorority.**
- Presented a Seminar and Clinic with children in Oakland, California
- Delivered a lecture to the students of **Northwestern Health Science University College of Chiropractic** in Minneapolis, Minnesota. I also attended the Women in Chiropractic meeting to discuss the health of the children, which is an annual 21-year-old tradition.
- **Finished two books:**

~"And now what do I do?" – A guide to naturally restoring children's health.
 ~"Turkey Notes" was created from a tradition I learned as the assistant curator at the Putnam Museum in Davenport, Iowa. While there I helped to create one of the first children's



Life West Sorority - Omega Sigma Chi



New Zealand College of Chiropractic, Dr. Eric Russell, 5th President Investiture evening, and Dr. Bryan Kelly, 4th President.



Dr Bobby pictured with Dr. Ann Spicer, Professor of Pediatric and President of Peds Club, Sara Finer at Northwestern Health Science University College of Chiropractic in Minneapolis.

hands-on rooms. Since then I have used “turkey notes” as an ice-breaker for dinner parties. Presented as small scrolls at each place setting, these “notes” are questions, which range from the thoughtful to the fun. Questions such as “What did you learn this year” are designed to help the guests get to know each other better.

I'm saddened to report that this year it takes more time to treat the most profoundly hurt child. This 50th Anniversary year is the perfect time to continue your support. Help us to create all of our necessary educational materials and to educate parents to heal the children so they may have the healthy, happy, responsible lives they deserve. After all, they are the leaders of tomorrow. It's so important that you participate in our mission and proclaim that our children deserve to reach their full potential. **Every gift is important. Please join hundreds of your chiropractic friends by helping Oklahaven's mission today. Give the greatest gift of all - give the gift of health to a child!**

Love, Dr. Bobby

Everything is a gift from God. The challenge is to understand what is happening to you.
— Harold Klemp



It All Began So Simply

— By Vicki Murray

Not having any idea how it would impact my life, I walked into the “Oklahaven” Children’s Chiropractic Center and met Dr. Bobby intent on finding out if I could help “him”— never guessing how she would help me!

My job was to meet with local businesses to help with staffing and to share local resources. **After watching the 45th Anniversary video**, I was in awe of the story that I saw unfold of one child’s return to health through chiropractic. We discussed the need to find a committed chiropractor to help with the clinical side, an administrator and a developmental officer for the educational side.

Our meeting drew to a close and I was getting ready to leave when **my life began to change**. When I say I “walked” into Oklahaven, I was being generous—it would be more appropriate to say I “hobbled” into the office on a cane, barely able to walk. I was challenged to sit through the meeting. Rising to leave, Dr. Bobby asked about my cane. I explained that I had a hip that went out without warning; I had problems with my balance and it was painful enough that in order to go to sleep I took four to six ibuprophen capsules every night.. and more during the day. I had nerve conduction studies, ultra sound on my veins, MRIs and other tests done, but the doctors found nothing. I was fighting giving in and getting an electric scooter. I was already a firm believer in chiropractic, but had not been to my chiropractor recently. When she asked if I would like an adjustment, I accepted. I was amazed at the relief from pain that I got from that brief adjustment and was happy to accept her offer to return the next day.

I returned the following day and **we reviewed my medical history**. I have fought my weight all my life; I had been extremely overweight, but had maintained the same weight for 17 years. Then in the last two years, I had gained over 70 pounds even though I cut back my food intake. I had been diagnosed with severe Restless Leg Syndrome (RLS) and began taking medication for that about 5 years ago; the dosage was steadily increased as I built tolerance to it and finally the medication had been changed. I was now taking a medication intended for late-term Parkinson’s patients at the highest dosage level four times per day and still dealing with RLS symptoms. If I was going to have to go into a meeting for more than a half hour, I had to take an extra dose just to sit through the meeting.

Thanks to Dr. Bobby *(Continued from Page 1)*

...especially as long as horses are involved in her future! As a member of the Oklahaven Board, I was already familiar with Oklahaven’s work, having owned natural foods stores and restaurants. Almost 14 years have sped by, and we have maintained regular visits to Oklahaven. Thanks to Oklahaven and chiropractic, she is focused, happy, loving and giving, mostly, as any typical 13 year old!



Shanti performs Dressage at the Oklahoma State Fair Show, 2011, with her horse, Jay Jay/Wild Jam Master Surprise.

I had spent over \$8,000 (my share, after insurance) in testing in the last year and a half trying to find the reason for the severe swelling in my legs and the reason for the cherry-red color from my knees to my ankles. At night, I slept with my legs propped up; the skin was pulled so tight that, at times, I truly worried about my skin splitting. Many nights, I could not even move my toes.

As we talked through my history, I began putting a timeline to it and realized that the weight gain, swelling and hip problem had begun shortly after the change in RLS meds. We talked about the problems with chemicals to mask symptoms rather than treating the cause. I’ve never been a fan of medication, but I began to realize the negative affects I was experiencing and still dealing with continuing symptoms—it just really was not worth it.

After a week of mulling it over, I made a decision to quit my medication. We talked about what it would mean, what I could expect to happen and what I needed to do to see a change in my life. We set a plan for regular adjustments three times a week.

Thus began **my journey back to wellness**. I quit the medications, both prescription and over-the-counter—it was scary, but so was where I had been going..the downhill cycle. Dropping the meds made an instant difference. The color of my legs began to return to normal and the swelling reduced. After the first week of adjustments, I was able to quit using my cane. There have been good days and some days that are a real challenge to walk, but I have not given in. I slowly built back up my ability to walk, adding a little more distance each day.

In gratitude, I work with Dr. Bobby and her staff to help give back this gift of life I have received. I never know what I will see happening when I go to Oklahaven. Some days I had to watch very carefully when an out-of-control child is literally bouncing off the walls so that I don’t get knocked over. I have seen many children who couldn’t crawl and are now walking; some who couldn’t articulate words now talking in full sentences and so many more changes. Some days I get to see the tears of a mother who has seen her three-year-old take a step alone.

I was privileged to work on the 2011 “Have-A-Heart” fundraising campaign. To be able to read the comments that came back from so many of the colleges and clinics who... *(Continued on Page 4)*

It All Began So Simply (Continued on Page 4) participate in this campaign and to learn about the variety of ways that local clinics help spread the word about Oklahaven, chiropractic and living a natural lifestyle is truly inspiring. Using my skills, I am able help in teaching the Oklahaven staff new computer skills, tracking donations, working on some marketing strategies and assisting with staffing for the clinic. The opportunities I've had at Oklahaven are almost as varied as the changes in peoples' lives that I have witnessed.

After nine months, my legs are now my normal size and in proportion; I can wear a dress again. With the reduced swelling, there was an immediate weight loss that has slowed but still continues—at one year, I've lost 85 pounds! I see Dr. Bobby three times a week, working together to get my system back into balance and learning how to improve my lifestyle.

The most **unexpected change** to me is the realization of just what a drugged and unfocused state I had been in. Dr. Bobby had talked to me about that from the beginning but I had actually acclimated so much to the gradual drugging that I was not aware of how much slower I was functioning mentally. It took almost six months before I realized how much more I was able to accomplish at work, even when a day was filled with interruptions, compared to my productivity (or lack of)

when I used to have a quiet day. **My problem-solving ability** has improved because I can see things so much more clearly than in the past—it wasn't until the fog had lifted that I was even able to see that it had been there making my life fuzzy. **I began to laugh more** and I didn't feel like I had to plaster a smile on my face to get by. It's really nice to laugh again and be able to walk straighter and with more pride—my body and mind are adapting more and I am reaching toward my optimal potential. I have been going faithfully for my adjustments, very rarely missing for almost a year now. I've enjoyed sharing about taking my life back into control through chiropractic and a natural lifestyle.

I can't begin to imagine the challenges these families face, especially the mothers who so often do all the care giving and are the sole breadwinner. As I see these children overcome the hurdles, I remember my daughter's first steps and think that after the monumental trials and challenges they have faced... the joy and triumph must be even sweeter. I hope that you will **join us this year by signing up for the 2012 "Have-A-Heart Campaign" as we tell the chiropractic story through the children during Valentine's Week.**

The story of Oklahaven has been unfolding since 1962. It's your enduring spirit of generosity that makes Oklahaven's 50 Years possible and helps our mission of restoring the children's health for life in a global community. Together we are making a difference in the world!

- Single Donation Annually Semiannually Quarterly Monthly
 _____ \$25 _____ \$50 _____ \$100 _____ \$250 _____ \$500 _____ \$1,000 _____ \$5,000 _____ Other
- Make check payable to "Oklahaven" Children's Chiropractic Center.
 Phone. Make a credit card gift, pledge, or establish recurring gifts via phone 405-948-8807.
 Securities. Please contact Frank San Antonio, Assistant Director of Development at 888-825-6974.
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Oklahaven is a non-profit 501(C)(3) organization and your donation is tax deductible, as allowed by law.

Join us this year by signing up for the 2012 "Have-A-Heart Campaign". Go online now www.chiropractic4kids.com

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