

in-line

with “Oklahaven” Children’s Chiropractic Center

Fall 2014

4500 North Meridian

Oklahoma City, OK 73112

Giavanna’s Journey

I would like to tell you about my daughter, Giavanna. Her journey began in the womb unbeknownst to us as parents or the OB/GYN doctors. She was born with Myelomeningocele; the worst form of Spina Bifida, an opening in the L4 and L5 region of the spine.

She had her first surgery on the day she was born to close the opening, which affected the function of her bladder, bowels, and lower extremities. This caused fluid to develop in Gia’s brain resulting in hydrocephalus; a second surgery placed a ventricle shunt in her head.

She had to be catheterized multiple times during the day to fully drain her bladder. Unfortunately, the consequence of this was bladder infections. Because the catheterization was so close to the bowels, small particles of feces also leaked into the bladder.

As a parent full of guilt, I set out to do the “right thing,” and listened to the doctors about modern medicine and how the only thing that would help my daughter was another surgery and pumping antibiotics into her system. Then she had her first shunt revision (a third surgery). Incredibly she seemed to bounce back exhibiting no problems at all.

For the first ten months of her life, Gia was on a maintenance dose of Bactrim, an antibiotic, to stop bladder infections. When that did not work, doctors put her on stronger antibiotics.

At 12 months, she contracted pseudomonas, an infection considered to be “opportunistic” since it only appears when a person’s immune system is already impaired. The treatment was to place a port in Gia’s chest, connected to her main artery, and to inject more antibiotics for one full month. Thankfully the pseudomonas was cured, but the bladder infections continued.

Despite these afflictions, she was still growing and learning on the same level and age as a “normal” child. Her vocabulary of 20 words was strong and understandable. She was happy and would laugh; a loving child despite all this heartache. A beautiful little girl with a loving smile for all she met with her own method of communication.

At 15 months, Gia received her set vaccinations. Within the month, Gia stopped speaking. She would start screaming and cover her ears. No one could touch her; she would gag when certain foods were put in her mouth. She stopped making eye contact and she started swaying back and forth to soothe herself.



Gia



Needless to say, this was very frustrating. I didn’t know what to do, where to turn. Gia’s pediatrician set up a visit with a group of doctors at Children’s: she was diagnosed with Autistic behavior. This was the most heartbreaking news; I wanted to die. Now my child was disabled mentally and physically. I prayed to God to give me strength, and to thank him for my baby. But it was very hard. Everything around me was falling apart, and it seemed to be getting worse, not better.

I was the worst mother in the world; I was neglecting my other four children. I believed that I was being punished for something I did because my Gia came out of my womb like this. My relationship with my husband was failing. I was told by doctors that this was my fault, but I kept listening to the doctors.

A year later two months shy of Gia’s second birthday, Gia had her second shunt revision. Again she bounced back and had no physical issues, but it seemed as if her sensitivity level had gotten worse.

At age three, Gia started day care. Special Care is a great place with a program for autistic children: PT, OT, speech; she was doing great. She loved Special Care because she was loved by all. She began listening therapy, which helped with her sensitivities. Gradually she stopped the screaming, allowed us to touch her, and started eating regular food, but she still plugged her ears until she got to know you.

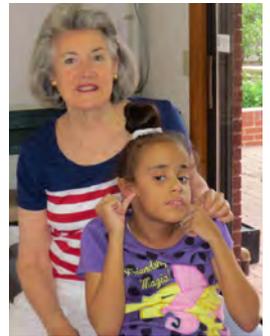
At age four, Gia had her third shunt revision. This time she had complications with anesthesia. She broke out into a rash, and it took her a little while longer to come back to herself after surgery. Additionally, she went in and out of the hospital for bladder infections.

Six months later, I told the doctor that Gia’s scar looked strange: when I brushed her hair, it seemed like I could see her skull. Well I could. Because she’d been cut so many times in that one spot on her head for her revisions, a fissure, or break in her skin, had developed. The doctor immediately took her into surgery to replace the shunt.

So for the first 7 years of her life, Gia was in and out of the hospital for bladder infections, bladder surgery, 3 shunt revisions and now a shunt replacement.

At age six, Gia started public school; I could not afford the day care. Some of her therapies were paid for by insurance and part by me. All of this took a toll on me financially.

Public school services for children with disabilities were free. These only took place once a week and sometimes every other week. Unfortunately, the treatment therapies were not very focused.



Gia was known only for her disabilities. Everyone that knew anything about these disabilities only knew book terms. Nothing the therapist spoke of was promising. From their point of view, Gia would never progress mentally or physically. Plus, the therapy they were doing seemed to make Gia tighten up rather than loosen up and become more flexible.

So of course, my guilt kept me from making my poor child work for her freedom. I felt that because I had caused this, I would cater to all her needs and whims.

Before Gia turned seven, she had gotten very sick. She ran a high fever of 105 degrees, and they could not get her fever to go down. They checked her shunt; it was ok. They checked her urine and it had indications that her kidneys were failing. Gia was rushed into surgery for a vesicostomy. A vesicostomy is an operation that makes an opening from the bladder to the outside in the abdomen, just below the navel.

Gia has not had another bladder infection since; but at what cost? If we wanted to reverse this process, another surgery would be required; then more medication to keep her bladder from infections/spasms; more medications for her kidneys.

When Gia turned 10, she was taken out of the public school system. Her teacher of four years was abusing her. Charges were never brought against the teacher because Gia and the other little girl could not speak to tell their side of the story.



Giavanna, from birth till 7 years-old, has had seven major surgeries.

Then on April 29, 2014, things changed dramatically for Gia and I came to Oklahaven for our first meeting with Dr. Bobby.

This was not my first time hearing about this great woman. Five years earlier, a gentleman I worked with told me about Oklahaven and the amazing things they have accomplished with children. At that point in my life, I was not prepared or ready for the commitment needed to fully focus on Gia.

Now five years later, another gentleman, **Kossi**, reintroduced me to this amazing woman and offered to pay for Gia's first visits. Gia's new journey has begun; life

has come full circle.

When you first meet Dr. Bobby, you don't know what to expect. You think to yourself, "she has no clue what I've been dealing with ... my kid will never do this ... and she wants me to do what, or knows my kid can do what?"

No one ever gave me help on how to make my child less dependent on me and more independent for her.

But Dr. Bobby has very simple philosophies and ideals. They are straightforward and simple all which have been around for many years.

- Be willing as a parent to see the light within your child as a spiritual being; believe that she will become whole. Your child is an individual with individual gifts.
- Do not accept labels – labels contribute to limiting your child's abilities.
- Diet – make sure it is all natural, no processed foods, no pasteurized milk; a lot of good water, vegetables, fruits, grains, beans and nuts.
- Rules – there has to be laws set in place; consequences for good and bad behavior.
- There must be gratitude, from the child and the parent.
- No medications at all.

The first week with Dr. Bobby was getting to know each other. What

were all our strengths and weaknesses? What did I as a parent expect from my child? What type of schedule did I have in place for adjustments, activities, exercises, food and behavior? Dr. Bobby made me look at my independence as well as Gia's independence. Gia and I were shackled to each other and I didn't even know it.

I talked to Gia as if she were disabled, not a smart intelligent human being. I also was guilty of labeling my child and inhibiting her from what she could do. I became very knowledgeable about all of the medical terms associated with Gia. I felt it made me closer to her and gave me a better understanding of my child. The more I labeled her, the more she depended on me.



Dr. Bobby not only is a chiropractor, but she believes that if a child and parent can envision the healing, it will begin to happen with time. We are all human beings full of light and life. When we become injured or are full of toxins in our body, the light and movement diminishes; hence disease and disability.

When Gia **first came to Oklahaven**, her body was twisted in ways you could not imagine: Gia's left arm curled up and she did not use it, her feet were twisted up and behind to her calf almost in the opposite direction, like a flower that has not unfolded, legs were frogged and did not stretch out, her muscles were very

tight. It was hard to change her diaper. When Gia sat up, she would fall over. Gia could not crawl or creep correctly, normal or low. She could not speak clearly. Gia was not very active.

After the first visit at Oklahaven

Gia's head subluxation was corrected and her eyes unlocked. The first thing I had to do was to get rid of Gia's glasses and start allowing her eyes to move freely.

When I put the glasses back on during the process of her eyes correcting themselves, I found that her head and body began to go back to the way it was before. It has been six months since Gia has worn glasses; her eyes are straight, her head is straight, and she can see. It is amazing.

Results at Oklahaven

In short, Gia has come so far in 6 months, so much further than she ever had in the past 11 years with modern medicine.



Her forehead used to protrude (almost Neanderthal-like); now it's becoming more proportioned. Her eyes are brighter, not crossed. She can sit in a dining room chair without any help: sits very straight, able to eat and do schoolwork at the table with little or no help.

Gia's lower back was severely twisted. Her spine has straightened and the hump at the end of her spine has diminished. Before, Gia was not able to crawl; now she can. And because she's more mobile, she's become more curious.

She is home schooled, and has become faster at math and reading. Her fine motor skills have improved: she can now use her left hand along with her right. She can buckle her seatbelt; put on her socks, shoes, shirt, and pants by herself.

*Visiting Chiropractor -
Dr. Gregory Smith*

Her vocabulary has improved, as well as speaking more clearly, when she wants something. I am patiently making her answer questions and teaching her to carry out conversation.

Gia was not able to stand on her knees. She now stands 45 minutes, and sometimes more.

She uses a small stool to sit on, with her feet now flat on the ground. We practice standing from the sitting position.

Gia's interaction with the family is amazing; she loves to play with her brothers and sisters. She is also starting to play pranks on them. She never did this before. She would laugh at her siblings, but not interact like she does now. But don't let that cute disposition fool you, my daughter can be a handful. Gia has learned, through the years, to manipulate to get what she wants.

I am learning patience, commitment and gratitude. Life looks brighter now, for Gia, her family, and for me. We continue to grow. We are becoming less dependent; more independent and self-reliant.

It's been a long and challenging journey, and I know it's not over. We have many more lessons to learn, but thanks to Oklahaven, we are both becoming more independent.

President's Report

As I think back over the past year, a few memorable events and outstanding people stand out: Sadly, we lost one of our **Founding Fathers, Dr. Edward Lynch**, on July 26, 2014. As a child, Dr. Lynch suffered serious health issues including a thrombosis and polio, yet he overcame them and became a chiropractor, practicing until his last years of life. Oklahaven was Dr. Ed's vision, and we are grateful to him for his vision.

Want to thank **David Delgado** from **Ardmore Multimedia**, who worked endlessly to produce our exciting new DVD titled, **"Fifty Years of Healing the Children."** I would also like to thank **Parker Seminars**, in **Las Vegas-January**, who presented our new video and provided booth space at the convention.



Dr. Norbert Gallagher, EPOC Tulsa

In July, I delivered a luncheon speech at the Parker University in Dallas, TX.

We had great fun with the **EPOC** (The Epicenter of Chiropractic) philosophy groups. My sincere thanks to **Dr. Dan Atwell** in Charlottesville, VA and **Dr. Norbert Gallagher** of Tulsa, OK.

In both May and October, I was invited again to speak by **Gail Peck** at the **Holistic Health Fair in Oklahoma City**. It is a wonderful venue for presenting our story, and I'm so grateful that it's always well received.

In August, I had the honor of presenting Oklahaven's **"Golden Heart"** award to **Dr. Brian Kelly** during **Life Chiropractic College West's** event, **"The Wave."** I felt very fortunate to be one of the event's main speakers, and I thoroughly enjoyed participating in this special gathering.

Later in August, I traveled to Davenport, Iowa to preside over **Sigma Phi Chi Sorority, the oldest Chiropractic organization** at Palmer Chiropractic College during its Homecoming. It was very memorable as this event is near and dear to my heart. A middle-aged woman showed up with a picture of her grandmother as a sorority sister.

Our **independent fundraisers** deserve special thanks for their tireless efforts to further Oklahaven's mission. To mention a few: **Jenny Ullrich** of Tulsa for screening the movie **"The Love Bomb,"** **Dr. Bill Doscher** for his annual Fall Pumpkin Drive, **Dr. Mary Beth Minser** and staff of Minser Chiropractic in



Golden Heart Award, President, Dr. Brian Kelly, Life Chiropractic College West with James Evans

St. Cloud, MN for their **annual 5K run** and the students from **The University of Oklahoma's "Big Event"** for a day of Beautification at Oklahaven. Also, thanks to **Dr. Jennifer Taylor and Staff of Healthworks** and **The Unified Chiropractic Association of Oklahoma** for providing the booth space at their conventions.



The University of Oklahoma students

Finally, we are excited to continue our message of hope and healing around the world. Especially by continuing to work with **Dmitry Utenkov**, a Russian who works with severely disorganized children in water. The children learn how to swim, often in deep water, even though out of water they are stiff and must sit in wheel chairs.



Sofia stands for the first time in her new dress.

Our work this year has taken us to Tallinn, Estonia, Thessaloniki, Greece, and the Czech Republic, with the help of **Dr. Eleni Karamani** from Athens and



Dmitry Utenkov with Autistic child.

Dr. Cristin Fitzpatrick Powell from Estonia, as well as many volunteers and other specialists. I am grateful to all of you, and want to acknowledge the tremendous support for our work: both financially, and in healing work that allows bodies to return to full function. Thank you for your dedicated service to helping the Children heal naturally.

— Love, Dr. Bobby

Parent's Support Group Recipe

Fermenting vegetables -

Fermenting is the magical transformation by microbes - such as bacteria, molds and yeast - to break down food. Their work increases digestion and helps stimulate the natural growth of intestinal flora. These microbes naturally occur in or on the vegetables, or in the environment. Fermenting has traditionally been used in almost every culture throughout history, from sauerkraut to kim chi.

Fermenting Vegetables takes a few days:

- In a non-reactive bowl (stainless steel or glass) or a crock:
- Place a gallon of your favorite fresh vegetables shredded or chopped: cabbage, carrots, beets, radishes, cucumbers or whatever is in season
- Add fresh garlic, ginger, hot peppers & other herbs & spices you like
- Sprinkle with high-quality sea or earth salt, about 1 tablespoon per gallon of vegetables.
- Mix thoroughly & cover completely with water.
- Cover with a plate that fits the top of the bowl; find a rock or something heavy to press it firmly in place.
- Leave at room temperature for about three days. Taste; if not tart enough, leave another day or two.
- When vegetables have reached desired flavor, put into clean jars, cover with the kraut juice or fresh water & store in the refrigerator. You may have to scrape off some mold, but the veggies underneath will still be fine.

"We're using our creativity to learn how to work with Divine Spirit, how to come into harmony with life around us." — Harold Klemp

Have-a-Heart Campaign



Congratulations to the **2014 Golden Heart Award winners: The staff of Steinke Family Chiropractic in Wapakoneta, OH and Life Chiropractic College West in Hayward, CA.**

This award is given to the Chiropractic College and the Chiropractic Clinic that raises the most funds for Oklahaven in support of its mission to heal children through Chiropractic and educating parents to the Chiropractic way of life.

To these two outstanding organizations, we thank you with deepest gratitude for the outstanding love and support you have so generously provided for the children.

Next year's campaign will be held during Valentine's Day week, February 6 - 14, 2015. Please join the chiropractic colleges, hundreds of chiropractic clinics, and many other advocacy groups around the world to advance our message of hope and healing for the children. Help make 2015 "Have-A-Heart" our most successful year ever! Register online today at www.chiropractic4kids.com.



A Golden Heart is a giver of life, special thanks to Dr. Steinke and staff, two time winners.

Give the greatest gift - The gift of health to a child. Help Oklahaven continue to inspire natural healthcare for our children.

- Online.** Make a gift securely at www.chiropractic4kids.com.
- Phone.** Call 1-888-825-6974 to make a credit card gift, pledge, or establish a recurring gift.
- Check.** Make check payable to "Oklahaven."
- Order Books.** "And now what do I do" - \$15.00, "Turkey Notes" - \$10.00, Booklets "Grains" "Beans" - \$5.00
- One-time Gift** via credit card -- or -- **Recurring Gifts** via credit card on

Monthly Alternate Months Quarterly

\$25 \$50 \$100 \$250 \$500 \$1,000 \$5,000 other \$ _____

Check one: MC VISA Amount \$ _____

Card # _____ Exp. Date _____ CID# _____ (3 digits)

Signature _____

Name _____

Clinic or Business _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

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 2015 "Have-A-Heart Campaign." Go online now www.chiropractic4kids.com

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