

in-line

with “Oklahaven”
Children’s
Chiropractic
Center

Winter 2025

4500 North Meridian

Oklahoma City, OK 73112

Kaytlynn’s Story

By Tommy and Brittany Gell

When our daughter, Kaytlynn, was born, we had a long prodromal labor that led to a surprisingly quick birth. Not long after, we noticed that something just wasn’t right. She was very stiff, often curling into almost a turtle-like position, and she struggled with several issues. Nursing was difficult, latching was a constant battle, and she experienced severe reflux and vomiting. It was heartbreaking to watch her go through that and to feel so helpless.



Baby Kaytlynn

That’s when we found Dr. Bobby Doscher at Oklahaven. From the very first visit, we could tell we were in the right place. She was gentle, compassionate, and incredibly knowledgeable. With her help and care, we began to see changes in Kaytlynn that felt almost miraculous.

Now, Kaytlynn moves freely, happily, and with so much energy. Her gastric issues have completely resolved, nursing became easy and natural, and even the symptoms from her lip and tongue-tie have improved significantly. It is amazing to see the difference in her. She is thriving, smiling, and truly enjoying life.

We are so grateful to Oklahaven for helping our little girl live comfortably and joyfully. They’ve made such a positive impact on our family’s life, and we can’t thank them enough.



Kaytlynn’s Family

Parent Support Group

By Paula Barnes

SALAD ADDITIONS - BETTER THAN A PILL

Ready to boost your salad with flavor? Add some kick with these herbs and a surprise - flowers.

Catnip is the oldest household remedy, safe for everyone, including babies and infants. It rids the body of infection. Its sedative nature helps slow down the body’s natural cycles, quiets the mind and encourages restful sleep. It can help clear up a range of digestive issues with its relaxing, anti-inflammatory effects. Just as it calms cats, Catnip calms anxiety and reduces stress symptoms. It is beneficial for relieving menstrual cramps and balancing mood.

Basil is a versatile herb known for its aromatic leaves. It enhances the flavor of many dishes and livens up salads. Used in traditional medicine, it is well known for its anti-

inflammatory and antibacterial benefits. This herb also aids digestion and relieves stress.

Lovage is in the same family as celery and parsley, and its flavor is a cross between the two, with a touch of anise. It grows quite tall, is easy to cultivate, and attracts pollinators. It has been used throughout the years for improved digestion, kidney stones, reducing pain and inflammation in joints, and loosening mucus in respiratory issues. Every part of this plant can be used.

Chamomile Flowers added to a salad are aesthetically pleasing and create a sense of tranquility throughout the body. It soothes the stomach and digestion, strengthens the immune system, improves skin concerns, and reduces inflammation.

“Let food be thy medicine and medicine be thy food.”

~ Hippocrates

President’s Report

By Dr. Bobby

This year started with a call from Parker University, a Chiropractic College in Dallas, Texas, asking if they could come to Oklahaven to make a documentary of my life. They wanted to honor me with a “Hero and Legend” award. As the old Marine Chiropractor said, “Bobby, you are not even dead yet”. I received the award in March 2025 at the Parker seminar in Las Vegas, to a standing ovation, in front of over 5,000 people,

Sherman College of Chiropractic won our “Golden Heart Award” for the 4th year in a row. The award represents the giver of life who asks nothing in return. I delivered the award, which was created in beautiful hand-lettered calligraphy by Barbara Close from California, who has graciously produced the awards for us for many years.

In October, I was invited to the Investiture of Dr. Peter Kevorkin as President of Life Chiropractic College West in Hayward, in the San Francisco Bay area.

This year, Oklahaven Children’s Chiropractic Center is 64 years old, and we will celebrate our 65th Anniversary next year. Thank you to all who have helped. The power of chiropractic gave me my health and has never let me down. *Love,*
Dr. Bobby



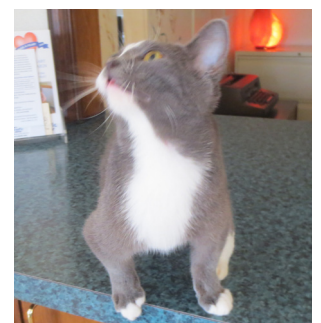
Dr. Bobby

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ICPA – Have-A-Heart Publicity

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“Little Little” came to the clinic with the children. He was the runt of the litter, he was smaller than a baby mouse bowel legged and had a crick at the end of his tail. He comes to be adjusted and is progressing.



HU is the sound behind all sounds. You are a Hu-man. It is the audible whisper of God's love stirring in your very atoms – a proof that Soul exists because God loves you.
ECKOPEDIA

Congratulations to the Golden Heart Award Winners 2025 "Have-A-Heart" Campaign

Clinic Award:
Dr. Matthew Mix
Adjust Chiropractic

College Award: 4 Time Winner
Sherman College of Chiropractic
Spartanburg, South Carolina

"Have-A-Heart" Committee

- Dr. Amy Tirpak – Social Media
- Janice Long – Chiropractic Economics
- A special thank you to Barbara Close, the Calligraphic Artist, for the "Golden Heart" Awards.

The Board of Directors, staff, and parents want to thank everyone who participated in this year's 2025 "Have-A-Heart" campaign. The award is called "Golden-A-Heart" because it represents the spirit of thinking of others first, offering service, and being a channel for Divine Love. It embodies the belief that love is the life force that nourishes all creation and is the essence that holds everything together. This is the Innate Intelligence we speak of in Chiropractic.

We encourage you to share our 60th Anniversary video, as it will help others understand the power of Chiropractic and promote the wellness of children, our most precious commodity, and a natural, drug-free lifestyle.

Thank you once again for opening your hearts and helping Oklahaven celebrate over 64 years of service. We hope you will join us from February 4th to 14th, during Valentine's week, for "Have-A-Heart" 2026. - Congratulations to our winners!



Dr. Rounds, Mandy Palacios, Amanda Hilbig, Dr. Michelle Mix, Mason Mix, Dr. Matthew Mix, Adjust Chiropractic



Golden Heart Winner 2025 Sherman College of Chiropractic



We say a heartfelt **goodbye** to **Dick Ewing**, who served on **Oklahaven's Board of Directors** for 45 years and diligently kept the X-ray equipment in top shape. We were honored to have him, as he worked on machines in every hospital and prison. His dedication, expertise, and wit will be deeply missed. Translated November 14th at the age of 99.



Give the greatest gift - The gift of health to a child.

Will you help Oklahaven continue to inspire natural healthcare for our children?

- One-time Gift or Monthly or Quarterly Pledge.** ACH – bank draft or recurring gift via credit card
 - Pledges Monthly Alternate Months Quarterly
 - \$25 \$50 \$100 \$250 \$500 \$1,000 \$5,000 other \$ _____
- Phone:** Call 405-948-8807 to make a credit card gift, pledge or establish a recurring gift.
- Online:** Make a gift securely at www.chiropractic4kids.com
- Check:** Make check payable to "Oklahaven."
- I have included Oklahaven in my Estate Plan.

Check One: Visa MC Amount \$ _____

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

Signature: _____ Name: _____

Clinic or Business _____

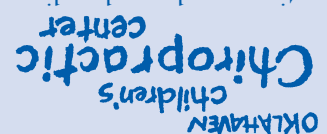
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Oklahaven is a non-profit 501(C)(3) organization and your donation is tax deductible, as allowed by law.

Join us this year by signing up for the 2026

"Have-A-Heart Campaign." Go online now www.chiropractic4kids.com or call 405-948-8807


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