

in-line

With Oklahaven Children's Chiropractic Center

May 2006

4500 N. Meridian

Oklahoma City, OK 73112

The Long-Term Effects of Managed Childbirth Can Change a Child's Life Forever.

"Research has shown that the duration of labor and delivery can be reduced by actively managing childbirth (i.e., hormonal gels to soften the cervix, stripping of the membranes, breaking of the water sac, pitocin induction and augmentation, which requires constant electronic fetal monitoring, manual dilation of the cervix, fundal pressure, vaginal stretching, forceps, vacuum extraction, episiotomy, and planned cesarean deliveries). To combat the pain involved with these procedures, over 95% of women today are asking for epidural anesthesia ... unaware that numbing their



Dr. Bobby adjusting Gage, an infant experiencing Digestive Problems.

pain and discomfort does nothing to help the baby who is being forced out ahead of a natural schedule.

"No mother wants her unborn child to suffer. No doctor wants his patient to suffer. Medical management of labor and requests for drugs evolve from our human desire to bring order into chaos and to block the pain of childbirth. Mothers who request an epidural at the first sign of labor believe that a *relaxed mother* equates to a *relaxed baby*.

"Neither the doctor who recommends managed care nor the mother who allows it realizes how the long-term effects of managed childbirth can change a child's life forever.

"If these same caring professionals could spend a few days in the offices of other healthcare professionals who treat children on a daily basis, they would think twice before deciding to manage the outcome of a child's birth. They would discover the cascade of problems that leave parents bewildered, emotionally bankrupt and physically exhausted; the list goes on and on: colic, chronic ear infections, asthma, seizures, delayed development, autism, ADD, ADHD, Bi-polar Conduct Disorder, genetic abnormalities, and a multitude of Syndromes (at least five symptoms equal a syndrome).

"As guardians, parents should work during the pregnancy to become informed. Know that induced contractions cannot be compared to the controlled contractions of nature. Know that pitocin induction and epidurals require that you remain connected to the electronic fetal monitor. Be aware that the continuous use of EFM may alter your baby's genetic material (especially the eggs of a female fetus). Consider what your baby may be feeling as he endures the violent forces of an induced labor, while denied the benefits of maternal endorphins. Is that really how you want your baby to be introduced into the world? Are you truly prepared to deal with the long-term, often subtle, consequences of a birth that has left the baby physically and emotionally exhausted, an exhaustion that can overload the sympathetic nervous sys-

tem and make the child more susceptible to the toxic effects of vaccinations?

Experience has shown that an informed mother can often avoid intervention if she receives chiropractic care, incorporates a doula, and hires a patient, compassionate birth attendant who allows the birth process to be controlled by the baby."*

These techniques affect the rhythmic patterns of the body and can be damaging to the delicate structure of the cranium and spinal column affecting the flow of the life force.

Today we are seeing infants with severe digestive problems who cannot keep food down and are constipated for over five days at a time.

It may be crying today, but if interference is disrupting the life force running through the spinal cord, the body's power is not fully "ON" and more dis-ease will manifest with time. Chiropractic is a good beginning for mother and child because the human body is miraculously created and designed to heal itself. With an aligned spine, a baby can mature properly and children can reach their full potential.

*Excerpted from *Hands of Love: Seven Steps to the Miracle of Birth* by Dr. Carol J. Phillips, www.newdawnpublish.com

HAH NEWS

Have A Heart 2006 was a great success! Your team efforts have shown what BIG hearts you have. Your creativity overwhelmed us: raffles with patients' artwork, handmade quilts, TVs, special days with adjustments, x-rays and massages with the proceeds donated to Oklahaven.

Thank you for partnering with us to tell the story of natural health care and healing through the chiropractic way of life for the children.

We hope you will join us again in 2007.



Hearts filled the window of the Island Chiropractic and Golf Fitness Center, St. Simon's Island, GA.

Parent Support Group Preparing for 45th Anniversary

By Paula Barnes

As the parent support group continues to grow with each new family committed to a natural lifestyle, we look forward to being a part of Oklahaven's 45th Anniversary. It is each family's enthusiasm at seeing their children regain and reach optimum potential that is moving forward the effort to share the message of hope and healing with others.

Oklahaven's parents met for a relaxing dinner and discussion in March. One of the topics discussed was how to share their stories to reach more searching parents in their own communities. Some parents write, some lecture, some quietly live a natural lifestyle that is emulated. These stories are a resource to other parents educationally and empathetically from parents who have been there and are on the journey to health. The children even want to tell their stories.

Through our 45th Anniversary educational materials, our goal is to take their stories to local libraries, health fairs, parent and school organizations, seminars and workshops

If you would like to receive our monthly *Inline Online*, send your e-mail address to Oklahaven's website.

"One finds that with spiritual liberation comes total freedom and total responsibility."

— Harold Klemp

Return Service Requested

Oklahaven Children's Chiropractic Center
4500 N. Meridian • Oklahoma City, OK 73112

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The President's Letter

Thank you for your generosity and love for the children. The last few weeks have been especially challenging and rewarding for me.

During our January seminar here at Oklahaven, we videotaped Board Member **Dr. John Carver** who presented the Carver perspective of chiropractic history, something I have wanted to do for 25 years. Dr. Carver is the **grandson of Dr. Willard Carver, the lawyer who got D.D. Palmer, the founder of chiropractic, out of jail** for healing without a medical license and helped organize the chiropractic profession. He also demonstrated the Carver analysis and adjusting techniques of the spine.

On February 19th, my Mother died a natural death at 91 years of age in Florida on what would have been her 68th wedding anniversary. I was honored to be present. My parents celebrated their 60th wedding anniversary about six months before my father passed away. My family would like to thank those who sent a memorial gift to Oklahaven.

I was rewarded with several new volunteers coming to Oklahaven at this time — Mickey, Dani, and Lisa.

In March, I returned to **Honduras** to adjust children of FUNHCAE in San Pedro Sula. The hours were long and the work was overwhelming, but the rewards were well worth it. Adjusting these children always brings amazing results. The children respond beautifully to the adjustments and each parent is thrilled with the new level of health achieved. The parents' enthusiasm and commitment to their children in the face of incredible odds is always humbling and gratifying to me. One mother brought her son seven hours on a bus; he took a few steps on his second day of treatment. Educating the parents about chiropractic and natural health care is always well received.



A hyperactive, nonverbal Honduran child thrilled with his new health presented his picture on a cup to Dr. Bobby.

Again this spring, the **OU students on their "Big Event Day"** brought flowers and hard work to help clean up our flowerbeds. We're thankful to be chosen as a recipient of their volunteering efforts and their gifts.

Seminar Schedule

- August 2006 – St. Petersburg, Florida
- September 23, 2006 – Oklahaven

Our goal is to teach other chiropractors the techniques and methods that have been successful to help the severely hurt children. We feel it is vital that we continue our education program and we hope you will join us.

I only wish you could see what I see. If you could see the severely hurt children, you would know how important you are to our mission of bringing health and hope to their families. If you could see how the light returns to their children's eyes, you would understand how much your generosity really means. Your continued support, whether as a donor or a volunteer, is invaluable. Only with your help can we continue to spread the message of health for our children.

Helping the severely hurt children reclaim their health and encouraging their parents to commit to a natural drug-free lifestyle is nothing short of miraculous. Thank you for caring enough to make our work possible. Always remember your help and support makes it happen.

Love, **Dr. Bobby**

Meals of Generations Gone By Were Rich with Soup Stock.

Properly prepared meat stocks contain minerals found in the bone, cartilage and marrow. When combined with vegetables and cooked with vinegar a variety of essential nutrients particularly calcium, magnesium and potassium, are drawn into a delicious, easily assimilated broth.

Rich chicken broth — the famous Jewish penicillin — is valued as a remedy for the flu, used for centuries to treat colds and asthma. Frequent, even daily use of gelatin-rich broth can be a friend to our body's continued health. Jewish folklore considers the addition of chicken feet the secret to successful broth. Chicken feet are full of gelatin.

Chicken Stock

- 1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings gizzards from one chicken (optional) feet from the chicken (optional)**
- 4 quarts cold filtered water**
- 2 tablespoons vinegar**
- 1 large onion, coarsely chopped**
- 2 carrots, scrubbed and coarsely chopped**
- 3 celery sticks, coarsely chopped**

Place chicken and pieces in a large stainless steel pot with water, vinegar and all vegetables. Let stand 30 minutes to 1 hour. Bring to a boil, and remove the scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock the richer and more flavorful it will be. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer. Clear stock will keep about five days in the refrigerator and several months in the freezer. Re-boil before serving.

Chicken soup more relaxing? Chicken soup has a natural ingredient, which feeds, repairs, and calms the mucous lining in the small intestine. It improves digestion, reduces allergies, relaxes and gives strength.

Oklahaven's Volunteers

Oklahaven has drastically changed my idea of dedication and good parenting. As parents, we think we are doing a great job when we get our children to school and all the extra-curricular activities on time and ready for the task at hand. As a mother of two boys and a grandmother, I know this takes a good deal of focus, determination and dedication. I sell no one short.

At Oklahaven, I see parents who drive long distances, go without sleep, are at their wits end, are deprived of things, and do remarkable acts of love for their children. They are dedicated to getting their children healthy **NO MATTER WHAT!** Keep in mind that these parents often have other children in the home as well. This and the perseverance of both the parents and the children, re-defines true dedication to me. These parents know there is help and light at the end of the tunnel. They have come against insurmountable obstacles and keep going. They believe in their children and

in the health they achieve through the chiropractic care they receive. These are disciplined and dedicated parents with resilient children. My job gives me the privilege of seeing the light in the children's eyes return and get brighter with each visit. **Mickey**

I found Oklahaven while searching for a place to volunteer to receive a better scholarship for college, and I have loved every minute of it. Dr. Bobby truly has a gift of healing. The greatest joy I have comes from the children. They come in the door so exhausted, with no color in their face and no energy; most all are carried in. One treatment later, there is a complete change. You can see in their eyes they genuinely feel better. Volunteering at Oklahaven has given me a new perspective on life. I believe I have one of the best jobs available. Seeing children get well gives you such a happy feeling inside that you exude happiness all around you. Oklahaven has done such wonders for children. I encourage everyone to please spread the Oklahaven message, "Chiropractic is for children! It works!" Trust me; I've seen it first hand. **Dani**

I discovered Oklahaven on the Internet. I was a university student waiting to be accepted into graduate school. What drew me to Oklahaven was that it was for kids and it had to do with chiropractic. I was apprehensive at first, but I like working with the kids and now it's exciting to see the small changes in them. The best thing I have seen so far is when a two-year-old girl, who has autistic tendencies, saw henna painted on the back of my hand from a medieval festival. At first, I wasn't sure if registered with her. However, I knew she had seen it when Mickey came in and the little girl immediately took her hand and flipped it over to see if she had henna on her hand, too. That's when I knew she had improved, and that made me very happy. Even though I haven't worked at Oklahaven very long, I can see that chiropractic for kids really works. It makes me happy to see all the good that is being done for the children, and I really love all the people I have met since I've been here. (P.S. I was accepted to graduate school and with a scholarship!) **Lisa**

"So that the physical and spiritual may enjoy health, happiness and the full fruition of our earthly lives."

**D. D. Palmer, the founder of chiropractic,
The Chiropractor's Adjuster. 1810**

Dear Oklahaven Children's Chiropractic Center,

Enclosed is my check for \$20.00, which is a token for my appreciation of what you're doing for children. My grandson ordered the Children's Center video, and we started playing it today. This is a wonderful way to help children, who would probably never get the benefits of chiropractic without this help.

*My husband, **Dr. Douglas B. Hughes, Sr.**, practiced from 1939 to August 8, 2004. He worked all day on Friday and died on Monday at the age of 86. He graduated from Palmer Chiropractic College in 1939. My son, **Dr. Doug B. Hughes, Jr.**, graduated from Palmer in 1977, and now his son, **Dr. Brian**, graduated from Palmer in February 2005 and is practicing with us.*

Through the years, we have helped children whose parents couldn't afford the service. It is truly a joy to see them respond to treatment. Some of our patients started donating today after seeing your video. You'll be hearing from them.

*Best wishes to all of you and your center,
Kris B. Hughes*

YOU CAN CREATE A MIRACLE!

Give the gift of health and make a real difference in a child's life today!

Donations may be made online at www.chiropractic4kids.com:

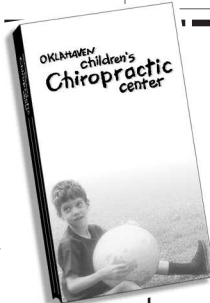
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YOUR SUPPORT CAN GIVE THE GREATEST WEALTH, THE GIFT OF HEALTH TO A CHILD

- Treatments for the severely hurt children
- 45th Anniversary Publications, educational materials (new brochure, new video)
- Support the Parent Support Group
- "Oklahaven on the Move"

All gifts are tax deductible as allowed by law.

Name _____ Phone _____ E-mail _____
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Donations are tax deductible as allowed by law.

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