

in-line

With Oklahaven Children's Chiropractic Center

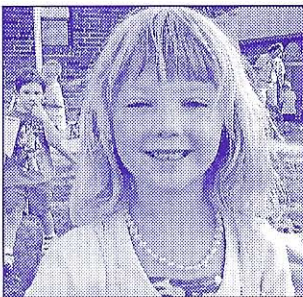
Fall 2001

4500 N. Meridian

Oklahoma City, OK 73112

Oh No! Not Another Birthday Party!!

By Trina Kopacka Morrison



Let me share a story about the latest birthday party that my six-year-old daughter, Sami attended. This time of year she has many birthday parties to attend, including her own! The traditional food served usually is cake with gobs

of frosting, ice cream, sugary drinks, and cheese snack foods.

It was a pool party, at a public pool, which began at 5:00 in the evening, which is dinnertime for many families. What was served? Little cheese (dairy) and pepperoni pizzas from the snack bar, with 7-up fruit punch. And then, when it was time to do the song, presents and cake, she brought out a store bought cake with tons of frosting and served ice cream with it. I just sighed and crossed my fingers hoping for the best. Why?

Approximately 10 minutes later, my daughter had a complete break down. She started crying uncontrollably. Everyone thought she had been physically hurt. When my husband got over to her, she was crying because she couldn't see her friend opening the presents. And later, I watched her become more stubborn than usual. She wouldn't walk - she insisted on crawling away from the pool. When her best friend wanted to say goodbye, Sami just sat there pouting, and wouldn't acknowledge her friend at all. This is unusual behavior for Sami, unless her body has been overwhelmed with certain types of foods - dairy or sugar and especially the two together.

Not only did my daughter change, but I also watched the other little girls get a little more hyper and less cooperative.

Does this remind you of children you know? Can food really have that kind of impact? Well, my experience says yes! I've read many studies that agree with my findings. My favorite book is Doris Rapp's Is This Your Child? She lists many allergic

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"The Meltdown"

Why not sugar?

- White sugar is a processed food, stripped of the vital nutrients that all food must have to sustain us.
- The body cannot absorb white sugar properly. It clogs the bowel creating toxicity, which weakens the immune system reducing the body's abilities over time.

What about artificial sweeteners?

Artificial sweeteners are chemicals that produce profound toxic effects on the central nervous system. They are not an alternative to sugar.

The human body's reactions to sugar

1. Constipation, hard stools, runny stools, ear infections
2. Cavities
3. Sets up the body's environment for hypoglycemia or diabetes
4. Irritable, crabby, mood swings, sluggish behavior in the morning
5. Loss of control-hyperactivity, reacts to everything without thought or process
6. Emotional control - frustration, aggression, falls apart, crying, little things send them crumbling, low self-esteem
7. Lack of social integration-disassociated, zombie like behavior

What's wrong with milk?

- All mammals feed their young breast milk at infancy and then "wean" them to the appropriate food, for that species, after infancy.

Baby cows drink cow's milk, baby cats drink cat's milk, and ...baby humans drink cow's milk?

Humans are the only species that do not feed their infants species specific milk.

- Milk IS NOT a good source of calcium for

humans. Here are just a *few* of the foods that are good sources of calcium: apricots, almonds, broccoli, sesame seeds, green leafy vegetables, and peanuts. The advantage of getting calcium from these sources is that the body can absorb and use it much more efficiently.

For more facts: Robert Cohen's website www.notmilk.com and the book Don't Drink Your Milk! By Dr. Frank A. Oski.

The human body's reactions to dairy

1. Upper respiratory congestion, chronic infections of the ear, sinus, throat, and lungs
2. Dark circles under eyes, puffy or wrinkled eyes
3. Uncooperative
4. Hyperactivity
5. Tantrums, out of control behavior
6. Digestive disorders - Abdominal pain, gas, bad breath
7. Diaper Rash, Rashes, Eczema,
8. Excessive perspiration and drooling
9. Sleep Problems
10. Craving the food to which they are sensitive

Do any of these symptoms sound familiar? What is happening?

Call it allergy, sensitivity, or reaction, the fact that our bodies cannot process certain foods is the cause of the "meltdown" we are seeing in our children and ourselves. *It is your choice.* Addiction is our consent to a habit. As we choose an action, we empower the energy of that habit to continue. Change your idea of what a snack should be. You have the power to give yourself and your children healthy, full of life whole foods. **HEALTH IS A RESPONSIBILITY. Take back your power.**

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reactions to food and describes ways to decide if your child is allergic to a certain food.

My friends have experienced similar situations with their children. Some of my friend's children have been experiencing asthma-like episodes. Once dairy is taken out of their diets they have discovered, the asthma-like symptoms significantly reduce or go away altogether. The same is true for behavior problems - take away the sugar, or dairy, or both, and often the child is no longer labeled ADD or ADHD.

I've always tried to feed my daughter wholesome foods. My definition of wholesome foods has been changing since her birth. This year instead of purchasing a cake from the bakery or making a cake from a recipe with white flour and regular table sugar, I made a cake with wholesome foods.

You may be wondering why I "torture" my child with these "awful tasting" foods - even on her birthday. It is because I have seen the positive difference in her behavior with the dietary changes.

In the past six months we have been receiving chiropractic care. This care has not only supported but encouraged better food choices. We've watched Sami's infant sister, Lily who cried incessantly before coming to the Center, improve with chiropractic care. So there is hope, that with regular treatments Sami might be able to consume a wider variety of foods, and not have a negative reaction. With continued chiropractic treatments my wish is that some day my daughter can consume some of these foods, in small amounts, occasionally.

And as for the "awful tasting" wholesome cake, one of Sami's friends said, "I love this cake! I really love this cake!" That could have been enough reward for me, but the "icing on the cake" was to watch a room full of five and six year olds enjoying themselves after eating. There were no **meltdowns**, no hyper activity, just pure enjoyment. And isn't that what birthdays are supposed to be all about?



Thanks to the Dr. Warners for honoring Dr. Bobby with the Dr. Larry Webster ChiroPediatric Lifetime Achievement Award, for her "dedication and commitment to helping thousands of chiropractors adjust millions of children."

A Variety of Disciplines Available at Oklahaven

At Oklahaven, Dr. Bobby Doscher is the light on the pathway that each child is making toward health, however, several others are adding their important specialties on the road to optimal health.

Phyllis Libby, a long-time friend of the Center, is a neuro-reeducation specialist, helping Dr. Bobby evaluate the milestones children make in sensory and motor development. She uses neuro-organization programming and sensory stimulation to reestablish the brain's pathways in the disorganized child injured through stress, trauma and/or toxicity of the nervous system. Together they have spread the message of faster recovery for the severely hurt child, especially to Phyllis' colleagues in Guatemala, Poland, and Australia.

Each week the children look forward to other special people working with them each day. **Carla Kelly**, who teaches the children Tai Chi, helps on Mondays. We find this discipline along with yoga exercises brings about more awareness and focus from within. **Mike Richards** visits on Tuesdays to provide meridian and aromatherapy techniques, which enable him to determine where the child's body is weak. He uses essential oils to clear toxins from the body and add frequency, thereby balancing the sympathetic nervous system. The children love to see Mike and learn as he teaches about the oils. **Amy Van Anthwerp** whose specialty is deep tissue release massage comes in on Wednesdays. **Dr. Nash** shares his special NUCCA upper cervical technique and provides welcomed assistance with the specific x-rays required for the children.

Each of these different disciplines contributes an important step on the journey toward health.

Thank you to all of our specialists dedicated to using your expertise to help the children at Oklahaven.

Parent Support Group Summer Activities Enjoyed by Children and Parents

By Paula Barnes

In June the Parent Support Group met at Martin Park Nature Center for a nature walk. It is always great to see the children healthy enough to be outdoors and in touch with nature. Laurie Gillum, parent and wildlife biologist, guided the group of about 15 adults and 30 children through the nature trails. During the walk they discovered a world that is quickly disappearing in north OK City. It was a challenge to keep everyone informed along the path. The information was passed down line, allowing the children to share the discoveries, which facilitated learning and created great excitement.

We fed cat food to the red-eared slider turtles, and the big carp and catfish, which swam in the creek. A most amazing sight was the huge female snapping turtle that has been seen once in a while for many years. The diameter of her shell is about 2 ft., enabling the children to see her even from up on the high bridge. The group was excited that she came out to see them. As we progressed on our walk, the children used their ears more, listening for the sounds of the birds and other creatures. As the children observed the wonders of the park, their eyes began to focus better. Laurie gave the children an opportunity to see nature through a telescope she brought. This exercise enabled the children to find their dominant eye.



Paula Barnes and the Parent Support Group learn from Laurie Gillum about the soap berries used by the American Indians to wash their hands. Beads were made from the seeds of the soap berry.

The children had a lot to say about the day. Annie, a child with cerebral palsy, enjoyed walking with Dr. Bobby, and seeing the big turtle. Philip liked making trail mix following the walk. Eric's favorite was using the telescope to view across the creek, while Caleb made sure everyone saw the big spider's web and other insects he had discovered along the way. Megan was fascinated by the orange color of the prairie dogs, a result of digging in our red Oklahoma dirt.

The meetings for the coming year include family rituals, parenting and uses of essential oils.

Surrender to spirit conquers fear.

—Harold Klemp



Celebrate Oklahaven's 40th Anniversary by participating in the Have A Heart 2002 Campaign

Have-A-Heart is an opportunity for chiropractic offices, businesses, organizations and students to raise awareness of the benefits of chiropractic for children and at the same time raise funds for our ongoing service for severely ill children. Help make 2002's campaign successful by signing up. Our website www.chiropractic4kids.com has complete information about the *Have A Heart* campaign.