

in-line

With Oklahaven Children's Chiropractic Center

Spring 2002

4500 N. Meridian

Oklahoma City, OK 73112

How Oklahaven Children's Chiropractic Center Saved My Life



Jennifer, 14, is happy with the natural lifestyle she has chosen.

April 10, 2002

My name is Jennifer and I am 14 years old. When I was two years old and still wasn't walking my parents began to worry. After going to the doctor they found I had Cerebral Palsy and they said I needed surgery to lengthen my heel cords on both legs. I wore casts and braces on my legs for months. I finally started walking when I

was three but my legs were so tight my heels didn't touch the ground and my legs were so turned in. The heel cord surgery was repeated later on my left leg when I was eleven.

I never really had any other health problems until the seventh grade. Then I began to have horrible headaches and a lot of pain. The doctors suspected I had meningitis, so they put me in the hospital. After running several tests they found that I had a lot of fluid

on my brain, and the ventricles in my brain were very large. The headaches continued to get worse and I started having seizures. Along with seizures was paralysis. The seizures would last really long and put me to bed for days. I went through all of this for almost four years. I spent most of my time in bed or the hospital. I had three brain surgeries — that didn't help.

The neurosurgeon put a shunt in my head to drain the fluid out. I was excited at first because I thought it was going to make me better. For three months after the surgery I was at home feeling very sick. The fourth month I had some relief because the seizures were not as severe. Then at the end of the fourth month I got really sick and became much worse than I had been before the surgery.

Then a lady I baby sit for told me about Oklahaven, so I knew about Oklahaven for awhile. Instead, I went to doctors all over Oklahoma, Texas and even went to the Mayo clinic. Nobody knew how to help me. I kept getting sicker. I had lost all hope, and I thought I would never get well. My parents felt helpless and thought I would have to get used to it all, even being unconscious at times. They had done everything they knew to help me. They knew nothing else to do.

I was ready to leave the Mayo clinic where they wanted to put me in the hospital for three months for more tests and observation. I was so frustrated I called Oklahaven by myself from the airport, crying, and asked for an appointment right away! I already knew I could do anything I wanted to because my parents always told me I could.

After the first appointment at Oklahaven, my walking improved and the constant headache I had for four years was gone! I now go three days a week. I am walking straighter and my body is so much looser. I had one brief period when my seizures returned. I learned then to keep regular appointments and eat carefully and they stopped. I am also off all medicine!

Since I came to Oklahaven I know what a normal life really is— playing sports and doing all the things I love to do! I see new improvements everyday! All the people at Oklahaven have made such an impact on my life! Getting well means eating right, working hard and doing chiropractic. It might take work but in the long run, you can have a future and the life you want to have! Don't give up! Be determined! Don't be afraid to do anything you want to do!

Parent Support Group News

The Parent Support Group met three times this spring. The "Taste and Learn" meeting, in February was on the topic of nuts and seeds. Nuts and seeds perform the same function as grains. They are responsible for the reproduction of their species. Nuts are the fruit of certain trees consisting of a kernel enclosed in a hard shell. Seeds are that part of a plant, the ovule that holds the embryo or life-containing germ of the future plant. The definitions alone illustrate how they embody the life energy and the nutrients to support the generation of life. We found these are great snacks because kids like them too!

At the meeting in March, the group discussed several parenting styles. The styles were much the same in their basic ideals. We agree that parents need to take full responsibility for their child including directing other caregivers as to what is appropriate for their child. Examples of this include: dietary requirements outside the home, social activities, doctor visits, etc. Parents need to give their child choices within his developmental ability, for instance giving a two-year-old one to two-step instructions or tasks he or she is able to accomplish rather than three or four-step commands appropriate for a four-year-old. With structure the child becomes responsible, respectful and loving.

A guest speaker came to the April meeting to help us explore "Healthier Households with Essential Oils". **Charlotte Hayer** from the Laughing Rabbit Soap Company brought her expertise to the group.

Essential oils ARE the essence of the plant or their life energy so to speak. Essential oils are derived from plants in several different ways. The most common are either by steam distillation or by expression, which is also known as cold pressed.

These essences affect the mind, body, and spirit of the person using them, whereas fragrance oils are generally manmade and will affect only the mind. "Affecting only the mind" means it triggers memory.

(Continued)



Dr. Bobby and a few of the parents and children featured in our new video.

40th Anniversary

We began our anniversary year by selecting members for a **40th Anniversary Committee**. **Carol Manning**, Oklahaven Board member, **Gayle Farley**, Oklahoma City Community Foundation, **Jeannie Gardener**, Lay member of the Oklahoma Board of Chiropractic Examiners, **Dorothy Shaw**, Graphic Artist and **Paula Barnes**, Parent Support Group Coordinator met with Dr. Bobby several times to set goals for our 40th Anniversary year.

Our main goal was a new video depicting the power of chiropractic through the amazing stories parents of our patients have shared. This goal was accomplished by January with the help of matching funds from **Dr. William Harris** of the Foundation for the Advancement of Chiropractic Education and many of our **donors**. We thank those involved in bringing it to life! **Robert Grupe** has been our video copier and narrator for many years and he was a great help again with this endeavor. **Darren Dunn** recorded the staff and many of the parents as they told about their experiences. **Susan Addy** wrote the script and spent hours viewing video to organize our years of material. **Mark Weiss** of RPK Video did the final editing. His expertise brought out the feeling of hope and healing we had envisioned for the stories to portray. Some of the pictures and interviews used in the video came from the monthly Public Access Cable spots taped by **Brad Karnes** and crew at **Cox Communications**. To all of you, the parents and the children in the video, and to the individuals who supported us to make this vision a reality, we say "THANKS"!

Many Thanks

You have made it possible and we thank you, our generous friends of Oklahaven! Your support enables the doctors and staff to serve and educate many sick children from all over the world! We have welcomed families from many different states as well as Mexico and Poland. We are so grateful you have made this all possible!

Outreach

Another goal was to speak to community groups in order to increase awareness of chiropractic and our dedication to children. We had several opportunities to attend local events this spring. **Week of the Young Child Family Fun Day**, sponsored by several state

and local agencies and the **1st Annual Oklahoma Holistic Health Fair** gave us opportunities to provide information and make contacts with others in the community. We spoke at Mom's groups, Civic Groups and have more talks scheduled throughout the year.

Dr. Bobby, of course, continued to speak at many seminars including **Karl Parker Seminars**, **Parker Seminars**, the **Chiropractic Pediatric Conference** sponsored by **Drs. Warner** in Washington D. C. and to the **Oregon Doctors of Chiropractic Association**. She enjoys sharing her knowledge with students and spoke at several chiropractic colleges. She was especially pleased to be a part of the **1st Annual Alternative Therapies for Special Kids Conference** held in Boston, Massachusetts in May. This conference featured 19 speakers from around the world who shared their therapies with parents seeking help for their children. Many thanks to **Sarge Goodchild of Estin and Goodchild** for working with Dr. Bobby during the conference and showing his confidence in our work by referring patients over the years. We appreciate all these organizations and events through which we can promote the return of health to the very severely sick children through a natural, drug free lifestyle. Thank you to all who helped us reach out to the profession and the public.

Have a Heart

Have a Heart, offers the opportunity for others to open their hearts to the children during Valentine's week. The chiropractic colleges and many clinics throughout the world showed our video to raise their patients' and students' awareness. (Special thanks to those who endured our electrical, computer, and phone outages during Oklahoma's January severe ice storm and the increased security measures of 2001, resulting in delayed shipping of our packets.)

We thank each participant who sponsored a heart by giving a gift and writing their name on a heart to be displayed. Oklahaven's story was told by doctors and chiropractic assistants in offices, students at the chiropractic colleges and members of **Iota Delta Chapter** of Alpha Xi Delta helped locally at a booth on the University of Central Oklahoma campus. To show our appreciation, clinics with donations over \$250 have received a copy of our newest video.

Oklahaven's Golden Heart Award goes to **Dr. Mark A. Lopes of Fremont Chiropractic** in Fremont, CA for the greatest success with the "Have A Heart" campaign of professional offices participating! The Golden Heart for chiropractic colleges is awarded to **Palmer West** as a result of the efforts of **Dr. Ron**



We will miss our friend and colleague Dr. Byron Gentry. We thank Mrs. Mary Gentry and family for remembering Oklahaven as the designated memorial for Dr. Gentry.

Please consider Oklahaven when planning your family's estates and memorials.

Guild and many students. Congratulations to all of you! Many thanks to all the individuals who participated to make this year our best ever!

Angels Behind the Scenes

As always, we appreciate all who have helped us with gifts of time. **Dr. Bill Doscher** continues to maintain the building and spent days gardening to spruce up the backyard before our Video Premiere Party. **Reginald Libby** keeps the plumbing flowing. **Deanie** of Rocks by Design created rocks to accent our gardens. **Jim Noble**, computer guru, has kept our organization going with his technical wizardry. **Liz Sheehan** shares her knowledge of computer programs whenever we need to call on her.

(Parent Support Group, continued from page 1)

If you smell an artificial apple fragrance oil it might remind you of the apple tree in the backyard of your childhood home. But that is as far as it goes because there is no apple essential oil. However, if you smell peppermint essential oil it might trigger a memory, and at the same time also have an uplifting effect on your mood while also helping you to breathe easier, thereby affecting your mind, body, and spirit.

We learned that many essential oils have anti-bacterial qualities, which make them perfect for killing germs. In fact, many commercial cleaning products now include essential oils such as lemon, pine, and eucalyptus for their powerful disinfecting properties.

Here are a few of the ways to use essential oils around the house.

Washing dishes - Add 7 drops of delightfully scented essential antibacterial oil such as *lemon, orange, tea tree, peppermint, or lavender* to dish water to energize this mundane chore while disinfecting and purifying at the same time.

Vacuum - Add 4 - 5 drops of *Eucalyptus* oil to the bag or water receptacle to kill dust mites.

Laundry - 1/4 cup *white vinegar* (Heinz) in the rinse is a great fabric softener.

- Add 10 drops of *eucalyptus* oil to the final rinse of bedding loads to kill dust mites.

- Put 8 drops of your favorite oil on a damp wash cloth placed in the dryer to give your garments an uplifting scent as you fold and wear them.

Repel pests - *Cedar and lavender* repels moths, *pennyroyal* (very toxic) repels fleas and mosquitoes and mint repels mice.

Our vision for the Parent Support Group for the next year is to provide a support network not only to our families, local and long distance, but also to chiropractors and searching parents through encouragement and monthly discussions of specific topics via teleconferences and e-mails.

Check our website at www.chiropractic4kids.com for the scheduled family events this summer and watch for the new dimensions within the Parent Support Group.