

in-line

With Oklahaven Children's Chiropractic Center

Autumn 2004

4500 N. Meridian

Oklahoma City, OK 73112

Emotional Disorganization

Caleb's Story as told by his mother, Shannon

The Caleb who lives with me today is not the same Caleb who was in my life a year ago.

During his early childhood, I hoped my child would outgrow his energetic and mischievous behaviors; yet I watched his actions and attitudes worsen each year. As a 3- and 4-year-old in an organized daycare/school, Caleb was in persistent trouble with the principal's office, and was kicked out of the school at age 4. His behavior declined during kindergarten but with many, many struggles, we managed to finish the year.



Caleb's story demonstrates how an emotionally disorganized child is making dramatic improvements in self-control and behavior.

The worst was yet to come. As a first-grader, Caleb displayed anger and meanness; he alternated between insubordination and non-responsiveness to adults; he lacked social skills and self-control; his temper tantrums were frequent, and his classmates were at risk when he would hit, kick, spit, and throw things. Caleb was disciplined via time-outs, forfeited recess periods, in-school and out-of-school restrictions, and half-day classes. When these measures failed, he was suspended from school. We were miserable – it was a burden, a strain, and a stress to raise a child displaying such disrespectful and foul behavior. I had no idea why my son acted this way, and I had no solutions for correcting the problems.

Unable to help Caleb myself, I prayed for God's help. My answer came when I met the team at Oklahaven Children's Chiropractic Center. At first, I didn't understand how things would progress, but I trusted Oklahaven to help me find the good child in my

son. We were delighted to see changes almost immediately after starting treatment. However, we still had many issues to deal with, and Caleb was eventually expelled for the remainder of the school year.

Although my first thought was that suspension was the worst thing to happen, I soon saw how Caleb's break from school afforded time for his healing. With the generous help of my parents and my brother, we managed Caleb's care and treatment during the week. It was a major challenge for each of us to reorganize our schedules for the new program, but we devoted ourselves on Caleb's behalf.

For the past nine months, Caleb's treatment has combined weekly chiropractic adjustments and a home program of neuro-developmental stimulation. Five days a week at home, Caleb's physical routine requires crawling on his stomach for 200 to 300 yards, creeping 800 yards, and running a mile. In addition to his school curriculum, he works on specialized reading, spelling, math, and writing; we also implement therapeutic listening and visual stimulation programs. Caleb has behavior guidelines to follow for social growth. His diet combines fresh whole foods and pure water; we avoid all sugar, dairy, white flour, and processed products. Caleb is reevaluated every three months and continues

making progress toward his goals of social excellence and peer-level academic achievement

I am fortunate enough to get the summers off because I am a teacher so I was able to work with my son all summer on his daily program. I have seen such tremendous gains in Caleb since we first started the program nine months ago. Nine months—sometimes I can't believe it's only been that long!

The very first week after adjustments, Caleb quit whining for two whole days! He slept better and accepted his dietary changes without a fuss. He worked his new program with a happier disposition, cooperating with bedtime and self-care routines. He talked more with the family and sat up straighter at the table. After the fourth week, we noticed Caleb had decreased sucking on his clothes, and he was taking more responsibility for his actions and personal hygiene. He has become more perceptive, understands right from wrong and controlling his emotions. If Caleb was out of alignment, he would have a "slump time" and return to mild tantrum-like behavior and whining.

Today, he is more respectful to adults and interacts better with his peers; he is affectionate, with a more pleasant personality; his reading and writing have improved; he's better at managing self-control, and at verbalizing what bothers him; both his eye-hand and

eye-foot coordination have improved; he's stopped throwing temper tantrums, kicking, and screaming. There are many more changes, but the best testimony is that he's been in school

"As you do one little thing each day for love and love alone, without any expectation of reward, you are going to find that life gives you more and more."

Harold Klemp

for six weeks without in-school restriction or suspension. It is certainly a different school year and a different Caleb. I can't claim it's been problem-free, but today's problems pale in comparison to what we dealt with before.

(Continued)

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Oklahaven Children's Chiropractic Center
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President's Letter

Sharing Oklahaven's message and methods is our continued focus. More than ever, our outreach travel has earned us the nickname Oklahaven on the Move. Especially noteworthy, this year, are our trips to meet families and doctors in Florida, Minneapolis, Canada, and Austria! Everywhere we visit, we're finding people ready to hear our news, to learn of the hope...

Besides causing a great buzz at the Center this summer, receiving the World Chiropractic Alliance's Humanitarian Award provided press coverage and publicity for the success stories of Oklahaven's children. Dr. Mark Styers, of the European WCA, heard of this award and invited me to lecture in Innsbruck. Meanwhile, Dr. Elizabeth Geiger (Austrian mother of our patient, Lara) invited me to come treat the children there.

At the invitation of Dr. Laura Weller and Dr. Joel Miller, we visited Florida for a four-day opportunity to evaluate children and teach chiropractors. Yes, the hurricane shortened our time, but I look forward to returning soon!

Our local influence continues to build, especially through seminar series hosted by Oklahaven staff

members, Dr. Monty Harris, and Phyllis Libby. This summer's series addressed evaluation of a child's neurological development and the specific adjustments for severely hurt children. Our summer series are an annual event with new topics each year. The 2005 seminars are scheduled for May, July, and September. Please note these opportunities for in-depth education as part of our expanded outreach.

We are excited to welcome Larry Steele from eBanking Experts to our Board! He and former board member Charlie Humphries enabled our website to accept online donations. Charlie is now serving in Iraq for the next year; we'll miss his watchful eye and big heart for the children. Be safe, Charlie!

My own heart has been opened wide, thanks to all the support of our donors. We could not have accomplished so much without your love and assistance — your part in our mission is as dear to me as the work I pour my heart into. Whether yours is a monetary gift, an in-kind donation, or an independent fundraiser, your support of chiropractic and our mission propels us forward everyday.

You are helping reach the parents who are searching to find us. Thank you for your belief and trust in our work with the children.

Love, Dr. Bobby

Our hearts were saddened to learn of the death of an esteemed Oklahaven founder. Dr. M. Wayne Clark passed away earlier this month. He is the man who most changed my life, proposing in 1976 that I consider moving to Oklahoma to run Oklahaven. We will miss Dr. Clark. We thank his family for designating Oklahaven as the recipient of memorials given in his honor.



Lisa, our "Queen of Hearts" displays the Golden Heart Award.

Have A Heart News

We have great news! We are proud to announce the final winners of the Golden Heart Award for 2004...

... and the winners are: Dr. Howard Berg, his staff and patients at Island Chiropractic in St. Simon's Island, Georgia and **New York Chiropractic College!** Congratulations!

The 2004 campaign was a great success! Thanks to all the chiropractic offices and colleges that participated in this year's campaign. Next year, we look to expand it to the schools, restaurants, and health food stores! How exciting is that?

We love seeing the support of chiropractic grow every year, as more families from all over the world become aware that their children can be well.

Let's get a jump on 2005's campaign! Now, more than ever, your help will lead another child back on the path of wellness.

Sign up online: www.chiropractic4kids.com.



Dr. Bobby, Phyllis, and Paula with Oklahaven families at our annual Berry Picking.

Parent Support Group

Growing and Sharing

Once again, the families of the Parent Support Group spent a gorgeous summer evening picking blackberries at Peach Fork Farms in Edmond. Rick and Cindi Webb welcomed us as the children and parents began plucking huge, juicy blackberries from long rows of thornless bushes. More than the opportunity for getting sticky, purple hands, this was a time for Oklahaven's children to interact outside of the Center. Berry picking involves all the senses to locate the fruit, then balance, gross- and fine-motor skills to maneuver and pick them. The challenge was worth the prize! We are plan-

ning to have another outdoor adventure at Martin Nature Park this Fall to see the animals.

We always look forward to the second Tuesday of the month because our monthly patter and conference calling opportunities bring parents together. We enjoy their questions, ideas, and successful answers. We learn more about the chiropractic premise, the neurological program, and support their determination to help their children to live life to its fullest potential.

By sharing my own story with civic organizations across Oklahoma, I have been presenting our mission to new communities. I have been warmly received and urge you; also, to help tell the chiropractic story through the children so other parents can make informed decisions.

The Parent Support Group continues to grow as we welcome new families each week. I would like to thank COX Communications for their public access television segments in which we spotlight a patient each month. Wow! During the dinner hour, a family learned about Oklahaven's path back to health. Within two weeks of treatment their eight year-old son was able to ride his bike. His training wheels even fell off and he didn't care!

Many thanks, also, to the parents who share their stories during this time each month. You are making a difference each time you reach out to a searching parent through your stories of healing and the chiropractic way of life.

You can make a difference! Create a miracle in a child's life. Give the gift of health today!

I pledge the following financial support:

Monthly Alternate Months Quarterly Single Donation

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The Harbinger: \$250 \$100 \$50 \$25 Other \$ _____

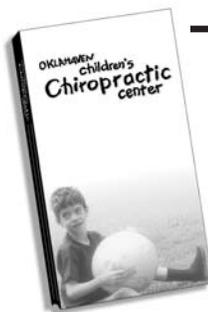
Purchase our **40th Anniversary Video** (\$40 plus \$5 S&H)

Your generosity and support of our ongoing mission at Oklahaven inspires us, as well as the families of the children.

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