

# in-line

## with Oklahaven Children's Chiropractic Center

Fall 2008

4500 North Meridian

Oklahoma City, OK 73112

### Rein's Story – Overcoming Seizures

As Rein and I sat on the train to Hamburg last September 2007, I thought about what my friends had said to me the night before when I had decided to make this journey with my 14-year-old son to see Dr. Bobby. Rein was diagnosed with oxygen deprivation at birth. We were told not to have any expectations for our son; and to focus on “our lives”. At age 11, he was diagnosed with Angelman's syndrome and



Photo: Sarah Wong

we were told to accept that this is who he is and to stop chasing for solutions. In my gut feeling, I knew this is what he needed and I was doing the right thing.

As a professor of dance, I have always taught my students to dare to take that step into the unknown because that is where learning happens, which is a never ending, life-long process. Why wouldn't I also want this for my own son? As we rode by small German villages, I wondered why so many of the therapists Rein had seen since birth initiated something in him, but “that something” didn't seem to integrate into his whole being.

I have to admit though, that as we got closer I did start to wonder, “What was I doing with a child that was developing a fever on a train to Hamburg?”

One of the first things that Dr. Bobby noticed when she saw Rein was how drugged he looked and how unresponsive he was. His atlas was extremely out of alignment, along with his pelvis. He wore braces in his shoes but still couldn't walk longer than a few steps

without falling. I had to hold his hand most of the time and drag him along. He ran into things and later I realized that this was due to his vision and tactility. He understands two languages; yet, he could not verbalize in either. He would interact with objects in his environment, but not with people.

Rein screamed the first time Dr. Bobby worked

on him. It took a lot of courage on my part not to intervene. His face flushed with color as soon as his atlas was adjusted. The changes in Rein were dramatic. That first day I had to take the braces out of his shoes as we left the clinic, otherwise he couldn't walk. I was overwhelmed by the progress he made in such a short time!

The next day when we came back to the clinic, Rein was excited to see his chiropractor from Amsterdam, but made it very clear that he wanted Dr. Bobby to treat him. He knew who he needed to help him. By the end of the second day, Rein ran down the hall without falling or bumping into the walls. I was amazed and proud.

On the way back on the train to Holland,

he looked at the world as if he were seeing it for the first time; his amazement was wonderful to see. The boy that had emerged was so precious, responsive and bright.

I stopped giving Rein his epileptic medicine that weekend. I wondered how I could have given him the medication for 10 years, that he first was given at the tender age of four, to control seizures. I was now determined more than ever not to drug him anymore.

The second evening we were home, Rein started to have withdrawal symptoms from the epileptic medicine. I hadn't taken that into consideration when I abruptly stopped the drug. I felt guilty that I had given him something that was so very addictive. When the withdrawal symptoms became severe, I became scared and panicked, and gave him his medicine again.

I felt very alone that night not knowing what to do or what really to expect. Dr. Bobby seemed very far away. And I kept hearing what the neurologists had told me, “These children will not function without the medication.”

I saw him retreat again into himself. And that was enough for me. Having now seen the real Rein, I knew we could not go back. We had an appointment at Oklahaven in 6 weeks and I had to have him clean - free of medication before we went there. I took the medication away more gradually so that he would be completely off of it by the time we arrived there.



Rein is excited to be treated by Dr. Bobby, held by his mother.

Oklahaven's protocol for intensive treatments requires a child to be free of medication for at least 3 weeks prior, in order to achieve greater results from the adjustments. The Center has found that it's best for a child to entirely stop the medication and to receive an adjustment each day. Thus, allowing the body to balance itself, going through the withdrawal with minimal repercussions. It's like going to an A.A. meeting. It also seems that the children do not go to street drugs later in life.

I began to read stories from other parents who had taken their children off epileptic medication so that I would know what to expect. I read everything I could find on how different disciplines looked at the causes of epilepsy, trying to understand what was happening to him. I read an article that said his epileptic medicine could damage vital organs. How was this medicine affecting him as he grew into an adult?

I wrote down on a paper what Dr. Bobby said about handling the seizure and put it where I could reach for it late at night when things seem so unsure. Understanding that it was the body's way of resetting itself and reorganizing (like a computer surge or overload), gave me reassurance in the middle of the night when Rein was having seizures.

Rein started to unfold. For the first time I understood what other parents were talking about. Having always been a very happy child with a very high pain threshold, I had hardly ever heard him cry. Now I had what seemed like a baby, who cried all night long for a few weeks. My son started to show lots of emotions including jealousy and anger. Something inside him had been "locked in time" and now released.

After the three days in Hamburg, the changes in Rein were profound. But his system needed to incorporate them. You could actually see him reorganizing himself. I didn't know what to expect from day to day. I called Oklahaven several times for reassurance. I understand now that the integrations don't happen in an upward linear line, but spiral upward, which felt like being on a roller coaster. Looking back there was an upward line, but at the time I couldn't see that. The people around me seemed to drop by on

the days he was reorganizing, seeing only an unstable child and not the improvements. It took a lot of courage and believing in Rein, myself, and the chiropractic premise — The power that made the body has the power to heal the body.



I realized if I was worried or expecting the seizures to happen, somehow they seemed to happen. I worked at being as present as possible when I saw Rein becoming unstable. Using the breathing techniques Dr. Bobby taught Rein to do on his stomach or back helped him immensely. (Sometimes a problem

if we were out in public in the busy streets of Amsterdam.) Deep breathing along with repeating in my head, this is going to be all right, reassured him and me. Sometimes I lay down with him; this calms me, too.

Now, I see seizures only when he is sick or his body is losing its power. I try to stay within the moment, but you know sometimes I do panic, then I catch myself and focus again. We both continue to move forward.

Each trip to Oklahaven marks great improvements as he incorporates the changes, spiralling to the next. He can finally stand still; his movements are more coordinated, his fine motor control emerged, and eye/hand coordination. He walks independently and can run/walk four kilometres. Finding his birthday pictures in our photo albums assured me that his vision has also improved. We focus on each other. He gazes into my eyes, and gives me hugs and kisses. As my only child, I can now realize what was missing. He listens and willingly responds to commands, excited to be a part of it all. He cooks with me, is eating better, and even uses his fork. He takes out the trash and puts on his clothes by himself. He enjoys music, especially rock, just like any other 15-year-old.

I recently talked to him about his progress and what he has taught me – to trust and listen to my heart. **What I realize is that it's really about staying in the moment, being grateful, knowing that he is healing, the past is the past, the future a mystery. Like all parents, I am richer for this experience, yet some days it feels like an inner confrontation. I trust that he is a spark of God unfolding, and that he is not the illness. I am slowly**

letting go and allowing him to grow and gain his independence. As a mother I learned to trust my innate intelligence ...learning to live with the greatest secret of life – LOVE.

## “Have-A-Heart” Ten Years Strong and the “Golden Heart Award”

Sixteen chiropractic colleges and clinics from around the world participated in “Have-A-Heart” 2008.

Each year doctors are asked to show Oklahaven's video to their patients during Valentine's week. The **“Golden Heart Award”** is given to the clinic and college that raised the most funds for Oklahaven. The Golden Heart is thinking of the other person before oneself, giving service, and simply being a channel for Divine Love. The only one who may possess it is he who gives it away from hand to hand and heart to heart. It signifies an attitude of love.

**Cleveland Chiropractic College, Kansas City** was the collegiate winner, thanks to **Dr. Carl Cleveland** and hard-working student, **James O'Dwyer**. The Cleveland Chiropractic Colleges have participated in “Have-A-Heart” from the very beginning. The



*Golden Heart Award 2008 goes to Cleveland Chiropractic College, Kansas City*

“Golden Heart Award” was presented by Dr. Bobby, who always looks forward to sharing with the students the children's p r o f o u n d stories and their return to health through

their mother's love and chiropractic.

**Dr. Howard Berg & his Staff** of St. Simon's Island, Georgia have earned the Golden Heart Award for five consecutive years. Dr. Berg has been involved with “Have-A-Heart” since the beginning of his chiropractic career. In an interview Dr. Berg said, “When we show Oklahaven's video, we've had tears. We've had people who say, “I didn't know that was what chiropractic could do”. One year the video changed. It showed the same child, but 2 or 3 years later. You could see the changes and my patients would say, “I remember that kid from last year.” People look at that and they realize,

“Wow, I didn’t know chiropractic could do that. So many people come in for the neck thing and the back thing. The video shows what chiropractic really can do for the severely hurt child. That’s powerful in itself. It’s just a great awareness; a common consciousness across the globe during Valentine’s Week.”

Many clinics and colleges have already signed up for **“Have-A-Heart” 2009** and you can, too. Sign up online at [Chiropractic4kids.com](http://Chiropractic4kids.com) or contact the Clinic via snail mail or phone.

## Parent Support Group

**Paula Barnes**

Children and their parents come from across the globe - The Netherlands, Russia, Australia, and many states, even Texas. As the children’s bodies respond, breaking free of their labels, many progress to new labels and with time, gain the potential they have within them.

Being President of Oklahaven’s Parent Support Group has offered me the opportunity to share my son’s story and the chiropractic way of life to many civic organizations, parent groups, women’s forums, and men’s groups.

What I learned through their questions and comments is: the knowledge of the return of health to the profoundly hurt child has been shocking to most. I’ve watched the integration into their human consciousness and have been delighted with future engagements.

The message of natural healthcare is greatly needed with parents being scared into serious situations. I’ve enjoyed watching

varying reactions as minds embrace and hope broadens.

The seed I am planting may not grow and blossom in every person, but the message is powerful and it is making people think about how they live their own lives and what is possible for this generation of children.

### Our Monthly Patters - 2008:

- Medicinal Properties of Foods and Herbs
- Natural Household Cleaning
- Your Job as a Parent
- Baby’s Healthy Development
- Spring Vegetable Soup
- Natural Detox
- Quick Snacks
- Inner Terrain
- Fall Bean Soup
- Pumpkins Seeds

## Celebrating Oklahaven’s 46th Anniversary



*Board member **Dick Gewin** and children enjoy Origami Art Therapy Class led by staff member **Michiy Gordon**, trained in Traditional Chinese Medicine. Folding the paper into a variety of shapes was fun, relaxing and provided us physical, emotional, and mental benefits.*

## President’s Report

Great joy has been shown to me all year as I traveled the world with “Oklahaven on the Move” - our seminars. It has shown me the great love of the parents to help their children to wholeness.



*Dr. Bobby Doscher*

The Irish mother’s – whimsical “Oh, my little darling! If you are good, I will buy you a special treat”. To the wonderful emotion of the Latino mother, who so deeply wants her child to be healthy and has the willingness to do whatever it requires. German parenting – so proud, disciplined and focused. To the American mother, struggling to feel her heart, wanting to fix her child immediately. Can she depend on the medical establishment to do it immediately for her with a drug or surgery or can she trust the body’s recuperative powers to heal her child? This is a very hard struggle at this moment in time for many are dependent on someone else to fix it.

A perfect example of this quick fix attitude is our financial situation. The Economists do not understand the basis of money. In times past when exchange of service was not equal – coinage was exchanged to balance the transaction. The current concept for many is to only wish their money to flow somewhere hoping to double or triple. But where is the responsibility to life, hard work, and the joy of giving and receiving?

Health is a responsibility and so is life. The damaged children and their parents are showing us the way back to a responsible

## YOU CAN MAKE A DIFFERENCE IN THE LIFE OF A VERY SMALL CHILD! GIVE THE GREATEST GIFT OF ALL - THE GIFT OF HEALTH!

**Online.** Make a gift at [www.chiropractic4kids.com](http://www.chiropractic4kids.com)

**Check.** Make check payable to “Oklahaven” Children’s Chiropractic Center.

**Phone.** Call 1-888-825-6974 to make a credit card gift, pledge, or establish recurring gifts via phone.

**Securities.** Please contact Frank San Antonio, Assistant Director of Development at 1-888-825-6974.

**Purchase.** Documentary DVD

One Child’s Journey to Health     Parents Sharing Their Journeys     Oklahaven-Original     Oklahaven/Early Years

\_\_\_1-\$20 each \_\_\_6-\$100 \_\_\_15-\$200 \_\_\_20-\$250 \_\_\_50-\$500 (plus \$5.00 S&H)

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

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Donations may be made online at  
**[www.chiropractic4kids.com](http://www.chiropractic4kids.com)**  
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Oklahoma City, OK 73112  
(405) 948-8807 • [oklahaven@flash.net](mailto:oklahaven@flash.net)

lifestyle of discipline, healthy eating, and understanding the true chiropractic premise of “the power that makes the body, heals the body”. They are returning their children to health with love and discipline.

I thank all of you who have been so generous to the Center’s mission of a natural drug-free lifestyle for our children. You are the difference. You are helping us to spread the message of hope and healing.

## Laughter is the Best Medicine

Laughter Yoga engages the children in playful, fun, joyous and childlike stimulated laughter. The use of laughter on purpose, for the health of it, has great potential for helping them become more whole. In directed laughter sessions the children and their mothers follow our Certified Laughter Yoga Leader, **Ellen Mercer**, through a series of innovative exercises designed to help them with a variety of challenges.

We have observed the impact of laughter for the children in the following areas:

- Increases their lung capacity naturally as they inhale and exhale more deeply and longer.
- More focus and attention to their present environment. Laughter helps put us in the moment.
- Eye contact, an important component helps to build relationships and happy memories.
- Gaining more control over frequent outbursts of inappropriate laughter.
- Helps moderate volume in laughter and

vocalizations, increasing range and quality of sounds through variations of laughter.

Laughter Yoga is a great healing tool for people of all ages. The beautiful thing is that the mothers learn a new fun and creative way to interact with their children.

## Oklahaven Gives Thanks

### To All Our Donors and Independent Fund-Raisers

- *Patient Appreciation Days*
- *Painted Pumpkins*
- *Who Remember us with your “Memorials”, and “In Honor of”*

### Thank You For Helping Us Share Our Message

Congratulations, **Dr. Vincent Malba** who realized his life-long dream by running the prestigious New York Marathon on Sunday, November 2, 2008. Since February 2008, he trained to run the 26.2 miles through the 5 boroughs of New York City. He accomplished this in 4 hours, 17 minutes, 21 seconds with “Oklahaven” Children’s Chiropractic Center on his back.

For extra motivation he decided to help raise funds for the charity that he holds near and dear to his heart, Oklahaven. As a chiropractor and a promoter of a wellness-based lifestyle, he was honored to bring awareness to the Center and promote chiropractic for children.

Oklahaven commends Dr. Malba’s discipline and excitement to run with

Oklahaven on his T-Shirt and share our 46-year-old vision of raising the greater level of consciousness to return the children to health and the natural, drug-free life style they deserve.

To make a donation and support this great achievement, go to [Chiropractic4kids.com](http://Chiropractic4kids.com). Type “Dr. Malba” in the comments section.



*Congratulations to Dr. Vincent Malba for running the prestigious 26.2 mile New York City*

*Marathon with Oklahaven on his back in 4 hours, 17 minutes and 21 seconds. Many asked him for an adjustment along the way.*

## Up Coming Seminars “Oklahaven on The Move”

- **Spring – Europe**
- **Summer – at Oklahaven**
- **Fall – Los Angeles**
- **Tri-annually – Honduras**

**“Love is the sum of all.”**

— Harold Klemp

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