

# And Now What Do I Do?

Written by Bobby Doscher, D.C., N.D.

Tuesday, 01 September 2015 00:00 - Last Updated Friday, 15 September 2017 07:59

As a last resort, desperate parents turn to chiropractic to help their children and to find help that they have not been able to find elsewhere. At Oklahaven Children's Chiropractic Center, many mothers have told us that deep down in their hearts they knew something was wrong. They saw their children's eyes grow dull as their vitality and life force slowly drained away, leaving them lethargic. They were unable to process information, connect to people, or enjoy life.

## CHIROPRACTIC FOR LIFE



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It seems that every year the children who come to us have more neurological problems than the children who came in previous years. In our travels to other countries, we have observed that young people in those places have stronger recuperative powers and that they return to health faster, just like those we saw at Oklahaven 30 years ago. It seems to us that we have saved the whites but not the children.

In my book, *And Now What Do I Do?*, I cover the essentials we have discovered at Oklahaven that are critical to the health and healing of our children; it brings the true force of chiropractic to parents. The premise is about the innate intelligence of the body and how the recuperative power demonstrates itself as the neurologically damaged child becomes organized. The book is an essential guide to parents and caregivers in healing these children.

The path to true health is not an easy one. It takes unwavering commitment and boundless patience on the part of both the child and the parent. At first, there may be great changes. As it progresses, the path will likely

be challenging, but the changes smaller. However, each tiny change will lead to larger ones as power is restored within the body. With time, restoring from the inside out will result in health and a return of full function.

Neurologically damaged children lack the energy to be grounded. To be happy and healthy they must have enough power to spin in space, so to speak. This allows the body to handle and respond with awareness and to make choices about whatever forces the child faces. One of the major elements a child develops is adaptability. Responding to the different than reacting, a negative force.

As a human in the playground of life, coping with emotions becomes a challenging issue. Along with anger and frustration, fear—whether real or imagined—is a basic instinct learned at birth. Fear not only cuts off love and self-esteem, it also results in a myriad of aches, pains and distorted function.

Learning to deal with human emotions is a challenge everyone must face. In the end, love is the key to a joyful and peaceful heart that provides the way to true health.

All of us have an innate recuperative power that, given time, will enable us to recover and thrive. Following some basic healing principles, chiropractic care and proper nutrition, a return to health and hope for your child can become a reality.

We can tell you how chiropractic has helped other children and their families. We can make recommendations, but your success is up to you and your openness to the chiropractic process and the way it specifically restores within you.

We realize the most parents this information is new and possibly difficult to comprehend. We ask that you become informed, listen, weigh our suggestions, ask your own questions, be open, and then decide if you can commit to the natural way of life for your child. For many parents, this is an easy decision; for others, it is all but impossible.

We have found that as you begin to walk on this natural path, your fears will fall away. You'll see the light return to your child's eyes. His or her face will be more frequently beamed in smiles, and hope will fill your heart where tears and frustrations once resided. You'll see your child focused, absorbed in tasks, concentrating, being creative, and experiencing greater enjoyment of life.

Your journey will give you great internal strength. If you are feeling broken, know that there is hope and time for healing. If you are thinking this is your last resort, look at it instead as your first step. Now is the time to look at life through your heart and see the unlimited possibilities of health and happiness for you and your child.

Children's bodies can respond quickly, becoming strong, interactive and healthy. Health is a responsibility and requires discipline. The chiropractic lifestyle is a way of life. This won't happen overnight, but it will happen. With an attitude of gratitude, you will see the small changes in your child. Through time, discipline and commitment, your child can be well. It is up to you and your child.

As you embark on this long and arduous journey, keep these words in mind:

Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt will have crept in, forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old mistakes. This day is all that is good and fair. It is too late with its hopes and invitations, to waste a moment on yesterday.

—RALPH WALDO EMERSON



Bobby Doscher, D.C., N.D., is the president and chief executive officer of the nonprofit Oklahaven Children's Chiropractic Center in Oklahaven, Oklahoma City, which is celebrating its 30th year of helping severely hurt children return to health in a natural way. For the chiropractic profession's centennial year, she was chosen by the World Congress of Women Chiropractors as the "Woman Chiropractor of the Year" and "one of the twelve great women in the history of chiropractic." During Dr. Doscher's 30-year tenure with the clinic, she center has received national and international recognition. She frequently lectures at chiropractic colleges throughout the world, as well as at national and international conferences. She article resources and author information from [www.oklahavenchildrenscenter.org/resources.html](http://www.oklahavenchildrenscenter.org/resources.html).

## The Philosophy of Oklahaven and Chiropractic

**T**he majority of children who come to the Oklahaven Children's Chiropractic Center have not the garnet of traditional medicine. Their families are burdened with debts totaling hundreds of thousands of dollars. Parents have lost their jobs, and most have lost hope.

As the children improve with each adjustment, restoring their health through their own recuperative powers, parents see miracles happen that help their children reach meaningful lives.

Babies hold their heads up for the first time, sleep through the night, stop eating, eat without pain. A child feeds himself, learns to move independently, speaks clearly without a stammer, or runs and plays like a normal child, without asthma or chronic ear infections.

The chiropractic premise is that subluxations are due to stress, trauma and poisons within the body that cause function to diminish. Increasing numbers of young children are now showing more severe conditions and chronic degenerative diseases.

Consistent well-being helps children face the necessary challenges in their lives, through which they gain the wisdom to spiritually unfold and appreciate the love of life. A diminished life force sets up negative patterns of response. We see the life force return to the children's eyes as their health is restored.

### Chiropractic Based on Scientific Fact

Since its beginning, chiropractic has been based on the scientific fact that the nervous system controls the function of every cell, tissue, organ and system of your body. While the brain is protected by the skull, the spinal cord is more vulnerable, covered by 31 moving vertebrae. When these bones lose their normal motion or position, they can irritate the nervous system. This disrupts the function of the tissues or organs these nerves control; this is called vertebral subluxation complex.

At the Oklahaven Children's Chiropractic Center, hope has been restored with happy, healthy, drug-free lifestyles. Our stories show how successful teaching of the chiropractic premise develops a parent's consciousness about natural healthcare and the body's recuperative power. With each family and referral, since 1984 Oklahaven has quietly built a network of love and inspiration for severely hurt children. The center is a mentor organization to chiropractors nationwide.

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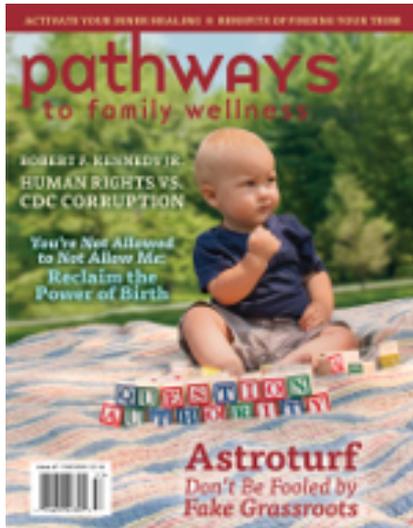
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