

## One Mother's Story

*When the student is ready, the teacher will arrive.  
--traditional Buddhist wisdom*

By Rachel W. Tugon

After having a child diagnosed with a rare genetic syndrome about which you know nothing, it seems that the world is full of nothing but questions. It is interesting to see how the nature of our questions have changed over the years. In the beginning, we were required to ask the most painful question of all. Being forced to utter the words, "Will she live?" forces you to face the most dreaded possibilities. The level of fear experienced with the asking of this question changes you forever. In the span of time it takes to express the words, your life's priorities are forever changed.

Over the next few years, after we had gotten past the question of survival, our thoughts were focused on treatment. Identifying where we were on the succession of developmental milestones and what we needed to do to move forward took most of our energy. Harnessing a strength we never knew we had, we were able to match symptoms with therapeutic approaches and get a handle on many of the issues that came with our diagnosis. Can she walk? Yes. Can she talk? Yes. Has she surpassed all expectations? Yes. Is she where she needs to be? No. So, the new



Erin (l) & Kristen (r)

question is "How do we get there?"

The willingness to ask questions often enough can help lead to its answer. In our search to find treatment to "kick things up a notch," we were introduced to Kentuckiana Children's Center. Families with children who have been diagnosed with any number of disorders often find themselves running in some of the same circles. In a telephone conversation with Jolene Goens, a mom new to Louisville, I learned about a pediatric chiropractic center for children with special needs that offered a variety of other services all of which we had a need. If that weren't good enough, she assured me that the center would accommodate our financial situation and make it possible for us to benefit from their programs without increasing our

*continued page 7*

## Chiropractic: A Foundation for Wellness

Sharon A. Vallone, DC, DICCP

Kentuckiana Children's Center has, since its inception, provided an integrated management approach to the care of children with special needs. Special needs can range from children with physical impairments to children whose behavioral challenges prevent them from functioning in the classroom with other children. Many children with these challenges, be they the result of genetics, trauma or toxicity, are simultaneously plagued by other physical ailments.

We at KCC, frequently work with distraught parents of infants who

cannot breastfeed successfully or who cry through the day and night with colic. There are young children with recurrent otitis media (ear infections) and children who are troubled by enuresis (bedwetting). Asthma, an atopic disorder, is on the rise in the pediatric population and keeping children on the sidelines while their peers participate in healthy athletic activities. Any child who suffers from any of these maladies may have long lasting impairments, for example, chronic ear infections can lead to hearing loss and speech delay and asthma has far reaching affects on the heart and lungs.

Physicians and parents alike face challenges on the forefront of pediatric medicine, like the implications of the overuse and misuse of antibiotics over the last several decades<sup>1 2</sup>. There are several studies<sup>3 4 5 6 7</sup> that offer hope of viable options using natural means (i.e. chiropractic adjustments, Craniosacral therapy, nutritional management and sensory integration techniques).

In a child diagnosed with ADD ñ attention deficit disorder, careful detective work might reveal a hearing deficit as a result of repeated ear infections.

*continued page 6*

The Mission  
of  
Kentuckiana  
Children's Center  
is to  
improve  
the lives of  
children  
by  
providing a  
foundation  
for  
healing  
through  
integrative  
chiropractic  
care.



# A Director's View

*Storms make oaks take deeper root.  
– George Herbert*

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hear from you.**

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I hope this newsletter finds you enjoying the blessings of Spring. This quote leads me to reflect on this past year and a half of my association with Kentuckiana Children's Center. There is much growth that has happened since the passing of our founder, Dr. Lorraine M. Golden in 1998. Dr. Golden was and in way, will always be the identity of KCC and yet, when the founder of any organization passes the torch along for others to carry, there are always challenges in re-establishing a new order of things.

Some of the new things we've implemented are, an annual fundraising event ("Fore the Kids" Golf Marathon, this will be our 5th year), we re-located to accommodate the changing demands of the special needs children we serve, and established our annual "Golden Conference" in honor of Dr. Golden's work. We re-connected with Palmer College of Chiropractic to participate and present at the Lyceum in 2002 and this August 2003. We will present at the ICA Pediatric Conference this fall. We have a consistent infrastructure of clinic services and treatment planning that communicates our accountability to the children and families we serve. We believe that each child can reach a higher potential through regular chiropractic care and we are educating parents, caregivers, teachers, and therapists on the many benefits of all our services.

We'd like to thank all the, Doctors, friends, parents, therapists, family members, businesses and Foundations, all part of our Kentuckiana family, for generously donating to the vision and mission of Kentuckiana Children's Center. All of you are the backbone of the services we provide. Our Vision is large and represents the ideal if we could fulfill our utmost wish, it represents who we are and what we want to do "Healing all Children... Hope for the Whole Child". With your assistance, we are able to offer hope in health through chiropractic care services to children, whose families would otherwise not be able to afford care.

We have often been referred to in the past as "the best kept secret". What I have learned is that "some secrets are just too good to keep". Please take the time to read about the news of our work here at Kentuckiana Children's Center. Good news travels fast and if you have someone you believe would like to receive our newsletter please call and let me know. I believe Dr. Golden would be proud of the "deeper roots" we are establishing here at The Center

Some secrets are just too good to keep...we will continue to share the "HOPE" of Kentuckiana with all of you.

Jean Elizabeth  
Director

## Kentuckiana Children's Center Giving Levels *Our Vision: Healing all Children...Hope for the Whole Child*

*With your financial assistance today, we at Kentuckiana Children's Center are up to the challenge of providing chiropractic care for all children.*

Golden Light of Hope Leadership	\$5,000
Guardian of Hope Leadership	\$2,500
Heart of Hope Leadership	\$1,000
Light of Hope	\$ 500
Hope	\$ 100
Other Gift	_____

*The mission of Kentuckiana Children's Center is to improve the lives of Children by providing a foundation for healing through integrative chiropractic care.*

See our website for a donation form: [www.kentuckiana.org](http://www.kentuckiana.org)

Dear Friends of Kentuckiana Children's Center:

Sometimes, something we've always held close to our hearts, like Kentuckiana Children's Center, becomes even more valuable to us when life takes unexpected turns. These unexpected turns often challenge us to become more creative, generous, loving and dedicated than we were before.

Last year, we were blessed with a new addition to our family. As months went by, anticipated infant milestones were not reached and the cherished child appeared to be in constant distress. Sleep deprived and anxious, the family walked the walk of so many families that visit Kentuckiana.

That walk through Children's Hospital in CT, and its caring physicians, led to a confirmation of his challenges but revealed no answers as to why. Sadly, they also offered little hope and prepared the family for the worst since they could not identify the cause of the problem, and saw no solution within the parameters of their own specialties.

Parents, thankfully, usually rally after the initial blow, and begin to explore their options. These days, internet access not only educates but connects families with children with challenges as to where to go, who to see and what to do, to help optimize their child's chances of a more fulfilling life. Between the internet and the assistance of the wonderful Birth to Three network for early childhood intervention in the state of CT, a world of possibilities opened up.

Based on this exploration, he has received chiropractic care, CranioSacral therapy, sensory integration therapies and behavioral optometry. Day by day, hope is sustained as he makes progress in beginning to sleep, reduced reflux and improved muscle tone. He looks and listens to the world with interest as he begins to take in new stimulus that overwhelmed him before. He loves the outdoors and the freshness of spring!

Why share this story?

Being young, working and going to school while raising two children, his parents find themselves in a financial bind. Their inadequate healthcare insurance does not cover part of the cost for the testing he underwent nor any therapies associated with developmental delays. All of the therapies they have chosen to pursue must be paid for out of pocket. I thank God every day that our family is fortunate enough that we can help financially right now and do feel the stress of the unknown future hanging over our heads and all around us.

As I was driving up Rte. 91 on the way home from a one of my grandson's therapy appointments, I had a flash back on the gratitude I had personally witnessed over the last 6 years I've spent at Kentuckiana Children's Center. Suddenly I understood, from a family's perspective, just how important the services we provide to children are. Not only the opportunity to receive services despite the family's inability to pay, but the convenience of having the finest, most loving healthcare professionals under one roof (we drive 45 miles one way for CranioSacral therapy and another 45 miles in the opposite direction for occupational therapy). The dedication and commitment of the practitioners and staff that share the responsibility of caring for the children at Kentuckiana Children's Center creates an oasis for families who want the best for the children but perhaps do not have the means to provide it. What they receive is HOPE.

Kentuckiana Children's Center is supported by individuals, like yourselves, who believe that children deserve the opportunity to receive integrated health services that provide them an opportunity to push past the limitations put on them by their diagnostic "labels" and become all that God intended them to be. Your dollars are needed, appreciated and despite the current economy, still provide immeasurable benefits to the children and the families that enter our doors.

Sincerely,



Sharon A. Vallone, DC, DICCP

Grandmother and Chair of Kentuckiana Children's Center

Seek  
the  
wisdom  
of the  
ages,  
but  
look  
at the  
world  
through the  
eyes  
of a  
child.

– Ron Wild

# CranioSacral Therapy as a Tool for the Treatment of Children with Autism Spectrum Disorder

Pamela Yenawine, CST-T

CranioSacral Therapy, as developed by Dr. John Upledger, has proven helpful in improving the functioning of children with Autism Spectrum Disorder. Upledger engaged in a study of autism in children for three years beginning in 1976 as a clinician-researcher at Michigan State University. Below is a summary of his observations from his paper “An Etiologic Model for Autism.”<sup>1</sup>

For readers who are unfamiliar with CranioSacral Therapy, it is a light-touch therapy, (about the weight of a nickel) that addresses the covering of the brain and the spinal cord. This covering (referred to as the Dural membranes and the meninges) houses and has a very close relationship with the central nervous system. Restrictions in this CranioSacral system can cause dysfunction in the nervous system, the brain, and ultimately in all tissues and organs of the body. The purpose of CranioSacral Therapy is to allow restrictions to release in order to restore motion and health to tissues and to the body as a whole.

From his study of autism Upledger first observes that “the onset of autism behaviors is often preceded by some sort of febrile episode. From his interviews with parents, the fever was most often reported two weeks prior to any behavioral changes. However, the time between the fever and the onset of noticed symptoms may very form a few days up to a few months.

Upledger believes that the behaviors of the autistic child may be attempts to correct something anatomical or physiological that is causing discomfort. The behaviors most commonly reported are instances of children banging their heads, chewing on hands or thumbs or vigorous thumb sucking. Upledger and his associates “observed that when specific correction of the CranioSacral system are successfully carried out, these behaviors spontaneously cease.” Head banging, for instance, may indeed be the way a child tries to release the compression from his/her head that is causing extreme discomfort.

Further observations in Upledger’s study linked the release of side to side compression within the cranial vault to immediate demonstrations of love and affection by the child. Following the release, the children often demonstrate more love and affection for care givers as well as beginning to interact with other children and adults.

Within the brain itself are membranes that divide the brain matter into four chambers. In Upledger’s study these membranes were

consistently found to be very tight in autistic children. The suggestion is that these membranes along with the covering of the brain (the Dura mater) do not expand with the normal growth of the skull and brain. Through gentle manipulation of the cranial bones, the membrane is allowed to stretch and become more flexible in order to accommodate the growth of the brain.

Upledger’s treatment suggestion is for “regular CranioSacral Therapy until the child is fully grown” on a weekly basis. Longer periods between session may be possible with careful attention for signs of regression, but after signs of regression several sessions will be required to re-establish the accommodation for brain and skull growth.

Upledger further recommends nutritional supplements as well as having parents learn some simple CranioSacral techniques to support the treatments by a skilled CranioSacral Therapist.

In our experience treating children in the autistic spectrum at Kentuckiana Children’s Center, parents have reported various outcomes such as the child is more relaxed or calmer, engages in fewer stemming behaviors, a reduction in head banging, is more vocal, has fewer colds, and sleeps really well after treatments.

Upledger points out that “about 60% of ADD children have CranioSacral system dysfunction as a predominantly contributing factor.” Although therapy is not successful in 100% of the cases, when it is successful, it is most often dramatically positive.

Children with Autism Spectrum Disorder may exhibit tactile defensiveness. In these cases, the CranioSacral Therapist can begin treatment at the feet, since the CranioSacral rhythm can be felt anywhere on the body. As the child experiences the positive results of a few sessions, the therapist is able to address the cranial vault directly for more direct treatment and better results.

All CranioSacral work is based on the understanding that the body can and does heal itself. The body wants to heal. The child’s body determines what is to be addressed in any particular session and leads the therapist’s hands.

When observing a CranioSacral Therapy session, it may appear that nothing is happening, but the proof is in the continued improvement in functioning, in the lessening of the observed behaviors and in the overall health of the child.

*continued page 6*

## Easter Parade

The KCC “Bunny Hoppers” win the Good Ears Award Again



## In the Spirit of Hope

We would like to sincerely thank the WHAS Crusade for Children, the HONORABLE ORDER OF KENTUCKY COLONELS and the V.V. COOKE Foundation. Their financial support through grants and gifts has allowed The Center to further develop the Therapeutic Services Department of the clinic. The “Golden Butterfly” room, named in memory of our founder Dr. Lorraine M. Golden, opened this year in order to offer sensory and therapeutic services. This program, led by Desiree Brown-Daughtry, MSW, provides an integral therapeutic curriculum for our pediatric client population; this includes movement/dance/play therapy, sensory integration and physiotherapy. Their generous and continued support directly benefits the healthcare and therapeutic needs of our children who otherwise would not be able to afford this care.



# Motion and the Autistic Child

Desiree Daughtry, MSW & Eric C. Epstein, MSt, DC

Autism is a neuroimmunologic and behaviorally defined developmental disability that affects a child's ability to function socially, cognitively, and sometimes with an absence of language and other brain functions. Developmentally, children with autism may demonstrate evidence that indicates a failure to assume anticipatory postures such as being picked up. Many children diagnosed with autism exhibit extraordinary behaviors such as self-stimulating, hand flapping or rocking (perseverative behaviors), banging of the head and other injurious behaviors to self. It is thought that autistic children primarily want to gain sensory stimulation when they engage in these activities. They do not try to gain mastery or engage in imaginative play. Not only do autistic children have challenges with self-stimulating behaviors, but also there are problems with motor control. Jumping up and down, toe-walking, awkward posture, head bowing, prolonged spinning without getting dizzy are examples of motor expressions in these children. Motor imitation, the ability to learn by watching and mirroring movement is often absent. It is frequently more plausible if their limbs are moved for them in order for movement concepts to be learned.

Sensory responses are often abnormal which makes incoming information for the senses difficult. A child may show oversensitivity, or undersensitivity. Other abnormalities include visual inspection with the use of peripheral versus central vision. The concept is related to poor eye contact due to improper coordination of sensory input. These children seem to lack a sense of fear or danger related to situations or objects.

Research has pointed out that autism seems to be related to organic

factors, and clinical observations demonstrate that there are forms of organic brain damage, biochemical imbalances, or developmental brain disorders in communication. Research suggests that there is a fragmentary view of life and that confusing messages only occasionally resolve into sensible patterns that can contribute to useful memory. Children with autistic behavior may appear to either crave or block out perceived sensory stimulation. Rituals include a child who rocks or whirls around as an attempt to satisfy basic sensory needs. These movements are a response to the need of vestibular and kinesthetic stimulation, which include weight, position in space and body movement. Jumping and darting are attempts to achieve a sense of position in space. Concentrations of touch receptors are located in the mouth, the palms of the hands, the soles of the feet these specific areas are used by autistic children to "self-treat", that is to say, create sensory input they can understand and control. These behaviors, seen as self-injurious, occur as a result of heightened sensory threshold within the brain stem.

Movement for 15 to 20 minutes can create a burst of adrenaline, which creates a release of endorphins in the blood stream, the brain, and the spinal fluid. This effect is increased when the movement includes



*continued page 7*

## CranioSacral ...a student's review

Ilke Schwarz

Attending the Upledger Share Care workshop at KCC was a great experience for me. I wanted to learn about CranioSacral therapy, and even though I have some "medical" background as a chiropractic student, the Upledger ShareCare workshop was a good introduction. The workshop gave an overview of the history and anatomy behind CranioSacral Therapy. Brenda Aufderhar, RN, CST, explained the difference between the left and right brain and had different class activities to involve both learning modalities. The one-day workshop offered me an opportunity to learn powerful therapeutic techniques developed by John E. Upledger. These techniques help to maximize the body's own self-healing properties. The hands-on experience was extremely beneficial in practicing the fine skill of "listening with my hands". The human body contains so much information and this skill is one I continue to develop.

Being a Chiropractic student I am interested in CranioSacral Therapy because it addresses



*Class Photo: Brenda Aufderhar teaches in center*

many issues that support chiropractic treatment. From observing at The Center, I could see a big difference before and after the CranioSacral therapist worked with the children in conjunction with their chiropractic adjustments. After experiencing CranioSacral work myself I am convinced that this definitely is a tool I need in my practice to be able to better address the whole patient.

I would highly recommend the workshop, to parents of all children and especially children with disabilities. There were parents, grandparents, and health care practitioners that work with some of our children. Occupational Therapists and Art Therapists

rounded out the whole group. The Upledger ShareCare Workshop is beneficial to anyone who is interested in being proactive about their own health care and offering this wonderful healing tool to those around them. This introduction gave me a good foundation and I will pursue further CranioSacral education.

*Ilke Schwarz is a student at Palmer College of Chiropractic in Davenport Iowa. She will be coming to Kentuckiana Children's Center in the Fall of 2003 to do her preceptorship.*



*Teacher Assistants Dona J. Airey, LCSW; Pam Yenawine, CST-T, and Katherine Williams, NCTMB; pose with Brenda Aufderhar, RN, CTST*

# Enhancing Chiropractic with Nutrition

Patty Carney, RD, LD

Proper nutrition is an important way to support and enhance chiropractic treatment. Together they give the body the boost it needs to heal and bolster immune function. Poor nutrition can often contribute to subluxations (misalignments) of the spine, which can contribute to illness and pain. So, if people receive chiropractic care and forget the nutrition piece of the big picture, subluxations and muscle pain often continue. And, it is not until we see them improve their diet that we see them hold adjustments longer and get better.

Some 2000 years ago Hippocrates said, "Let food be thy medicine, and medicine be thy food." It is amazing what insight he had, and the incredible relevance of that statement today. Now more than ever, we're seeing the effects of "bad" nutrition in this country. The "standard" American diet of convenience foods, fast foods, junk foods, processed foods and high-sugar and high-fat foods have caused rates of obesity, diabetes, cancer and heart disease to skyrocket, and these diseases are affecting our youth at alarming rates. What can we do about it? Start educating our children in the early years about the important role nutrition plays in living a long, healthy life. Research shows that the most critical years for good nutrition are those before the age of 30.

During these years growth is still occurring and foundations are being set. That's not to say that good nutrition won't help in the years after 30, but the earlier we start the better off we are.

Some ways you can work to improve your family's nutrition include focusing on fresh, whole foods instead of refined and processed foods. Try to buy fruits and vegetables that are in season so they will be tasty and more affordable. Shoot for five a day. Many children balk at fruits and vegetables. Getting them to eat more fruits and vegetables can be a challenge, so it pays to be creative! Try to make meals fun by having your children participate in the preparation. If children are involved in preparing meals the chances of them at least trying the foods prepared is greater. Include plenty of whole grain foods; they are a rich source of protein, fiber, and many vitamins and minerals. There are many nutrient-rich grains beyond wheat that taste great -- quinoa, millet and many more. Make snacks delicious and nutritious -- try trail mixes that incorporate nuts, or fresh vegetables like celery stuffed with peanut butter. And, reduce the sugar!

Did you know that one 12-ounce soda has about 8 teaspoons of sugar? Refined sugars have absolutely no nutritional value and provide what we call "empty" calories. Diets high in sugar can depress the immune sys-

tem, contribute to yeast problems and dental cavities, and lead to obesity. And, diets high in sugar are often deficient in other nutrients because high-sugar foods take the place of other more nutritious foods that could have been consumed. So needless to say, reduce sodas consumed and encourage more water, which supports the body.

## Nutrition Checklist:

- Eat a good breakfast daily – peanut butter on toast, warm whole grain cereals or cold cereals
- Take a nutritious lunch to school that includes fruits and vegetables
- Snack on nutritious foods like nuts, dried fruits, fresh fruits and vegetables
- Limit fast foods to 2 times a week (none would be even better)
- Limit sodas to 1 per day (none would be even better!)
- Reduce sugary foods – try incorporating fruits into desserts and treats to increase nutritional value

If you are wondering about the adequacy of your child's diet, consider a nutrition consultation. Call 502-366-3090 and schedule an appointment.

## Chiropractic: A Foundation for Wellness

*continued from page 1*

An integrated therapeutic plan for this child might involve nutritional changes to remove mucous producing foods, chiropractic adjustments and CranioSacral Therapy to assure neuromusculoskeletal balance to the head and neck which might affect the drainage of the Eustachian tube, auditory integration to help the child accommodate to improved hearing and movement therapy to rehabilitate muscular tone and their sense of balance.

Our hope at KCC is to educate our parents and the community to options available to them to assist their children, not only by relieving many of these all too common complaints, but to build a foundation for wellness to support them throughout the developmental years into adulthood. (Endnotes)<sup>1</sup> Travis J. Reviving the antibiotic miracle? *Science* 1994;264(5157):360-362. <sup>2</sup> Tomasz A. Multiple antibiotic resistant pathogenic bacteria: A report on the Rockefeller University Workshop. *New England Journal of Medicine* 1994;330(17):1247-

1251<sup>3</sup> Vallone S. Chiropractic Management of infants demonstrating dysfunctional breast-feeding, FACTS Symposia, Rome, Italy 2002. <sup>4</sup> Klougart N, Nilsson N, Jacobsen J. Infantile colic treated by chiropractors: a prospective study of 316 cases. *Journal of Manipulative and Physiologic Therapeutics* 1989;12(4):281-288. <sup>5</sup> Fallon J, Edelman MJ. Chiropractic care of 401 children with otitis media: A pilot study. *Alternative Therapies in Health and Medicine* 1998;4(2):93. <sup>6</sup> Lebouf C, Brown P, Herman A, Leembruggen K, Walton D, Crisp TC. Chiropractic care for children with nocturnal enuresis: A prospective outcome study. *Journal of Manipulative and Physiologic Therapeutics* 1991; 14(2):110-115. <sup>7</sup> Bronfort G, Evans RL, Kubic P, Filkin P. Chronic pediatric asthma and chiropractic spinal manipulation: A prospective clinical series and randomized clinical pilot study. *Journal of Manipulative and Physiologic Therapeutics* 2002;24(6):369-377.

## CranioSacral Therapy

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Upledger concludes that "since CranioSacral Therapy is non-invasive and of such potential benefit, it seems worth the effort to have an evaluation and some correctives treatments for any type of brain dysfunction in children or adults. The worst thing that can happen is nothing. The best that can happen is for the child to reach full potential."<sup>2</sup>

1 Upledger, John E, D.O., O.M.M., "An Etiologic Model for Autism," [www.whale.to/v/upledger.html](http://www.whale.to/v/upledger.html)

2 Upledger, John E., D.O., O.M.M., "Presentation + Questions & Answers for ADD-Holistic Discussion Group" [www.HolisticMed.com/add/upledger.html](http://www.HolisticMed.com/add/upledger.html)

3 For information please visit [www.upledger.com](http://www.upledger.com)

For more information about CranioSacral Therapy and the next Upledger ShareCare workshop, where parents and caregivers can learn CranioSacral skills please call 502-368-9093.

# One Mother's Story

continued from page 1

ever-growing debt.

At first, I couldn't believe that a program like this could exist without my knowing about it. I, who pride myself on awareness of therapeutic options in the area, had missed what has turned out to be our essential next step. How grateful I am to Jolene for pointing us in the direction and inspiring us to give chiropractic a try!

Never being one to do things half-heartedly, I submitted paperwork for both daughters. Erin, 7, has Prader-Willi Syndrome (PWS), a rare genetic disorder. We came to KCC to see what chiropractic could do for her balance, posture, muscle tone, and for dietary intervention with vitamins and supplements. Her sister Kristen, 12, also had some health issues but no specific diagnosis. We just felt that if they were to get some relief from the problems that pursued them, they would be so much more comfortable and their bodies would be free to develop as they were meant to.

As of now, we have been involved at KCC for over a year and we have found the treatment there to be all we had hoped and more. Both girls have increased energy, strength and stamina. Both report fewer headaches and chronic pain. Both have improved digestion, fewer colds and respiratory infections, and sleep better. With the help of the suggestions made for vitamin and supplementation, we are looking at two children with better metabolic function.

The combination of Chiropractic and CranioSacral Therapy was one of the main attractions for us in the beginning. Both girls had received cranial work over the years and had shown intense benefit from it physically and spiritually. Adding chiropractic to this served to increase the effectiveness of the work. In turn, the cranial work helped the adjustments to hold for a longer time. The two, working synergistically, produced the desired effect.

An unexpected benefit came for both girls in their handling of social situations. Kristen's overall health improvements and lessening of chronic pain has increased her social confidence and put her in a position to participate more fully in social activities. We see a direct relationship between her progress and the time spent with Desiree in Movement Therapy. Improvement in her posture, gait, and eye contact reflects her increased confidence level. She now initiates conversations and volunteers information, much unlike the shyness that pervaded in earlier days.

Erin has had auditory sensitivities since birth and has spent a significant amount of time in listening programs. They did nothing less than change her world and we are forever thankful for Nancy Ohlmann and Pathways to Communication for helping her cope with her sensory environment. The work that has been done at KCC has built on that foundation and allowed Erin to reach the next level.

Erin had never been able to stand the auditory onslaught that being in a large group inevitably brings. Going to church was a painful experience and she could not tolerate sitting through "big church." Recently, without any prompting from us, she announced that she was going to church and she did. She sat through the music, the quiet, and the commotion of an hour-long service without complaint. The next week she participated with the other children in group time and we were all in awe of what she was able to do.

So, when the question to us was "What in the world will we do now?" the answer was, "Kentuckiana Children's Center." Our lives have been deeply touched by the skills and spirits of the current team of Jean Elizabeth, Dr. Celeste, Dr. Eric, and the loving staff that came along just when we were ready. We will never forget the warm caring heart of Dr. Khorshid, the former Clinic Director, who earned our trust and partnered with us in supporting our children's health. We sing their praises far and wide and will proudly support their future endeavors.

Simply put, Kentuckiana Children's Center has changed our lives. KCC surrounds us with a model of health through interventions they offer and the special individuals who provide these services. Unit words more intense and eloquent come along, to those of you at KCC now, and those who came before, we offer our warmest and our dearest thanks.



Erin holding Keira

# Motion & Autism

continued from page 5

having the arms lifted above the level of the heart, which raises the cardiovascular output. Dance/Movement releases physical tensions and may positively influence the mind by temporarily freeing the individual from anxiety through endorphin stimulation.

Dance/Movement Therapy for these special children deals primarily with sensory motor and perceptual motor development and integration. Perceptual-motor integration involves the interaction of the various channels of perception: visual, auditory, tactile and kinesthetic with motor activity. Ultimately, the way the brain receives, processes and organizes sensations through body parts helps allow the nervous system to work to improve the child's interaction with the environment.

Chiropractic serves to insure proper motion and position of the skull and spine. When these motions are impaired, the nervous system is unable to function properly. Specialized receptors in joints apprise the brain of all the body's actions, and when these receptors are inappropriately stimulated or not stimulated at all, communication between brain and body is impaired and can contribute to behavior abnormalities in autistic children. This motion dysfunction is called 'subluxation.' The chiropractic adjustment serves to eliminate the subluxation so that the body's structure can govern function as it is meant to do.

By combining the restorative action of chiropractic with the motion encouraging effects of movement therapy, it is possible to engage the autistic child's brain. Parents report that their children are calmer, sleep better, have improved digestive function and begin to relate more normally to their environments. In combination with nutritional and other therapies, many autistic children can hope to achieve more normal lives. It is a team effort founded in chiropractic and supported by modalities that serve to insure proper communication between brain and body.



Please give to

## **The Lorraine M. Golden Memorial Healthcare Fund**

This fund will be used to offset the growing cost of services and will help to ensure that no child goes without services because of a family's inability to pay.

**Thank you for your support**

# Benefits of Chiropractic Care

Individuals interested in the benefits of chiropractic care for children might be interested in knowing what types of improvements one might observe when a child, especially a child with special needs, receives regular chiropractic care. The following are some of the observations of our Parents, Grandparents, Therapists, and Teachers.

Syndrome:	Injuries	Autism	Asperger's	ADHD	Allergy	Asthma	Cerebral Palsy	Down's	Prader-Willi
Improved attention		xx	xx	xx			xx	xx	xx
Improved socialization		xx	xx	xx				xx	xx
Improved gastrointestinal function		xx	xx	xx	xx	xx	xx	xx	xx
Pain control	xx				xx	xx	xx		
Improved behavior		xx	xx	xx			xx	xx	
Diminished self stimulation and improved self control		xx	xx						xx
Improved posture	xx	xx	xx	xx	xx	xx	xx	xx	xx
Improved immune response	xx	xx	xx	xx	xx	xx	xx	xx	xx
Improved sleep	xx	xx	xx	xx	xx	xx	xx	xx	xx
Strengthening Coordination Flexibility	xx	xx	xx	xx	xx	xx	xx	xx	xx

 **Kentuckiana Children's Center**  
FIFTH ANNUAL



Sponsored by **National City Bank** of Louisville  
September 18, 2003

It's that time again. We are actively preparing up for the Fifth Annual "Fore the Kids" Golf Mini-Marathon. 50 holes of fun golf played in one day. Each golfer plays for a child or children from the KCC Clinic and raises funds that directly benefit all children seen for chiropractic health care. This year we are combining our "Golden Conference" with this event in hopes of attracting the Chiropractic community to get busy on the greens the day before the conference.

This is our major fundraising event for the year and we would love to have you come out and be a part of furthering Dr. Lorraine M. Golden's vision of providing Chiropractic care for God's special needs children regardless of the family's ability to pay.

For information on joining us and teeing up for the kids seen here at Kentuckiana Children's Center please call Jean Elizabeth at 502-893-7227.

 **Kentuckiana Children's Center**  
Second Annual

## Golden Conference

September 19 & 20, 2003 • Louisville, KY

### Friday:

The Chiropractic CranioSacral Connection  
(6 CEU'S)

*Eric C. Epstein, DC • Brenda Aufderhar, RN, CST-T*

### Saturday:

Supporting the Structure and Function of Early Childhood Sensorimotor Development: An Interdisciplinary Approach  
(6 CEU'S)

*Sharon A. Vallone, DC, DICCP • Noreen Wallace, OTR-L*

### Registration Fees:

Before August 15, 2003	\$249	Registration fee includes indicated meals Please call 502-368-9093 for detailed information, scholarship availability and to register.
After August 18, 2003	\$299	
Day of Conference	\$329	
Students with ID	\$129	
Office Team (2-4 registrants)	\$399	

 **Kentuckiana Children's Center**