

DIRECTOR

Viola M. Frymann D.O., F.A.A.O., F.C.A.

Dr. Frymann has spent most of her professional life as a dedicated osteopathic physician practicing comprehensive osteopathy of the whole body including the cranial field. Her practice and training is internationally recognized.

She teaches osteopathy at many of the colleges of osteopathic medicine in the U.S. as well as colleges, universities and institutes throughout the world. She teaches courses in France, Italy, Canada, Switzerland, Belgium, England, China, Japan, Latvia, Russia, Australia and Denmark.

A native of England, she is a graduate of the University of London M.B., B.S., the Royal Colleges, M.R.C.S., L.R.C.P., the College of Osteopathic Physicians and Surgeons of Los Angeles, a Fellow of the American Academy of Osteopathy (F.A.A.O.) and charter Fellow of The Cranial Academy. She is also a member of the Faculty of Homeopathy of the Royal London Homeopathic Hospital.

CLINICAL DIRECTOR

Shawn K. Centers D.O., M.H., F.A.C.O.P.

Dr. Centers is a board certified pediatrician who has extensive experience treating children who have rare, difficult to treat, developmental and neurological disorders as well as children with asthma, allergies, autism, seizures, behavioral and academic difficulties and children needing routine and sick visits. He incorporates the use of his extensive training in general pediatrics, cranial osteopathy, nutrition, herbal and botanical medicine and gentle remedies, to address the innermost needs of the child.

Dr. Centers works closely with the Autism Research Institute in San Diego and has served as a Defeat Autism Now Physician for over 10 years. As a professor he has lectured in the United States and abroad about his work with autistic children and osteopathic pediatrics. He is the lead author of the pediatric chapter in the highly regarded "Foundations of Osteopathic Medicine."

Dr. Centers is a former Clinical and Teaching Fellow in Osteopathic Manipulative Medicine, a former Chief Resident in Pediatrics at Children's Hospital of New Jersey where he completed his pediatric residency. His credentials include a Certificate of Competency in Cranial Osteopathy, Board Certification in Pediatrics, and is a founding diplomate of the American Board of Holistic & Integrative Medicine.

For complete information on both physicians, please visit
www.osteopathiccenter.org.



Osteopathic Center for Children & Families treats healthy children and those with problems such as:

- Academic difficulties such as dyslexia
- Asthma
- Allergies
- Attention Deficit Disorder/ ADDH
- Autism and Autism Spectrum Disorder
- Behavioral difficulties
- Bicycle and car accidents
- Brain injury
- Consequences of birth trauma and common problems of newborns: such as colic, gastroesophageal reflux, insomnia, inconsolable crying, feeding difficulties, and misshapen head
- Cerebral Palsy
- Delays in physical or intellectual development
- Genetic defects
- Headaches
- Infections, especially chronic ear infections
- Neurological developmental dysfunction
- Newborns and preventative care
- Scoliosis
- Sports injuries
- Visual or auditory disturbances which impeded sensory perception in the classroom
- Seizure disorders and epilepsy

THE OSTEOPATHIC CENTER FOR CHILDREN AND FAMILIES

Founded by Viola M. Frymann D.O., F.A.A.O., F.C.A

Helping Children... One Child At a Time



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www.osteopathiccenter.org

The Vision



Over 30 years ago a San Diego osteopathic physician had a *dream*: a Center *dedicated* to the treatment of the whole *child* (body, mind, and spirit).

The vision emerged after the death of her own child who suffered the consequences of birth trauma and conditions for which standard medical science had no treatment. Her search for answers resulted in the first osteopathic studies documenting the adverse consequences of birth and structural trauma in children. The culmination of her work resulted in the establishment of an internationally known Center dedicated to the treatment of children and their families.

The Vision Fulfilled



Today the Osteopathic Center for Children and Families is a reality, treating children from nearly every state and many foreign countries. Thousands of children have been helped through osteopathic treatment, the therapeutic use of music, neurodevelopmental therapy, vision training, and nutritional education. The Osteopathic Center for Children and Families is a 501(c) 3 charitable organization and is committed to treating all children who need care without regards to financial status.

"Osteopathic medicine as it is practiced at the Osteopathic Center for Children in conjunction with diet guidelines and exercise has been the most effective treatment we have encountered."



What is Osteopathic Medicine?

Doctors of Osteopathic Medicine (DO's) are physicians who, along with MDs, are licensed to practice, prescribe medication and perform surgery in all 50 states. DOs bring something additional to the practice of medicine. Osteopathic physicians practice a "whole person" approach to medicine, treating the entire person rather than just the symptoms. With a focus on preventive health care, DOs help patients develop attitudes and lifestyles that don't just fight illness, but help prevent it, too. Osteopathy searches for the underlying causes and the appropriate osteopathic modalities that will lead to effective treatment.

All current medical literature points to the fact that the body works as one harmonious system, rather than as a collective grouping of separate parts. Osteopathic medicine has long known and studied this truth and thus has offered a unique approach to diagnosis and treatment. Founded more than 125 years ago by Andrew Taylor Still M.D., Osteopathy's focus is on the structure of the body.

At the Osteopathic Center for Children and Families, we practice Osteopathy in the Cranial Field which concentrates on the fine movements of the cranial bones. In children and babies these bones are soft and a delicate injury from birth trauma can have a devastating effect on the functioning of the child's whole body. It can affect the flow of cerebrospinal fluid and blood flow within the brain and therefore the health of underlying brain tissue. This can eventually manifest itself in terms of illness, disease, metabolic, endocrine or neurological problems.

"I was very desperate because my son had frequent seizures and very little mobility. After the osteopathic treatments started, we realized that Erick could follow objects or lights moving slowly in front of him. I thank God and all the people that are helping us. Erick's seizures are almost gone."

The O.C.C.F Approach to Children and Families

We endeavor to help each patient reach the optimum of their potential.

With youngsters, our primary concern is for a child in his/her totality of body, emotions, mind and spirit. We look at the body structure and identify areas where the structure has been disturbed and we appreciate that within every child is an inherent healing force.

We also recognize that the child's body is built from the food they eat. Parents are provided with ways to make nutritious foods attractive and palatable.

Adults Welcome

While the Center is renowned for its treatment of Children, we have increased our services to include treatment of Adults as well.

