

Dr. Jeff Kahrs, my personal chiropractor, invited me to participate in a mission trip to Kenya with Dreamweaver International to the Kimana Rift Valley near Mt. Kilimanjaro. Traveling with him in January of 2015, our first stop was at Ingrid Education Centre, a community based organization in the Matopeni-Kayole district on the east side of Nairobi. The three chiropractors who were on the mission trip, Dr. Warren Bruhl, Dr. Jeff Kahrs, and Dr. Dave Neubauer, adjusted ALL the children who were present at school that day, all the teachers and staff, as well as any parents who happened to be there. The other members of the mission trip passed out dresses from Little Dresses for Africa; every girl at the school received a dress. The boys were given jump ropes, and soccer balls were also passed out. Everyone felt we had made a terrific impact on the school and that it was a fantastic way to start our trip.

Subsequently, we drove to the Kimana Rift Valley to meet Dr. Warren Bruhl's parents and tour the compound where they had created the Kimana School of Leadership and Professional Studies, where they planned to build an elementary school, which has since been erected, and where they are working on building the Kilimanjaro Mission Hospital that will serve 250 square miles of that region. Once we began working with the Maasai in Amboseli National Park, the routine was much the same. We ate breakfast, drove to the site where we would be working that day with Dr. Scott Smith, his wife, and family, as well as a medical team of students from Colorado, set up operations, and waited for the Maasai to show up.

What profoundly affected me during this particular trip was the ability to see chiropractic care in action. In the US, patients go into their private room to work one on one with their doctor or chiropractor, never seeing what goes on in another patient's room, which is fine--that's our policy here in the US. However, since there is no such luxury in the bush, all the medical and chiropractic care was out in the open for everyone to observe and see what was happening. My sense of amazement grew day by day as I saw people immediately feel better, get up and walk, and even being to see! It was much like a page out of the gospels! Additionally, there was constant communication between the medical staff, interpreters, and Maasai, so that the people were simultaneously being educated about what they were experiencing. Frankly, it was a joy to see such a mutual exchange--the people receiving physical care--and those of us who were giving and/or helping in some way all felt humbled by the opportunity to assist, so that it seemed as if we were receiving as much as we were giving in the process, as I wrote about in my blog, [Mastering Life Through Healing with Dr. Jeff Kahrs](#).

You are welcome to read more about the trip, the chiropractors who went on the trip, the doctors who worked on the mission, the hospital, and the school on my website, [The Teachable Spirit](#), as I wrote extensively about all of them prior to participating in this particular trip, and continue to write about my experiences in Kenya, which has been profoundly affected by Dr. Jeff Kahrs through his friend, Dr. Warren Bruhl, and Dreamweaver International because of this time I spent with all of them.