

“When are you coming home daddy?” Those were Justin’s very first words in his life, spoken when he was six years old. Justin was brain damaged during infancy and thanks to his mother, Berit Skrumsager’s patient training with Temprana Reflex Therapy, he is now able to talk.

When the journalist visited Dustin and his family 4 years later, Justin stands in the doorway, ready to reach out, shake hands and say “hi” to any visitors to his family home, a cozy little house situated in Bronshoj, a suburb of Copenhagen.

The ten year old smiles widely as he says with perfect clarity, “look at my trampoline in the back yard, I just love it!”

In the family’s living room a child-sized wheelchair stands neglected in the corner, while the centre of the room is dominated by a lawn lounge chair that plays a very important role in Justin’s life - but we’ll come back to that later.

The little boy’s brain damage is not immediately apparent, and only becomes obvious as his parents; Berit and Mark Skrumsager relate his life story.

Justin, who is Berit and Mark’s third son, had a perfectly normal birth but, “a week after he was born we were concerned that his behavior was a little abnormal. He wouldn’t suckle; when he was encouraged to feed he would just turn his head away” recalls Berit.

During the night his condition deteriorated and the following day he was taken by ambulance to the Copenhagen’s main hospital emergency room. Justin was immediately admitted to the hospital’s neonatal department. By this time he was breathing irregularly and he was suffering from cramps.

Further examination revealed that Justin had suffered a number of aneurisms that resulted in an accumulation of blood on his brain, and as his father Mark says, “That’s when Justin’s brain was damaged.”

Berit continues, “After a day and a half in hospital, the doctors told us that the chances of Justin surviving past the age of three months were about fifty percent. We decided then and there to discharge him, and take him home with us – we thought that if he was going to die, we would rather have him be at home.”

All that Berit and Mark could do now was to wait and hope for the best. They each had they’re own ways of coping with the long and distressing wait.

#### A DIFFICULT TIME

Berit, who is a radiographer says, “I just had to concentrate on practical things. In my daily work I dealt with seriously ill people, so it wasn’t unusual for me to think about dealing with death.”

Mark joins in, “It was difficult for me. The entire period seemed surreal, I felt detached, and I kept thinking how unjust it was that our newborn son should have to suffer so much.”

Both parents were overjoyed when they could see that Justin’s condition gradually improved.

The baby was obviously afflicted by his condition, but he was nowhere near to being the “vegetable” that the doctors had prepared Berit and Mark to expect.

Being the parents of a disabled child was something that they now had to mentally prepare themselves for. “In the following years, the biggest obstacle that we encountered was communicating with Justin. He used his body language whenever he wanted to tell us something, but it was far from being a big success, we didn’t always notice. – and because Justin doesn’t have an aggressive nature, when he was sad or upset he would turn into himself – it was so frustrating for him.”

Justin is normally so quiet and mild natured, that when he falls and hurts himself he goes into “lock-down mode” that means that he stays where he’s fallen and doesn’t make a sound, even if the blood is gushing out of him. He falls over a lot because he walks on the tips of his toes. He has difficulty managing stairs or getting up again if he has been sitting on the floor.

Berit explains that in many ways, Justin is just like a little baby.

For the first time, in 2002, a friend of Berit’s told her about a program called Temprana Reflex Therapy. – “as a mother to a disabled child, I was open to all possibilities but I wouldn’t go along with just anything,” she says.

## THE FIRST WORDS

Berit explains that Temprana Reflex Therapy is similar to standard foot reflexology, except that it is also performed on the face and hands and more related to the nerve system.

Justin had a tailored made treatment program put together specifically for his condition and Berit was trained to personally treat her son.

After bathing Justin in the evenings, she puts on a soothing music CD. Justin gets himself comfortable in the previously mentioned lawn lounge chair (which Berit has discovered is ideally suited to the purpose). “He just loves it and often falls asleep during the treatment which takes an hour,” she says with a smile.

Berit noticed that Justin improved very quickly with the new Temprana treatment, “suddenly he could perform a lot of ordinary little tasks such as pouring milk into a glass.”

After a year and a half there was a major breakthrough.

Berit continues, “Mark phoned home from Dubai, where he was working at the time. Justin took the telephone and asked in a clear and perfectly understandable voice “when are you coming home daddy?” Those were the very first words we had heard Justin say in his life; both Mark and I cried tears of joy.”

In the period after that, Mark and Berit found themselves constantly and joyfully amazed by his progress.

“Justin’s ability to talk completely changed our lives. The quality of our lives vastly improved, even now when we think back on it we can’t help but beam with joy.”

Berit still uses Temprana Reflex Therapy on Justin and intends to continue, she has a goal – she wants Justin to be toilet trained before he reaches puberty. This is possible with Temprana therapy, as it is normal to change to different programs when a goal is obtained.

Berit often meets skepticism when she talks about the treatment.

“People often ask me how I know that it is definitely Temprana Reflex Therapy that has helped my son. They speculate that Justin might just have developed that way anyway, but I have no doubt that Temprana Reflex Therapy is responsible. When using Temprana Reflex Therapy, we work with accepted and proven acupuncture points and nerve points, there is no hocus-pocus involved” says Berit.

One of the main reasons that Berit and Mark are so relieved with Justin’s ability to speak is that they now know Justin will be more able to take care of himself when they are no longer there to care for him.

Berit, who is now 48 years old used to be plagued with anxiety – “I used to worry constantly about how Justin would cope, should anything unexpected happen to Mark and myself, then I had a few sessions with a psychologist and that helped.”

Berit and Mark are very good at communicating with each other and the Skrumsager family has been strengthened by the adversity they have had to deal with.

Both parents agree “we love Justin above all else, he’s our little star, he’s always so funny, positive and charming and a joy to be with.”