



State-of-the-Art Chiropractic Audio Education

You're Just 2 Easy Steps Away From Listening to the World's First and Only Radio Station for Chiropractic!

Welcome to the future of in office Music!

Chiro-FM is a state of the art solution for your in office music system or reception room stereo. In order to take full advantage of this free service you will need to download the latest FREE version of iTunes from Apple. If you do not currently have iTunes installed on your computer, visit the link provided to download the software for free. Windows and Mac Compatible.

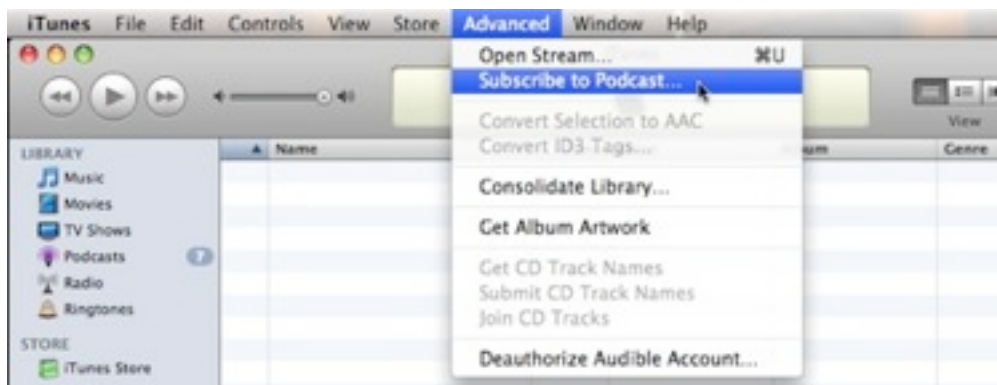


<http://www.apple.com/iTunes>

STEP 1:

How to Subscribe to CHIRO-FM

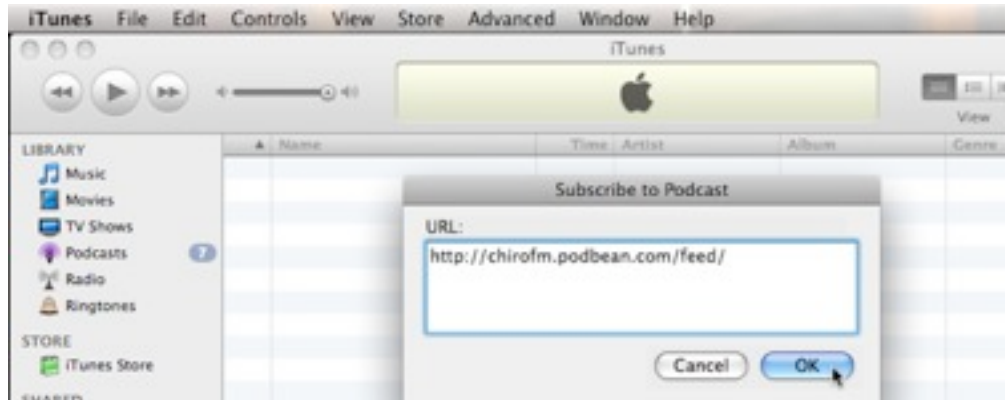
Once you have iTunes installed you will need to subscribe to our podcast show! To do this you will need to click on the menu at the top and highlight the tab marked "Advanced." Once highlighted, click on "Subscribe to Podcast."



Click on "Subscribe to Podcast" and a box will pop up prompting you to enter a "URL." This is where you will enter the address for our station.

Enter the following address into the window as shown below:

<http://chirofm.podbean.com/feed>



After you have subscribed and entered the URL, the show will download automatically. The show lasts a little more than three hours so please plan on allowing plenty of time for the file to download.

When you are ready to play, click the icon at left that says "Podcast" with the purple icon (shown below). Set the MP3 to repeat by clicking on the Repeat Button at the bottom left hand side of the iTunes player.

STEP 2:

Connect Your Computer to an Office Sound System

Once you have subscribed to our show, and the file has downloaded to your computer, you are ready to play it through your office sound system. To do this, you will need to connect your computer to a stereo. Whatever computer in your office you choose to use for this service, it can have the audio playing in the background while still allowing for complete office use of the computer.

There are lots of ways to do this. The cheapest is to string a cable between your computer's speaker line out and your stereo receiver using an audio cable with RCA jacks (the red and white plugs) at one end and a mini stereo plug on the other (measuring 1/8-inch, same size of a Walkman headset jack). These cables run as long as 50 feet (though the shorter ones are easier to find) and can be purchased online or at any Radio Shack for \$20 or less. Make sure you plug the mini end into the audio "line out" jack of your computer. You may also hook the mini stereo plug into your computers' headphone slot. *(Picture example of cable on right)*



Component-style stereo systems typically include a receiver (which offers a preamp/amplifier with a volume control, and a tuner to receive FM radio). To find a place to connect your computer to a home stereo, look for RCA-type connections that are marked AUX IN (for auxiliary input), CD IN (for connecting a CD player), or TAPE IN (for tape deck input). All-in-one stereos and boom boxes that are all one piece typically don't have connections for audio input, although there are exceptions - look at the back and sides of the unit for any RCA-type connections.



****Don't use the PHONO IN connection (for phonograph input) on most stereos. These connections are for phonographs (turntables) and aren't properly matched for other kinds of input devices. If you do this, you might get a loud buzzing sound that could damage your speakers.**

Play CHIRO-FM On Your Sound System Through An iPod

To use an iPod instead of your office computer, attach the iPod to your computer and allow iTunes to download the music file to your device. Once it has successfully download you can use the same cord listed above to connect the stereo mini-plug to the iPod dock headphone/line-out connection, or to the headphone/line-out connection on the top of the iPod. Connect the left and right connectors to the stereo system's audio input - whatever connections are available, such as AUX IN (for auxiliary input); TAPE IN (for tape deck input); or CD IN (for CD player input).



You can control the volume from the iPod by using the scroll wheel by using the volume control. This controls the volume of the signal from the iPod. Stereo systems typically have their own volume control to raise or lower the volume of the amplified speakers. For optimal sound quality when using a home stereo, set the iPod volume at less than half the maximum output and adjust your listening volume by using your stereo controls. By doing this, you prevent over-amplification, which can cause distortion and reduce audio quality.

Play CHIRO-FM Through Your Computer Speakers

Although we do not recommend this method, if you wish to play CHIRO-FM in your reception room only, you may use your computer speakers and point them towards the reception room. Should you choose to do this, we recommend purchasing a small computer speaker set from a company such as Altec Lansing for around \$79 or less.

Please feel free to visit these instructions again after you have subscribed to our service.

***By not using an iPod, you will still have to play the music from your computer, because the computer will still be converting the digital music files into analog sound before sending it out around the office. Herein lies the downside: if someone sits down and uses billing software that has sound effects while you're relaxing to Chiro-FM, the sounds of beeps and rings will mix right in with your music. The computer is still functional even when music is playing.