



## Create Your Own Custom Chiropractic Radio Show!

*You're Just 3 Easy Steps Away From Creating Your Very Own Custom Chiropractic Radio Show For Your Office!*

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.



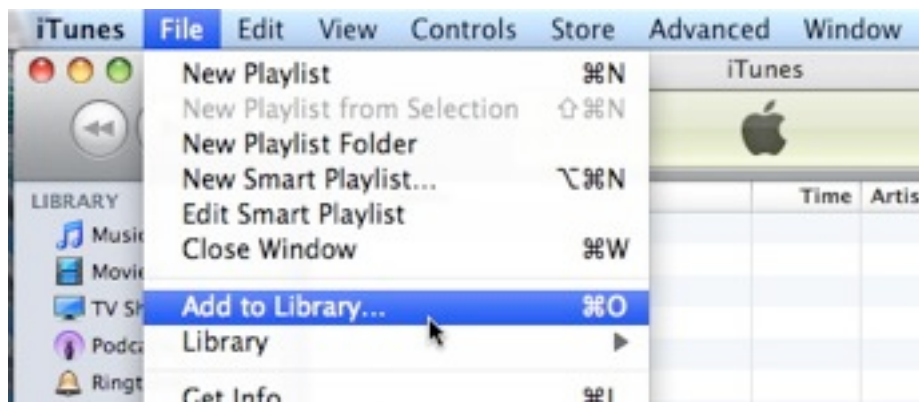
<http://www.apple.com/iTunes>

### STEP 1:

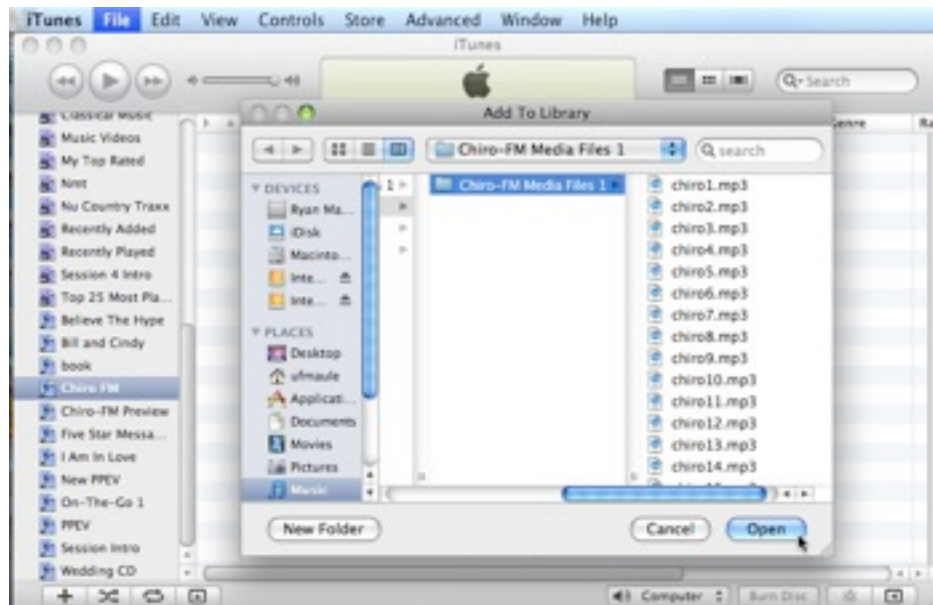
#### Putting Together Your Custom Radio Show

The first thing you will need to do is to download the "Chiro-FM Media Files 1" package to your computer. This file is a ZIP folder and will need to be unzipped by a program such as WinZip or Stuffit. Once unzipped you will have a folder with more than 30 chiropractic messages inside.

Next, open iTunes and highlight "File" and click on "Add To Library"



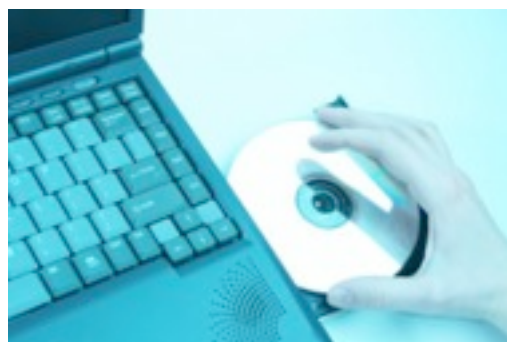
This will open up a new box. In this window, find where you have unzipped the Chiro-FM Media Files 1 folder and select the folder. Then click “Open.”



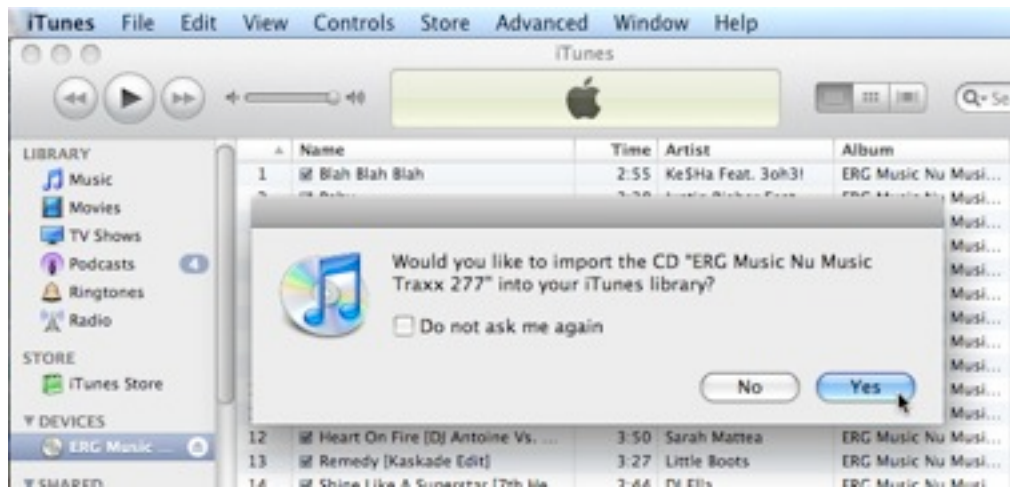
This will import all of the files into the “Music” section of iTunes. Now, click on “Music” in the top left hand side of iTunes. Here you can see all of your files that have been imported.



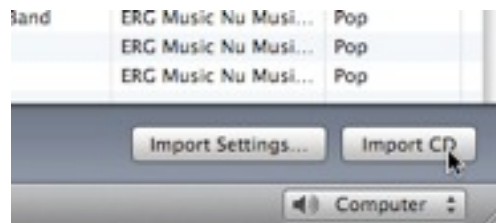
Next you will need to import your music. You can use any audio CD and import it into your iTunes music library. Just insert a CD into your CD-ROM/DVD-ROM drive on your computer.



Once the CD has been inserted, iTunes will automatically detect the CD and will ask if you would like to import the CD into your library. Click “Yes.”



If it doesn't ask to import the CD, you can also manually import the CD, by clicking on the “Import CD” button on the bottom right hand corner of iTunes.

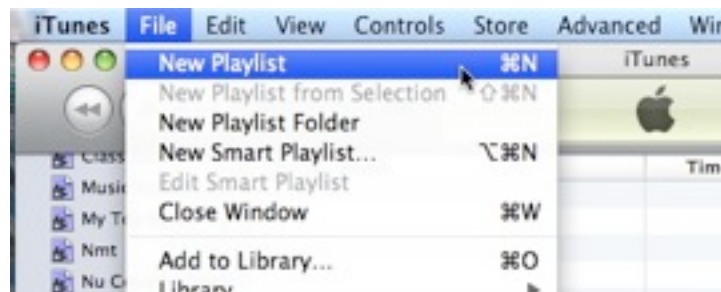


Do these steps for all CD's that you would like to be used in your custom radio show.

## STEP 2:

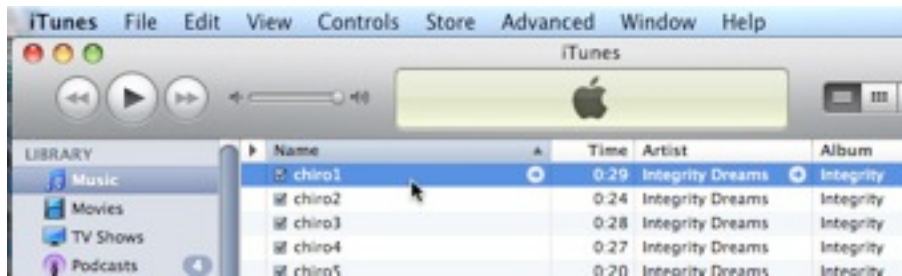
### Creating Your Custom Radio Show

Now that you have all your music and Chiro-FM Media Files together, it's time to create your actual radio show. Start by highlighting “File” at the top of iTunes and clicking on “New Playlist.”

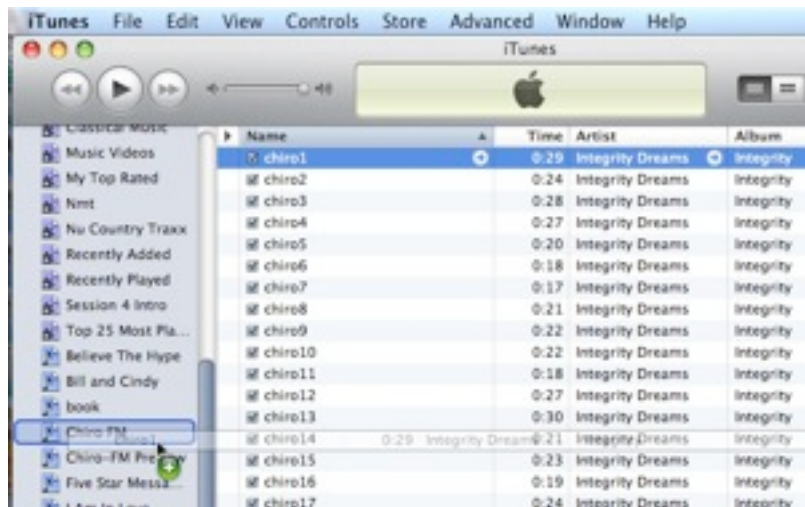


Your new playlist will automatically be called “untitled playlist” and be located on the left of iTunes. Now you can rename your file to “Chiro FM” as shown in the pictures or whatever other name you would prefer.

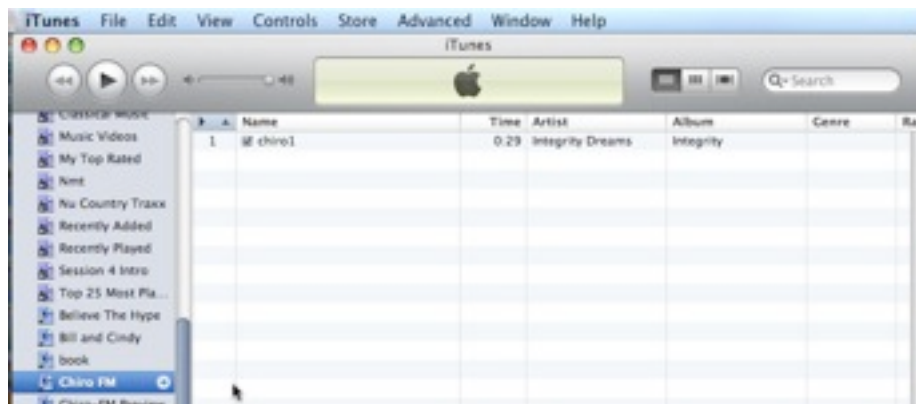
Now, click on the “Music” button on the top left of iTunes again and find your music files that you’ve imported.



From here, highlight one of the files you would like added to your show as shown above and then click and drag the file over into your new playlist.

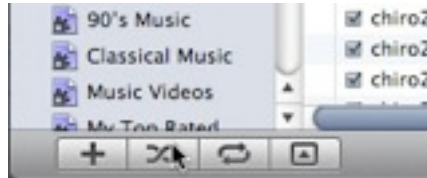


When you let go of the mouse to drop the file into the playlist it will look like this:

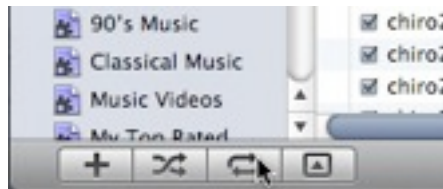


Repeat these steps until all of the audio files you want for your show are inside your new playlist.

All that's left to setup your show is to scramble your playlist. Click on the "Shuffle" button at the bottom left of iTunes. This will play your files in a random order. (this can also be done on an iPod)



Then click on the "Repeat" button located right next to the Shuffle button. Make sure to only click this button once.



Now click the "Play" button in

iTunes and your custom radio show

will start!



## STEP 3:

### 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.