

Proverbs 29:18 Where there is no vision,  
the people perish.

Spring/Summer 2019

Van Engen Chiropractic  
& Health Center  
402-486-3858

# THE Van Engen VISION

## Our Mission

Our mission is that God would be glorified by serving patients with the very best chiropractic care, by finding the cause of the patient's problem, and treating the spine and central nervous system by manually adjusting the subluxated vertebrae specifically to remove nerve interference.

## Spotlight

WHAT IS IN A WORD?

In Proverbs it says that there is life and death in a word.

In the gospel of John it says that God is the Word.

As we approach our everyday lives we are speaking a lot of words.

Have you ever thought about what your words are doing to your health?

If you speak words that are full of heaviness and dislike for yourself, your cells respond in a negative way.

Or if you speak words that are full of blessing and peace toward yourself, your cells respond in a healing way.

Our bodies are responders to our choices.

SPEAK WORDS OF LIFE!

I am a beauty because GOD says I am!

*"There is a vast difference between treating the effects, and adjusting the cause."*

Dr. D.D. Palmer  
Discoverer of Chiropractic

## A Garden to Remember



There is definitely something to be said about trying new things. Whether you end up loving it or not, it is amazing what God reveals through the experience. I would have to say that something like gardening was never anything that really peaked my interest, although eating organically grown produce is right up my alley. Growing it myself however, is not. A while back a friend of mine asked if I'd be interested in helping her out with her garden, and as an added benefit, she would share the bounty of her harvest. I thought that was an amazing opportunity and would be a great way to learn about this gardening thing. Admittedly, after being out there in the heat, along with my vehement disdain for creepy crawlies, my interest was dying quickly. Bound and determined however, I proceeded on with the pulling of weeds. I was overwhelmed at how thick and overgrown these weeds were around the little plants and I started to become irritated that they were trying to take down our harvest. Some of these weeds were literally winding their way around the entire plant stem, spiraling their way to the very top of the plant, slowly squeezing the life out of it! I very carefully and ever so gently, so as not to break the precious plants, began unwinding the weeds and cutting them down and pulling them out, freeing the plant. As I was doing this God spoke to me. He said, those weeds are like the lies of the world. They creep up, slowly, and wind their way around your very soul, keeping hidden the Life that lies within its clutches, until it is no longer recognizable. That's what lies do. They hold

us prisoner. I thought to myself, here I am, doing everything I can to tend to this plant, gently and carefully freeing it from the vines of death. How much more, does my Father in Heaven gently tend to me? Softly whispering truth, so as to free me from the bondage of lies...

So I've had to ask myself, What lies have I been believing? What have I kept hidden? Have I been honest with God? Have I been real with God?

Jesus sure was. In the Garden of Gethsemane. His soul was deeply grieved and troubled. He cried out to God in Matthew 26:29. "Oh Father, if it is possible let this cup pass from me; nevertheless, not as I will, but as you will." He didn't want to do it, but He trusted His Father.

It was in this moment when I realized I had not fully given myself over to God, and given Him permission to do whatever He needed to do in my life to free me. I wasn't trusting Him completely in every area of my life. Fear keeps many of us from doing that, but fear doesn't come from God. This experience in the garden however, left me feeling very safe, that this God, my Father, has such great care for me. As I tended to and took great care of the plant, even more God works in my life, so as not to harm, but to help grow and prosper. So no matter how He needs to do it, I trust completely that He knows what He is doing, and that He only has plans to give me hope and a future.

-In simple humility, let our gardener, God, landscape you with His Word, making a salvation garden of your life. James 1 MSG

- Jeanne Varejcka

# CHIROPRACTIC CORNER

## Maintenance Care

I often times get the question “If I am feeling good, why do I have to come back? Don’t I only need to come in when I hurt?” Good question. The answer lies in the subjectivity of how we experience pain. Pain fibers only account for 10% of your nervous system. That means when you are experiencing pain, you are only “feeling” 10% of what is actually going on inside your body! What makes up the other 90% you ask? Nervous tissue that controls muscles, organ function and regulation, and a whole host of other things you never have to consciously think about. So while you may not be hurting, your spine can be subluxated, creating irritation on your nervous system. This will interfere with how your body and brain communicate and share important information back and forth, thus creating problem areas that may go unnoticed for quite some time. Many people who have had heart attacks or cancer NEVER felt pain or symptoms until they were struck dead or had a tumor discovered that had been growing for years. Even though they never “felt any pain,” they obviously had something that was developing within their bodies. When we use the Nervo-scope on your spine, we are able to locate the areas of pressure/irritation on your spine and are able to deliver a specific adjustment BEFORE any symptoms start to surface (headaches, radiating pain, numbness/tingling). By clearing out these problem areas before your body starts to exhibit symptoms, you are free to have your nervous system function to its full expression of life, leaving your body to function as best as God intended it to. So don’t wait – call in to get that spine checked today!

Dr. Dan Synowicki, Jr.

## Patient Testimonial

by Josie Siler

Six years ago I walked through the doors of Van Engen Wellness Center and my life was not just saved, but forever altered. Growing up I caught every cold, virus, and infection that went around. I’d always need antibiotics and even then it would take me longer to get over it than it did other kids. Over the years, doctors would have to give me stronger and stronger antibiotics as I became immune to the ones I took so often. Being sick was something I hated, but part of life. It’s truly all I’ve ever known.

I love travel, adventures, and Jesus so it’s not surprising that I felt God’s calling to serve Him overseas. I majored in Intercultural Studies in college, and continued to get sick often. I had my first case of whooping cough my junior year. I traveled to the Middle East and Asia during my college years and dreamed big. I also began a relationship with a rheumatologist who diagnosed me with Raynaud’s Syndrome, a condition where my fingers and toes go numb, turning from deathly white, to almost black, to bright red as they warm up. It can be triggered by either cold or stress. She also saw markers in my blood showing I could develop an autoimmune disease so my yearly visits for bloodwork and a checkup began.

After college I worked in a short-term missions office and my local church as I went through the steps necessary to become an international worker. I attended seminary, had the most amazing experience of my life as I rode a camel through the Sahara desert and slept under a glorious night sky, passed my final interviews, and was appointed to serve the Lord in Southeast Asia. My dreams were coming true!

And then it happened. The calendar had just flipped to 2008; I’d been home for Christmas and was flying back to South Carolina where I was working to pay off student loans. On the flight, my legs went numb. It was the strangest feeling walking through the airport on legs that I couldn’t quite



feel. I later noticed that my legs were covered in purple splotches, almost like a rash. The joint pain started that night and within a few days I could hardly stand on my own. Everything hurt and I was so stiff that I couldn’t bend my joints without severe pain.

The next month was a blur as I flew back to Wisconsin to see my rheumatologist who diagnosed me with a mystery autoimmune disease. I quit my job and moved in with my parents, putting my overseas move on hold. I thought this was only a slight setback and that I’d soon be well enough to pick my life up where it had left off.

This would never be. It took two years for the “chronic” in chronic illness to sink in. Barring a miracle, I wasn’t going to get better. I was officially diagnosed with Undifferentiated Connective Tissue Disease, meaning I had symptoms of multiple connective tissue diseases. Most of my symptoms were from the Lupus category. I was put on very strong medications to suppress my immune system so that it would stop attacking my body. This made me susceptible to illness and I often had to wear a medical mask when I went out in public to keep from getting sick.

I saw numerous specialists at Mayo Clinic in Rochester, MN. Each one gave me a new diagnosis: asthma, dermatographism, fibromyalgia, insomnia, chronic migraines, and probable gastroparesis. At one point I got down to less than 90lbs and

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doctors didn't know why. One doctor took my gallbladder out, another doctor said they shouldn't have done that. I endured invasive and extremely painful tests far too often.

As my body wasted away, stronger medications were needed. One medication required me to go to the clinic once a week for a shot of a chemo drug with a side effect of cancer. Another medication made me want to kill myself. By the spring of 2013 all hope seemed lost. I'd been really sick for five years and I knew I didn't have long left to live.

That's when a dash of hope came along. A friend told me about Sara and said I had to go see her. I made an appointment and my parents drove me the 8 hours to the clinic. My first joy was that the thermograph wasn't a painful test. Incredible! I'd never met Sara before, but when she went over the thermograph report with me she told me things she shouldn't know. Crazy? Freaky? Unsettling? Yes. But awesome! She knew what was wrong with me and was confident I could be healed this side of heaven. For the first time in a long time I had hope. Over the years I had developed some great coping methods, but Sara said she was going to break those and teach me how to live, not just cope. And she has!

I'm coming up on my six year anniversary with Sara. On that first visit, my liver was failing, I was turning yellow, and there was fluid around my heart - and those were the easy things to fix! Over the years we've fought Chronic Lyme Disease - the disease at the root of all my problems, a disease I've had my entire life. We've also battled heavy metals, molds, viruses, bacteria, parasites, and a host of other creepy crawlies I don't like to think about. She's helped me recover from a horrible concussion, and she's saved my life no less than three times. Ask one of us about Earl, the parasite that just had to die!

I love that the staff at Van Engen Health Center look at the whole body. They see how everything is

related. On my journey, we worked on physical healing and then emotional healing, going back and forth like a teeter-totter. God has made our bodies so unique and intertwined that we can't have full healing in one area without the other.

Once I was ready, we tackled spiritual healing. I've had a relationship with Jesus since I was young, but years of illness and brain fog had left me weary and longing for the day when all the promises of Scripture were fulfilled and I was with Jesus in Heaven - healed, complete, and rocking my new body. I was waiting for someday and I didn't understand the freedom of living united with Christ today. But now I know what it means to walk in freedom, whatever my earthly circumstances look like. My health journey is complicated and it isn't over yet, but in Christ I am already healthy, I am complete, and I am free.

I still get weekly care at the Health Center and regular chiropractic adjustments with Dr. Dan keep me moving. I know what it's like to be a patient here and I understand the various emotions you may be feeling. Know that this is a good place, a safe place, and a place where you can be honest with people who truly care about you.

The staff at Van Engen Wellness Center aren't just my friends, they're family. And it's not just me; I've watched other patients come in for the past six years and so many of them feel the same way. We're all greeted with genuine smiles and hugs and a love that comes from Jesus. It's such a joy to now sit on the other side of the desk and welcome each patient with a smile of my own, knowing I'm a part of their story just as the staff has been a part of mine.

We welcome Josie as our new front desk receptionist! We are so thankful to have her as our new addition to the clinic.

## DID YOU KNOW?

### Your emotions affect you physically.

Have you ever been nervous for a big presentation or a test at school and you start to feel your stomach get upset? Or when you are driving, and you have to slam on the brakes, and you feel the adrenaline rush through your body? That is a chemical reaction from a mental thought. These chemicals that are released hundreds of times a day cause physical symptoms. Some are beneficial, but most are toxic for our bodies, causing inflammation and acidity. Our brain is a complex part of our body that is constantly communicating to our bodily symptoms. Different thoughts and feelings create these different chemical releases from the brain that go to specific parts of our body. Another example: most people know that when we are stressed, we release cortisol, which goes into our body causing inflammation, heart palpitations and possibly high blood pressure. Therefore, it is important to not only address the physical symptoms, but also the root cause of the emotions. We were designed to have emotions and feelings, but our body can only take negative thoughts and stress for so long before it causes physical symptoms. As you participate in our detoxification process, we will address these emotions so you not only feel better physically, but have an authentic joy that comes from knowing who you are and how to handle the stresses of life.





We are excited to introduce Hannah Morrell as a counselor/mentor we have partnered with. Please visit her website for more info.

Broken & Hopeful is a ministry for the encouragement of people who feel broken and need some hope. We believe that in Jesus' Life, we have everything we need for this life today. Our mission is to personalize this message of abiding in Christ and living as a branch on the Vine so that it means something not just for the hell of the future, but the hell of today. We do pastoral counseling to help people discover who they are and why they act the way they do. We publish materials, speak at conferences, and help support those around the world who also spread the message of Christ in you, the hope of glory.

To make an appointment with a pastoral counselor, please contact us using the information below. We offer donation-based counseling which allows us to serve a broad population of people who could not normally afford this kind of care. Your financial support through tax-deductible donations is always appreciated in making this possible for others. Also, please check out the resources available on our website to encourage you in your walk with God and bring rubber-meets-the-road reality to this Christian life.

## BROKEN & HOPEFUL

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### *John 3:16*

For God so loved the world, that he gave his only Son, that whoever believes in Him should not perish but have eternal life.

### *Galatians 2:20*

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.