



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

WINTER 2018

THE *Van Engen* VISION

Van Engen Chiropractic
& Health Center
402-486-3858

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

Are your emotions running away with you? Riding emotional highs and lows will wear your mind and body out. Dayna Wulf is a certified mentor that uses biblical discipling classes to show you a new way to think about your life and that you don't have to be defined by past failures or wounds. This class has been taught for 10 years at Van Engen Chiropractic and has brought many people to a place of mental, physical, and spiritual healing. Call today to schedule a 15 minute consultation with Dayna.

"You may never know how far reaching something you may think, say or do today, will affect the lives of millions tomorrow." - Dr. B.J. Palmer.
Developer of Chiropractic

A letter from the owners

Why isn't my shoulder getting better? The doctor says it is bursitis and tendonitis, but cortisone shots do not take away the pain. That was the situation with Merv in 1980. He went to a chiropractor, David Katz, who was an acquaintance and very successful in caring for people. He explained what chiropractic treatment was, and how it would benefit him. When Merv came back to see him in his office and his shoulder was no longer painful, he discussed how pleased he was and expressed a desire to help people with similar problems. Dave had a waiting room full of patients but took time to talk with him and ended by telling Merv he should become a chiropractor. It was as if God himself told him this because he had been searching for a profession that would use his talents and interests. He knew without a doubt this was God's plan for him. He came home and told me, (LaDonna, his wife) and I knew immediately without any reservation that this was God's vision for us.

We prayed and made a plan. He had to get additional prerequisites to attend Palmer College of Chiropractic by the spring of 1982. We had two daughters ages 7 and 4 and were leaving Adams, NE after charging gas and groceries for 6 months with the promise that when we sold our home we would pay them. Both of us were confident that this was exactly what we were to do. We left Adams in March of 1982. The house had not yet sold. All of our belongings were in a horse trailer and the vehicles we entrusted to God to get us there. Our family accompanied us. I'm not sure what they were thinking. Some folks thought we were crazy and others were just going to wait and see if we failed. When we sold the house three months later and paid our debts we had less than \$100 left for ourselves. Merv's study and work area was a card table and a single light bulb on a swag lamp above the table in a corner of our bedroom.

Merv remembers the girls didn't complain, or say much while sitting on his lap. They didn't bother him when he was studying. The girls knew the plan and that we were following it. We didn't know on that day of graduation where we would go next. A clinic doctor at the college using the Gonstead technique received a call from Dr. Tom Sherman in Cedar Rapids, IA asking for a new graduate to associate with him. We each put on our only suit of clothes and got into our 1977 Oldsmobile to drive 90 min to Cedar Rapids. We asked the Lord to reveal to both of us if this was where He intended for us to be. We had just commented that we felt "no sweat" in going for this interview because Cedar Rapids didn't sound very exciting. God had a sense of humor. It was pouring down sheets of rain when the heater in the car came on at its highest setting and we could not get it to shut off. We started sweating and so as not to smell badly we opened the windows in the rain. This was the beginning of 3.5 years in which we grew, learned, and enjoyed the people we considered to be our new family and trusted the Lord and his vision for us. Our vision included owning at least part of a clinic. God closed the doors to being a part of the Cedar Rapids Clinic and Merv was led to come home to Lincoln. I, on the other hand, rebelled against the plan God was revealing, but He taught me that His plan is the best one. He gave me some promises I wrote down and He, in His love and mercy, fulfilled all of them. We set up a practice at 7501 O St and stayed there until we built a clinic building after a couple of years at 7435 O Street. We rented out half of it. Merv's goal and vision continued to be: Serving and glorifying the Lord by:
1. Doing the best job you can of finding the problem on a patient and fixing it.

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CHIROPRACTIC CORNER



Top 5 Health tips going into winter

- 1) Tread carefully on the ice! Slips and falls happen, but when you fall on concrete, your body will lose! Besides the typical backache following a fall, concussions, broken bones, and serious injuries are bigger threats, so be careful!
- 2) God gave you TWO legs, so please use them when you shovel snow! Squat down in an athletic stance as you scoop to keep the majority of the pressure off of your lumbar spine and in your legs.
- 3) Cold and flu season is upon us, so keep your immune defenses up with spinal adjustments, as well as consuming higher doses of Vitamins C, E, and B and minerals such as Iron, Selenium, and Zinc. A good diet and a high quality vitamin should be very beneficial for these.
- 4) As the school year continues and homework piles up, please remind your children to use BOTH shoulder straps, as well as try to limit the weight of their backpack to not more than 20% of their body weight.
- 5) And finally, Merv says that if you're ice fishing, don't fall in the hole!!

2. Always put patient care before finances.
3. Hire people who believe in your values and reward them as you are able.
In 2005, Sara, our daughter quit her job as a middle school teacher and came to the clinic as a receptionist/scheduler/biller. (We only had one position). Then one of our patients, who was a close friend, was diagnosed with breast cancer. Merv researched alternative and/or supportive approaches to helping her. He found a conference in Florida taught solely by MD's and Researchers regarding the care of people using Bioenergy and Supplementation and Nutrition. Sara and Merv attended the conference after much coaxing by one of the MD's there. They were overwhelmed with information, but both Sara and Merv again knew without any doubt that this type of care was a part of God's plan for our clinic. We could do more and serve our patients in a way that God would reveal to us. Sara went on a mission to become a naturopathic physician. She took online courses and her clinical experience with a naturopath in Arizona and a Chiropractic Naturopath in British Columbia. She started in one room with one machine to deliver detoxing frequencies to patients, and one machine to test patients for what areas of the body were weak and needed detoxing. Sara and Merv were able to help a growing number of people. A few years later the other tenants moved out and Sara moved her clientele over and that was the beginning of "The Health Center". During the first 5 years our CPA called a special meeting to make sure we were aware of how unprofitable the Health Center business was. We assured him that when God tells you to do something you do it,

and He takes responsibility for the outcome. The number of people coming in was increased dramatically after February of 2016. We hired 3 more RNs and an assistant for Sara. We had outgrown the clinic building at 7435 O Street. Our vision was to have a clinic with a minimum of 5000 sq. ft, surrounded by trees and nature, with ground floor access close to the existing location for the patients comfort. We looked and waited. In 2017 Hampton Enterprises showed us the 200 suite on the second floor of 7441 O St across the parking lot. The second-floor suite had ground level access on the back of the building, with a view of trees out of every window. It was perfect! We moved in May 2018 to our new office with a staff of 3 chiropractors, and 13 staff members. This was more people doing more business than we ever envisioned. Waiting on the Lord and His timing has always been the key to success in our business and personal lives.

As we visualize the future, we look back to see how God worked and continue to:

1. Trust God and move forward when He asks us to try something new, even if our family, friends and CPA say something to the contrary.
2. Wait on Him and His timing.
3. Realize that we never dream big enough. Double the size of the clinic in 5 years.
4. Give the best care physically, emotionally, and spiritually that we can to every patient He sends us.
5. To add additional services as we can.
6. To be a light and example of God's love to our neighbors.
7. To let God live in and through us to glorify Him everyday.

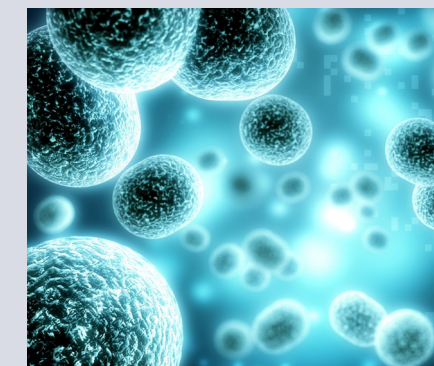
Patient testimonial by Leah R.

My medical journey began when I was 10. I lacerated my liver in a 3-wheeler accident and was in ICU for a week. I thought I had healed and had no lasting repercussions until a year later, when I was diagnosed Type I Diabetic. As I grew up I had the usual bouts with strep throat but nothing major until my 10th year of teaching. I came down with a severe case of mononucleosis. It took all of the spring semester to just survive, and the remainder of summer to rest and recover. I pushed through because I thought that was the only way to survive. Upon recovering, my body began producing more mucus and my internal thermostat was running cold. My body temperature's new normal was 97.7, and I could not get warm. I had a good 5-year stretch with nothing serious occurring until fall 2011. I was diagnosed with a sinus infection and had 3 rounds of antibiotics before landing in the emergency room. It took several E.R. visits and 6 doctors before I found someone who could give me answers. Just before Christmas, I was diagnosed with Candida, a full body yeast infection created from too many antibiotics and not enough good flora. This episode cost a 30-pound weight loss and over 20 days of missed work. I also had what is referred to as a foggy brain or a fuzzy head. This is an odd feeling, and it also slowed down my thinking as well as impaired my memory. Almost a year later, I came down with round two of Mono and missed 45 days of work; I once again lost an entire summer to simply resting. I started the 2013 school year functioning at about 20% my normal energy level. I was tired all the time, always cold, and I had lost my zest for life. I had also developed sensitivity to loud noises, especially long sustained

noise, and a sensitivity to bright light. It felt like I was on sensory overload. At the end of September I came down with strep throat followed immediately by tonsillitis. My tonsils never felt the same, and I tried numerous times to tell the doctor that something was not right. Being a diabetic, I pay careful attention to what my body is telling me. I could not control my blood sugars, which is a sign of infection. I finally went to an ENT, without a referral, to plead my case. He agreed the tonsils should come out. In November I had them removed and the doctor said, "Good call, you had an abscess behind one of the tonsils". During my recovery process I developed an odd accent. It was a cross between eastern European, Irish, and the South depending on how tired I was. Nothing would make it go away, not speech therapy, not rest, not anti-inflammatories, nothing. As a Language Arts teacher, it is very difficult to not be able to speak English correctly. I knew I was using my tongue differently, and I was really struggling with closed vowel sounds. To add insult to injury, I had a hypersensitive gag reflex. Then, in the summer of 2017, I lost my love of driving. This has been the one thing I've always enjoyed doing. Now I was too tired, and I simply could not keep going like this. Immediately upon returning home from a girls' trip with friends, I went to my local naturopath doctor. She did blood work and quickly diagnosed me with Hashimoto's, a hypothyroid disease. This was my second autoimmune disease. I worked with her on a monthly basis trying to get my thyroid levels normalized. It was during the winter of 2017 that I developed horrible joint pain. I was walking and moving like an
continued on back...

DID YOU KNOW?

Detoxification is important!
Our bodies are made up of 600-700 trillion cells. Each of these cells receives thousands of toxin a day. These disturbances, such as heavy metals, pesticides, herbicides, preservatives, etc. slow down the function of our cells. This can lead to food allergies, skin issues, hormone imbalances, auto immune disease, even cancer. We all know someone who has these symptoms. What can we do to help our bodies fight against these toxins and restore proper function to the cells? Cells lose their energy from having toxins. This breaks down their natural ability to keep the body's immune system strong, which can lead to a chain of events or multiple symptoms. Just as it is important to keep your car serviced, and change the oil, our bodies require the same maintenance.



80 year-old woman even though I was only 42. I had to buy all new clothes, items that were soft enough not to irritate my nerves. I was spending every weekend in bed trying to rest enough to be able to function at work. I was no longer living life; I was barely existing. I was missing holidays with family, birthday celebrations (even my own), and constantly telling my students to be quiet. I was at the end of my rope, frustrated with my own body and brain, and desperate for answers. It was at this point of depression and desperation when my sister gave me the name of Sara. I figured, "What do I have to lose? It can't possibly get worse. Best case scenario, I'd only lose a weekend and a thousand dollars or so." I made an appointment for June, and prayed I would make it to the end of another school year.

June finally rolled around, and I shuffled into the office like a dead woman, a shell of what I used to be. After completing the Thermography testing I was ready to meet Sara. She gave me information in a way my brain could handle. She said she knew I would need to do research and check for the validity of what she was saying. I appreciated her straightforward delivery of information. I was definitely overwhelmed with all of the new information, but what she was saying made sense. For the first time in over five years, I had a sense of hope. I was getting answers; I had a solution, and I was not going crazy. I was told, "You have a lot of things going on in your body. The good news is nothing is permanent, and I am very confident we will get everything cleared up. There is also a good chance your diabetes will also be greatly improved; if not completely gone." I had mold, multiple viruses, staph infection, bacteria, and heavy metal toxicity all wreaking havoc in my body. The red blood cells were sluggish

and the white blood cells were not even working; they were just hanging out letting everything into my body. I needed serious help if I wanted to function as a productive adult and keep my sanity. It took one week on the detox program created by Sara before I started to see small improvements, and in six-weeks I was noticing big changes in my energy, recovery time after a hard day, and how my brain was functioning. One month after my first appointment, I had a follow up with Sara and 5 chiropractic adjustments in 3 days with Dr. Dan. Living out of state, the staff and doctors have been very accommodating and flexible with my schedule. They were willing to come in early to make my time as productive as possible. The chiropractic adjustments in conjunction with the nerve cleaning remedies Sara gave me cleared up my accent. I was so excited. I had been living with this stressor for 20 months and thought it was going to stay forever. I cannot begin to say how much of a life change this was for me. It now took less energy for me to talk, form thoughts and words, and even function. I am currently half way through the detox program Sara has for me, and I cannot believe all of the changes I have experienced. My body temperature is returning to normal, my nerve sensitivity is dramatically less, the foggy/fuzzy brain is lessening, the accent is gone, the energy level is continually rising, and my joint pain is almost completely gone. I can hardly wait to see what else is going to improve. I am returning to the person I was before all of this happened. I am, and will always be, grateful to Sara and Dr. Dan for all of the work they have done. They gave me my life back.

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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.

