



Budincich Chiropractic Clinic, Inc

# Spine-A-Line

February 2014 • For patients and friends of Budincich Chiropractic Clinic

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- **Mission Teams Very Active in 2013**
- **Doctors With A Heart**

## Sign Up Now for "Flexercising" Class

- **Every Wednesday, 6:00 – 7:30 p.m.**
- **Talk with Dr. Casci to participate**

## DOCTORS WITH A HEART PROMOTION



**See Page 3 for Certificate**

## New Treatment Technology at Budincich Chiropractic Clinic

**A**t the Parker Chiropractic Resource Foundation's Annual Convention in Las Vegas, Nevada, in January 2014, Dr. Budincich purchased some new equipment. This new technology equipment includes an ArthroStim® and a VibraCussor®. These two devices are made by the same company and are part of a chiropractic treatment called "impulse technique," or Creed Technique.

The ArthroStim® instrument is an adjusting percussive device with oscillations of between one

and 15 pulses per second for high speed adjustments with low force for certain conditions resistant to

regular hands-on adjustments. The instrument can be set with a variety of tips, from prong tips to single tips, in order to adjust specific vertebral segments and joints.

The second instrument, the VibraCussor® is a variable speed, high-performing soft tissue

mobilizer with which we are getting excellent results for tennis elbow



*Continued on page 2*

## Dr. Budincich's Mission Teams Very Active in 2013

*By Michael N. Budincich, DC*

**T**he year 2013 was very busy for Dr. Budincich's "MANOS CON ALAS" nonprofit organization and mission teams.

The first quarter of the year was spent in final preparation of the mobile dental trailer ("MDU") which was hauled down to Baja California in the first week of April 2013, just one week prior to its inaugural use. The 23-foot trailer was donated by "Pradit," prior owner of "Baldwin's Baked Potatoes" of Monrovia, California. The MDU was given a final installation of a 6500-watt ultra quiet ONAN RV generator. The two donated dental chairs and operatories were given final testing and wiring, and

the unit was hauled down by Dr. Budincich personally during April 2013. After being parked in our Baja Ensenada lot, the unit was used the very next weekend by our fly-in mission team at Casa Del Pastor in its abused women and children shelter at San Vicente, Baja California. For its inaugural use, two dentists, Dr. Gary Demerjian and Dr. Mark DeLeon, served 50 patients that day! This was along with many dozens of chiropractic services and dozens of free eyewear.

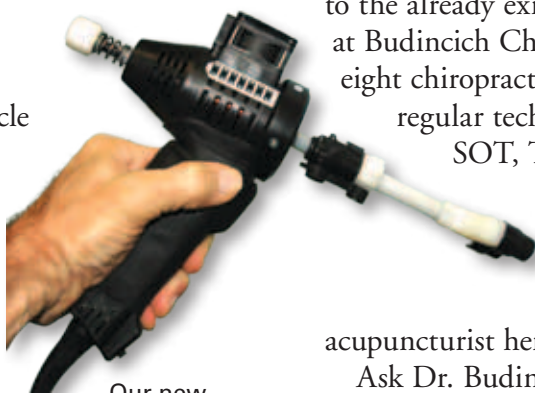
After our mission vehicles were vandalized in our parking lot south of Ensenada, the owner of the lot asked us to move our

*Continued on page 2*

## New Treatment Technology, *continued from front page*

or lateral epicondylitis, shoulder tendonitis, rotator cuff strains, and other soft tissue problems. It also works well for loosening muscle spasms that are in acute flare-up, such as in the neck or back when you wake up with a stiff neck or leaning to one side with your back.

The ArthroStim® and the VibraCussor® are relatively new instruments that have come to the forefront of chiropractic in the last five years or so. Dr. Budincich has been adjusted using these instruments at a few different seminars and finally decided to invest in the equipment because of their quality and the uniqueness of their adjustments. The unique aspects of these two instruments will add



Our new  
ArthroStim®

to the already existing professional treatment provided at Budincich Chiropractic Clinic in terms of our other eight chiropractic techniques we use regularly. Our regular techniques include Diversified, Activator, SOT, Thompson, Gonstead, Cox, Leander, and Deep Tissue Therapy. In addition to these chiropractic techniques, of course, we have been using deep tissue massage and we have an acupuncturist here, Dr. Polin Togi.

Ask Dr. Budincich on your next visit about these new devices if you think you have a chronic condition these might be able to help. If you have had an area of your body that has been *resistant* to standard adjustments, we may use this new instrumentation on you to see if we can get a better or faster change. We are always looking for the best equipment to serve you here at Budincich Chiropractic Clinic. ■

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## 2013 A Busy Year for Mission Teams, *continued from front page*

vehicles to another location. Dr. Budincich was forced to relocate the dental trailer and two of the mission vehicles (a 1990 Dodge Van 350 and a 1992 Chevrolet Suburban 2500) to the Rosarito Beach area where he had befriended some of the members of Flying Samaritans Rosarito Beach Chapter. As you may recall, Dr. Budincich has been a member of the Flying Samaritans since 1982 and he joined flying teams off and on ever since then. This Rosarito Beach Chapter Flying Samaritans have never had a dental team come down to accompany their medical doctors and the optician on any past trip in the past, so our initial clinic there in Ciudad Constitución enabled us to see 38 dental patients, dispense over 75 pairs of prescription eyewear, and provide many chiropractic treatments. This clinic took place on August 23, 2013.

Our next clinic was held on November 13, 2013, at the Calvary Chapel Rosarito Beach overseen by Pastor Mike Vincent. This was the largest clinic that Calvary Chapel had ever had when our team arrived with only seven members. Our two dentists, one chiropractor, and two lay opticians, along with translators, treated 55 dental patients, dispensed approximately 175 pairs of prescription eye glasses, and delivered 125 chiropractic adjustments. Hundreds were served with our small team of seven who flew in two aircraft.

At the November clinic, we learned of an abused and abandoned senior center in southern Tijuana. This center, called "El Refugio," housed 130 senior citizens

between the ages of 65 and 103 years old, seven to eight to a room. So we embarked upon serving them with the help of the Rosarito Beach Rotary Club, the Tijuana "Independencia" Rotary Club, and only two people from our U.S. mission team; Dr. Budincich and Carola Mendez. This event took place on January 4, 2014, just a few days after the holidays. This trip became difficult for many team members to attend because of visitations of relatives over the holidays still being here. Despite only two U.S. team members, we were able to give out 130 personal gift bags similar to those given by "Operation Christmas Child." These consisted of one-gallon zip-lock bags containing underwear, socks, a tooth brush, playing cards, pens and pencils, stationary, a handkerchief, a scarf, warm beanies, and other useful items. We also bought 80 pounds of meat, then prepared and helped serve 130 meals each at breakfast and lunch for these seniors. In addition, over 60 pairs of prescriptive eyewear were dispensed, particularly reading glasses, for these residents.

We are always looking for new team members with medical, dental or chiropractic background to join our mission teams, along with translators, pilots and general helpers.

In addition, donations can be made to Dr. Budincich's non-profit organization to serve the poor in Mexico by sending them to MANOS CON ALAS MINISTRIES, 1250 East Walnut Avenue, Suite 122, Pasadena, CA 91106, to the attention of Brian Russell, CPA. ■



Budincich Chiropractic Clinic, Inc.  
 Michael N. Budincich, D.C. & Associates  
 Michael N. Budincich, D.C.

John M. Casci, D.C.  
 Polin Togi, LAc

# DOCTORS WITH A HEART

Dear Patients and Friends,

Flowers and chocolates can express how much you care for someone, but showing someone how much you *deeply care about their good health* can speak volumes. We have a program that can help with improving the health of your family and friends.

Enclosed you will find a gift certificate for family members or friends, good for a Free Complete Chiropractic or Chinese Acupuncture Assessment Examination and any needed X-rays. This includes examination of the spine, posture, muscles, joints, nerves, or this may be used for a complete new patient acupuncture/Chinese medicine examination. This is a total of up to \$250.00 of services we will provide for each person you send us.

I am sure that you know of someone who would appreciate the opportunity to take this step toward better health. In fact, it could be the most important gift anyone has ever given them.

So, why not give a gift certificate to someone suffering to have the opportunity to find out that *they don't have to live with pain anymore*. I ask you one favor, please don't let this go to waste. **The certificate below expires on March 15, 2014.** The best gift you could give for Valentine's Day is the gift of good health. This certificate is void without your name on it as the referring patient.

Sincerely,

Michael N. Budincich, D.C.



Budincich Chiropractic Clinic, Inc.  
 Michael N. Budincich, D.C. & Associates

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 Pasadena, CA 91106  
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Michael N. Budincich, D.C.  
 John M. Casci, D.C.  
 Polin Togi, LAc

## CERTIFICATE FOR EXAMINATION AND X-RAYS

*This gift certificate is good for a Complete Chiropractic or Acupuncture Examination, including examination of the spine, posture, muscles, joints, nerves, and even spinal x-rays if they are needed.*

*This offer is for new patients only and expires on March 15, 2014.*

Name \_\_\_\_\_

Referred by \_\_\_\_\_

**This certificate is void unless referred by a current patient.**



Michael N. Budincich, D.C.  
John Casci, D.C.  
Polin Togi, L.Ac.

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*Michael N. Budincich, D.C. & Associates*

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## DOCTORS WITH A HEART PROGRAM

**W**e are again sponsoring the Doctors with a Heart chiropractic outreach program in 2014. This program begins February 14 and ends March 15, and is highlighted by our clinic giving coupons to active existing clinic patients to give to hurting friends and relatives who need our care and wish to be diagnosed with possible problems that we can help.

If you receive a mailing of these coupons, you have been selected to participate by your loyalty and your recent regular chiropractic or acupuncture care. Not all of our patients will receive coupons for giving away, but if you do get one to give out they will represent a \$200.00 saving to your referral.



Your referral will receive a complete history of their health, a symptom appraisal, a complete exam of all areas of complaint and a postural exam, along with needed X-Rays of the areas of complaint pertinent to their case, along with a complete oral and written report of findings. It could also cover your first acupuncture consult, if you have never tried Dr. Togi or his unique type of service. The coupon could be used for chiropractic care first exam OR an acupuncture first exam. If you feel you need an additional coupon, please call our office at (626) 792-3390 and ask for Christie. ■