



Budincich Chiropractic Clinic, Inc.

# Spine-A-Line

December 2015 • For patients and friends of Budincich Chiropractic Clinic

## Annual Toy Drive Dec. 7-12, 2015

**IN EXCHANGE FOR A  
NEW, UNWRAPPED TOY  
(\$25 VALUE):**

**Established patients will  
receive a complimentary  
treatment.**

**New patients will receive  
a consultation, exam and  
xrays, report of findings.**

• See page 3 for details

## Stretch & Exercise/ Posture Classes

- Every other Monday at 6 pm
- Call today to reserve your spot for the next available date!

## HOLIDAY CLINIC HOURS

**Christmas Eve  
CLOSED**

**Closed 12/25/15**

**New Year's Eve  
8:00 to 11:00 am**

**Closed 1/1/16**

## "I CAN'T BELIEVE IT'S BEEN 30 YEARS!!"

*by Michael N. Budincich, D.C.*

**O**n July 30th, 1985 Budincich Chiropractic Clinic opened its doors for the first time, making it now the largest self-standing clinic in the city of Pasadena. No other chiropractor has a stand-alone building of this size (nearly 4,000 sq. ft.) in Pasadena. We were bold in our excitement to open a clinic with eight adjusting rooms and nine therapy beds for physiotherapy, deep muscle work, and acupuncture. We have remained open every week since its opening. Normally, we have been open six days a week on most weeks during our 30-year tenure.

Only breaks for major holidays and staff-attended relicensing seminars closed our doors some long weekends.

We made it a success thanks to our loyal patients, their referrals, and returning with their growing



Dr. Bud cuts the Pasadena Chamber of Commerce ribbon celebrating 30 years of serving the community.

families. We have treated four generations of some families, and three generations of many families. That makes us feel proud to have earned your trust over the 30 past years here and 35 years in Pasadena.

Thank You, patients, for allowing us to serve you and earn your confidence and respect over these many years! ■

## The lowdown on sugar highs from your health coach

*by Melissa Robinson Fernandez*

**H**ello Everyone! I am Melissa, the new certified Holistic Lifestyle Coach (HLC), Life /Relationship Coach and Exercise Coach here at Budincich Chiropractic Clinic. I am thrilled to be here working with the very best in Pasadena, Michael Budincich D.C. and Associates, to share with you my knowledge and experience in

corrective exercise, holistic nutrition, diet, disease prevention and management through nutrition, lifestyle and circadian rhythm. I also love to share my holistic anti-aging knowledge, restorative postures, and focused stress management. My passions for helping you live a healthier and happier life come from intense experience and interest in balance

*Continued on page 2*

## The lowdown on sugar highs, *continued from front page*

and quality of life. I am originally from Houston, Texas and now happy to call California my home.

As a Health Coach with many years of interest in the effects of elevated insulin levels, I see most Americans carrying around some unwanted pounds (fat). You do not have to be Diabetic to experience this. This information is relevant to everyone. Elevated blood sugar could be the reason our entire country is experiencing the worst disease epidemic in our history. One reason we may feel so GRUMPY is that unstable blood sugar can cause anxiety, impatience, moodiness, hormone imbalances, fatigue, irritability, bloating, and unnatural food cravings. Vision loss, nerve damage, accelerated aging and disease is also commonly seen.

It is important to understand why unstable blood sugar develops. Any sugar (a slice of bread, an apple, honey) that is digested by our body causes the pancreas to create excess insulin. Insulin hormone is super important, because it helps get the sugars out of the bloodstream and into your cells. If insulin levels are driven up meal after meal,

day after day, month after month, and year after year, your pancreas becomes exhausted and damaged. Your cells then become resistant to absorbing any more sugar. This insulin resistance is when the body says “ENOUGH!” The excess sugar in your bloodstream causes your blood sugar levels to go up. The elevated sugars hang out there until the insulin converts them as fat. You may see abdominal fat, weight gain, and high cholesterol (to name a few). Too much sugar in the bloodstream can also attach to proteins that can thicken your arterial walls, leading to atherosclerosis, heart disease, and circulation problems!

This is relevant to everyone. Sugar is something you need to manage to live a long and healthier life. Some suggestions for stabilizing blood sugar include eating organic proteins, lots of dark leafy greens, small portions of healthy fats, and avoid skipping meals, especially breakfast.

I will create a personal program that is right for your individual needs, by providing the tools to accomplish this with individual care and attention. My purpose and passion is to guide you to a



Certified Holistic Lifestyle Coach  
Melissa Robinson Fernandez

path of total wellness. This will enhance your response to the nerve and joint benefits from wellness and preventive Chiropractic care.

I look forward to meeting you all. Let's have fun by getting, experiencing and maintaining a healthier life, over the long term.

***I am very happy to announce that I will be leading a stretch and posture/exercise class every other Monday of each month at 6:00 p.m. Call (626) 792-3390 today to reserve your spot for the next available date! ■***

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## Year End Alert: Your INSURANCE deductibles are starting over on January 1st

**E**ach year patients have to satisfy higher and higher deductibles to have their insurance pay for needed services. My personal group insurance has a \$9,000 annual deductible, so like you, we pay cash for most of our checkups and doctors visits and blood work that we do routinely to screen for cancer, cholesterol, and other pathology. When the deductible is finally satisfied we “run out of year” before

insurance can reimburse us in many cases, and the same is true for many of our NON-HMO/PPO group commercial insurance patients. The higher the deductible, the lower the monthly premiums are, so we insure against the BIG things like surgery and hospitalizations.

SO if your deductible is satisfied...and you have ONLY December left to use your benefits, it is to your best interest to get

any needed care THIS year to avoid the loss of your well deserved benefits before your new deductible in January. With the limited office schedule in December due to holidays and travel, it is wise to get your appointment times early for December year-end care. Insurance is expensive, so you may as well take of advantage of earned benefits you have already paid for on the old deductible of 2015. ■

# ANNUAL TOY DRIVE

at the Budincich Chiropractic Clinic

Benefitting the  
Pasadena Jaycees'  
"Operation  
Santa Claus"

**December 7 to 12, 2015**

Call (626) 792-3390 today  
to schedule your appointment

FROM DECEMBER 7 TO DECEMBER 12, the Budincich Chiropractic Clinic doctors and staff would like to show our appreciation for allowing us to serve your health needs with safe, effective, chiropractic care.

We will be giving complimentary treatments to established patients in exchange for a new, unwrapped toy (\$25 retail value approximately).

New patients to the clinic will receive a thorough consultation, examination, any necessary x-rays to diagnose their condition, and a written, detailed, as well as an oral report of findings (\$150-\$250 value), or this may be used for a complete new patient acupuncture examination. for a \$25 minimum unopened toy donation. New patients may schedule at established times from December 7th through the 12th.

Please join in this holiday event and bring the joy of Christmas to a needy child as you receive the gift of health through chiropractic care. Call now for best appointment times. All donations must be received by December 12.



Santas ready to deploy into the community and deliver the toys to the children.



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

140 North Hill Avenue, Pasadena, CA 91106

Michael N. Budincich, D.C. • Polin Togi, LAc  
(626) 792-3390 • [www.drbud.com](http://www.drbud.com)



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**ADDRESS CORRECTION REQUESTED**



**Help Support  
"Operation Santa Claus"**

- **BCC Toy Drive December 7-12**
- **See Page 3**

**COUPON**



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

**Budincich Chiropractic Clinic patients who have not yet received deep muscle therapy with our new therapists may redeem this coupon.**

**\$20.00 for a 30-minute massage when accompanied by a chiropractic adjustment at regular fees.**

**\$30.00 for a 30-minute massage without a chiropractic adjustment.**

**CALL TODAY FOR YOUR APPOINTMENT  
(626) 792-3390**

*This coupon is valid for established patients of Budincich Chiropractic Clinic and is valid only until 1/31/2016. Not valid in combination with any other offer. This coupon has no cash value.*

**COUPON**



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

**One hour session of  
Life Coaching, Personal Exercise  
or Holistic Nutritional  
Recommendations with  
Melissa Fernandez**

**\$25.00**

**CALL TODAY FOR YOUR APPOINTMENT  
(626) 792-3390**

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