



Budincich Chiropractic Clinic, Inc.

# Spine-A-Line

December 2013 • For patients and friends of Budincich Chiropractic Clinic

## Inside this issue:

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- **Preventing Foot Pain After Age 40**
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## Sign Up Now for "Flexercising" Class

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

## HOLIDAY CLINIC HOURS

**Christmas Eve  
8 am to 2:00 pm**

**Closed 12/25/13**

**New Year's Eve  
8 am to 2:00 pm**

**Closed 1/1/14**

## THE AMERICAN DIET IS KILLING US!

*By Michael N. Budincich, DC*

**A**fter an inspiring lecture two years ago by Dr. John Tanner of Tanner Research in Monrovia, California, I embarked upon a major diet change. My personal cholesterol and triglyceride numbers had been climbing at my annual exams in recent years. It was time to do something about it.

The inspiring lecture and Dr. Tanner's personal experience led me to make major changes in my diet. Dr. Tanner formed a non-profit after his own health experiences and became more concerned about the health of America (with the degeneration of the cardiovascular and other bodily systems) caused by the American diet.

I am now advocating a plant-based diet with elimination of milk products and all red meats, and most animal proteins. Cholesterol and triglycerides concentrations in our diet are the main ingredients causing Americans to fall to approximately 85th place in general health among the countries of the world. Our country spends more per capita on health care than any other country in the world. Roughly 15% of every dollar earned in this country is spent on health care (or, as I should really say, disease care). Very few health-care dollars are spent on prevention of diseases and/or the education of disease prevention in our culture.

*Continued on page 2*

## Dr. Togi Now Offering Anti-Aging Acupuncture Treatments

**A** few months ago, Dr. Polin Togi of Budincich Chiropractic Clinic started anti-aging acupuncture treatments on a few of his patients, and he began getting very favorable results in their facial muscles and skin. Women who received these treatments were very pleased with the results.

Dr. Togi also implements ear acupuncture point "seeds," which he tapes into place, for self-stimulation for other conditions. Not only does he stimulate the needles at the time of acupuncture

treatment, but the treatment has a residual benefit of stimulating the seeds at the acupuncture points for treatment later that same week.

Acupuncture along with chiropractic is a safe and effective way to receive pain relief and health benefits through Chinese medicine without the possibility of harming the body through chemical or surgical intervention. These two medical treatments – acupuncture and chiropractic – have complimented each other greatly in the several years that we have been offering them together at Budincich Chiropractic Clinic. ■

## The American Diet is Killing Us! *continued from front page*

Coronary heart disease is preventable! Adult-onset (type 2) diabetes is preventable and curable with diet. Many types of cancer are preventable or treatable with dietary changes, placing the body in a position to fight the cancer more effectively by removing toxins and inflammatory foods from one's diet.

Although it is difficult for the average adult to move to a 100% plant-based diet, all of us can begin today by eating less fatty foods, and by eliminating processed sugars from our diet.

Cutting out all red meat and drastically reducing the intake of fish and fowl is a key step. An adult's daily protein intake should not be more than the recommended 15% as research has shown in more recent years. (In the past, it had been thought that protein should be 30% or more of one's diet.) High protein diets increase the acidity of the body, change the pH in the blood, and may allow bone loss to develop into osteoporosis by drawing on skeletal calcium to help the body become more alkaline, which is usually the job of fresh fruits and vegetables. Those people who eat meat and protein and do not like vegetables are most at risk for developing cardiovascular disease, chronic ill health, and having an early death.

Sodas and sugar-based drinks, where highly concentrated refined sugar or corn syrup is found and consumed quickly, are the greatest nemesis to our children's health. Childhood obesity is killing our children. Many will not reach the ages that we are enjoying today,

for their lives will be cut short by type 2 diabetes and the resulting vascular problems. So the best that a parent can do for their children is to feed them fresh vegetables and fruit, and disallow access to any type of carbonated and sugared beverage. Drinking pure water or water flavored with lemon or lime juice is an excellent, refreshing drink. Our palates have become too accustomed to refined sugar, and we must change our palates and shift to a more plant-based diet if we are going to live the long healthy lives that we are capable of – 100 years or longer.

Starting the New Year on January 1st, 2014, I would encourage all of my patients to immediately eliminate all red meat from their diet as a starting point. I would also encourage elimination of shellfish, except maybe on the most special occasion. Any poultry or fish portion you consume should be cut in half from what you would normally eat and the other half replaced by steamed or fresh vegetables. In addition, deep fried food, such as french fries or onion rings, should be eliminated completely. Hot fried foods should be cooked with a minimum of oil, only enough to keep the food from sticking to the pan.

In making these changes as soon as possible, you will notice not only a drastic reduction in weight, but also an increase in energy and vitality.

*Dr. Tanner will be holding a discussion in our Clinic on Wednesday, Jan. 22, from 6:30 to 8:00 p.m. Light dinner will be provided. If you would like to attend, please RSVP By Jan. 13. ■*

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## PREVENTING FOOT PAIN AFTER AGE 40

**M**any cases of foot pain in the warm climate of summer and fall are mainly related to inadequate sandal-type footwear. Many women's shoes currently have almost no sole or arch anymore and are like pull-on dancing slippers. These types of footwear are particularly damaging to feet, especially if one is overweight, already has flat feet, and/or is working or walking on hard surfaces. Men have more problems when they work standing on ladder rungs, do labor in a soft tennis shoe rather than a work boot, or go barefoot in the house or outside for long periods of time.

A foot condition called **plantar fasciitis** is one of the most common problems we treat. Symptoms include a sharp, stabbing pain in the heel or bottom of the foot in the morning upon first getting out of bed. The pain may then be relieved in 10 or 15 minutes of walking or moving around, only to get worse again when getting up from a chair after sitting

for 15 to 30 minutes. This is plantar fasciitis.

Budincich Chiropractic Clinic has many remedies for this condition, including custom-made orthotic devices, ready-made orthotic devices, ultrasound, and/or foot taping along with helpful lifestyle changes to immediately relieve the plantar fasciitis pain. If you are suffering from this condition, it will not likely improve without treatment, rest, better shoes and orthotics.

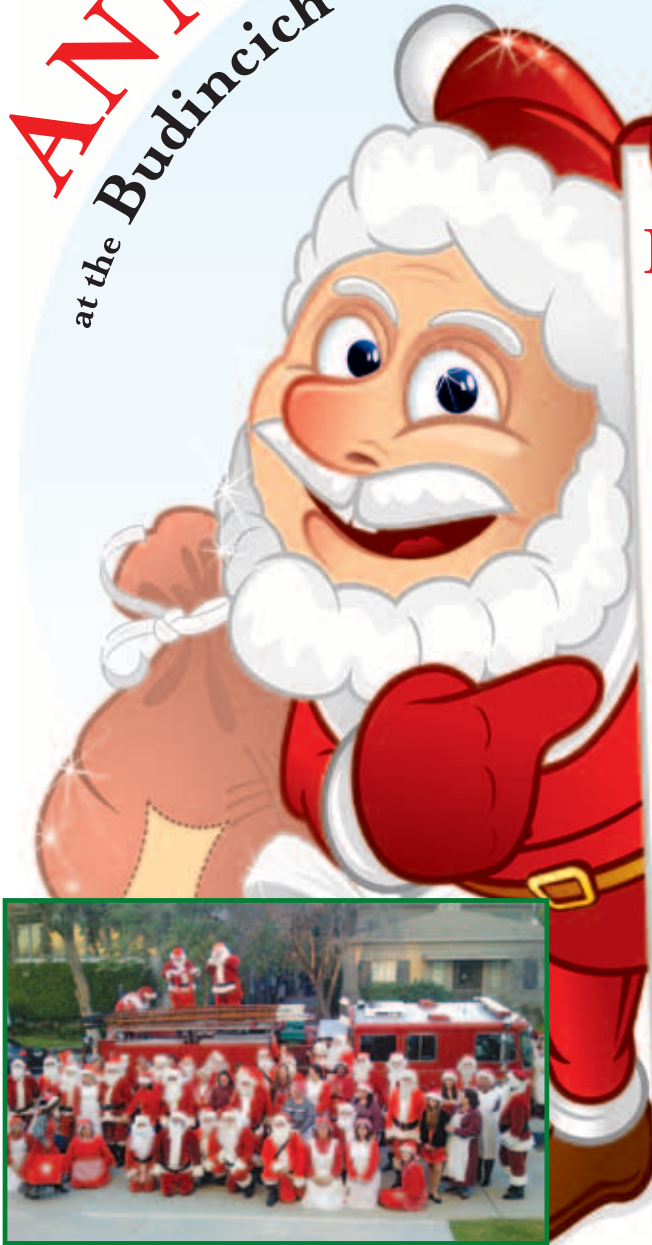
Another common foot problem after age 40 or 50 is dropped metatarsal heads or **metatarsalgia**. Some men and women develop calluses under the middle toes (2nd, 3rd, or 4th toes) of the foot and that callus can become very tender at times when walking barefoot or in thin-soled shoes. Shoes lacking proper arch support and an orthotic insert will aggravate the problem. The only permanent care of this condition is corrective orthotics with metatarsal pads and proper

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# ANNUAL TOY DRIVE

at the Budincich Chiropractic Clinic

Benefitting the  
Pasadena Jaycees'  
"Operation  
Santa Claus"



**December 9 to 13, 2013**

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

FROM DECEMBER 9 TO DECEMBER 13, 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 Dec. 9th through the 13th.

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 13.

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

## Preventing Foot Pain After Age 40 *continued from page 2*

footwear. If you are suffering with this condition as a chiropractic case, we can certainly help you.

There are other types of foot pain that chiropractic can help, such as: post-surgical ankle sprains, where scar tissue has developed; ankle arthritis from being a chronic, long-term runner, cyclist, or other athlete; and forefoot pain from work activities and injuries.

If you have been suffering with foot pain but you did not know if chiropractic could help you, please tell us on your next visit. Many think that chiropractors only treat necks and backs; we treat the whole body and especially feet. The feet are the foundation of the spine and it is very important to treat the feet along with your spine to ensure your long-term health goals. ■





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

**Budincich Chiropractic Clinic, Inc**

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

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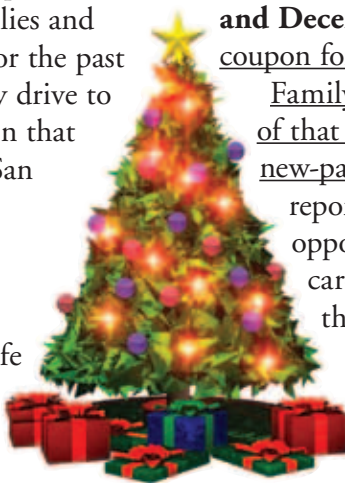
## **ANNUAL CHRISTMAS TOY DRIVE IS COMING**

*By Michael N. Budincich, DC*

**U**nder the organization of the Jaycees, Operation Santa Claus has been cheering up families and children for approximately 80 years. For the past 15 or 20 years our office has sponsored a toy drive to support the Pasadena Jaycees, an organization that annually delivers toys on Christmas Eve to San Gabriel Valley families.

My own family participated this last Christmas by collecting and then delivering the toys that we collected. Son Nick was Santa, my daughter Andja an elf, and my wife Catherine was Mrs. Claus on our delivery route. Yours Truly was the chauffer as it was difficult to dress up and safely navigate the streets at night. We travelled to many Altadena neighborhoods to households full of children. They were very excited to receive candy canes and toys that were brought, surprisingly, right to their door where we were invited into their homes to meet the children.

**Please help us with this project this year by bringing in a \$25 or greater value unwrapped toy**



**to our office between the dates of December 9th and December 14th, 2013. Your gifts will serve as a coupon for a complimentary chiropractic adjustment.**

**Family members or friends who bring in a toy of that \$25 or more value will receive a complete new-patient evaluation, including x-rays and a report in a separate visit. This is a tremendous opportunity (or gift) for someone you love or care about to receive chiropractic care during the holidays when finances are tighter.**

Let's make this 2013 Budincich Toy Drive for the Jaycees OPERATION SANTA CLAUS a success by you bringing in a toy and then receiving an adjustment for yourself – or give a toy on behalf of a family member so they will receive new-patient services. Again, **bring a \$25 or greater value unwrapped toy to our office between the dates of December 9th and December 14th, 2013, for these service gifts to you and Christmas for needy San Gabriel Valley families. ■**