

Spring 2001

Published for patients
and friends of
Budincich
Chiropractic Clinic

Spine-a-Line

ANNUAL BLOOD DRIVE COMING MAY 24

On May 24th, 2001 from 1 pm until 7 pm the Budincich Chiropractic Clinic will hold its annual blood drive in conjunction with the American Red Cross (ARC). The ARC bloodmobile will be parked in front of the clinic, accepting donations by appointment only.

The need for blood donations is higher than ever. The blood banks are experiencing a critical shortage of whole blood and this could affect the treatment of individuals who need transfusions. During the summer months the need for blood increases. Blood cannot be manufactured; it must be collected through donor programs. The donation of blood can help to save someone's life. That someone someday may be you.

Most everyone can donate. The procedure is quick and easy and takes about 1 hour. The Budincich Chiropractic Clinic in its effort to assist the community has recognized that keeping the blood banks stocked ensures the health of the community. By hosting this drive the clinic is giving back in appreciation for all the blessings the community has bestowed on us. Many of the donors give on a regular basis

between blood drives and we love them for that.

If you are an established patient at our clinic and you donate a pint of blood the clinic will reward you with a certificate for a free office visit for yourself or you can give the certificate to

someone you care about and they will receive a comprehensive examination free of charge.

This includes a consultation, examination, x-rays as needed, and a written and oral report of findings.

This is a \$175 value all for giving life to someone else.

All blood donations are scheduled. Call early to reserve the best times. Our goal is to be able to collect 100 pints of blood. The blood mobile has the capacity to handle that much and more so help us to make this the largest and best blood drive ever.

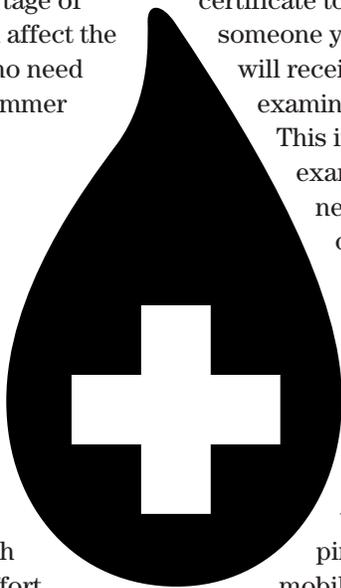
Many people have a fear of donating. Fear of needles, fear of getting sick, or contracting a disease from the donation process. The ARC has

assured us that all precautions are taken to ensure that it is safe for you to donate. There are criteria that have been established that indicate whether or not it is safe for you to donate. Call the office or your local ARC to find out if your situation would

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prevent you from donating. Most people can but choose not to. Today let it be different. When you give you actually receive. You receive through the hole you give through and when you give in a spirit of helping and graciousness, you are rewarded 10-fold. One day you may need a blood transfusion. Wouldn't it be terrible if there was no blood available? By your giving perhaps you can inspire someone else to give. Then they can inspire someone else and before you know it everyone is giving and there is enough blood to keep the supply constant and available. If you ever need it you can count on that it will be there for you too.

Make your appointment, save a life by giving the gift of life. Help us reach our goal and make a difference. You will be glad you did and be proud of yourself and your actions.



American Red Cross

ORTHOTICS: RELIEF COULD ONLY BE TWO FEET AWAY

Orthotics can have a tremendous effect on correcting problems associated with imbalances in the feet and with leg length inequalities. More and more we hear complaints of, "Why do my feet hurt?" Your feet are made of 26 bones connected by a network of ligaments, muscles, and tendons. However the slightest malalignment of foot bones can cause the foot structure to break down, or overpronate.

Overpronation can cause:

- Tired flat feet
- Weak ankles
- Crooked toes
- Bunions
- Corns
- Calluses
- Arch strain
- Heel pain
- Knee pain
- Low back pain
- Neck pain

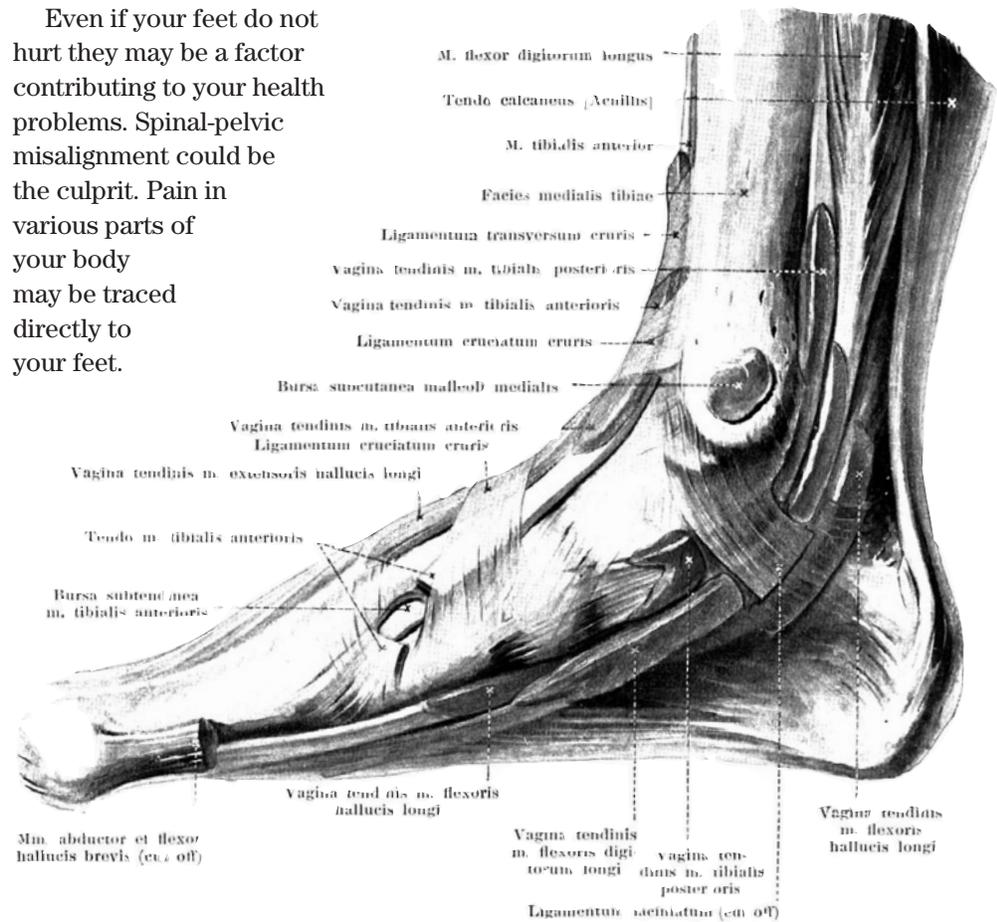
Can this pronation be controlled?

Yes with prescription orthotics. Prescription orthotics are medically engineered shoe inserts that gently keep foot bones and tissues properly aligned. Prescription orthotics hold the foot in its most neutral position to control overpronation and prevent the foot's structure from breaking down.

Some sport shops and pharmacies sell shoe inserts that are not medically designed and individually made for you. Prescription foot orthotics are custom made for your feet only!

We will thoroughly examine you to understand your special foot problem. We then take an impression, either plaster cast or a foam mold, of your feet. Technicians use your foot impression and your prescription order to custom make a pair of orthotics for you.

Even if your feet do not hurt they may be a factor contributing to your health problems. Spinal-pelvic misalignment could be the culprit. Pain in various parts of your body may be traced directly to your feet.



TAKE THIS TEST:

1. Do you stand or walk on hard surfaces for more than 4 hours daily?
2. Do you participate regularly in any physical sport (basketball, baseball, tennis, golf, bowling, etc.)?
3. Are you age 40 or over?
4. Have you had a prior injury to your knee, back, or neck?
5. Do your shoes wear unevenly?
6. Do you have joint pain while standing, walking or running?
7. Is one of your legs shorter than the other?
8. Do you have knock-knees or bowlegs?
9. Do you have obvious foot problems (bunions, corns, flat feet, etc.)?
10. Do your feet "toe out" when you're walking?

If you answered "yes" to any of the test questions, you may be a candidate for orthotics.

We have successfully fitted hundreds of patients with custom orthotics and have helped correct many problems that were previously unresponsive to care. We have at our disposal many types of orthotics and even custom shoes and sandals that are built with the orthotics already in them.

Talk to your doctor and find out if orthotics can benefit your individual condition.

OUR PATIENTS SPEAK OUT

Over the years our patients have written about their experience with chiropractic care at our office. We would like to share some of their comments.

“After two months of treatment, I feel better than I have ever felt in the last 15 years! A recent set of x-rays shows the subluxation in my lower back is nearly 100% corrected. I knew I was feeling good, but to see such a dramatic improvement on x-ray is truly impressive.”
– *Steven Crow*

“I had been saying I would get to the chiropractor soon – ha, ha. Well the universe took care of the schedule for me, I was in a bad car accident in August, and I went in immediately following the crash. I had a whiplash and a severely bruised right knee. I have been going faithfully according to schedule and have seen marked improvement in a brief period of time.”
– *Reva Kussmaul*

“I had an earache for 1 1/2 years. I was placed on medication. I did not get better and saw an E.N.T. specialist who wanted to remove my tonsils immediately, but I refused. I was referred to your office for a TMJ adjustment. Within two days, my earache completely disappeared and has not returned in seven years.”
– *Jessica Esposito*

“Artificial relief in the way of drugs was not the answer I was looking for. Fortunately holistic healing through chiropractic was an option. After one adjustment the pain in my hip was remarkably better; after two adjustments it was gone.”
– *Cassandra Chambers*

“Your intuitive knowledge, chiropractic skills, and precise x-rays enabled me to receive the proper treatment for the back, neck, and stomach pains I was experiencing. I was thrilled that you were able to correctly diagnose and treat my condition – something that numerous other chiropractors and physicians were not able to do.” – *Sheilah Turner*

“I am one happy momma! My son (4 year old) came in for a well child check. I told the doctor about his morning breath and how bad it has been ever since he was a baby. He was examined and the doctor noticed he needed to be adjusted, and another doctor confirmed it. He was adjusted in two places and I am here to tell you the next day when he woke up he did not have morning-breath. Hallelujah!”
– *Valenda DeCohen*

“There are other chiropractors around, as with other competitive businesses, and quite frankly many of them fall short of excellence. It was this excellence that kept me coming back. My surgery was as a result of the doctors of Budincich Chiropractic recommending further testing (MRI) and consultations by other doctors. It was ultimately my choice to have surgery but the doctors were genuinely concerned for my care.”
– *Keith Hanson*

Honoring Budincich Chiropractic Employees

The following employees celebrate anniversaries in March, April, and June. Dr. Fontaine celebrated his 4-year anniversary with Budincich Chiropractic on April 1st. Patty Ozuzun, the office manager will celebrate her 5th anniversary on June 17th. Maria Smith, who heads up the therapy department, celebrated her 11th year with Budincich Chiropractic on March 19th. Jantina Moulton who is the chiropractic assistant at the Monrovia office celebrated her 1-year anniversary on April 17th.

One of the reasons that the clinic has had such an impact and success over the past 15 years is because of the dedication and commitment of the employees of Budincich Chiropractic. You can count on the same level of service whether it is your first or 101st visit. Our employees are special and it is evident in their work and their love in service to mankind.

Additions & Anniversaries

The following patients have had blessed additions to their families:

Courtney and Greg Scantlin
Michael Peck
Tom Lenz
Tamika Nephew
Christine Steel



Congratulations and best wishes!

The following couples have anniversaries:

Archie and Betty Brant –
56 years of marriage
Dick and Beverly Young –
30 years of marriage
Dr. Dennis and Lori Buckley –
3 years of marriage

Congratulations!



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FOOD DRIVE IS LARGEST EVER

The recently concluded food drive that benefited the Salvation Army of Pasadena was the largest ever. The outpouring of the generosity of the patients who participated was sensational.

Established patients of the clinic who brought in a \$20 food donation received their chiropractic adjustment in exchange. New patients to the clinic, for a \$20 food donation, received a consultation, full examination, x-rays (as needed), and a written and oral report of findings. As usual many people took advantage of this opportunity to discover the life enhancing benefits of chiropractic care.



The doctors and staff of the Budincich Chiropractic Clinic would like to thank all those who participated this year, and those who have participated in the past, for their generosity in helping others in need. Your selfless actions go further than you can ever imagine and it continues to show that the patients of the Budincich Chiropractic are the best anywhere. Thank you.

BUDINCICH CHIROPRACTIC CLINIC HOLIDAY SCHEDULE for MAY – SEPTEMBER

Monday, May 28
Memorial Day
Office Closed

Saturday, June 2
Continuing Education
Seminar
Office Closed

Wednesday, July 4
Independence Day
Office Closed

Saturday, August 25
Continuing Education
Office Closed

Monday, September 3
Labor Day
Office Closed