

**Spring 1999**

Published for patients  
and friends of  
Budincich  
Chiropractic Clinic

# Spine-a-Line

## FOURTH ANNUAL BLOOD DRIVE - YOU CAN GIVE LIFE!

**B**UDINCICH CHIROPRACTIC CLINIC, in conjunction with the American Red Cross, will hold its fourth annual blood drive on Wednesday May 12, from 1 pm to 7 pm. The American Red Cross Blood Mobile will be at Budincich Chiropractic accepting donations.

The past three years we have held this event have been extremely successful according to the Red Cross. Doctors, staff, and patients have participated, and giving the "gift of life" has been most beneficial. The pints of blood donated, after being tested, are used within a short period of time during operations, in emergency rooms, and for patients with terminal conditions. These donations save lives. The need for blood donors never ends. During the summer months the need for blood goes up. The timing of this event is geared to help the blood banks be well supplied.

### REGARDING GIVING BLOOD:

A story is told about a little girl named Liza who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her five-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the boy if he would be willing to give his blood to his sister. He hesitated for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save Liza." As the transfusion progressed, he lay in bed next to his sister and smiled, seeing the color returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the boy had misunderstood the doctor; he thought he was going to have to give her all his blood.

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## ***Budincich Chiropractic Clinic Opens Monrovia Satellite Office***

**T**HIS SPRING THE BUDINCICH CHIROPRACTIC OFFICE will open a satellite office in northeast Monrovia at the corner of Shamrock and Foothill Boulevard. This office has operated as a chiropractic clinic for the past 25 years. In the early 1970s, Dr. Sederlein established the practice at 631 East Foothill Boulevard in Monrovia. Approximately three to four years later this practice was purchased by Dr. Jose Acosta, who practiced at this location until February 1998. When the owner passed away and the

building went through probate, the building was available for purchase and was procured by Dr. Budincich in March 1998.

During the refurbishment of this property a fire took place, destroying part of the interior of the structure. The repair work was completed in January 1999, and the property now looks like new.

This new satellite clinic of the Budincich Chiropractic Clinic Inc. will be known as "The Shamrock Clinic." The Shamrock Clinic will be manned by a Budincich Chiropractic Clinic

staff doctor. You may expect the same quality of service you have come to expect from our main clinic on Hill Avenue.

Thank you for your loyalty to our clinic over the years that has enabled us to grow in the manner in which we have. Without your consistent and steady referrals, our practice cannot flourish. It is because of all of you that we have been able to sustain our growth and to continue to provide the high quality service that we know you have come to expect.

# TOO FEW VISITS...TOO MANY VISITS?

by Michael N. Budincich, D.C.

**A**S CHIROPRACTIC DOCTORS, WE ARE CHARGED WITH THE RESPONSIBILITY of not only relieving the suffering and pain of our patients, but getting to the real root and cause of their underlying problems. In a chiropractic case these problems are usually called "vertebral subluxation complexes" (VSC).

The VSC is the most widely misunderstood cause of human health problems. People are diagnosed with many other diseases medically that are actually being caused by chronic nerve irritation caused by VSC. Many research articles of the last twenty years have brought to light the long term damaging effects of chronic nerve irritation caused by degenerative spinal disease, which in chiropractic we refer to as "subluxation degeneration." Subluxation degeneration is a long-term side effect or eventual effect of the VSC. The longer a subluxation complex is left unattended and untreated, the further damaged the spinal bones and joints become. As this degeneration advances, so does the inflammation and eventual compromise of the potential spaces the nerves exit through the spine. Not only are the actual physical spaces compromised, but neurochemical toxins are excreted by inflamed areas and cause chronic nerve irritation and inflammation.

There is no drug or surgery that can correct a VSC. Chiropractic or spinal adjustments are the only way to manage and possibly correct them permanently. When we work up a case in our office when a new patient comes in, we make estimates of care based on correction of the VSC, while at the same time eliminating the present level of pain the patient may have come to us for. Doctors know at the outset of care that symptoms will most likely be controlled within the first 30 to 60 days of treatment. Many conditions are

brought under symptomatic relief well before that. This leaves to the mind of the uneducated chiropractic patient the idea that their condition is actually well or fully stabilized. Most of the time this is far from the truth. Chiropractic research has shown that the vertebral subluxation complex takes months or

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of chiropractic treatment  
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a lot of low-grade ore."**

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even years to fully bring under control, even though the symptoms may be alleviated within a 30 to 60 day period of time.

Many of our patients receive an initial treatment program that may number between two to four dozen initial visits followed by palliative (pain controlling) or periodic wellness visits to keep the VSC under control, after the initial pain relief and spinal stability have been reached. Patients who want only short-term relief may elect to receive only the first dozen or so visits to achieve that goal. By stopping short of recommended care, they set themselves up for a "yo-yo" effect of flare ups in the future because their symptoms will continue to come back as long as the VSC is unstabilized. By receiving regular chiropractic care once full stability is reached, the probability of flare up becomes minimal. The average day in-between regular "tune-up visits" becomes much more controlled, stable, and tolerable. Although we cannot undo much of the damage caused by long-term subluxation degeneration, we can certainly keep its effects from bothering us on as frequent a basis as it was prior to treatment.

As one of my mentors in chiropractic taught me some 17 years ago: "The diamonds and gems of chiropractic treatment come only after you have dug a lot of low-grade ore."

Getting to the root of a chronic VSC requires time, discipline, exercise, regularly spaced visits, and a dedicated patient and doctor. That is why not all patients achieve the maximum level of health that is possible. Many do not stay under care long enough to reach the long-term benefits that chiropractic can provide. Maybe only one or two patients out of ten get to this level of health.

We do not get all patients well in our office, nor do we promise to do so. We promise that if we accept your case for chiropractic care, and you follow our recommendations, that we get 85 to 95% of our patients well or better within a reasonable period of time, usually under three to four months. Although it may take many months or longer to bring full stability to a case, the initial relief that the patient can enjoy usually comes within the first three to four month period of time.

So look back at your "report of findings" packet at the care we have recommended and the follow up care advised, and see how much of it you have followed. Are you receiving the amount of chiropractic care you really need? Is your condition stabilized now or have you been "putting off" regular care?

With four doctors here to serve you six days a week, there is rarely a time when we cannot accommodate you for a drop-in visit. So if you are driving up or down Hill Avenue, or traveling Nor



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# *New X-Ray For Baja... We Need Your Help!*

**A**S SOME OF YOU MAY ALREADY BE AWARE, our clinic is expanding into the Monrovia area within the next few months at 631 E. Foothill Blvd. (see circle on page one). The original clinic location had been a chiropractic office for 25 years and had an older x-ray machine installed. Dr. Budincich has decided to donate this x-ray machine to a free clinic that he works at in Vizcaino, Baja California Sur. In order to make this x-ray machine functional for the people in Baja, it must be: 1) Transported by truck to the location. 2) Set up in the place where it is going to be working. 3) Calibrated by expert x-ray installer/technologist. Properly wired into the existing clinic complex so that its 100-kilovolt transformer will function flawlessly. Although this is an older x-ray machine

from the 1950s or '60s, it is still fully functional and takes very nice x-rays, especially on medium sized people. Since most people who live in this region of Mexico are of medium or small size, this x-ray should do nicely in the new hospital being constructed on the Vizcaino 180-acre clinic complex. If you or your business has a resource for a flatbed truck or van, a box truck, or a bobtail truck, please call Dr. Budincich and make yourself available. The roundtrip drive to this clinic is probably a total of 25 to 26 hours, not including the unloading and an overnight rest. This would surely take a long weekend to properly take the x-ray down, unload it into the hospital, and drive back. If you think you might be interested in serving your fellow man in this capacity by performing this service, contact Dr. Budincich personally. Whether your

resource is for a truck or a driver or both, we would like to hear from you.

## **Consumable Medical and Dental Supplies Urgently Needed**

Constant resources are always needed to replenish dental supplies, basic medicines for the medical clinic, orthopedic supports and supplies, and other items. If you are a drug representative, work in a medical facility that has out-of-date medications that need to be moved off the shelf, or work in a dental office and can get your dentist to supply dental equipment or day-to-day dental supplies, please call and announce yourself so that we may use you as a resource for helping the people in Mexico that can't afford these services. Thank you for your willingness to serve others.

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*o Few Visits...*

*Continued from page 2*

South on the 210 freeway in Pasadena by the Hill Avenue off-ramp. I think of us, try stopping in. If chances are, you won't have to wait very long before receiving a relieving chiropractic adjustment. Remember that the number of visits your doctor has recommended is an estimate based on past research and chiropractic empirical evidence over the last 103 years. We certainly cannot give an exact visit number when you begin care, of the ideal frequency that you will need long-term, but we know from experiences over many years, numbering 1000 in our office to date, that most likely you will fit somewhere within our estimates. Feel confident in the fact that what we recommend is for your best interest, and that your following through with care will give you the best long-term and short-term results.

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## ***Bradley Birth Classes Offered at Budincich Chiropractic Clinic***

**F**OR THE FIRST TIME, BRADLEY BIRTH CLASSES are being taught at the Budincich Chiropractic Clinic reception room on Wednesday nights. One of our long time patients and friends, Kimberly Johnson, a childbirth educator and "doula," began a series of Bradley classes on Wednesday, April 7, for a 10-week series. This is the first time the Budincich Chiropractic Clinic has had birth classes taught out of its facility on North Hill Avenue in Pasadena. Ms. Johnson has been a skilled Bradley instructor for a number of years and has referred many "moms to be" for prenatal back pain and related instability of the spine as related to pregnancy. She treated here with her own pregnancies with great success and therefore understands the great value of chiropractic manipulation for the expectant mother.

Chiropractic adjustments can be safely given a pregnant woman until the last day of term. Although certain special techniques are often times utilized, it is possible to have a woman on her stomach well into the ninth month for traction treatments and other forms of gentle manipulation. Chiropractic manipulation is one of the few *safe* methods of pain relief and correction for spinal conditions during the months where drugs could potentially harm the baby. Although we never advocate the use of drugs for back pain, in extreme circumstances they could be needed. But in the case of a pregnant woman, at no time should drugs be taken unless it is a life or death situation.

We welcome Kimberly's classes wholeheartedly to our clinic and hope that this is the beginning of a long relationship in the future.

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# HELPFUL TIPS FOR THE PREVENTION AND TREATMENT

**B**ACK PAIN, PARTICULARLY LOWER BACK PAIN, has become epidemic in our modern society. National statistics show that back pain is the leading cause of lost work days in the United States, second only to the common cold. The total cost in U.S. dollars of treating this malady nationwide is approximately 50 billion dollars per year. Considering that the total cost of all medical services in the U.S., annually, is approximately one trillion dollars, or one thousand billion, you can see that back pain represents ten percent of the total cost of health care. When the loss of productivity to business, loss of enjoyment, and interruption of lifestyle are all considered, this is a very costly infirmity indeed!

On Dec. 8, 1994, the Agency for Health Care Policy and Reform issued a booklet for physicians on the treatment of back pain. It stated in this booklet to physicians that most of the expensive and invasive treatments frequently used to treat and diagnose back pain are largely unneeded. Instead, they stress early activity, over-the-counter anti-inflammatories, initially, and recommended spinal manipulation as the first line of treatment prior to any extensive or elaborate MRIs, CAT scans, spinal injections, or other more elaborate treatments. Since over 95% of all spinal manipulation performed in the United States is performed by doctors of chiropractic, this is certainly a boost to the recognition of the chiropractic profession in the treatment of back pain, uncomplicated with discopathy or severe herniated disc conditions.

It is also statistically known that the United States performs two to four times more back surgeries than any other industrialized country in the world. We know for a fact that this is not because the United States has more people or that our people are any different from those in any other place

in the world. Simply stated, it means that too many physicians use back surgery too early for the treatment of back pain and disc problems before conservative methods, exercises, and time can be utilized to enable the natural healing process. In one study, two groups of disc herniation patients were observed over a one year period. The first group was given back surgery. The second group used conservative methods, including low stress exercise, analgesics, spinal manipulation, physical therapy, and other related natural non-invasive methods. At the end of one year, the results were virtually the same in both groups as far as the outcomes and the amount of any residual pain remaining. After this study was published, many neurosurgeons and orthopedic surgeons alike looked at their methods more objectively and began to prescribe less and less back surgery for their patients. They tried to exhaust all conservative methods including series of corticosteroid injections near or about the disc, courses of physical therapy, chiropractic, yoga, intersegmental traction, and other methods. Simply stated, back surgery should be avoided at all costs unless all conservative methods have been exhausted and a person is incapable of performing their normal everyday tasks without debilitating discomfort.

So what can the average person do to help prevent this epidemic disabler of America's work force? In this physician's opinion, exercise is the key to maintaining good spinal health. Tightening up and strengthening the torso muscles, including the abdominals, oblique muscles, hip flexors, hamstrings, and gluteal muscles, are all important in stabilizing the spinal curve and discs. There are many simple exercises, a few of which you will find in the body of this article, that could be performed daily in

bringing about success and bringing about spine flexibility.

Another important factor in back pain prevention is the proper body mechanics used in normal activities of daily living. Simply stated, this means how you bend when you do the laundry, how you take children in and out of car seats, how you bend over to pick up a piece of paper in the work place, how you take something out of the trunk of a car. Most injuries that we see in our office on a daily basis are due to chronic insidious problems that build up with time, capped off with a simple movement done incorrectly.

Another important factor in preventing back pain is knowing one's limitations. A 50-year-old person who has not exercised in months or years has no business doing eight hours of yardwork and heavy labor when he or she sits at a computer ten hours a day five days a week. Large projects done home or at work, when not totally conditioned for this type of work, should be done in small chunks. Do no more than one to two hours of work at a time and practice body position and mechanics. Doing too much in one day could result in a back strain or spasms that could cause days or weeks of impaired function or time off work.

We always imagine how we could have done things when we were in our teens or twenties, even though we are in our fifties and sixties. We must be consciously aware of our physical limitations at every point in time to know when we have to ask for help or hire outside labor for high intensity lifting or labor work. Sometimes, spending a few dollars at the right time could save hundreds or thousands in medical services.

## PREVENTION IS THE KEY

Prevention is really the key in the treatment of back pain. We encourage people starting a new sport after a long

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# BACK PAIN – THE TWENTIETH CENTURY EPIDEMIC

by Michael N. Budincich, DC

off, or beginning a new sport, even a young person, to be checked posturally and mechanically for joint motion and mechanics. Unevenness in leg length, which occurs in seventy percent of the population, could be a major factor in the cause of back pain. A short leg causes a dropped hip on the one side, which causes a curvature to the same side, destabilizing and impairing normal function of the lumbar joints. The use of a small shim in the shoe of a proper size, along with postural balancing and exercise, could correct these imbalances. The use of orthotic devices could also correct foot faults, which could throw off alignment of the hips, pelvis, and lumbar spine. Remember that the feet, ankles, knees, and hips are the foundations of your entire spinal posture. Keeping these well balanced with a proper walk and proper standing posture is important to long spinal health and the ability to remain pain free. There is no substitute for preventative care. Many of us do not think twice about visiting the dentist twice a year for our routine checkups and teeth cleaning. On the other hand, most people would never think of seeing a chiropractic doctor to be checked posturally when there is a minimal discomfort or no pain at all. These paradigms of thinking are literally changing as the cost of medical care rises and people want to get more out of their health care dollars. People also realize that by staying well, they will spend less on health care if they can avoid it.

## PREVENTATIVE EXERCISES

Now, for the preventative exercises. The favorite exercise I recommend is called the “cat and camel.” This is where the patient stands on the knees with hands and then arches the back up into the air as far as possible like a cat arching his fur. After holding that position a few seconds, the patient then

arches the back downward as far as they can and then holds that for a few seconds. These positions are repeated five to ten times.

Another useful floor exercise is lying on the back and gently pulling one knee with both hands to the chest and holding it for two to three seconds and lowering it back flat on the ground, and then alternatively grabbing the other knee with both hands and repeating the same procedure. After five to ten times with each leg, both knees could be pulled simultaneously to the chest, holding the position for a few seconds and then lowering down flat on the floor.

In a standing position, a broomstick or long dowel can be used across the shoulders and slow methodical twisting movements back and forth with the shoulders parallel to strengthen abdominal oblique muscles. As strength increases, five to ten pound weights can be added to the ends of the broomstick and held onto with the hands to provide added resistance.

The next exercise would be “cruncher” situps. The knees can be shoved under a couch bottom with the thighs at approximately 90 degrees. The arms are crossed across the chest, and not grabbing behind the neck. The chest and torso are brought up off the ground four to five inches, and this exercise repeated twenty to fifty times in sets of ten to twenty repetitions. You can also alternatively try to touch the left elbow to the right mid thigh, and then alternatively, the right elbow to the left mid thigh and do a situp twist movement in order to utilize the oblique muscles of the stomach as well.

Another simple exercise is to lie flat on the floor face down and go into a pushup position, lifting the chest off the floor by extending the arms, but leaving the legs and the pelvis on the floor, thus arching the back backwards slowly. This will not only strengthen

chest muscles, but cause the back to go into a slow extension movement and exercise the facet joints and discs of the lower back.

Finally, standing upright, the body can be bent side to side to strengthen oblique muscles by doing side lateral exercises with or without dumbbells between five and twenty pounds on each side. Sets of fifteen to twenty five should be done with three sets being completed for a good workout.

All of the above exercises can easily be completed in ten to fifteen minutes. A morning simple workout such as this can not only keep current back patients with degenerative disc problems from having major outbursts, but could also keep people without back pain under control.

## BEFORE YOU BEGIN EXERCISING

Before beginning any new major exercise or activity, you should consult your doctor of chiropractic or medical spinal specialist. If you have a history of back pain in the past, a checkup before an activity is performed could certainly reward you later by not incurring an injury. Remember that “an ounce of prevention is worth a pound of cure.” With the prevalence of HMOs and PPOs and gatekeeper doctors keeping the average patient from specialists, it is ever more important for patients to take better care of themselves. High deductibles, high co-payments, and limitations of many kinds on health care policy will force many patients to utilize more safe, effective, and less costly methods for treating and diagnosing their back problems. I am happy to report that chiropractic care is the lowest cost alternative available, when compared to medicine. Chiropractic health care only amounts to less than one percent of the total cost of health care in the United States, which is currently one

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# Chiropractic in the News...

## NO MORE ALTERNATIVE MEDICINE

A recent Harvard study that appeared in the Nov. 11, 1998 *Journal of the American Medical Association (JAMA)* found that alternative medicine use by Americans is far greater than that of the medical primary care practitioners. The number of annual visits to "alternative practitioners" grew from 427 million in 1990 to 629 million in 1997, nearly double the number of visits to all primary care physicians (386 million). The study indicates that a greater proportion of the American population is seeking alternative therapies than ever before.

The percentage of Americans using chiropractic care in the past year grew from 10.1% to 11%. Of the 44% of the population that regularly takes prescription drugs, 18.4% also take at least one herbal product, a high-dose vitamin or both. Yet the percentage of alternative care users who discussed their use with their MD dropped slightly from 39.8% in 1990 to 38.5% in 1997.

According to Robert David Argyelan, D.C., president of the California Chiropractic Association, "Public acceptance of chiropractic has equaled or surpassed the increase in utilization of the healing art. It is interesting to note that widespread public usage of chiropractic, combined with high levels of patient satisfaction, have allowed for the integration of chiropractic into mainstream health care delivery mechanisms. Combined with the increasing availability of chiropractic in all forms of insurance including HMO plans, chiropractic is no longer the 'alternative' it once was. Chiropractic care should now be considered as a form of complementary health care".

This study raises the question as to what terminology should be used to describe "non-medical care." As this trend continues, the form of care most

in danger of being labeled "alternative" could be medicine.

## M.D.S ARE TRYING TO DO IT TOO!

The trend is clear that the American people are seeking alternative care and reducing their visits to their doctor. Allopathic medical doctors (M.D.) have seen the direction and are trying to take advantage of this by providing the same services as complementary doctors.

A new Stanford University survey found that 69 percent of Americans used some form of "alternative therapy" in the past year. It found that 55% of the respondents who used alternative medicine said they had reduced their use of allopathic (M.D.) services.

Similar results were found in a 1998 survey done by Landmark Healthcare of Sacramento, California.

Harvard Medical School researcher Dr. Miriam Wetzel surveyed 117 of the 125 U.S. medical schools between 1997 and 1998 and found that nearly two-thirds offered courses on "alternative medicine" most of which were electives. One-third of the courses were components of either electives or required courses according to the Sept. 2, 1998 issue of *JAMA*. Given the

increased utilization of "alternative therapy" by the American people, the medical profession is actively trying to become part of this growing trend.

According to Robert David Argyelan, D.C., president of the California Chiropractic Association, it is clear that the American people are voting with their pocket book and with their feet.

"Chiropractic healthcare and other 'alternative medicine' professions are enjoying a tremendous recognition of

their health principles which are filling a void in the American health care system." Dr. Argyelan continued to state that allopathic medical doctors are taking short courses and weekend seminars on such therapies as acupuncture, herbology, nutrition and chiropractic manipulation therapy with the hopes to use it in their practice.

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"The public should be concerned when their M.D. is doing alternative therapy without the proper training. The chiropractic college program is five academic years, including a one year internship, after completing rigorous scientific pre-chiropractic requirements for admission. A medical doctor trying to learn five years of information in a weekend seminar is an insurmountable task. Use of alternative treatments by doctors not well-trained in them could result in unwarranted consequences for a patient", said Dr. Argyelan.



# DO IT! GIVE BLOOD

## **BUDINCICH CHIROPRACTIC 4TH ANNUAL BLOOD DRIVE** **Wednesday, May 12, 1999 • 1:00 p.m. to 7:00 p.m.**

If you are an established patient, and donate blood, you will receive a certificate redeemable for a complimentary office visit, or you can give the certificate to someone you care about that needs to be evaluated chiropractically to see if chiropractic is appropriate for them. This is a comprehensive evaluation which includes, consultation, examination, x-rays (if needed) and a written and oral report of findings, a \$100 to \$200 value. This is our way of saying thanks and showing our appreciation. By your giving, a life can be saved, by the chiropractic treatment, your life is enhanced.

**CALL EARLY FOR BEST DONATION TIMES, (626) 792-3390.** If you have any questions about this program contact us and we will be happy to answer all your questions.

**PLEASE BRING A FORM OF ID. WHEN YOU DONATE**



American Red Cross  
Blood Services

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***"We correct the cause...  
not just the symptoms.®"***

City of Pasadena

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#### *Helpful Tips for Back Pain, continued from Page 6*

trillion dollars or more. Despite these high costs, alternative health care providers in the United States, of which chiropractic represents ninety percent of all office visits, were seen in more numbers in the last few years than total numbers of medical office visits. This would mean that most Americans are turning to alternative methods than ever before. Please pull up our Web page at "www.dr.bud.com" for information about chiropractic research, our doctors, and our philosophy. Our page will also take you to many other links around the Web, pertaining to back pain, chiropractic education, and other health care issues.

### **Budincich Doctors Now Providers for Huntington Provider Group**

As of March 1999 the Budincich Chiropractic Clinic and its associates are panel providers for the Huntington Provider Group.

In addition we are participating providers for Aetna, Blue Cross Plus, Blue Shield/Care America, BPS, California Care, Cigna, Exclusive Care, Foundation Health plan/HealthNet, Molina Medical Centers, One Health Plan, Pacificare/Pacificare POS, PruCare HMO, PruCare Plus, PruCare ASO, United Health Plan, Universal Care Commercial. For Senior Plans we are with Aetna Senior Choice, Blue Cross Senior/CareAmerica 65 Plus, Cigna Health Care for Seniors, Foundation Senior Value, and Max 65.

#### *Fourth Annual Blood Drive, continued from cover*

There are many misunderstandings about giving blood. There is a screening process that everyone goes through to qualify as a donor. In general you must be 18 or older, be in good health, have not had hepatitis, cancer, AIDS, and not be ill at the time of the donation. Other factors may limit your ability to donate. The whole process takes about one hour.

The little boy in the story was willing to give his LIFE for his sister. We are not asking for your life, just your help so someone else can experience another sunset, another smile, another birthday, another holiday, another day living with love and appreciation for life.

We will reward you for your giving. If you are an established patient, and donate blood, you will receive a certificate redeemable for a complimentary office visit, or you can give the certificate to someone you care about that needs to be evaluated chiropractically to see if chiropractic is appropriate for them. This is a comprehensive evaluation which includes, consultation, examination, x-rays (if needed) and a written and oral report of findings, a \$100 to \$200 value. This is our way of saying thanks and showing our appreciation. By your giving, a life can be saved, by the chiropractic treatment, your life is enhanced.

Call early for best donation times, (626) 792-3390.

If you have any questions about this program contact us and we will be happy to answer all your questions.

#### **REGULAR OFFICE HOURS**

Mon., Weds., Fri.	8:30 am to 1 pm 3 pm to 6 pm
Tuesday	8:30 am to 1 pm 3 pm to 7 pm
Thursday	8:30 am to 1 pm 2 pm to 7 pm
Sat. (by appointment)	8 am to noon