

Posture~Pillow

Instructions OCT 24



Posture~Pillow®
Self~Treat~Adjust~Heat

Posture~Pillow® is an InfraBed® device to deliver infrared heat therapy derived by heating amethyst crystal. It is also a heated, wedge-shaped and ChiroCurve® contoured pillow to empower progressive stretching and release for improved neck curve and upper back posture. Posture~Pillow is built to international standards, with CE + SAA certifications. Volts: 220-240v Watts: 56w Amps: 1.22A – 1.12A



Controller – A simple thermal temperature controller in range of 30 C to 70C. Plug the controller into both its wall and device sockets, before turning it ON. Small screen will show current temperature internally, on the LED device display. To set or reset the desired temperature simply roll the large circular dial around. Once the required temperature is selected, the display will return to its current temp. Thereafter temperature will increase up to, then hold, preselected temperature level. There is no timer on the Posture~Pillow controller - so please switch OFF after using.



Temperature Settings – Takes about 6 to 12 minutes to get up to preselected level. Infrared lamps and saunas have been used and researched widely for positive benefits. Usually the feeling of infrared heat is like warmth from the sun, a softer and deeper feeling, when compared to say electric blankets, bar heaters, air-conditioners etc. As with any InfraBed your temperature settings are a matter of personal preference. As a rule we should “Start Low and Go Slow” when setting your own temperatures. Short duration therapy can be say 50 degrees for 5-20 mins, lower temps for longer. Also we recommend you keep bodily hydration levels up, drink water, pre and post.

NB With any medical condition, incl older age, medical advice should be sought. Hyperthermia is known to be helpful with general health, yet seek your Dr's advice.



Contour Stretching – The InfraBed Posture~Pillow is especially contoured * as a wedge in order to allow users to slide up, onto and over, the Posture~Pillow wedge ChiroCurve * ® contour, so as to heat, release, support and progressively stretch the neck backwards and simultaneously to support your spine and chest forwards so as to counter and open the unnatural ‘forward head posture’ that is so common these days.

Sitting over desks, computers, tablets, phones, steering wheels etc, we are generally pulling the head and neck forward and curving it in the wrong direction. Similarly the back and shoulders are being pulled around and curved forward when they should be erect, straight and balanced. Thus we have poor posture, sore necks, tight shoulders and chronic upper back pain.

Posture Pillow Protocols – For Pain, for Functionality, for Posture, for Sleep



Back and Neck Pain - Use Posture-Pillow by lying on your BACK
(Set temperature to suit – Warmer 40C plus, for 20 mins minimum)

- 1 Position back of head on the lower part of the Pillow wedge
- 2 Push your head and shoulders up the wedge slope progressively
- 3 Pause as you go and allow the infrared thermal therapy to penetrate
- 4 Place the back of the head up onto the highest part of the Pillow wedge.
- 5 Progressively push your cranium up onto and over the Pillow contour.
- 6 Let the weight of your head allow your neck to stretch / curve backwards
- 7 Let your neck and shoulders be infused with InfraBeds thermal therapy
- 8 Allow your neck to release, mouth to open, and your chest to open.
- 9 Relax completely and let your natural body curves be self-adjusted.



Neck and Shoulder Pain - Use Posture-Pillow by lying on your SIDES
 (Set temperature to suit – Warmer 40C plus, for 20 mins minimum)

- 1 Position side of your head up on the highest part of the Pillow wedge
- 2 Push the rounded side of the Pillow up flush with neck and shoulder
- 3 Allow the infrared thermal therapy to penetrate deeply, both sides.
- 4 Roll over and push the Pillow up flush with your other shoulder.
- 5 Also, use the neck and back position, and ROLL HEAD sideways
- 6 Let your neck and shoulders be infused with InfraBed thermal therapy
- 7 **NB TO NOT HEAT YOUR HEAD : TURN Pillow OVER.** (below)
 This Pillow position minimises heat into head/neck. Best for shoulders.



SLEEP INSTRUCTIONS - Use Posture-Pillow to Sleep on back, or sides
 (Set temperature to suit – cooler 30 to 40 C)

SLEEP ON BACK is the first preferred sleeping position,
 with support on both back and neck,
allows for rolling head either way.



SLEEP ON SIDE is the other preferred sleeping position, with strong support under the head, and so **aligned with your neck, and spine.**



SLEEP ON FRONT is **NOT** a preferred sleeping position. However, the Pillow with InfraBed therapy Can be used to place against painful areas. eg : under hips, thighs, pelvis, buttock etc

HEATING YOUR HEAD? has traditionally been OK, with saunas etc. BUT, if you are advised against it, **simply TURN PILLOW OVER !**. This positions the thermal therapy downwards, except for the pillowed part. This area may be put up close to your shoulders, **without heating the head.**



Versatility. You can utilise your Posture~Pillow InfraBed in many different ways. The wedge may support any part of the body, for example, under the buttocks. For placement over, under, next to the body trunk, abdomen, pelvis and limbs. Especially good for back support, lower and higher, and for the head if so desired.



Amethyst Infrared & Hyperthermia

Amethyst quartz since very ancient times has been aptly named the 'healing crystal' Amethyst in Greek means sobriety or natural calmness and mental balance. Far-Infrared Thermal Energy Therapy is generated by heating A Amethyst crystals.



Hyper-thermia is the restoring or raising of body temperature locally or holistically. Examples are hot fever or sauna or a bath as well known treatments for many major maladies.

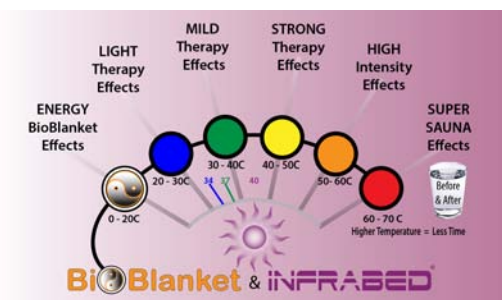
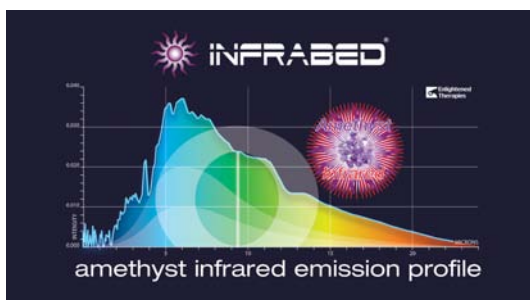
Conversely, low core body temperature or hypo-thermia is known to be a common health problem associated with many difficult and chronic diseases, as well as aging. Hyperthermia, the use of higher heat as therapy, has a very traditional heritage and reputation including from the father of Western medicine, **Hippocrates**, who said :
"Those who cannot be cured by medicine can be cured by surgery.
Those who cannot be cured by surgery can be cured by fire " [hyperthermia].

How is the infrared generated?

InfraBed's radiant thermal therapy comes through, via its multi-layered construction, designed to optimise the Amethyst / Infrared energy, whilst reducing any EMF, so as to help circulation, metabolism, and immune response, for health and rehabilitation.



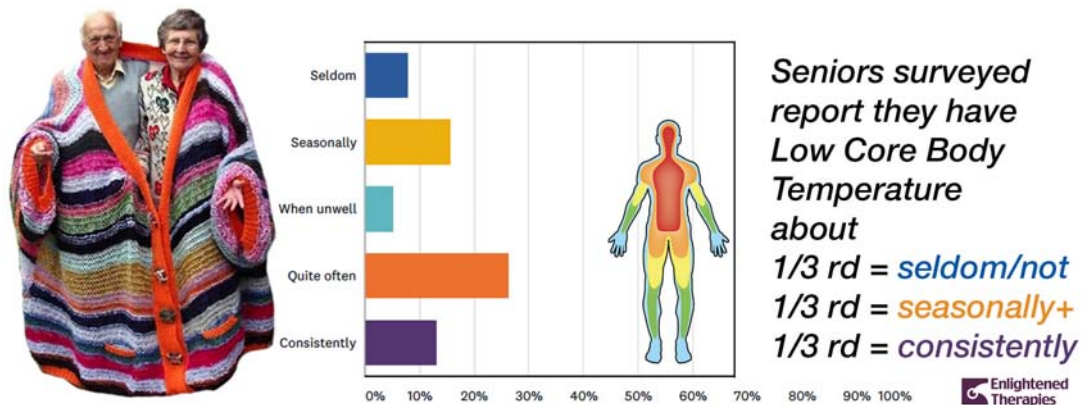
The use of **Amethyst A grade crystals**, with electrical heating coils (8), generate the very synergistic form of amethyst infrared hyperthermal therapy, whilst the 16 layers combine to create the InfraBed's unique positive signature, including two foil layers that are reflective, just like those in the BioBlanket energy blankets. **These foils (7 & 11), serve to nullify potential EMF** electro magnetic frequencies, coming from the electro heating coils (8), and also insulate the body from external energy influences.



Is Hypothermia (low temperature) a common health problem?

Senior Naturopathic practitioners view Low Core Body Temperature as **“The plague of the twenty-first century”** Dr David Jernigan writes about... *“the very predictable problems seen in low body temperature, and the profound importance of restoring and maintaining normal core body temperature. This is true not just in Chronic Fatigue Syndrome, but in every degenerative disease of our day”*. Much emphasis in conventional medicine is usually placed upon feverish conditions; however, a low body temperature can be a much more sinister condition. Where a fever can be viewed as an active developmental and corrective process of the healthy body, a low body temperature can never be viewed as a normal or healthy condition”

Informal study by Enlightened Therapies with Seniors in Australia suggests about one third of seniors surveyed have quite persistent chronic low body/core temperature ie hypothermia, whilst a second third have low body temperature at different times like seasonally or when unwell, and the other third seldom, or not have hypothermia at all.



The InfraBed ® Posture~Pillow ® with ChiroCurve ® is designed to penetrate with amethyst infrared hyper-thermal therapy in the neck and shoulder, and elsewhere too. Its ideal to facilitate sleep, help correct forward head posture, and is quite versatile. Posture~Pillow can be used with any InfraBed device in tandem, eg Chair/Pod below.



Ideally the body is protected from **underneath** by the InfraBed ® pillow & underlay, and when combined with a BioBlanket ®, the body is also protected **over the top**, combining to form a holistic multi-layered infrared and reflective **“energy cocoon”**. Subjectively most people experience restful / stress-free states within a few minutes.

Further Information – EnlightenedTherapies.com Ph 61 2 4268 2222

