

Posture~Pillow

Instructions NOV 18th



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 thought 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 the 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.

ChiroCurve® Up & Over Protocol – For Pain, Functionality, Posture, Sleep



Back and Neck Pain - Use Posture-Pillow by lying on your **BACK**
(Set temperature to suit – Warmer 40C – 60C plus, for 5 - 20 mins.)

- 1 Position back of head on the highest part of the Posture~Pillow wedge
- 2 Push your head and shoulders up and over the wedge slope progressively
- 3 Pause as you go and allow the infrared therapy to penetrate, relieve.
- 4 Progressively push your head up, onto and over, the Pillow contour.
- 5 Let the weight of your head allow your neck to stretch / curve backwards
- 6 Allow your neck to release, mouth to open, and your chest to open.
- 7 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, and this also
allows for rolling head either way.



SLEEP ON SIDE is the other preferred sleeping position, with strong natural support under the head, and so **aligns with 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, tummy etc

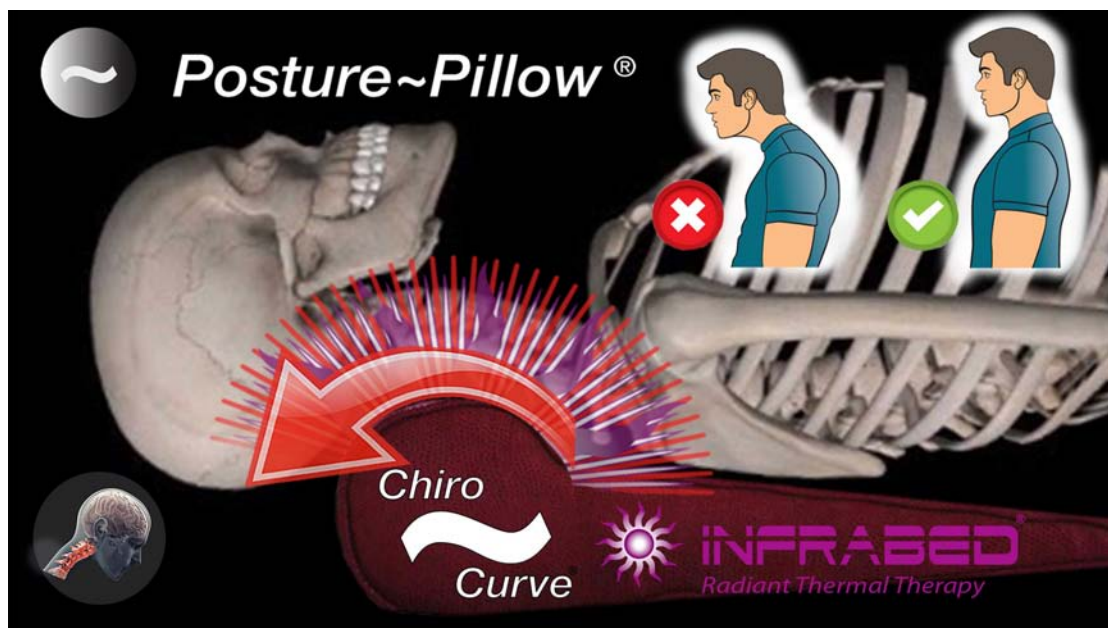
HEATING YOUR HEAD? has traditionally been OK, with saunas etc. BUT, if you are advised against it, **simply TURN PILLOW OVER !**. below This positions the thermal therapy downwards, except for the pillowed part. This area may be put up close to your shoulders, **without heating the head.**



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.



The InfraBed® Posture~Pillow® with **ChiroCurve®** is a unique design for natural Postural and Neck Curve support, and possibly correction, of Forward Head Posture.



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 reduce disability. 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. The usual response after using is “**Moving Better and Feeling Better**”

Further Information – EnlightenedTherapies.com Ph 61 2 4268 2222





InfraBed® Posture-Pillow® ET Multi-Layers explained

1. First layer: High Quality Red Leatherette which is elegant, durable and comfortable.
2. Second layer: High Quality Transparent Vinyl acts as a window to view the crystals.
3. Third layer: **High A Grade Natural Amethyst Crystal Stones** which increase the effectiveness of the Far-InfraRed Energy (FIRE) rays, as well as the Negative Ions, promoting blood circulation, metabolism, and supporting the immune system.
4. Fourth layer: Bamboo Carbon Fibre Cotton - Super absorbent – Releases FIRE ie Far Infra Red Energy rays - Stores heat energy - Emits concentration of Negative Ions.
5. Fifth layer: Waterproof Fabrics for durability, waterproofing and over-heat prevention.
6. Sixth layer: High Quality Copper for shielding from electromagnetic field (EMF) waves.
7. Seventh layer: High Quality Aluminum Foil to shield electromagnetic (EMF) waves and to transfer the heat of whole mattress uniformly.
8. Eighth layer: Magnetic Wave-Proof High-Quality Silicone Fibre Heating Wire. Very durable and protects against high temperatures as well as damage from folding.
9. Ninth layer: Fabric for Heating wire protection, durability and to prevent overheating.
10. Tenth layer: Yellow Mud Layer, helping generate Far-Infra-Red-Energy (FIRE) rays, shielding the user from electromagnetic field (EMF) waves.
11. Eleventh layer: High Quality Aluminum Foil to shield from electromagnetic (EMF). Also transfer heat of whole mattress uniformly, also block heat from bottom of the mat.
12. Twelfth layer: Negative Ions non-woven fabric which emits negative ions.
13. Thirteenth layer: Charcoal Fabric for absorption and releasing Far Infra Red Energy (FIRE) and Negative Ions. It also helps to decompose negative odours and deodorises.
14. Fourteenth layer: Compressed Non-woven Bamboo - Carbon Fabric.
15. Fifteenth layer: High Quality Waterproof Cloth for durability, resistance, and overall protection from intrusion and/or water (from underneath).
16. Cover - Zip-up Hi Quality Cotton washable Cover (not shown)