

Posture~Pillow

Instructions 9/11/2023



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 a timer on the latest Posture~Pillow controller. Push for up to 12 hours.



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 50 - 70 degrees for 5-20 mins, lower temps for longer. Also we recommend you keep bodily hydration levels up, drink water, pre and post. **NB If after 2 mins in any position, PAIN RUNS DOWN arms or legs, cease use.** **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 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 40 - 60C plus , for 20 mins minimum)

- 1 Position back of head on the lower part of the Pillow wedge and slowly
- 2 Push your head and shoulders slowly 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 Relax the weight of your head, allow your neck to curve/stretch backwards
- 7 Let your neck, back, shoulders be infused with InfraBed’s thermal therapy
- 8 Allow your neck to relax, release, mouth to open, and your chest to open.
- 9 **Relax completely and let your natural body curves be self-adjusted.**
- 10 **NB If after 2 mins in any position, PAIN RUNS DOWN Arms or Legs, CEASE Use.** Try again low temperature setting, and low stretch position.



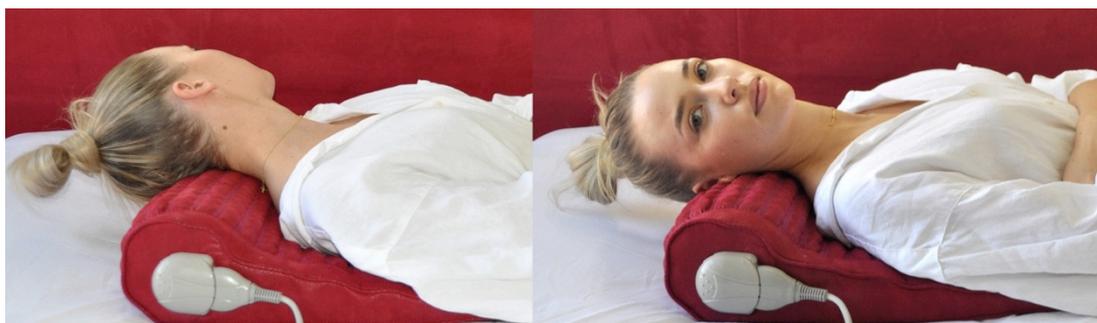
Neck and Shoulder Pain? - Use Posture-Pillow by lying on your SIDes
 Rotate the Posture-Pillow horizontally so wide end is now tucking up against shoulder
 (Set temperature to suit – Warmer 40 - 60C plus, use for 20 mins minimum)

- 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)**
(below) This Pillow position minimises heat into head. 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, (below)
 with support on both back and neck. this **allows for rolling head either way.**



SLEEP ON SIDE is the other preferred sleeping position, (below) with strong natural support under the head, and so **aligns with neck, and spine.**



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

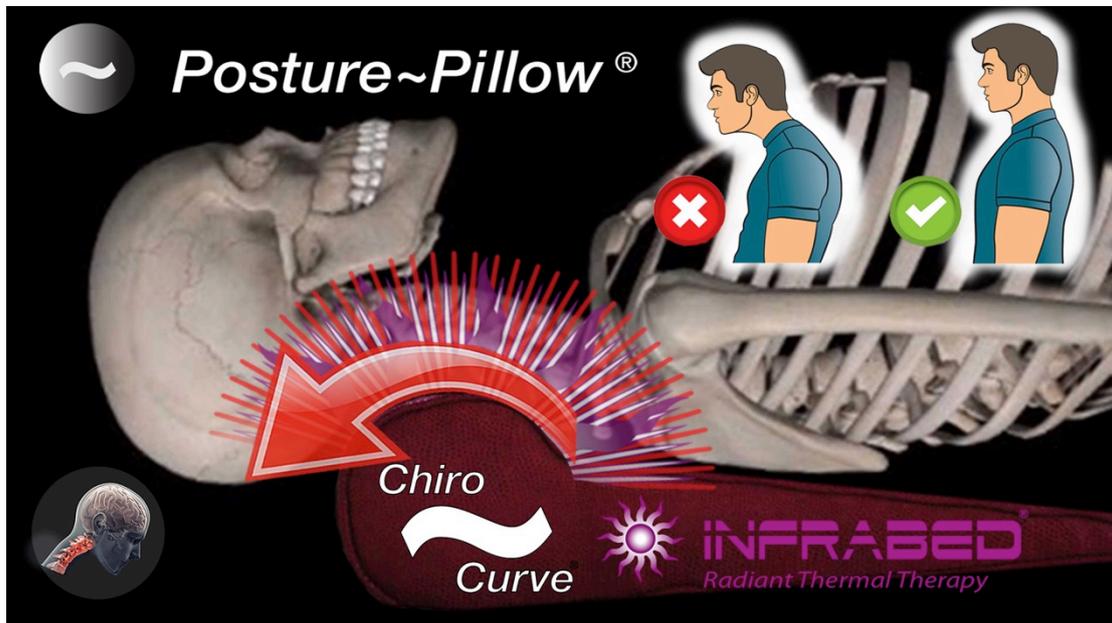
HEATING YOUR HEAD? has traditionally been OK, with saunas etc.
BUT, if you are advised against it... **simply TURN PILLOW OVER !** (see below)
This positions the thermal ribs downwards, except for the rounded pillowed part.
This area may be put up close to your shoulders, **without heating the head.**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



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 an 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



Amethyst Infrared & Hyperthermia

Amethyst quartz crystals since ancient times has often been named as the ‘healing crystal’. Amethyst in Greek means ‘sobriety’ &/or calmness, &/or mental/emotional balance. **Far-Infrared** Thermal Energy therapy is generated by heating 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 Posture~Pillow InfraBed infrared thermal energy generated?

InfraBed’s unique radiant thermal therapy comes via its **multi-layered construction**, designed to optimise the Amethyst + Infrared energies, whilst reducing any EMF, to help circulation, metabolism, and immune response, for health and rehabilitation.



INFRABED
Radiant Thermal Therapy

**Enlightened
Therapies**
Helping Every Body Heal

Notes for frequent users and for clinical use with multiple patients.

The InfraBeds are not built as water or liquid proof so **KEEP INFRABED DRY**. The InfraBeds are supplied with thin fitted cotton covers that don't last forever. For daily personal use we suggest you use a cotton towel, or sheet, or a pillowcase. In clinic or family settings where there may be multiple users we suggest this method.

When using the Posture~Pillow you can take a normal sized cotton pillow case and slide the thin edge of the pillow's wedge into the open end until it is snug and then **fold the pillowcase back** over the posture-pillow to protect the areas your using. The pillowcase stays snugly fitted to the wedge end and then you can fold it back over either side and up around the fat cushioned end.

In clinics we recommend to put a fresh folded-back pillowcase like that for each patient, as well as a fresh cotton sheet loosely around if using with InfraBeds. If staining or fluid is spilt, use talc powder to absorb and then brush off.

InfraBeds are electrical blankets, mats, pads, belts, chairpods and Posture~Pillow These are not water-proof and should be kept dry like other electric / soft furnishings.

