

Clinically proven to improve **quality of sleep**

Chiroflow® has been scientifically proven to help you recover faster and gain better results from your chiropractic care.

Research Study 1:

Clinical Study results	Chiroflow® Waterbase® Pillow
1. How fast subjects fell asleep	BEST
2. How few times subjects woke up	BEST
3. Overall quality of sleep	BEST

Conclusion: Proper selection of a pillow can significantly reduce neck pain and improve quality of sleep.

1. Johns Hopkins Hospital School of Medicine Neck Pain and Quality of Sleep Study. (Published in the Archives of Physical Medicine and Rehabilitation - Volume 78.)

Research Study 2:

"The findings from this study provide evidence that the use of a Chiroflow® waterbase® pillow will result in a **reduction of neck pain** and disability and **improve sleep quality** in subjects with chronic neck pain."

2. Chronic Neck Pain Findings: Presented at the International Conference On Spinal Manipulation, October 1996, Bournemouth, England

Research Study 3:

"...the waterbase® pillow was shown in this study to be better than the user's regular pillow and to be associated with an enhanced quality of sleep. Additionally, most subjects indicated they would continue to use the waterbase™ pillow, in place of their regular pillow."

3. Quality of Sleep Findings: Poster Presentation at the Conference of Chiropractic Research and Education, June 1996, San Diego, USA

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What **experts** are saying...

"When I first tried the water pillow, I was able to **sleep through the night** and I woke up without having any stiffness in my neck. It's a wonderful pillow and I recommend it to everyone"

- *Dr. Beverly Roberts, Chiropractor*

"Many people have spent hard-earned money on pillows with poor results. I can confidently say that the Chiroflow® pillow has given my patients **great results** in just about every case."

- *Dr. Gregory Cook, Chiropractor*

What **people** are saying...

"From the first night we used the Chiroflow® pillow, we are having a more restful sleep, waking up **more refreshed** in the morning and able to be more productive the next day.

It paid for itself after the first good nights sleep in years. Forever grateful.

- *Teresa Giuliano, Rowville VIC*



Naturally Massage & Wellness
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Available exclusively from your health practitioner

Wake up energised

with your Chiroflow® Waterbase® Pillow



- ✓ Anti-Ageing benefits
- ✓ Improve your health
- ✓ Fully Customisable
- ✓ Clinically Proven

Restore
YOUR ENERGY

Reduce
NECK PAIN

Soothe
DAILY STRESSES

7 tips for a better night's sleep...

Sleep Tip #1 - Don't sleep on your stomach

One of the best habits you can develop is to sleep on your side or back but NOT on your stomach. Your neck joints, discs and nerves all rely on being in good alignment for your body to be totally relaxed. Sleeping on your stomach causes the delicate nerves in your neck to be continually irritated and stressed.

Sleep Tip #2 - Regular chiropractic care

Chiropractors have long been aware that regular chiropractic care has been linked to a better nights sleep. In an Australian study (Jamison JMPT 2005) researchers discovered one in three patients fell asleep faster, slept more soundly and for longer.

Sleep Tip #3 - Watch what you eat and drink

It's obvious that drinking caffeine close to bedtime will make it difficult to get better sleep. But keep in mind that taking many over-the-counter medicines and eating heavy meals can also hinder sleeping.

Sleep Tip #4 - Think of a relaxing place

Go on a virtual trip in your mind by picturing a place from childhood. Trace the roads and paths of this region until you arrive at a certain place. Usually, you'll be sleeping before you arrive at your 'destination'.

Sleep Tip #5 - Avoid using sleeping pills

Sleeping pills often cause more problems for better sleep than they solve, as many people take them on a long-term basis. These pills, which are designed for occasional use, lose their effectiveness and produce side effects. Try chamomile tea or warm milk and honey or magnesium.

Sleep Tip #6 - Early to bed, early to rise...

Remember the phrase, 'Early to bed, early to rise, makes you healthy, wealthy and wise' means rising just before sunrise to keep the body's natural biorhythms in sync.

Sleep Tip #7 - Take technology out of the bedroom

In this day and age, people have mobile phones, beepers and a whole host of gadgets in their rooms just waiting to go off and disrupt their sleep. Keep technology out of the bedroom and create a quiet and dark setting. Turn the TV, radio or computer off before 9:30pm to give your brain time to relax before sleep at 10pm.

Look better. Feel better. Sleep better.

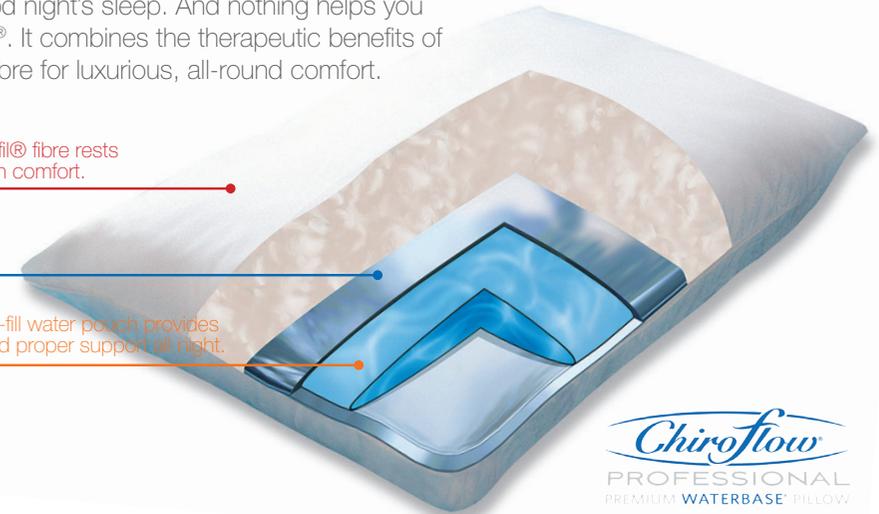
For 20 years Chiroflow® has helped millions of people worldwide achieve the sleep of their dreams and improve your spinal alignment.

Nothing restores your mind and body like a good night's sleep. And nothing helps you sleep like the waterbase™ pillow from Chiroflow®. It combines the therapeutic benefits of its waterbase design plus soft, hypoallergenic fibre for luxurious, all-round comfort.

A soft hypoallergenic polyester hollofil® fibre rests over the waterbase for the ultimate in comfort.

A NASA researched thermal insulator maintains your correct body temperature.

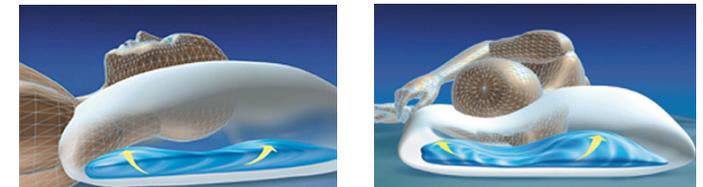
The patented easy-to-fill water pouch provides gentle, responsive and proper support all night.



How does your pillow stack up?

	Chiroflow®	Foam	Fibre	Feather
Is your pillow comfortable night all night long?	✓	✓	✓	✓
Does your pillow support your neck good all night long?	✓	✓	✓	
Does your pillow support your neck, year after year?	✓	✓		
Does your pillow continuously adapt to support your changing sleep positions?	✓			
Can you easily change your pillow's height and firmness?	✓			
Is your pillow clinically proven to improve quality of sleep?	✓			

How does it work?



The unique Chiroflow® waterbase® design provides responsive support to neck and head while continuously adapting to changing sleep positions.

What's right for me?



You simply choose the degree of support you prefer by adjusting the amount of water in the base! It's the secret to a better night's sleep.