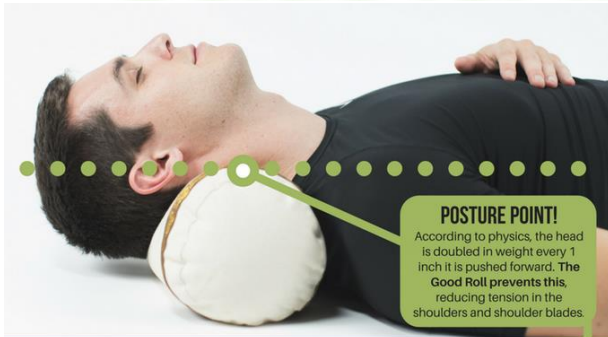


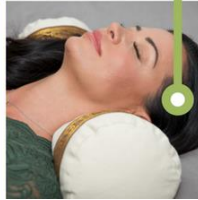
Guide for the Cervical Pillow



BUCKWHEAT: FOR BACK SLEEPING



DR. KENGEE SAYS:
The traditional pillow design pushes the head forward and is bad for the neck. The unique shape of The Good Roll protects and corrects posture WHILE YOU SLEEP. By keeping the natural curves of the spine and the head flat, The Good Roll reduces excess tension on the shoulders and shoulder blades.



I recommend a cervical pillow, shaped like the one below, the very firm foam tends to be uncomfortable. You need it to be firm enough to not just crush underneath the weight of your head.

****The cervical pillow: only use as a traction type of device: that means 10 minutes at a time for the entire first month and then 10 min in the morning and at night the 2nd two months, after 3 months then use all night: this combined with the adjustments is what allows the tension to be removed from your neck so that the pillow is actually comfortable! If you use the pillow the whole first night or too quickly, there is a good chance you will be very sore in the morning upon waking and feel like the pillow is causing pain or stiffness and



tension. This would mean you are moving too fast and have not had enough adjustments to remove the tension from your neck, so that your neck and relax over the pillow. You can shop around for other pillows in stores, or on Amazon; You will find pillows from \$50-hundreds!!!! I have found that more expensive it not necessarily any better!! The Goodroll is the Catapano family favorite!! You can order that on line at the goodroll or order/buy in the office: the cost in the office for the goodroll is usually a little less, because we order in bulk!!!