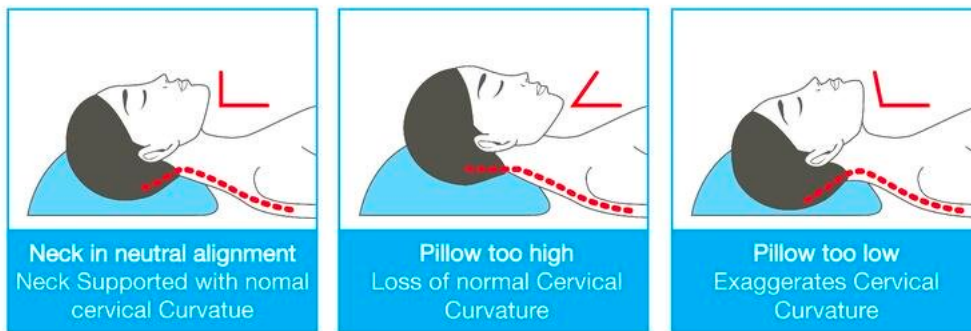


# Buckwheat Pillows

**BENEFITS:** A buckwheat hull pillow is one of the most effective pillows that you can use for supporting your natural and normal cervical curve. Patients who use a buckwheat pillow often have better joint support, cervical neck structure, better oxygen supply and overall better sleep throughout the night.

**HOW TO USE:** Your buckwheat pillow is filled with malleable, flexible buckwheat hulls (this is the thin flexible layer that covers buckwheat grain). Those hulls are designed to move and customize to your neck posture.

## Neck Alignment In Back Sleeping



As you sleep, start by placing your buckwheat hull pillow on your bed and making an indent in the center for the back of your head. Lay down and adjust so that your neck is firmly supported, and your

head is in a neutral position. From your back, you can move to either side re-adjust your pillow for support and comfort.

**YEARLY MAINTENANCE:** Your buckwheat pillow is naturally clean and non-toxic. Once a year, place your buckwheat hull pillow in the freezer for 24 hours. This helps support the long-lasting integrity of the hulls. It is not necessary to remove all the hulls and wash the cover.

\*Please remember to put a pillowcase cover over your pillow to keep it clean from daily use. Your pillowcase then can be removed easily and washed consistently.