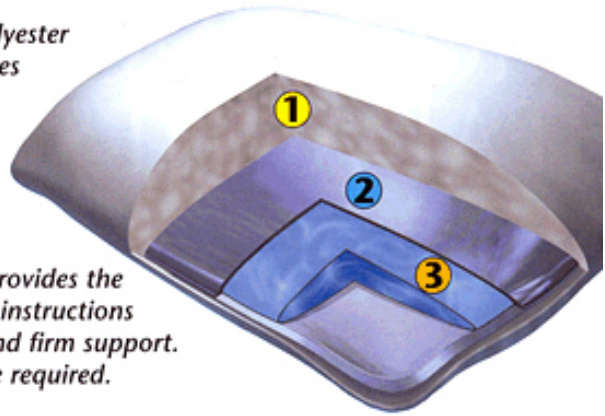


HERE'S HOW IT WORKS

- 1 A layer of super-soft, hypo-allergenic **DuPont®** polyester fiber floats over top of the water layer and provides outstanding comfort.
- 2 A thermal insulator fully encases the water layer to prevent body heat from being drawn from the head, neck and shoulders. This is an essential component of the comfort of the pillow.
- 3 A water pouch secured to the base of the pillow provides the responsive head and neck support. Easy to follow instructions show how much water to add for soft, medium and firm support. Use ordinary tap water. No chemical additives are required.



HERE'S PROOF IT WORKS

MEDICAL SCHOOL CLINICAL RESEARCH

In a study on adults with chronic neck pain conducted at a medical school⁽¹⁾, it was found that the **Mediflow** waterbase pillow was associated with reduced morning pain intensity, increased pain relief and improved quality of sleep.

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

⁽¹⁾ Cervical Pain: A Comparison of Three Pillows, Lavin RA. Research conducted at Johns Hopkins University School of Medicine. Published in Archives of Physical Medicine and Rehabilitation February 1997.

CHIROPRACTIC SCHOOL CLINICAL RESEARCH

CHRONIC NECK PAIN STUDY⁽²⁾

CONCLUSION: Use of a **Mediflow** waterbase pillow in conjunction with chiropractic care resulted in a reduction in neck pain and disability, and improved quality of sleep in subjects with chronic neck pain.

⁽²⁾ Chronic Neck Pain Findings, Logan College of Chiropractic. Presented at the International Conference on Spinal Manipulation, October 1996 Bournemouth, England.

QUALITY OF SLEEP SURVEY⁽³⁾

CONCLUSION: Based on a survey of students, faculty and staff at a chiropractic college:

- over 68% said their quality of sleep improved.
- over 84% rated the **Mediflow** waterbase pillow 8 or better on a 10 point scale. (10 being the highest satisfaction).

⁽³⁾ Quality of Sleep Findings, Logan College of Chiropractic. Poster presentation at the Conference of Chiropractic Research and Education, June 1996 San Diego, USA.



The only therapeutic pillow with independent, peer-reviewed, published clinical proof of effectiveness.

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