

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Neck Pillows - What's All The Buzz About?

By **DR. Joseph J. Berke, M.D., Ph.D.**

Neck Pillows - What's All The Buzz About?

by: **DR. Joseph J. Berke, M.D., Ph.D.**

They're invading the homes of consumers everywhere. You see them on the television, hear about them on the radio, read about them in the papers... Stories abound about how they've miraculously healed numerous ailments. So what is the real story behind the increasingly popular neck pillows? In reality, it actually comes down to basic science.

In grade-school we learned all about the different parts of the body, including our spines. What we didn't realize back then was how the parts of our bodies affected by the spine would ail us as we grew older. Millions of people sleep with improper spinal support, resulting in a population that suffers from severe neck, back and shoulder pain. This in turn, causes fatigue, irritability, and even depression. Fortunately, the remedy for this malady is simple - getting proper spinal support while we sleep.

A number of sleep and neck pillows have hit the market over the past years, and their increase in popularity isn't a coincidence. Luckily for neck pillow manufacturers and retailers, word-of-mouth advertising goes a long way. When one person starts talking about an improvement in their physical condition thanks to a product they've purchased, everyone else is desperate to try it in hopes that it will relieve their symptoms. Even doctors who know the benefits of neck pillows recommend them to their patients.

Even though neck pillows are recommended by health professionals across the globe, it is important to remember that not all neck pillows are created equal. When the popularity of neck pillows began to rise, opportunists began to create cheaper, lesser-quality imitations in hopes of turning a quick profit. As with all things, you get what you pay for. These imitations just don't provide the support that neck pillows are known for, eliminating the benefit of owning a neck pillow altogether.

Knowing how to tell a quality sleep pillow from a cheap imitation is important. Perhaps the crème de la crème of the neck pillows are those made of an innovative visco-elastic material, or in layman's terms, "memory foam". These pillows are made from a material that was developed for NASA. Because of

their molecular structure, these neck pillows offer unsurpassed support to the head, neck and shoulder region, perfectly aligning the spine and relieving chronic neck, shoulder and back pain in those who use them. When thinking of purchasing a neck pillow, if quality counts, make sure you look into purchasing one made of this cutting-edge material.

Dr. Joseph J. Berke, M.D., Ph.D.

Discover how sleeping on The Better Sleep Pillow can change your life.

Visit:

<http://www.bettersleeppillow.com>

Dr. Joseph J. Berke is an author and inventor dedicated to helping people get a better night rest.

articles@bettersleeppillow.com

The Right Type Of Pillow For You

By Max Plata

Having a comfortable pillow to sleep on each night ensures that you'll have the best sleep possible. Pillows don't last forever though and when it comes time to purchase a new one you want to consider which type of pillow is best for you.

Each pillow type has its own unique advantages. Choosing one should really be based on individual preference.

One type of pillow that many people use is a down pillow. Down pillows have a filling that is made from goose down. Goose down is the soft material that is located beneath the feathers of a goose. When used in a pillow it provides a luxurious and soft feel. This type of pillow is generally the most expensive and for some people it doesn't provide adequate support for their neck.

Geese also provide another type of filling for use in pillows. That's their feathers. A feather pillow is also soft but it is firmer than a down pillow. These types of pillows when cared for properly can last several years. It's not advisable to machine wash a feather pillow though because the filling will clump and the pillow will then be very uncomfortable to sleep on.

Foam pillows are a really good choice when you are searching for a new pillow. A foam pillow will often be suggested by a doctor if a person is complaining of neck or back pain after sleeping. With a foam pillow you get a lot more support than you would with a down or feather pillow. If you don't suffer from any neck or back pains you might find a foam pillow too firm for your liking.

A pillow with a cotton center is another choice. These types of pillows tend to be flatter than the other pillows. They also don't hold their shape and mold into the neck and head as do some of the other types of pillows. However certain people feel very strongly that cotton pillows allow the body to rest as

Neck Pillows – What's All The Buzz About?

it naturally wants to and they faithfully use them without any difficulty.

If you do choose a cotton pillow it's advisable to replace it instead of trying to wash it. Cotton pillows can become very dense over time with the weight of the body resting on them. This can cause the material to become water soaked when washed. This creates a breeding ground for mold.

Cotton pillows are very affordable and replacing them every few months is worth the cost to avoid health related problems that can stem from inhaling mold.

Choosing the material that your new pillow contains isn't the only decision facing you when you are purchasing a new pillow; size is a consideration as well.

Pillows come in different sizes and many people purchase a pillow depending on the size of their mattress. If they have a king size bed they naturally choose an extra large pillow. The same can be said for a small single bed and a small pillow.

The thickness of the pillow is a consideration as well. This decision should be based on your sleep pattern.

If you tend to sleep on your side you'll want a thicker pillow to support your neck. If you sleep most of the time on your back than a thinner pillow is a better choice. A thinner pillow will offer sufficient support to your head without causing neck strain.

Buying a new pillow is an easy experience. Be prepared by knowing the size of the pillow you want and what material you'd like your pillow made of.

Pillow information and more of his work at:

<http://www.pillowe.com>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!