

Headache

- The majority of headache complaints involve tension headaches, which can be caused by stress, poor posture, fatigue, depression and anxiety.

Low-back pain

- Poor posture, fatigue and exhaustion are common causes of low-back pain. Whether traveling or at a desk, prolonged sitting will fatigue the back muscles. Eventually, one can slip into poor posture.

Hip and leg discomfort

- Fatigue in the low-back, pelvis and hips can cause discomfort and pain well into the leg. Fatigue can be relieved, in part, by keeping the spine, pelvis and hips aligned.

"I had decided to try the Tri-Core Pillow because I had been having trouble sleeping on my side . . . every time I tried I would get a terrible knot in my neck and have excruciating headaches. . . .After using the pillow, I was able to sleep on my side with no headaches. . . . Thank you for making such a wonderful product."

-Donna Backen

"The Sitback Rest (is) another fine product we use in our office. . . . One patient told of how she takes her cushion from the car to the movie theater and other places that she sits for any period of time."

-D.D. Sailer, D.C.

Drug-free pain relief!

Get a drug-free option to pain relief with these Core Products items. Use these items to help:

- Relieve headaches
- Reduce joint strain
- Decrease snoring
- Comfort low-back pain
- Relieve arthritic discomfort
- Alleviate minor tensions
- Provide support to your neck or spine



To order, contact:



Making Your Life More Comfortable

Therapeutic relief from head to toe!



Get relief from head to toe.

Whole body therapeutic relief.

Get drug-free help for many of your aches and pains with these items from Core Products. All of these items can help restore proper posture of your spine, which can help alleviate such ailments as headaches, stiffness and injury, and strains and sprains. From office settings to resting at home, these products can provide therapeutic relief from head to toe.

Headaches
Neck Stiffness
Snoring

Pinched Nerves
Stiffness
Arthritis

Low-Back Stress
Hip Strain
Muscle Tension

Knee Strain
Ankle Discomfort

MEMBER TESTED and RECOMMENDED

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These items have earned the Health and Wellness Seal of Approval from the National Health and Wellness Club.

The **Headache Ice Pillo** uses time-honored and medically recommended cold therapy in treating dull, moderate and severe headaches, like migraine and tension headaches. In fact, this pillow has been shown to help relieve headaches of nearly 80% of users.* The Headache Ice Pillo uses a unique, compact design to help relieve headaches by providing support to your neck while sleeping or resting. An anatomically designed, soft-frozen gel pack can be inserted into the pillow for added relief. Great for travel, reading or sleeping, this pillow also can provide relief from pinched nerves, stiffness, sprains, neck injuries or other traumas. The gel pack stores in your freezer until needed. Patent #5,344,437 Product #235 Headache Ice Pillo



Our **Tri-Core Cervical Pillow** is the most requested fiber support pillow in the industry. Its unique, trapezoid-shaped center and twin support lobes gently cradles your head to support your neck and help restore its normal curvature. Tension headaches, pain from neck injuries, arthritis and airway blockage – a major cause of snoring – are a few of the conditions that can be helped by the proper sleeping posture attained with the Tri-Core Pillow. Designed for back and side sleeping, and filled with antimicrobial fiber. UK Patent #2-000-739 Product #200 Tri-Core Standard Product #220 Tri-Core Gentle



Sitback Rest and Slimrest back cushions help promote proper posture in any chair. These cushions provide support and comfort for your lower back. Side support wings ensure ultimate comfort by helping keep you in the correct position. The Slimrest provides a thinner design. Use at home, the office or while traveling. Product #400 Sitback Rest Standard Product #410 Slimrest Standard



The **Leg Spacer** is designed to help relieve pressure and strain on the lower back, hips, knees and ankles while you sleep. It accomplishes this by helping keep your legs in line with the spine to help relieve pressure on the spine and nerves. The contoured, hourglass shape fits comfortably between your legs and moves with you as you turn. Patent #5,216,771 and D319,751 Product #1100 Leg Spacer

