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## PILLOW TALK

NOVEMBER 2008 NEWSLETTER

### Many people frequently ask me about pillows

and what kind are the “best” to get. I can only speak from personal experience -- not from deliberate research and comparisons. Like Goldilocks in the Three Bears tale trying to find the best bed to sleep on, pillows can be too hard (foam), too soft (feather), and rarely just right! One also has to consider the thickness of a pillow – is it too thick, or is it too flat? Is it supporting my head and shoulder in a neutral and comfortable position, or not? I’ve never tried a water pillow, however some people swear by them. The challenge with water pillows is finding the right quantity to fill them with for optimal comfort and support, but having the “adjustability” option is nice to have. The only problem is that you have to break the plastic wrapping and fill it with water, which means ... should you decide this pillow isn't for you, you cannot return it for a refund. There are many places that will allow you to return a pillow if you haven't opened the plastic wrapping, thus maintaining the sanitary integrity for the ultimate owner. This is especially appreciated for costly orthopedic pillows! After confirming with the seller of their return policy, simply put a pillow case over the plastic and sleep on it for several nights.

I've had my current pillow for about 8 years. While a student in college, I bought my “Ortho-Cerv” pillow from the chiropractic office I worked at in the summer, and I still absolutely love it. I liked that it was “made to measure”, which means that the dimensions of the pillow was essentially made for someone of my dimensions. The manufacturer produces a variety of sizes and thicknesses based on a number of factors, such as your height, weight, shoulder width, and gender. Note that the age and firmness of your current mattress is also an important aspect. The pillow is filled with polyester fibers and holds its shape very well

(unlike feather/down pillows) thanks to stitched separated compartments. There are different thicknesses on the top and bottom ends so you have the option of “more or less” support in the space between your head and shoulder – it is simply a matter of turning the pillow around. It's also machine washable, and the prices aren't too bad either, considering how long it lasts (\$79.95). Ortho-Cerv is based in Quebec, and you can order directly from the site at <http://www.orthocerv.com> or 1-800-668-8550.

I've heard good things about buckwheat pillows too, and there is a company in Kanata called The Perfect Pillow Co. who makes them: <http://www.perfectpillow.com/index.htm> Apparently buckwheat is not a grain, but a fruit (who knew?!), and it is the hulls or husks that are used to fill the pillow. Perfect Pillow's buckwheat is 100% Canadian grown with no pesticides, preservatives or chemicals – great for those who want a natural “eco” option. The hulls conform to the exact contours of your head, neck, shoulders and spine providing a passive support. The pillow's ability to adjust to individual needs works by fluffing it up and burrowing in to fit. When sleeping, keep the pillow tight to the shoulders. Adjusting to the buckwheat hull pillows may take a few nights, just as it would any new pillow. The hulls last for many years, and long after other pillows have collapsed and worn out, the hull pillow will still be fully functional. Estimated life expectancy is 7-10 years, and the cost of bed sleeping pillows are \$30.00 to \$50.00.

### What's New

Serge Houle is no longer renting space at Solomon Massage, and has moved to a location closer to home and another job. We wish him all the best!



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### December Hours of Availability

This being an odd month for personal reasons outside of the holidays, I'm expanding some weeks to open up Tuesdays again and booking time off others. Here's a calendar listing of hours for December, and keep in mind that evening appointments book up faster than anything else, so get yours soon!

### December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 off	2 2:00 pm to 7:30 pm	3 2:00 pm to 7:30 pm	4 2:00 pm to 7:30 pm	5 1:00 pm to 6:30 pm	6 9:00 am to 4:00 pm
7	8 off	9 off	10 12:15 pm to 7:30 pm	11 off	12 off	13 off
14 off	15 off	16 2:00 pm to 7:30 pm	17 2:00 pm to 7:30 pm	18 2:00 pm to 7:30 pm	19 1:00 pm to 6:30 pm	20 9:00 am to 4:00 pm
21	22 12:00 pm to 7:00 pm	23 12:00 pm to 7:00 pm	24 8:00 am to 1:30 pm	25 off	26 off	27 off
28 off	29 off	30 off	31 off	Jan 1, 2009 off	Jan 2, 2009 Business as usual	

**Holidays and Observances:** 24: Christmas Eve, 25: Christmas, 26: Boxing Day (Many regions), 31: New Year's Eve