

NanoPro Pillows – Better Sleep and Health Support

Contributors: Dr. Chris D. Meletis and Dr. Li Zhiguang, Peking University of Medical Sciences

Eastern and western medical experts have both recognized that the pillow you use each night will have a major effect on your overall health and the well-being of your head, as well as your neck, shoulders, back and internal organs.

NanoPro Pillows were developed to passively support and enhance your health while you sleep which is a very significant opportunity, based on this being one-third of our daily lives.

Selecting a Pillow

The shape of each of the NanoPro Pillows was ergonomically designed to perfectly match and support the physiological curves of the head and neck of the human body. It provides outstanding support for the neck and enables the cervical vertebrae column to completely relax, while helping to open the respiratory tract for easier and healthier breathing.

Maintaining the normal physiological and functional status of the cervical vertebrae during sleep will help facilitate the relaxation of the skin, muscles, ligaments and vertebrae in the neck; as well as the tissues such as the trachea, esophagus; and the nerves in the neck. When a person sleeps on a high pillow, the alignment of their cervical vertebrae will change and some local muscle may be overstrained. Over time, the nerves in the neck and major blood vessels may be stimulated or oppressed, inducing either reflective cramp or even reduced blood supply to the brain. This in turn may cause numbness and pain in the neck, shoulders, back, and arms; or even dizziness, headache, altered vision, tinnitus (ringing in the ears) or nausea.

Sleeping on a high pillow is one of the most common causes of a stiff neck and pathological changes to the neck and surrounding nerves. This can also result in an increase in the angle of the neck and chest and may block the ventilation of the trachea, causing dry throat, irritation of the pharynx and snoring. It may also cause long-term tensions in the pectoral and dorsal muscles, tighten the chest and hamper normal respiration.

Sleeping on a low profile pillow can be equally harmful, especially for those suffering from hypertension and atherosclerosis.

Medical studies have shown that a normal, healthy person will change their sleeping posture 20-45 times during a typical 8-hour sleep. These studies have also shown that most people will spend more time sleeping on their backs and should therefore choose a pillow whose central height is the size of their fist.

Generally speaking, harder pillows are more beneficial for your health. However it should not be so hard that it reduces amount of contact between the pillow and the head. This would put added pressure on the nerves and result in numbness or pain in the head, neck, back, arms and hands in the morning. Pillows that are too soft will make it difficult to maintain proper pillow height and cause too much pressure on the scalp. This may also hamper blood micro-circulation and may cause difficulty breathing.

The best position for the head is to lie in the center of the pillow, with a built-up side to help maintain the body's normal physiological curve, and to support and avoid a stiff neck. The area that comes in contact with your neck should be higher to properly support the neck and spine, and to help avoid lateral flexure.

Traditional pillows are just the opposite shape with a higher central area and lower sides.

Improved Microcirculation

The quality of your blood flow through your arteries, capillaries and veins largely determines your health, energy and vitality. Our capillaries are the tiny blood vessels that facilitate the exchange of oxygen and nutrition throughout our body. As we age however, our capillaries can become even narrower, twisted or possibly kinked. At the same time, our blood can also become more congested as a result of enlarged red blood cells and increased viscosity as caused by elevated cholesterol. This not only reduces blood flow and effectiveness, it can also increase blood pressure (hypertension).

Through recent NanoTechnology research, a nano-scale ceramic compound was developed that will reflect our biological waves back to us. These microscopic elements are embedded throughout NanoPro Pillows, to reflect and direct energy back to the individual.

This mirrored energy then enhances the micro-circulation in one of the most critical areas of our body... our shoulders, neck and head!

The reflected biological energy waves will help to reduce your blood viscosity and also expand the width of your tiny capillaries to increase microcirculation. Unlike some other products that add foreign magnetic fields (EMF) to your body, NanoPro technology reflects the natural power of your own body.

Increased microcirculation helps to deliver more oxygen, nutrition and water through your vital organs, such as your brain. In fact, about twenty percent of all the oxygen carried by your blood will be used by your brain, which has a blood flow of 750 ml (4/5 quart) every minute. An increase in oxygen can also help to prevent and aid in the relieving of headaches, dizziness, forgetfulness and insomnia caused by diseases of the brain's blood vessels.

Your blood is also responsible for the removal of metabolic debris, carbon dioxide and environmental toxins that are absorbed through the foods we eat; the air we breathe and the water we consume. Once again, it is critical to remove these from your head area.

Many NanoPro Pillow users have reported a much faster, deeper and more restful sleep with less awakening through the night. They also comment on the ability to recall dreams. These experiences would indicate that the sleeper is attaining the REM (rapid eye movement) depth of sleep, that many adults have trouble achieving due to work and home-related stress.

(Vital Age also strongly recommends the daily use of LingZhi Peptide, an herbal supplement, to help reduce the viscosity of your blood, enhance the microcirculation of oxygen and nutrition, plus enhance your immune function).

NanoPro Pillows will also help to increase microcirculation through the muscles in your neck and shoulders to help reduce inflammation, plus ease stress, tension and knots!

The Negative Ion Effect

The air that we breathe contains electrically charged ions that are invisible to us. They are either positively or negatively charged.

Negatively charged ions are abundantly present near large bodies of water, making air fresher and cleaner. The active ceramic ingredients in the NanoPro compound have also been shown to release negative ions into the air.

Negative ions may help reduce and even normalize the blood pressure of those who suffer with hypertension. They can also help the lungs to improve their ventilation power, to boost our immune system.

NanoPro Control of Harmful Bacteria

Another unique feature of the NanoPro compound is that it has an anti-bacterial and bacteria-inhibiting ability that helps to prevent bacterial microbes from growing and spreading. Regular pillows without the NanoPro compound tend to harbor bacteria that can build up over weeks, months and years of use.

NanoPro Ceramic Compound

The nano-scale particles are an exclusive compound designed to provide optimal energy reflection, negative ion production and anti-bacterial effect. These particles are throughout the NanoPro Pillows and will be effective on all sides, through normal pillowcases.

As with all pillows, after opening from their packaging, NanoPro Pillows should be rolled tightly and then released, forcing trapped air out.

NanoPro Pillow Care

NanoPro Pillows have a cotton covering designed to remain on the pillow. It is advised to use a pillow case that can be washed regularly. All the benefits of the exclusive compound in the pillows will not be deterred by the use of a regular pillow case.

NanoPro Pillows will provide years of support and effectiveness, however like all foam or fibrous material they may breakdown after time.

NanoPro Pillows may be washed in warm (not hot) water and air-dried on low heat. Very hot temperatures in the washing and the drying process may cause the embedded nano-particles to become separated from the pillow's material.

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