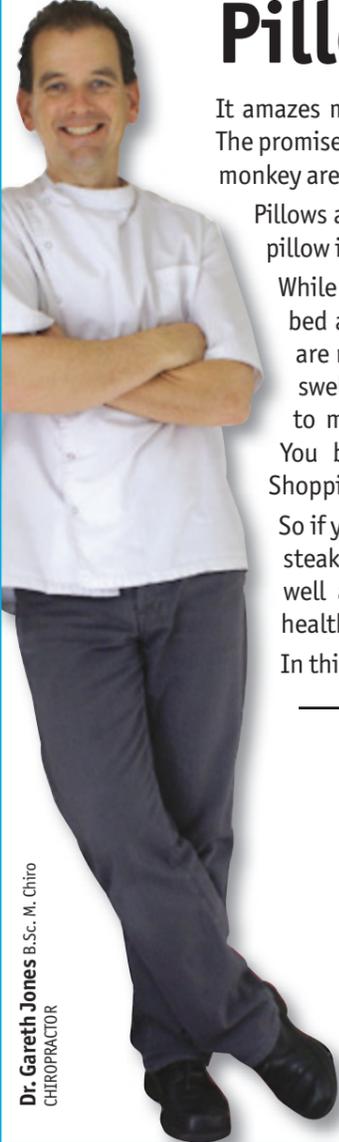


ADVERTISING PROOF	CUSTOMER	CAMBRIDGE CHIROPRACTIC C	PUBLISHING	22/07/15	SALES REP	SCUTLER	PUBLICATION	CAMBRIDGE EDITION	SECTION	PAGE 2
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Dr. Gareth Jones B.Sc., M. Chiro
CHIROPRACTOR

Pillow Talk

SPINAL COLUMN

It amazes me how many people watch home shopping television. It seems every second patient has bought a new pillow in the last few months. The promise of a pain free night's sleep from a pillow made from the hairs of a Tibetan goats' chinny-chin-chin, or from the nose hair of an Andean spider monkey are irresistible to some.

Pillows are strange things; some people sleep well with a thin, firm memory foam model, others with a fat and fluffy one. Ideally the width of the pillow is the same as the distance from your ear to the tip of your shoulder when lying on your side. This keeps the neck straight when sleeping.

While the quest for the perfect pillow seems unending, it is not always because you have a Princess-and-the-pea disposition toward unsatisfactory bed adornments. It is often simply because you have a poorly functioning neck. Inflammation from aggrieved neck joints build up when you are not moving, so eight hours in the sack means lots of swelling in the joints. This makes them stiff and painful to move, which wakes you up and makes you grumpy. You blame your pillow, get up and watch late night Shopping Channel and BAM! your money is gone.

So if your new pillow has enabled you to sleep well and the steak knives complement your current table hardware, well and good. But if your symptoms persist see your health care professional.

In this case, that would be me.



Actual husband, incorrect pillow



Ideal husband, correct pillow

NEVER UNDER ESTIMATE THE POWER OF CHIROPRACTIC CARE

- BACK PAIN
- SPORTS INJURIES
- NECK PAIN
- STIFF SHOULDERS
- HEADACHES
- LACK OF SLEEP
- SORE LEGS
- WEAR AND TEAR



CAMBRIDGE Chiropractic
CLINIC 'hands on health care'

Clinic Hours: Monday 8am-8pm | Tuesday 8.15am-2pm | Wednesday 12pm-8pm
Thursday 12-8pm | Friday 8.15-2pm

You are welcome to call outside these hours to make or change appointments.

9 Dick Street, Cambridge Tel. **07 827 0339** | www.cambridgechiropractic.co.nz