

## NATURALINK BUCKWHEAT PILLOW RANGE – FAQ

### TABLE OF CONTENTS

1. Why should I purchase my Buckwheat Pillow from Naturalink?
2. Why does Buckwheat Hulls work better than traditional pillow fillings?
3. How should I use my Buckwheat Pillow?
4. How often should the fillings be changed?
5. Should I remove or add fillings when I receive my pillow?
6. Can Buckwheat Hulls cause allergies?
7. Do I need to clean the filling?
8. Should I use a Buckwheat Pillow from Naturalink even if I do not have any physical problems?

#### 1. WHY SHOULD I PURCHASE MY BUCKWHEAT PILLOW FROM NATURALINK?

Years of experience and skill have gone into the development of our support pillows and everything possible has been done to create cervical and spinal support that will help keep you healthy and pain-free. We use only the finest quality fillings which include hulls that are uniform in size, intact in shape, and carefully cleansed. Our fabrics are 100% cotton including beautiful 100% cotton pillow cases. Our products are made in China and shipped only after passing strictest quality control measures undergone by Naturalink experienced personal. Most importantly, our buckwheat pillows are affordable by all so everyone can benefit from its long history of proven therapeutic benefits.

#### 2. WHY DOES BUCKWHEAT HULLS WORK BETTER THAN TRADITIONAL PILLOW FILLINGS?

The size and shape of buckwheat hulls allow for a constant shifting of the material as we move during sleep while air freely passes through the organic filling. This constant ventilation of natural pillows keeps them fluffy and fresh.

Traditional feather pillows tend to lose their shape as the night progresses. Regular foam and polyester pillows keep their shape but cannot accommodate individual needs for support. Our buckwheat hull pillows will neither flatten during the night nor force you to shift your head and neck in search of comfort. The organic hull filling will adjust itself to the individual form and weight of your head, while giving continued support throughout your time of repose. It is the ability of the hull pillow to perfectly contour your neck and spine that makes it such a valuable tool for pain prevention and spinal support.

Organic pillows are hypo-allergenic while traditional pillows, such as feather and down pillows, have the tendency to harbour mites and other allergy causing organisms after years of use.

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### 3. HOW SHOULD I USE MY BUCKWHEAT PILLOW?

Organic pillows are so much easier to sleep on than traditional pillows because they keep their shape all night. You **will never have to** fold them over or fluff them up during the night.

When you sleep on your back, simply form a little indentation with the back of your head as you lie down. The organic pillow will support your neck in its natural curvature and keep it aligned and tension free. If you prefer to sleep on your side, just pull the pillow down so it touches your shoulders and keep it flat. If you are a tummy sleeper, we recommend that you do not use any pillow at all.

Buckwheat hull pillows make soothing rustling sounds as you lie down or shift your position. Many people find these sounds enchanting and calming. It may take a few nights for you to get used to your new hull pillow, given that it is firmer and quite different from what you have used before. If the firm feel makes you hesitant at first we encourage you to put 1-2 soft towels over your pillow for the first few nights, and then remove them over time. The vast majority of people get used to the firm feeling within the first 2-3 nights. You will soon find that this new experience is more than worth the experience and expense: You will sleep deeper and awaken with a sense of physical and mental rejuvenation.

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### 4. HOW OFTEN SHOULD THE FILLINGS BE CHANGED?

Organic buckwheat fillings do not wear out for years of use. They remain ventilated and fresh while giving continued support. The hulls will not break or collapse as they adjust to the individual contour of your neck and spine.

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### 5. SHOULD I ADD OR REMOVE ANY FILLINGS WHEN I RECEIVE MY PILLOW?

To adjust the amount of filling to the individual contour of your neck and your shoulder width, we recommend that you ask someone to help you with the following: Lie on your side, with your head on your new buckwheat hull pillow. The area of the spinal column nearest to your head and down to your shoulders must be a straight elongation of the rest of your spinal column. You do not want your neck to curve upward (pillow is still too high) or downward (pillow is too flat). Remember that your head will not push air out of your new pillow as the night progresses. The height of the pillow that you determine as perfect will remain unchanged for years of use. For this reason it is vital that you make sure the pillow has the correct height.

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### 6. CAN BUCKWHEAT HULLS CAUSE ALLERGIES?

Research shows that only an extremely small amount of people have adverse reactions to buckwheat hulls or other organic fillings. Our hulls have been carefully cleaned and dusted to remove flour residue, dust particles, and other dirt remnants.

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Our hulls are 99% dust free. This result is achieved by running the hulls twice (as opposed to once, or in most cases not at all) through the dust ventilator. This process separates 99% of all dust particles, the remaining residue of buckwheat flower, and all foreign matter from the hulls. They are thus clean, hypo-allergenic, safe, and perfect for use as pillow fillings.

Our buckwheat hulls should not cause any irritations. If you feel that an allergic reaction is linked to the use of one of our organic pillow, please contact us immediately.

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### 7. DO I NEED TO CLEAN THE FILLING?

No, it is not necessary. Unlike synthetic pillows, natural pillows are far less prone to attract dust mites or other organisms. If you think you would feel better doing some kind of cleaning, you may place your organic pillow in the sun for basking once every 6-8 month. Keep all your protective pillow cases clean and dust-free by washing them regularly.

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### 8. SHOULD I USE A BUCKWHEAT PILLOW FROM NATURALINK EVEN IF I DO NOT HAVE ANY PHYSICAL PROBLEMS?

Buckwheat pillows are suitable for all not only if physical problems are evident. It helps you maintain good cervical curvature. It helps you with better sleep and wake up fresh.

## CONTACT US



### **Naturalink Pty Ltd**

**ABN 53 019 221 967**

Address - 59 Norval St Auburn NSW Australia

Contact details- Tel : 61-2-97491188 Fax : 61-2-96431437

Postal address- PO Box 3065 Parramatta, 2150 NSW

[Email-info@naturalink.com.au](mailto:Email-info@naturalink.com.au) / [www.naturalink.com.au](http://www.naturalink.com.au)

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