

Secrets from my Chiropractor

Simple Tips to avoid Back Pain, Stiffness and Fatigue (SEE PAGE 1)



Sleep is critical for your
brain and **health**. Now
there's a solution!

Ergo21 Pillow Case with LiquiCell (SEE PAGE 9)



5 WAYS TO TREAT CHRONIC PAIN

(SEE PAGE 3)

Tips and Tricks to sit longer without pain and Discomfort.

Our body was designed to keep moving. But in this age of computers and Facebook we don't realize how much we sit until we feel the stiffness in our spine, neck, lower back and numbness on our tail bone.



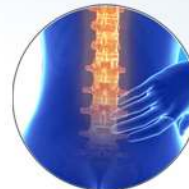
BACK PAIN



ARTHRITIS



COMPRESSED DISCS



SCIATICA

Secrets from my Chiropractor – Simple Tips to avoid Back Pain, Stiffness and Fatigue

- Refrain from watching television in bed or on a sofa when lying down.
- When sitting at a computer, sit up straight, (C-Curve in the middle of your back). Try not to lean back on the back rest as this misaligns the spine. Use a small lumbar support in the middle of the back if needed. You can lean back for a minute to relax and then come back to sit up straight.
- Make sure your chin is lined up at the middle of the computer screen. If using a laptop, get a stand to lift it and get a separate keyboard to place on the desk. Also, the keyboard should align at right angle with your arms. There should be no strain on your wrist. If you feel a strain at your wrist, then get an adjustable keyboard tray. These extra steps go a long way to avoid wrist pain, tendonitis, shoulder, neck and back pain.
- Try to get up and walk around every 10 to 20 minutes or when you feel yourself getting stiff.
- If you have back problems avoid crossing your legs and try to stand on both feet instead of putting all the weight on one leg.
- Get some kind of stretching or yoga program going! Meditation and breathing help.
- If you talk on the phone a lot or more than a minute, then get headsets immediately. Neck problems trickle down and affect the whole spine and are cause of migraines and back troubles.
- Sitting on a Sofa or recliner with your neck against the neck rest or the back restricts the movement of the neck. Alexander Technique recommends keeping the neck free. This simple awareness can go a long way in keeping the spine straight. If you feel lazy and sloppy then don't sit on a sofa, just lie down in bed instead.



LiquiCell Improves Blood Flow by 150%

Look for a Feldenkrais or Alexander Technique teacher in your area who can teach you other simple habits to a healthy back.

I have been a student of The **Alexander Technique** and **Moshe Feldenkrais** for many years. These simple movements and techniques are a good solution to relieve back stiffness and will allow you to sit longer in comfort.

A good book to explore Feldenkrais techniques is "**Relaxercise**" by David Zemach. It is available on Amazon.

From the book I showed some of the movements to my Mom who was suffering from frozen shoulders and lower back pain and could not sit for long. She could not even raise her hands to comb her hair. Her Orthopedic Surgeon had recommended surgery. But within two to four weeks of doing these simple movements she did not need the surgery and she was fine.

I sit at my desk every day at work for 6 to 7 hours and then go home and sit some more to watch the news or TV. These exercises were a lifesaver. You can do them once or twice a day. I have included them in my yoga and exercise routine in the morning. Sometimes I do one or two again in the day if I feel my back getting stiff at work or in the car. Another good time to do them is while watching TV.

You can also check out these exercises on You Tube. Just search for the word - Feldenkrais Movement. Here you can do the simple movements with the practitioner. There are quite a few of these. Just do a couple of them a day as time permits. Once you learn the ones that benefit you, then you can do them on your own.

Important Phenomenon and effect of LiquiCell Membranes - Blood Flow Improved 150%

Our cushions deploy the 4 thin LiquiCell Membranes that are hand stitched and then placed on top of aircraft quality open cell high resilience foam.

Most of our clients find our cushions comfortable from the get-go. But some who have moderate to severe issues, begin to feel good after a few days of use. This is because the tissues that have been subjected to years of pressure begin to heal and for those who have pressure sores, they notice that most of them go away in a few days.

(See White Paper in the technology section on our website)

You can find LiquiCell in a high-end office chair that sells for \$5900 by Recaro and in Lazy Boy Contract recliners for dialysis patients who sit for long hours to get treatment and prevent numbness. Also, Mayo clinic and hospitals use LiquiCell to promote blood flow on beds.

The LiquiCell Membranes promote blood perfusion and eliminate hot spots that allows one to sit comfortably for hours. Watch video on our site.

"If you struggle to sit in a car or at a desk due to sciatica or low back pain, this cushion is for you."

As an Uber driver with over 2,200 rides, this product is simply the best of the best for assuring positive blood flow over the course of a long night at the wheel."

By Robert McClain - Verified Purchase

★★★★★

(Inside Look)

ERGO21 Original Seat Cushion

Feel the LiquiCell difference!

LIQUICELL IMPROVES BLOOD FLOW BY 150%
WATCH THE VIDEO AT WWW.ERGO21.COM

MADE IN USA
WWW.ERGO21.COM

Sitting at home, office or driving for long periods can make everything hurt

5 WAYS TO TREAT CHRONIC PAIN

Aches in hips, neck/shoulder and back...

Challenge: Watching TV, writing a long report or driving can cause some serious aches and pain. Paying attention to proper posture can go a long way in reducing the effect of long term sitting.

Solution: If your spine is bent and your neck is pointed downward or your eyes are looking up at the computer screen or TV, all you need to do is adjust the height of the chair so that your head is at the level towards the middle of the screen. When using a smart phone bring the phone to about the chin level so that the neck is not strained.

Getting Help: Acupuncture can be very helpful in relaxing the tension in the lower back, neck and wrist if you type too much. It also helps with headache and arthritis. Ongoing treatment slowly heals the tissues so that they can function normally. It may be covered by your health plan.

Exercise: Personal Trainer or a Physical therapy which is normally covered by most health insurance plans is very beneficial in starting a stretching and exercise plan that targets the places where one is hurting.

Yoga and Meditation: There is Yoga for every stage and symptoms. Write down the areas you need help with and the Yoga instructor can design the right poses to strengthen and oxygenate the tissues involved.

Meditation helps reduce stress and quietly sitting in a chair or on the floor either cross legged or in a half lotus or lotus position has a rejuvenating effect on the whole nervous system. You can focus on the areas where energy is blocked just breathe to open the pathways.



My favorite method is to gently close the eyes and breathe in - visualizing from the tip of the nose to the crown of the head, pause and breathe out from the crown all the way down the face, neck, torso, hips, legs, knees, ankles feet and send the toxins and fatigue to the ground. Start again from the tip of the nose and do a few rounds until your whole body is kind of weightless and light and all the pain is dissolved.

Let food be the medicine (Socrates): My favorite method is to put the palm of my hand on whatever I am going to eat and feel and focus if this food is going to provide the nutrients and energy that my body needs. Visualizing the food breaking down and dissolving and being absorbed by the body is the best technique to eat what is good. Of course one can never go wrong with a vegan or Mediterranean diet, which can help with reducing inflammation, the main cause of pain.

A fiber rich diet with natural foods like vegetable, whole grain, and fruit if allowed is the way to go. Look for recipes that work for you and rotate them weekly. A good bowl of oatmeal in the morning is the best breakfast. You can accompany it with eggs, lentils, garbanzos etc.

Just remember according to Ayurvedic school of thought that grains and fruit don't mix well. Eat fruit 30 to 40 minutes before. And milk and bananas are a no no! Try Almond milk instead of dairy to reduce inflammation.



Why one type of cushion does not work in all situations

We all have different body types and sit in all kinds of chairs, cars, wheelchairs etc. Some of these seats have no cushioning like wooden chair, patio chairs or sports stadium seats. Also, the thickness of the cushioning varies from one chair to another or from a low priced car to a high end car.

Ergo21 Seat Cushions are Great for Every Seat

Feel the *LiquiCell* difference!

Office **Home** **Car** **Wheelchair**

LiquiCell Improves Blood Flow by 150%

Recommended as an aid for

Low Back pain	Buttock Pain
Arthritis	Fidgeting
Hip Pain	Sciatica

We recommend getting two to three of our models

Example: I sit in an office chair that has good cushioning. I use our one inch thick, Ergo21 Travel Cushion on it. This gives me the benefit of the Blood Flow technology without adding more foam. Also, I use this Travel cushion on my recliner, sofa (with the Ergo21 Large lumbar) and on planes or take it to restaurants, movies, concerts as it is easy to carry.

In my Range Rover SUV, I use the Ergo21 Sports Large size. This cushion is two inches thick and provides me with the support I need under my tailbone for hours of driving in comfort. I am 5 feet 10 inches, so the two inches thickness does not raise me high so that my head touches the roof. If someone were 6 ft or taller, then our Ergo21 Travel Cushion which is only one inch thick with a lesser resilience foam would be ideal.

And on my dining chair, I use either the Ergo21 Original or the Ergo21 Sports Cushion with the Large Lumbar.

Bottom Line

We recommend that you get as budget permits one of each and use it on various seating's.

Ergo21 Original – 2 sizes - Contoured shape - cars, office, dining chair. An all-purpose design.

Ergo21 Sports – 4 sizes - Wheelchairs, patio, office, car. XL works well for individuals 250 +

Ergo21 Lumbar and Roll– 3 Sizes – The Large is good for cars, SUV, recliner or sofa. Small for low back chairs and wheelchairs. Ergo21 Lumbar Roll is for flat back chairs or where there is not enough Lumbar curve.

Ergo21 Travel – It's good to have this as an all-rounder. It works on planes, trains, autos, office, home, portable, folds in half. Also can be used by lightweight individuals under 140 pounds or in a car by tall individuals where headroom is an issue. It is only one inch thick with a softer foam.

Ergo21 Collection

In our society we are forced to sit and sit – drive, work in front of computer, home watching TV. By having a few of our different styles of our cushions in various sizes you can enjoy sitting for work or pleasure. Happy Sitting :)

PS: Feel free to call us if you have any questions or special needs. We are always here at your service.

Recommendations:

Which Cushion is best for a particular chair or seating...

Ergo21 has several different models for sitting and a set of three Lumbar Cushions for the spine support. You can check them out on our website individually at www.ergo21.com

Ergo21 Travel – This is ideal for anyone who has very sensitive skin, elderly and seniors and individuals on the go. It works great in cars, plane, seminars. Can be folded in half.

Ergo21 Original Cushion – It is a thicker version of the Ergo21 Travel Cushion. Comes in two sizes. Great for seating that has poor cushioning, Mobility Scooters, Car, office, home.

Ergo21 Sports Cushion – This comes in 4 sizes and is rectangular with the gentle slope. Has more cushioning and works well on any seat, car, home office, patio, including wheelchairs.

Ergo21 Coccyx Cushion – Comes with a cut out in the back. It is a great solution for tail bone injuries and relief for hemorrhoids. We usually don't recommend this for wheelchairs, cars or recliners where there is limited movement. It is always best to get both the Ergo21 Sports and the Ergo21 Coccyx and use them as needed.



Ergo21 Lumbar Cushions – Our Lumbar cushions relieve the pressure points along the back of the spine and the LiquiCell membranes keep the circulation going along the back. Good for cars, mobility scooters, recliners. Most of these seats have some kind of Lumbar curve. Ergo21 Large lumbar provides relief without the added hump/Bump. Can be used with our Ergo21 Roll on situations where extra curve is needed like a sofa or chair with no curve.

Ergo21 Small Lumbar – Works well with low back chairs and wheelchairs.

Ergo21 Lumbar Roll – Fits in the small or middle of the back on seats like an office chair where the roll keeps one sitting straight with no pressure points

Suggestions – We recommend that you get a few different models to use it around the home, office etc. Example: Ergo21 Travel cushion is a very versatile cushion and can be used in many seating situations. You can add at least one from the Ergo21 Original, Sports or the Ergo21 Coccyx models. And, finally get at least two of the Lumbar Cushions. The Large Lumbar and the Roll or the Small Lumbar and the Roll. This way you will have different options for different needs based on the chair, car etc.

What Customers Are Saying...

"I needed a better lumbar cushion, especially since I'm driving a newer Honda after a Le Sabre, which had a new suspension AND a re-foamed driver's seat so it really was a sofa on wheels. I'm using both this cushion and the seat cushion and it has made driving the Honda a pleasant experience. Multiple surgeries over the last 13 yrs, makes driving uncomfortable at times. These cushions help a lot!" – Ricky Jr.



"I use this with my Ergo21 sports cushion and I can ride in the car for hours with getting uncomfortable, they are the perfect pair comfort in the car. I have an incomplete spinal cord injury at L3 and a fusion from L5 to L1 and this has made a huge difference in the car. Customer service is top notch as well!!!" – Betsy L Phillips



Ergo21 Travel Cushion - Why it is very popular!

Ergo21 Travel Cushion has been a blessing for travelers and seniors/elderly who have sensitive skin and also we recommend it for individuals who weigh under 150 lbs. And it can be also used by someone weighing 300 lbs. Most of the chairs and seats like in the plane already have thick cushioning. The Slim design of the Travel, which is only one inch thick is portable, folds in half and can be used everywhere. The four hand stitched Liquid-filled membranes protect the tiny capillaries under the skin. This prevents shifting to one side or the other, thereby maintaining the proper posture for long term sitting comfort. Many of our clients who have Spinal issues and who cannot sit on a thick cushion have reported to us that this thin one-inch design with softer foam has helped them with proper spinal alignment.

Also, taller individuals, love the slim one inch thick **Ergo21 Travel Cushion** in the cars as it adds hardly any height for them. It has a softer giving custom foam that takes maximum advantage of the 4 LiquiCell membranes that keeps the blood perfusion and reduces vertical pressure for hours of sitting comfort just like the Ergo21 Original, which comes in two sizes.

Our **Ergo21 Original Cushion** can be used on an office, home chair or a car where you can adjust the seat to accommodate the 2 inch thickness or where headroom is not an issue. It has denser high resilience foam. Most of the cars don't have good cushioning. We recommend that you get both the Travel and the Original and use them in different seating situations.

Sit As Long As You Want PAIN FREE!*
WORLD'S FINEST SEAT CUSHIONS



<p>LiquiCell Technology Improves Blood Flow*</p>  <p><small>Advanced LiquiCell Technology</small></p>	<p>*Recommended as an aid for</p> <ul style="list-style-type: none"> • Low Back pain • Degenerated • Arthritis • Hip Pain • Coccyx/dinia • Buttock Pain • Compressed Discs • Fidgeting • Sciatica • Groin pain 	<p>Great For Every Seat</p> <ul style="list-style-type: none"> • Office • Trucks • Cars • Recliners • Home • Sports • Concerts • Church • Patio • Wheelchairs 		
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The fabric we used is top quality stretch which moves with your body further preventing skin shear and keeps the tiny capillaries under the skin from shear stress.

You can also try it under your hips on your bed to relieve tightness when you sleep. Here is what a couple of clients wrote to us recently. Their joy is touching.

Your Ergo21 Travel cushion had permitted me to sleep in chair 2 straight nights without hurting my butt.
– Stanley Schuster

(Stanley has a condition where sometimes cannot sleep in bed)
From: "Victor Hercules"

Hi Steve,

"Hope is all well, I've been very busy, and I finally was able to leave you an honest review. I know I had mentioned I was going to return the original cushion, but I honestly decided to keep it.

I really cannot live with either. The travel Cushion stays in my car always, and the original is used at work and in my home office. Now I find my wife fighting me for it lol.

You have really help me tremendously, I can now enjoy my days with less pain after long periods of sitting down.

Thank you so much and I will look forward to any new products you plan on releasing."

We design all our cushion here in Newport Beach CA, a few blocks from Balboa Island, former home of the legendary John Wayne – The Duke

We have designers searching for the best fabric, deploy custom foam from foundries in USA, and the finest materials. All handcrafted here in California, USA.

But, the hero here is still the LiquiCell Technology! Feel free to watch the video on our site.

Our other popular items:

- Ergo21 Pillow Case with LiquiCell
- Ergo21 Meditation Cushion
- Ergo21 Bicycle cushion
- Ergo21 Wedge acid reflux Pillow
- Ergo21 LiquiCell Insoles





Please Read Sitting Applications

Sit on Logo



Travel Cushion

Sit on Logo



Original Cushion

Sit on Logo



Sports Cushion

Sit on Cut out



Coccyx Cushion

Easy Cleaning Instructions

Just wipe with a wet rag soaked in very mild, soapy diluted water. You can also use Tide Antibacterial Fabric Spray kills 99.9% of bacteria. If the cushion is used in a messy area, then just get a cushion cover online or use a pillow case.

Tide Antibacterial Fabric Spray



Tips:

We recommend that you get at least two or three different types of Ergo21 Cushion. This way one cushion is good for the car and another model for your office or home.

Example: One of our clients uses Ergo21 Travel in the car. His wife likes the Ergo21 Original in the car. In his office chair and recliner, he uses Ergo21 Travel or the Ergo21 Sports

Ergo21 Pillow Case with LiquiCell

Good night's rest isn't a luxury—it's critical for your brain and for your health

Just slip it on Your Favorite Pillow

- Sleep Soundly
- Sleep easily
- And wake refreshed



Benefit: LiquiCell keeps the blood flow without pressure points under the neck and head. You can even use your favorite color coordinated pillow case on top. Sweet Dreams!

Sleep like a baby. Works with your favorite Pillow! How cool is that!

Good night's rest isn't a luxury—it's critical for your brain and for your health

Just slip it on Your Favorite Pillow

- Sleep Soundly
- Sleep easily
- And wake refreshed

Benefit: LiquiCell keeps the blood flow without pressure points under the neck and head. You can even use your favorite color coordinated pillow case on top. Sweet Dreams!

Ultra-thin cells contain liquid that's in constant motion allowing your body to glide and float. What this means to you; is instant comfort, reduction and elimination of pressure on neck and facial tissues to provide you with a deep restful sleep!

What Customers Are Saying...

"The first night I used it, I slept three hours longer. I had no pressure on my neck and head. Amazing!"
— Nirmal K.

"I'm a big fan of their Ergo21 Seat Cushions, so when I heard that they came out with an Ergo21 Pillow Case, I ordered it right away. And I must say that I sleep much better and wake up with no discomfort in my neck. Now I even take the Ergo21 Pillow Case on vacations instead of carrying my pillow. Good Job Ergo21!" — Bill C.



Designed to relieve discomfort.

***Learn more about the technology at Ergo21.com**