

6. Continue relaxing. You should begin to feel so relaxed that you may drift off for a light catnap. Just let yourself go – after 10-15 minutes you'll reawaken feeling refreshed and refocused, with a marked reduction in tension. Don't be concerned if you don't actually sleep; just relax and let *The Relief Pyramid* do the work.

7. In addition to the reversible top pad, you can further customize *The Relief Pyramid* height by placing the device on a magazine or book, raising it 1/4-1/2 inch (illustrated in Figure 4).

Individuals less than 5 feet in height may need it lower than the standard low configuration. For this, place *The Relief Pyramid*

directly on the floor (off the blanket or pad you lie upon, Figure 5). Finally, elevating only the front/curved side can add a little more inhibitory pressure to tight suboccipital muscles, if that is desired.



Figure 4



Figure 5

Remember, to get best result it is **very** important that you do nothing but relax and let a sense of well being flow over you. Soothing music is a perfect background. Reading, watching TV, or directing traffic defeats the purpose of your treatment time. Take these few moments for yourself – you will find you feel improved and function better afterwards.

Reminders

1. Maintenance session time is generally about 10-20 minutes.
2. Find a quiet place and lay on a firm but comfortable surface.
3. Relax on your back with feet apart and knees together (as pictured in the illustrations). Get comfortable!
4. Situate the bowl-shaped edge of *The Relief Pyramid* in the fleshy area just below the bony skull.
5. Slight repositioning may be needed as you loosen up and your skull releases from its impacted position.
6. Then simply relax and let yourself go.
7. **Important:** If you experience discomfort with the first few trials, discontinue use.

Final Words

Other treatment modalities used in conjunction with *The Relief Pyramid* may enhance therapeutic benefits. You may wish to consult your doctor, Chiropractor, Physical or Massage Therapist for adjunctive care.

If you are not completely satisfied with results obtained using *The Relief Pyramid* as instructed, please return for a full refund.

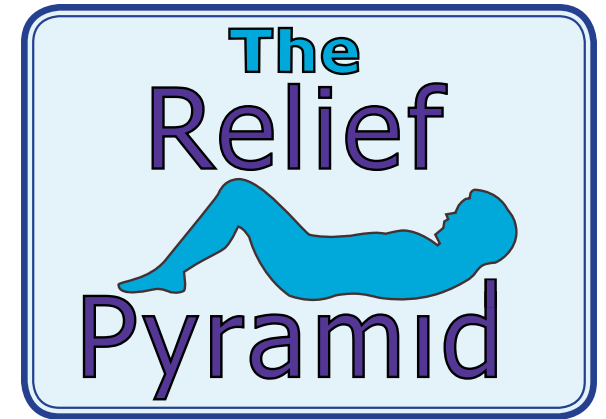
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U.S. and International Patents Pending



Introduction

The Relief Pyramid is a time-tested therapeutic aid, designed to naturally reduce headache and discomfort associated with tension. When used as directed, it decreases the effects of today's stressful living, relieves suboccipital muscle tightness, and even reduces fatigue. After relaxing on *The Relief Pyramid* for a short period of time, you will feel refreshed and re-focused, better able to meet the demands of your day.

A Brief History

The component concepts behind *The Relief Pyramid* are not new. Archaeologists have found beds used by the Ancient Egyptians that raised the head during sleep, decompressing the skull (or occiput) from the upper vertebrae of the neck (atlas of the cervical spine). There is evidence that Orientals used similar devices thousands of years ago. More recently, Dr. Andrew Taylor Still, the founder of Osteopathy, designed his own version of this bed-like device that he called the Saints Rest.

The idea behind all of these designs involves the principle of occipital decompression. Unfortunately, devices

designed for nighttime use involved spending extended periods of sleep in the same position. Another relatively recent adaptation of the occipital decompression idea, also impractical for most of us, was Dr. Still's "rope tied between two trees." Yet, the desired objective of all these devices is the same: decrease suboccipital muscle tightness, gently stretch the dural tube and realign the occiput on the atlas to relieve tension headache.

Enter the Relief Pyramid

What is new is *The Relief Pyramid's* comfortable, portable design. Three gentle therapies occur during the same relaxation session. The first is muscle inhibition, where a gentle inhibitory pressure is applied to tight suboccipital muscles, reducing spasm. Second is occipital decompression, where the skull is lifted out of and released from an impacted position. The third is a gentle but powerful craniosacral technique (CV-IV) that resets the body's cerebrospinal mechanism thereby reducing stress and inducing a feeling of well-being. These three therapies are specifically addressed by *The Relief Pyramid* design: the bowl-shaped edge, adjustable height and foam pad resiliency. After your relaxation session, you will feel the benefits that come from all three therapies working together.

Important Note: Children under the age of 12 or individuals with severe orthopedic, neurologic or respiratory conditions may wish to consult their health care provider before using *The Relief Pyramid*. Those with x-ray demonstrated straightening of the neck can still get results by using the device, but may need to limit session time.

Instructions

The frequency and duration of your *Relief Pyramid* relaxation session depends on the severity of your headaches, muscle tension, or general degree of stress. Typically, a maintenance session is about 15-20 minutes once a day. However, *The Relief Pyramid* may just be used as needed, or anytime onset of headache or increase in stress and resulting tension is noticed. It is sometimes best to limit session time to 5-10 minutes at first, then gradually increase to 10-20 minutes as you get accustomed to the feel.

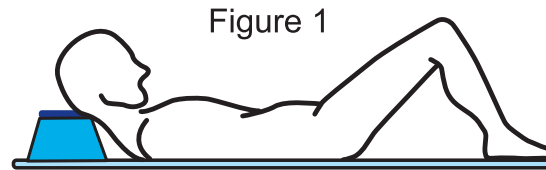


Figure 1

1. Choose a firm but comfortable surface to lie on. A deeply carpeted floor or foam exercise mat is ideal. Even a thick blanket can be used when folded over two or three times. Sofas or beds are sometimes too soft to provide adequate support, unless you are only able to lie down and get back up from a raised surface. Find a place and time during which you will not be interrupted. Do not try to carry on business as usual or watch TV or read – this activates eye and neck muscles, preventing full relaxation and the benefits of your therapy session.
2. Select device height, high or low, using the reversible top pad. High is generally for people 5' 8" or taller, or for those with slender, flexible necks. If you are unsure which height to start with, it is better to try the low configuration first.



Figure 2

3. When you are ready to get settled, lie on your back as illustrated in Figure 1. Knees and hips should be bent in to a comfortable degree, with feet about 18-inches apart and knees resting together (illustrated in Figure 2). This reduces strain on the low back and gaps the sacro-iliac joints, allowing the spine to relax from sacrum to occiput. If you cannot comfortably keep knees together and feet apart as shown, just lay flat.
4. Position the curved, bowl-shaped edge of *The Relief Pyramid* under your head, with the point of contact just below the bony skull (illustrated by the dotted line in Figure 3). This is the suboccipital region, an area where tight muscles often cause tension headaches. Make certain that the edge is situated in the fleshy area just below the bony skull - then just relax! Remember, proper placement is important in achieving best results. You should feel as though your skull is gently being lifted out of its impacted position. Above all, the device should feel good and you should be comfortable. **Note:** If your chin is within three fingers of your chest, or deep easy breathing is inhibited, *The Relief Pyramid* may be too high.
5. Once in your resting position, close your eyes and take some deep, slow breaths; gently exhale to help release tension. Within 2-4 minutes you should feel the occiput releasing from its impacted position. As this occurs, you may want to reposition *The Relief Pyramid* so that the edge remains properly situated in the suboccipital muscles and further release can occur.

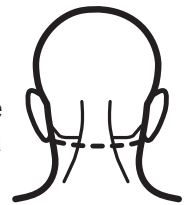


Figure 3