

January 16, 2012

Dr. Arora  
Arora Family Chiropractic  
4040 Legacy Drive, Unit 203  
Frisco, TX 75034

Dr. Arora –

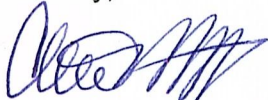
On one of my first visits, you recommended the Tri-Core Pillow as an additional tool in my care to alleviate my neck and upper pain. The design of the Tri-Core Pillow allows my neck to be supported and aligns my spine throughout the night, whether I sleep on my back or my side. The indented center allows my head to be fully supported without straining my muscles.

I am traditionally a side sleeper, and typically woke up with limited mobility in my neck, and soreness and stiffness in my neck, shoulders and upper back, resulting in painful tension headaches that would last for days despite the use of medication or massage therapy. Before using the Tri-Core Pillow, I used a foam pillow designed for side sleepers. It had a curved design intended to support the neck and neck and align the spine. Initially, I experienced minimal relief with the use of the foam pillow; however, still suffered from consistent headaches and stiff muscles. After several years of use, this pillow simply did not provide the support my neck and upper back needed.

The first morning I woke up after sleeping on the Tri-Core Pillow, I was simply astonished at how good I felt. I had increased mobility in my neck, and the stiffness and soreness I typically experienced had greatly diminished. On the days when the stiffness in my neck and the headaches return, when I lay my head down on the pillow I immediately feel relief as the pillow provides the support needed to alleviate the tension and burden the stress. When I wake up the next morning, the headache is gone and the stiffness has decreased.

Thank you for recommending the Tri-Core Pillow! It has truly made a difference in my treatment, and I recommend it to everyone I meet who suffers with neck pain and headaches. I do not know of a better tool available to provide the appropriate support and alignment of the spine to alleviate soreness, stiffness and stress.

Sincerely,



Carrie M. Weeks, PMP

Wife, Mother of three blessings and IT Project Management Professional