

## INSTRUCTIONS FOR USE

### HEATING

---

- ▶ Retains heat for 20 minutes, minimum
- ▶ Fold in half, and disburse seeds evenly
- ▶ Heating times vary with individual microwaves
- ▶ From room temp, microwave on High for 3 to 4 minutes
- ▶ If still warm, re-heat for 1 to 2 minutes

### FREEZING

---

- ▶ Keep one *Bed Buddie*<sup>™</sup> in freezer for emergencies
- ▶ Fold in half, and disburse seeds evenly
- ▶ Enclose in air tight, plastic bag. Freeze 1 to 2 hours. Remove plastic bag before use.

### SCENTING

---

- ▶ Place a drop of scent on fabric corners

### CAUTIONS

---

- ▶ Microwave only. The inside is much hotter than outside. Overheating will burn seeds.
- ▶ Store uncovered. Seeds draw needed moisture from the air for moist, hot care.
- ▶ Do not wet or launder.
- ▶ Do not use on eyes, infants, or numb, desensitized areas. Directly supervise children, the infirm and elderly.
- ▶ For external use only
- ▶ If any symptoms persist without improvement, consult a physician

## Health, Naturally Health, Naturally

FL Lic Establishment MA 0004319  
Established 1980



**SHERRY SMITH, LMT, RPP, CNHCP**

- FL Lic Massage Therapist MA 0003747
- Certified Natural Health Care Practitioner
- Nationally Registered Polarity Therapy Practitioner
- Internationally Certified Infant Massage Instructor
- FL Board of Massage Therapy Continuing Education Provider

### Health, Naturally

Ringling Professional Center  
2831 Ringling Blvd • Suite D-114  
Sarasota, FL 34237-5352

**SE corner Fruitville Rd & Tuttle Ave**

**941-954-1909**

healthnaturally@comcast.net

**www.healthnaturally.net**

# Bed Buddies<sup>™</sup>

Natural Therapy  
for your Body  
and your Bed

Heal  
Soothe  
Relax

- Gifts for all Seasons
- Valuable Self-Care
- Add Favorite Scent
- Wraps, Supports, Contours
- Hand Made, Flannel filled with Flax Seeds
- Size: Approx 20" x 6"

## DO NOT SUFFER NEEDLESSLY

Professional Massage Therapy and other natural, bodywork treatments can easily help resolve many problems.

---

- ▶ **Problems create Symptoms.**
  - ▶ **Pain is a Symptom. It is not the Problem.**
  - ▶ **Pain serves as a valuable signal that a Problem exists which requires care.**
  - ▶ **Ignoring Symptoms and dulling pain signals does not address Problems that are causing pain and other Symptoms.**
  - ▶ **Pain and other Symptoms are not a normal part of the aging process.**
  - ▶ **Treat Problems to eliminate the Symptoms of those Problems.**
- 

## PHYSIOLOGY OF INJURIES, SPRAINS, STRAINS

These intelligent bodily responses are designed to protect injured tissue from added damage ... until the Problem is addressed and treated.

1. Trauma occurs
2. Pain signals that an injury has occurred
3. External and internal inflammation occur
4. Inflammation causes extra fluid to pool around and swell the injured area
5. Swelling increases pain
6. Swelling and pain increase discomfort and provide protection by decreasing mobility

## WHEN TO USE MOIST, HOT

*Bed Buddees*™

*Dry heat is of no therapeutic value*

**RELAX TIRED, ACHING MUSCLES  
SOOTHE • WARM • INDUCE SLEEP**

Place on body or in bed

### **DO NOT USE HEAT ALONE FOR INJURIES**

*Used alone, moist heat increases swelling and pain, and impairs the healing process.*

*Use cold or alternating cold and hot applications.*

---

## WHEN TO USE COLD

*Bed Buddees*™

**TREAT INJURIES • SPRAINS • STRAINS**

**COOL DOWN WHEN OVER-HEATED**

*Cold increases the energy to an area*

**FOR INJURIES, REMEMBER THE  
“20 ON / 40 OFF” RULE**

In any given hour  
Ice **ON** the area for 20 minutes.  
Ice **OFF** the area for 40 minutes

Immediately ICE injured area for 20 minutes, protecting skin with thin cloth. Then, use alternating Cold & Hot applications.

Cooling down inflamed tissues causes blood vessels at the injured area to constrict, squeezing out old blood and extra fluid. Fresh, oxygenated blood then rushes into the area to warm and heal.

## WHEN TO USE ALTERNATING COLD & HOT

*Bed Buddees*™

**TREAT INJURIES • SPRAINS • STRAINS**

**Achieves the BEST overall result**

Speeds healing  
Reduces pain and swelling  
Cold moves out old blood and extra fluid  
Hot pulls in fresh, oxygenated blood

USE 2 *Bed Buddees*™

1. Immediately ICE for 20 continuous minutes, protecting skin with thin cloth
2. Wait 40 minutes
3. For 20 continuous minutes, alternate  
1 minute COLD  
3 minutes of moist HOT  
End with 1 minute COLD
4. Repeat Steps 1 through 3, as necessary

*Bed Buddees*™

<b>Just 1</b>	<b>\$25 each</b>
<b>SAVE on 2 or 3</b>	<b>\$23 each</b>
<b>SAVE on 4</b>	<b>\$22 each</b>
<b>SAVE on 5 +</b>	<b>\$21 each</b>

Domestic Shipping: Flat Rate \$ 7.99 (1 to 4)  
Domestic Shipping: Flat Rate \$ 15.99 (5 to 9)  
International Shipping: Rates vary.

**VISA MasterCard Discover  
Check Money Order**

Copyright 2003, Sherry Smith, LMT