Pain Relief ...................... 2
Nutritional Supplements ..5
Pillows ............................. 7
Backpacks ....................... 13
Back Supports ................. 13
Massagers ...................... 15
Exercise ......................... 17
Ice and Heat Therapy ...... 18

www.wisdomandhealth.com   (715) 287-5282
Biofreeze Pain Relief Gel with Ilex

Are you having trouble sleeping due to nagging pains and discomfort? Have you been sprains, strains and joint pain? Purchase Biofreeze pain-relieving gel from Wisdom and Health and get back on the road to recovery.

Biofreeze pain gel provides benefits for therapy, pain relief, exercise/training and overall comfort. This unique, effective analgesic was created by Dr. Danne King, an internationally recognized botanical chemist. Biofreeze gel contains Ilex, an herbal extract from South America that is used around the world in various health and wellness formulations.

Use Biofreeze pain gel to facilitate undisturbed sleep when applied just before bedtime. With no waxes, oils, aloe or petroleum, this gel also can be used for the following:
- Sore muscles and sprains
- Back, shoulder and neck pain
- Arthritis
- Painful ankle, knee, hip and elbow joints
- Muscular strains

You can also apply this fast-acting, deep-penetrating, long-lasting pain reliever prior to ultrasound treatments, massage therapy, soft-tissue trigger point therapy, rehabilitation exercises, and pre- and post-workout stretches.

Purchase Biofreeze gel using our order form or call us at (715)287-5282 for further details.

Biofreeze Pain Relief Gel with Ilex
4 oz. Tube *PER107-4OZ $8.91
3 oz. Roll-on *PER110 $9.25
16 oz. Pint Pump *PER107PT $31.30
32 oz. Quart Pump *PER107QT $45.68
Gallon Pump *PER107GAL $135.90

5 Gram “On-the-Go” Packs: *PER107SMPL 24 FREE

*Sombra Natural Pain Relieving Gel

Sombra is a natural pain relieving gel enriched with capsaicin, camphor and menthol. Sombra products are fast-acting and begins to work immediately once it is massaged onto affected areas.

Use Sombra’s unique heating and cooling ingredients to provide temporary relief of pain associated with:
- simple backaches
- arthritis
- strains
- bruises
- sprains

How does Sombra Work?

Sombra is a topical anesthetic that has a cooling effect by depressing cutaneous sensory receptors. When these natural ingredients are combined together in precise amounts, they have an agreeable effect that detoxifies tight joints, relieves arthritic pain, muscle soreness and inflammation and gives immediate relief to back pain.

Unique to some analgesics sold on the market today, Sombra contains no waxes, oils, artificial colors, or other chemicals. Made from carefully-selected botanical extracts and other natural ingredients for the safest result, this product is a blend of plant extracts with a refreshing scent of Orange Peel and Witch Hazel and the deep heating strength of Menthol.

Sombra products are not sold in stores so buy now from Wisdom and Health. Buy online, fax or mail our order form to us or call us at 715-287-5282 for further details. Your journey to better health starts here!

Sombra Natural Pain Relieving Gel
3 oz. Roll-on *SCI109 $6.87
4 oz. Jar *SCI100-4OZ 4/$13.65 or 4/$50.00
8 oz. Jar *SCI100-8OZ $43.20
0.5 oz. Jar *SCI101 $1.90
5 Gram Packet *SCI104 $0.54
5 Gram Packet/Box of 100 *SCI105 $43.20

Perform Pain Reliever

Perform relieves pain by creating cool therapy to relieve your nagging pain and discomfort. The secret is the breakthrough formula that blends a natural herb and 100% natural menthol. It works to provide cool, soothing relief from sore and overused muscles, arthritis, backache and stiff joint pain. The cooling effect helps to relax stiff, aching muscles. Most users realize immediate relief while others may require 2-
Salonpas Pain Relief Patch

Simply remove the film from the back and apply this analgesic patch to any area where you need muscle pain relief or joint pain relief, and then forget about it! No longer do you need a separate external pain relieving patch for back muscle pain and an arthritis pain patch.

Give your aching back or muscle pain a break thanks to the Salonpas patch combining the topical analgesic camphor with menthol and methyl salicylate. You will appreciate the relief of leg muscle pain (whether it be calf muscle pain or thigh muscle pain) that this pain patch provides.

Available in two sizes, either regular or large and packages of either 20 or 40 of the regular pain relieving patch, you can get enough back pain patches to last for weeks or share with loved ones.

**Active Ingredients:** (per 100cm²)
- Methyl Salicylate: 132mg, I-Menthol: 120mg
- d-Camphor: 26mg, Tocopherol Acetate: 21mg

Contents:
- Regular (2.54 x 1.65inch each) 20 sheets/40 sheets
- Large (5.12 x 3.31inch each) 4 sheets

**Salonpas Pain Relief Patch**
- 20-Count *SAL100 $2.99
- 40-Count *SAL101 $5.54
- Large Patches, 4-Count *SAL107 $2.79

Salonpas Hot Capsicum Patch

Perhaps you need an effective, easy-to-use pain relief patch that you can stick to your aching back or arthritic knee and forget about for up to 8 hours. Or you need topical analgesic relief but prefer an external pain relieving patch to messy pain relieving gels or creams. Even if you are on the go and just want a Capsicum patch that will move with you wherever you go to help ease your strains or sprains, the Salonpas Hot patch is just what you are looking for.

Hisamitsu, the maker of Salonpas products, has been making pain relieving patches since 1934 that are used in 50+ countries across the globe. Capsicum provides the effective heating relief that this salonpas patch provides. It can easily be applied to your shoulders, upper or low back, elbows, knees or ankles to provide you capsicum healing that works wonders for arthritis pain, simple aches, sprains, strains and bruises.

**Salonpas Hot Capsicum Patch Active Ingredients:** (per sheet)
- Capsicum Extract: 100 mg (Capsaicin: 0.025%)
- Contents: 5.12 x 7.09 inch each (1 sheet)

**Salonpas Hot Capsicum Patch**
- *SAL102 $1.93

Salonsip Aqua Patch

The Salonsip Aqua-Patch external pain relieving patch (also known as Salonpas patch) is a cooling pain relief patch that is easy to apply, use and remove.

Arthritis sufferers love this analgesic patch as do those with low back pain and those needing muscle pain relief. At some time or another every one of us suffers from muscle pain, whether it be calf, leg and thigh muscle pain from athletic activity, or back muscle pain or shoulder muscle pain from overexertion. Regardless of which category you fall into, this pain relieving patch might be just what you have been looking for.

Thanks to its stretchable, elastic design along with the topical analgesic I-Menthol, this cooling pain transdermal patch will fit and mold to anyone, anywhere and works great as either an arthritis pain patch or back pain patch. Hisamitsu, who also makes the Salonpas Pain Patch, Aqua-Patch, and Salonpas Gel, has created a unique pain patch which stays in place when needed, but comes off without pulling the skin or hair unlike other adhesive pain relieving patches, making it the only real pain-free patch!

**Active Ingredient:** (per 14g of plaster-mass) I-Menthol 1.75mg (1.25%)
- **Size:** 3.94” x 5.51” each
- **Quantity:** 5 Sheets per package

**Salonsip Aqua Patch**
- *SAL105 $7.54

Air Salonpas Pain Spray

Air Salonpas pain relief spray is a best friend to athletes, elderly and low back pain sufferers alike. If you are looking for relief from muscle fatigue or if you suffer from a stiff neck and shoulder, Salonpas has just what you need.

A quick spray of this topical analgesic will provide effective lumbago treatment (low back pain) as well as muscle pain in many areas of your body. Athletes will love the relief they will experience from pectoral muscle pain or calf muscle pain after a tough workout that this pain relief spray provides. Short and long-distance runners can benefit from relief of thigh muscle pain as well as any other leg muscle pain thanks to Air Salonpas cooling effects and deep reaching pain relief.

Methyl salicylate is the key to Salonpas pain relief spray’s effectiveness. Once sprayed on, evaporation aids the cooling effect you will feel for up to 8 minutes following application.

Use this topical analgesic to help muscle fatigue, muscle pain, stiff shoulders, lumbago (low back pain), bruises, sprains, strains, joint pains, pain caused by bone fracture. Contents: 80ml.

**Air Salonpas Pain Spray**
- *SAL103 $8.75

Wisdom and Health · Live More!

www.wisdomandhealth.com · (715) 287-5282
Ultra Strength Tiger Balm

Tiger Balm has been used for centuries to ease back pain, relieve sore and achy muscles, refresh lost energy, soothe headaches, clear sinuses, and even acts as a mosquito bite remedy. Thanks to camphor and menthol, as well as cajuput, clove, cassia, and peppermint oils Tiger Balm provides effective pain relief while having a unique, pleasant scent. It helps increase blood circulation and carries away lactic acid (which causes sore muscles).

Tiger Balm owes its origins to a soothing herbal balm prepared for Chinese emperors who had suffered from various aches and pains. Chinese herbalists and healers used it for their patients as an analgesic rub blended from natural ingredients. Today thousands use this same formula to continue to benefit.

Ultra-Strength Tiger Balm utilizes a higher concentration of pain-relieving menthol than Extra-Strength Tiger Balm. It is non-staining while providing deep penetrating relief.

Tiger Balm Arthritis Rub

Tiger Balm Arthritis Rub, when applied topically provides temporary relief from joint pain associated with arthritis. It contains no alcohol, thus avoiding localized, dry skin conditions when applied. This is a highly effective arthritis cream in an easy to use pump bottle. This provides arthritis pain relief as well as temporary relief from backaches, stiffness, muscles strains, and muscle sprains. It is fast acting, soothing, greaseless, and easy to apply. This product works where it hurts!

- Fast Acting
- Soothing
- Greaseless
- Easy To Apply

Relieves temporarily pains associated with:
- Arthritis
- Backaches
- Stiffness
- Muscle Strains and Sprains

Tiger Balm® has been used in over 100 countries for almost 100 years. Thousands have enjoyed pain relief thanks to this formulation derived from ancient Chinese sources. 4 oz. pump dispenser.

Biofreeze Pain Relief Cryospray

Biofreeze Cryospray™ is the newest way to create a no touch method of application for Biofreeze®. Biofreeze® Cryospray is particularly beneficial for acute conditions involving severe muscle spasms of the lower back or acute spasms of the upper back or neck.

The spray is a convenient application for at home use for care of acute conditions. Use BIOFREEZE® to deliver the maximum pain relief you deserve. Finally, a Spray so effective and advanced, you can use it at home or anywhere you go.

- Powerful pain relief to start the healing process
- 100% Natural essential oils and natural extracts
- 100% Natural Menthol USP
- Arnica and white tea extracts to soothe and nourish tissue
- Maximum pain relief without a prescription
- Greaseless, non-staining and vanishing scent
- 360 Degree nozzle - works at any angle
- Manufactured in the USA
- 4 oz. and 16 oz. bottles available

Biofreeze Pain Relief Cryospray

4 oz. Bottle  $11.48
16 oz. Bottle  $34.61

Buy with confidence - all of our products are 100% guaranteed!

Discover on page 6 how you can save 10% on your next purchase from Wisdom and Health!
DaVinci Labs Nutrition Supplements

DaVinci Laboratories of Vermont produces the highest quality supplements available. Raw materials used in DaVinci products are as natural as possible and are guaranteed to contain no artificial flavorings, preservatives, colors, sweeteners or other foreign agents unless otherwise stated on our labels. Each lot of tablets or capsules is carefully assayed to be sure they meet our product specifications.

Spectra Multi-Vitamin
A high potency vegetarian multiple vitamin/mineral supplement for adults that provides a complete range of nutrients in forms your body can use most efficiently. It also contains 50 important nutrients including ergogenic factors, brain fueling nutrients, a complete and balanced Stress B complex, vegetarian enzymes, and antioxidants such as Vitamin A, Beta Carotene, Vitamin E and the mineral Selenium in levels higher than what is provided in other multiple formulas. Four tablet formula. 120 tablets.

Spectra Multi-Vitamin
$17.62

Spectra Woman Multi-Vitamin
A complete, high potency, vegetarian multiple specifically designed for women to include those nutrients most vital to women’s unique needs such as Gamma Linolenic Acid from Evening Primrose Oil, Grape Seed Extract (a potent antioxidant important in maintaining capillary strength), Biotin (for nail and hair health), and extra Calcium.* Spectra™ Woman contains 57 nutrients including ergogenic factors such as Octacosanol for endurance and stamina.* It also contains brain fueling nutrients such as, Choline, L-Glutamine, Aspartic Acid, and Lecithin.* Four tablet formula. 120 or 240 tablets.

Spectra Woman Multi-Vitamin
$17.62

Spectra Man Multi-Vitamin
A comprehensive, high quality, high potency multiple formula designed exclusively for men and lends daily support for prostate health.* The formula contains 58 nutrients and herbs including Saw Palmetto, Pygeum, Gamma Linolenic Acid, Nettle, Zinc, B6, Alpha Lipoic Acid and more. Four tablet formula. Vegetarian. 120 tablets.

Spectra Man Multi-Vitamin
$23.40

Spectra Senior Multi-Vitamin
The most advanced vegetarian multiple for people ages 50 and older. A combination of 60 nutrients including those that focus on cardiovascular, neurological, ocular and antioxidant defense support.* This formula contains unique nutrients not found in other multi vitamins such as Coenzyme Q10, Ginkgo Biloba, Alpha Lipoic Acid, Phosphatidylserine, Lycopene, Bilberry Extract, Octacosanol, and more. Six tablet, vegetarian formula. 180 tablets.

Spectra Senior Multi-Vitamin
$29.47

Glucosamine Sulfate
A dietary supplement to support connective tissue and joint functions.* Glucosamine is an amino sugar normally formed in the body from glucose. It is the starting point for the synthesis of glycosaminoglycans (GAGs), including hyaluronic acid, a main constituent of joint fluid. Glucosamine supplementation supports the thick gelatinous nature of the joint fluids, joint hydration, and flexibility as well as the function of joints, spinal discs and other connective tissues.* 60 or 120 tablets.

Glucosamine Sulfate
$9.64

Natural Mixed Tocopherol E-400
Vitamin E is provided in the all natural pure d-alpha tocopherol form plus mixed tocopherols for increased bioavailability, provided in easy-to-swallow softgel capsules. 100 softgel capsules.

Natural Mixed Tocopherol E-400
$15.42

Sublingual B12+
A synergistic formulation of Vitamin B12 and Folic Acid. The sublingual form of B12 provides for improved absorption in a pleasant-tasting cherry flavor. 100 tablets.

Sublingual B12+
$10.12

Olivir-15 Olive Leaf Extract
An olive leaf extract supplement to support immune system function.* Olivir™ brand olive leaf extract is standardized to yield a minimum of 15% Oleuropein per capsule or tablet. Olivir™ supports “friendly” microflora and can be used to support the immune system.* Available in 100 vegetarian tablets.

Olivir-15 Olive Leaf Extract
$30.87

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

www.wisdomandhealth.com · (715) 287-5282
DiscDiscovery®
A unique formulation of bovine tracheal cartilage and manganese with other supporting nutrients for spinal support.* Bovine tracheal cartilage is rich in two types of glycosaminoglycans, Chondroitin-4- and -6- Sulphates. They provide the building blocks for nourishment and support of spinal discs and the surrounding connective tissues of the spine.* Our bovine tracheal cartilage originates in the U.S. Our raw material supplier documents the origin and health of the animals used in manufacturing and certifies our bovine cartilage to be BSE free. Certification also states that there is no co-mingling or mixing of other materials of beef origin during the processing of the cartilage. 180 tablets.

Ultimate Prenatal™
A vegetarian multiple vitamin/mineral supplement containing 58 nutrients for pregnant and nursing mothers.* One of the highest quality prenatal multiples available. Ultimate Prenatal™ places special emphasis to the form, balance, and potency of each nutrient especially required during the prenatal period including calcium, folic acid, B6, B12, biotin, iron and copper. It also contains many additional nutrients and beneficial herbs such as red raspberry, nettle, clove, alfalfa, mint, parsley, rose and chamomile to support digestion and a feeling of wellness in the morning. Vitamin A in Ultimate Prenatal™ is 100% beta carotene, not preformed Vitamin A. 150 vegetarian tablets.

Omega-3 1000
An Omega 3 fatty acid supplement to support cholesterol levels within normal ranges.* The omega-3 fatty acids are important to health, especially for the heart, brain and cell membranes of the body. Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), are precursors to the PGE3 series of prostaglandins, which are substances important to proper body regulation. Omega-3 1000™ is from deep cold water fish that are wild caught. The oil is cold-pressed, molecularly distilled and assayed for PCB’s and heavy metals. Enteric coated to reduce digestive upset and can be taken with or without meals.* 45 or 90 enteric coated softgel capsules.

All-Zyme Digestive Aide
A digestive enzyme supplement to support digestive tract function and nutrient absorption.* All-Zyme™ contains 10 digestive enzymes and places special emphasis on Proteolytic (protein digesting) enzymes. The enteric coating used in All-Zyme™ releases the proper enzymes at the correct digestive intervals for maximum activity.* 90 tablets.

Perna Plus
A dietary supplement to support proper joint and connective tissue functions.* The effectiveness of Perna® Plus is due to the unique biological activity of the many identified nutrients in the Perna mussel combined with Glucosamine, Methylsulfonylmethane (MSM), Dimethylglycine (DMG), and Manganese. Research indicates that joint dysfunction may be related to immune response, so the inclusion of our patented DMG is a natural fit for Perna® Plus. DMG is a versatile health-building factor that can support a balanced immune system. FoodScience Corporation, the parent company of DaVinci® has been awarded 3 U.S. Patents on DMG in the area of immune response. 90 or 180 tablets.

Omega-3 1000, 45 capsules
$10.12

Omega-3 1000, 90 capsules
$18.25

We Want to Thank You!
We want to let you know that you are appreciated by giving you 10% Off your next order at www.wisdomandhealth.com! We will give you a discount code off your next order when you place an order with us. Stock up on pain relief, vitamins or get yourself a new pillow or backrest today!

10% Off

Orders over $125 Ship Free!
Flat-rate ground shipping of $8.50 applies to all orders from $1-125. Free Ground Shipping applies to orders over $125 with ship to addresses within the contiguous United States. Expedited shipping is also available for an additional charge.
**Chiroflow Waterbase Pillow**

* The ChiroFlow water pillow continuously responds to sleeping position changes.
* It adjusts to fit your shape.
* The ChiroFlow pillow gives you personalized firmness to your preferred comfort level.

**Neck Pain? Morning Headaches? Poor Sleep?**

During sleep, the body is supposed to rest, recover, recuperate and prepare for the next day. For many people, that never happens, and they awaken tired, irritated, on edge, and in worse shape than the day before. Often, a restless night of sleep is the result of an unsupportive pillow.

The Chiroflow Waterbase Pillow may provide the solution!

Clinical trials recently conducted at the prestigious Johns Hopkins School of Medicine and published in a medical journal found that the Chiroflow pillow reduces morning pain intensity, increases pain relief and improves quality of sleep.

The Chiroflow Pillow with its Patented Waterbase design, provides outstanding comfort and responsive support for the head and neck. It continuously responds to changes in your sleeping position. The firmness can be personalized to your preferred comfort level.

**How it Works: Patented Waterbase Design**

1. A layer of super-soft, hypo-allergenic DuPont® polyester fiber floats over top of the water layer and provides outstanding comfort.
2. A thermal insulator fully encases the water layer to prevent body heat from being drawn from the head, neck and shoulders. This is an essential component of the comfort of the pillow.
3. A water pouch secured to the base of the pillow provides the responsive head and neck support. Easy to follow instructions show how much water to add for soft, medium and firm support. Use ordinary tap water. No chemical additives are required.

**ChiroFlow® Waterbase® Pillow**

* IWP100 $47.52

More than just a pillowcase, our Deluxe Quilted Pillow Protector adds a layer of softness to your Waterbase Pillow and is specially designed to fit your Chiroflow or Mediflow pillow perfectly.

* Keep your ChiroFlow or Mediflow Waterbase® pillow clean and fresh, extending the life of your pillow!
* Quilted on one side to provide an extra layer of soft polyester fiber for added comfort on the sleeping surface.
* Made from 100% cotton percale fabric, shaped to fit your pillow perfectly - 20 x 28 inches (51 cm x 71 cm).
* Zipper closure, machine washable.

**Deluxe Quilted Pillow Protector**

* IWP141 $16.07

**AquaCore**

Therapeutic Water Support Pillow

The AquaCore Pillow combines a soft, down-like feel with therapeutic water and foam advantages to give you the perfect tool for continuing good health and sleeping comfort. The water-based Therapeutic Comfort Chamber, nestled between twin Loft Fiber Chambers, helps relieve neck pain or discomfort and eliminates the symptoms of pain by treating its cause. Vary the amount of water you use and add the foam to achieve the perfect pillow configuration to ensure continued good health by maintaining your body in its proper, natural state.

**AquaCore Therapeutic Water Support Pillow**

* IWP110 $76.46

**Mediflow® Waterbase® Pillow**

The Mediflow® Waterbase® pillow automatically adjusts to your head and neck when you change position to give you ultimate sleep support. With its water layer at the base it is able to provide outstanding comfort and responsive sleep support for the head and neck.

* It continuously responds to changes in your sleeping position and adjusts to fit your shape.
* The firmness can be personalized to your preferred comfort level.

**Mediflow® Waterbase® Pillow**

* IWP128 $47.52

Slip-on pillowcase which fits full-size pillows including Chiroflow, Mediflow, AquaCore, Tri-Core and D-Core pillows to protect your purchase. Features Blue Cloud print. Machine washable.

**Blue Cloud Pillowcase**

* COR340 $14.36
Sleepmatterzzz Chiro-Pillow & Chiro-Pillow Classic Air Pillow

Unique and patented air technology reduces pressure points to help maintain blood flow, and proper spinal alignment, enabling better, more comfortable sleep.

What’s more, the Sleepmatterzzz Chiro-Pillow helps maintain proper circulation of nutrients and oxygen to the epidermis layer for healthier, more beautiful skin. The secret is the incredible shape-matching pillows that automatically conform to fit YOU for perfect comfort and support. Air comfort pocket design, air comfort pockets on both sides, ideal for traveling, and fits normal pillow cases.

*Single or Dual Valve - unique shape-matching technology
*Twisting valve allows for easy adjustment from 2” to 7” tall for customized fit
*Lightweight, can be deflated for travel
*Comes with hand pump
*Anti-microbial and 100% washable with 200 thread-count 100% cotton

The single-valve option adjusts and adapts to the sleeper’s size or shape. This configuration provides gentle neck support and is good for side sleepers.

Superior neck support can be achieved with the dual-valve configuration by adjusting the first row of cells separately from the other two.

Standard Design
Chiro-Pillow Standard: 14” x 19”
Chiro-Pillow Queen: 15” x 25”

Sleepmatterzzz Chiro-Pillow
Single Valve, Standard
 Dual Valve, Standard
Single Valve, Queen
 Dual Valve, Queen

Classic Design
luxurious double-sided padded cover
Chiro-Pillow Classic Standard: 15” x 23”
Chiro-Pillow Classic Queen: 15” x 28”

Sleepmatterzzz Classic Chiro-Pillow
Single Valve, Standard
 Dual Valve, Standard
Single Valve, Queen
 Dual Valve, Queen

Orders over $125 Ship Free!
Flat-rate ground shipping of $8.50 applies to all orders from $1-125. Free Ground Shipping applies to orders over $125 with ship to addresses within the contiguous United States. Expedited shipping is also available for an additional charge.

Single Valve
 Dual Valve

Sleepmatterzzz Chiro-Pillow & Chiro-Pillow Classic Air Pillow

Today’s health-conscious consumers have more choices than ever before in their pursuit of good health. While it’s good to have different options, too many choices can be overwhelming and can lead to confusion. We need a framework for making the best choices, especially with cervical support pillows.

One area of growing confusion is in orthopedic cervical pillows. As the number of orthopedic pillows on the market has grown, so has confusion about selecting the right pillow for your needs. The choice is easier to make by first understanding that despite all of the orthopedic pillows available, there are really on two different categories: displacement and supportive.

Displacement pillows use materials - such as memory foam, water or air - that conform or displace to accommodate the head and neck in their current state. These pillows will accommodate many distortions of the cervical (neck) spine to help stabilize an injury during an acute stage of care.

Supportive or corrective pillows use the firm elasticity of resilient foams and fibers to provide support to the neck while softly cradling the head. These pillows are best used in the post acute stages of care, as they provide the resistance necessary to gently traction the neck, encouraging the return of the normal, neutral curve of the spine.

To select the best pillow, you must determine the end benefit desired. Is the need to accommodate a recent injury or correct the cause of pain by restoring the natural neck curvature? Sometimes people just need to maintain a normal, healthy neck. Whatever the condition, the TriCare: Circle of Health can help determine the best pillow to meet a person’s physical needs.

Accommodate

Accommodate and relieve neck pain and discomfort.

Pillows in the Accommodate Stage help relieve pain or discomfort by conforming to and stabilizing an existing condition. These pillows provide immediate comfort, but do little to correct the condition.

Once a condition has been stabilized and comforted, you can move to the therapeutic “Correct Stage”.

Correct

Correct the cause of pain by restoring natural neck curvature.

These pillows help eliminate symptoms by helping treat the cause of the condition. They work toward restoring the natural curve of your neck, which helps reduce neck pain, headaches and snoring. Use in conjunction with advice from your health care professional.

Maintain

Maintain your body’s proper position to ensure continued good health.

The Maintain Stage helps ensure continued good health by helping sustaining the body in its proper, natural state. Using these pillows regularly helps maintain the natural curve of your neck. Use in conjunction with advice from your health care professional.
Core Viscoelastic Memory Foam Pillow

If you have never slept on a "Memory Foam" contour pillow before, you don't know what you are missing! How can a memory foam pillow benefit me in my everyday life? Memory Foam Pillows can be used to elevate the head for breathing comfort, pressure relief, to elevate the feet for relief of swelling, and for the treatment of hiatal hernia.

The spine is, of course, the foundation on which our whole body is built. That's why it's so critical to support the entire length of the spine, not just the part below your shoulder blades. Viscoelastic foam, or "Memory Foam" is a special material which actually molds to the unique shape of your head and neck to provide custom support. At the same time it allows heat to dissipate, preventing "hot spots" from forming - which cause you to toss and turn at night. The less you toss and turn, the deeper you sleep and the more rested you feel when you wake up in the morning.

If you have tried Memory Foam and are looking for a new pillow, from a memory foam neck pillow to a memory foam travel pillow or regular pillow, you will find that this high-quality dense Memory Foam pillow is priced much lower than Tempur-Pedic or other brands, yet still offers the same great support and incredible night's sleep.

Made of improved viscoelastic foam - which was created for NASA - for more support and comfort. Covered with a plush fabric cover.

<table>
<thead>
<tr>
<th>Core Memory Foam Pillow: Mid-Size</th>
<th>Core Memory Foam Pillow: Full-Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>*COR192 19&quot;x12&quot;, Lobes - 3&quot; &amp; 4&quot;</td>
<td>*COR192F 19&quot;x14&quot;, Lobes - 4&quot; &amp; 5&quot;</td>
</tr>
</tbody>
</table>

Core Memory Foam Pillow: Mid-Size $59.36
Core Memory Foam Pillow: Full-Size $62.96

Core Memory Plus Pillow

This layered memory foam pillow - the same kind developed for NASA astronauts - promotes proper sleeping posture. The improved memory foam top conforms to your head giving a soothing, customized fit. The resilient foam base provides therapeutic value. Covered with a plush fabric fitted cover.

Get a great quality temperature-dependant viscoelastic memory foam contour pillow for much less than you would pay from Tempur-Pedic and other manufacturers! 18"x13"

Core Memory Plus Viscoelastic Pillow *COR245 $53.96

Memory Foam Travel Pillow

Enjoy the comfort and pressure-free neck support of memory foam without having to carry a large, heavy pillow with you when you travel. Our Memory Foam Travel Pillow is made entirely of viscoelastic memory foam, which responds to body heat to conform to the shape of your head and neck. The horseshoe shape provides you with wonderful comfort while you are seated - in the car, on the plane or at home on the couch or recliner.

Covered in a removable and washable plush velour dark blue fabric, this travel pillow also gives you great neck support even when laying down. It makes a great gift for those you love who are getting ready for a long trip or the frequent traveler. Even the one you love who falls asleep in the chair or on the couch at home will love having this contour memory foam pillow nearby.

· Viscoelastic foam responds to body heat and conforms to the shape of your head and neck
· Helps support your neck and head, allowing you to relax
· Made of the highest quality materials to ensure durability
· Versatile for use at home or while traveling
· Zipper closure in the back of cover for easy removal
· 100% Satisfaction Guarantee

Core Memory Foam Travel Pillow *COR193 $26.96

Travel Core Pillow

Do you like to take naps in your favorite recliner? Do you find yourself falling asleep during long rides in the car? Do you have trouble finding a comfortable pillow when you travel?

If you want comfort and support that you can take with you wherever you go the Travel Core Pillow was made for you! This handy yet versatile cervical pillow cradles your head and neck, preventing neck strain and irritation.

The Travel Core Pillow is the highest quality travel cervical pillow available on the market today!

Finally, you can sleep as well when traveling as you do at home. The Travel Core provides the support you need while sitting or lying down, and its compact size makes it easy to carry with you.

<table>
<thead>
<tr>
<th>COR120TRVLREG Travel Core White Pillow</th>
<th>COR549 Travel Core Blue Cloud Pillow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travel Core Pillow</td>
<td>Travel Core Pillow: Blue Cloud</td>
</tr>
<tr>
<td>*COR120TRVLREG</td>
<td>*COR549</td>
</tr>
</tbody>
</table>

Travel Core Pillow $21.56
Travel Core Pillow: Blue Cloud *COR549 $24.87
Travel Core Blue Slip-On Pillowcase *COR105COT $11.66
**Tri-Core® Fiber Cervical Pillow**

You simply will not find a better fiber neck support pillow on the market today! Our Tri-Core Cervical Pillow is the highest quality fiber cervical pillow available today. Its unique shape and design make it the right support pillow for you!

Thanks to a shield of protection provided by its BactiShield antimicrobial fiber, the Tri-Core cervical support pillow combats the growth of bacteria, mold and other microorganisms while promoting lasting freshness. The unique shaped center gently cradles your head while sleeping on your back and provides pillow support for side sleepers or back sleepers.

The comfort and feel of a polyfill cervical pillow with the support needed for a healthy neck. Tri Core Cervical Pillows are sold by doctors across the country for patients with neck pain. Get a better night's rest by ordering yours today!

Nonallergenic and machine washable. Fits standard pillowcases. Measures 24" x 16". Latex free. Also available in Gentle and Blue Cloud (Excel) versions.

**Tri-Core® Anti-Bacterial Pillow:**
- Standard: COR120FSREC Gentle: COR120FSSFT
- Tri-Core® Excel Pillow: Standard: COR185 Gentle: COR186
- Blue Cloud Pillowcase: *COR340

**Mid-Core® Fiber Pillow**

The Mid-Core Pillow is the ideal pillow when a standard Tri-Core pillow is too large.

Like the Tri-Core Pillow, the Mid-Core is designed for either back or side sleeping. Its smaller lobes provide comfort for those with shorter necks. Mid-Core is filled with a premier, first quality polyester fiber that is easy to care for, extremely comfortable, fluffy and resilient. The standard Mid-Core is covered in white while the Excel model features an attractive blue cloud pattern. 22" x 15".

**Mid-Core Pillow:**
- Standard: COR131 Gentle: COR131SFT
- Mid-Core Excel Pillow: Standard: COR268 Gentle: COR554

**Free Shipping? Absolutely.**

Free Ground Shipping is available on all orders within the contiguous U.S. over $125.

---

**Petite Core Fiber Pillow**

This pillow is designed with small adults and children in mind. The trapezoid center has been sized to ensure proper support for petites of all ages. Filled with a premier, antimicrobial fiber and features Core's exclusive Fortrel® BactiShield® Anti-Microbial Fiber.

It is like having a Tri-Core® AntiMicrobial contour pillow reduced down to just your size! 19" x 12"

Your choice of either white, our fun new Jungle Print (COR732) or our Excel Blue Cloud Print (COR269) pillow!

**Petite Core Pillow:**
- Standard: *COR120YTHREG
- Jungle Print: *COR732
- Excel: *COR269
- Jungle Print Pillowcase: *COR468

**D-Core Fiber Pillow**

Proper neck support while you are sleeping helps you wake up refreshed and recharged without stiffness or pain. If you are experiencing frequent or even occasional head, neck or shoulder and upper back problems in the early hours of your day, your pillow might be to blame!

If you are a side and/or back sleeper, this cervical pillow will give you great support in either position! Especially helpful for average-sized shoulder length.

**Get a Great Night's Sleep!**

The D-Core Pillow is the contour cervical pillow recommended by professionals worldwide. It is a unique product that offers proper cervical (neck) support at an economical price. The patented "D" shaped center acts as a cradle, gently supporting the head and neck during sleep. Filled with cool, comfortable Corefill 100% polyester fiber, the D-Core Support Pillow is both durable and washable.

Available in Regular (24" x 16") and Midsize (22" x 15") for narrower shoulder width/smaller frames.

**D-Core Cervical Pillow:**
- Standard: *COR101
- Midsize: *COR196
- Midsize Excel: *COR268
- Blue Cloud Pillowcase: *COR340

---

'D-Core Fiber Pillow' and 'Mid-Core Fiber Pillow' are available at Wisdom and Health. For more information, visit www.wisdomandhealth.com or call (715) 287-5282.
**Therapeutica Sleeping Pillow**

**THE RIGHT SLEEP:** Few things in life are more important for your health than a good night's sleep every night. The two most important qualities for restful sleep are COMFORT and CORRECT SPINAL ALIGNMENT.

**SPECIAL FEATURES:**
- With a unique Tri-Level Design, two correct pillow shapes are incorporated into one pillow, giving you different support for back and side sleeping.
- Designed to help reduce snoring by keeping critical air passages open while you're sleeping on your back.
- Raised Side Sections help eliminate back, neck and shoulder pains providing correct spinal alignment.
- Surface Channels provide air circulation for added sleeping comfort.
- Non-allergic environmentally friendly, soft, molded foam.
- 5-Year Warranty to retain shape and resilience.
- Comes with a free fitted cotton/polyester washable zippered pillow cover. Additional pillowcases are also available.

**BACK AND SIDE SLEEPING THERAPY**
- By properly supporting your upper back, neck and head, the Therapeutica Sleeping Pillow maintains the natural curvature of your spine while you're sleeping on your back or on your side.
- Unique Wedge Extension supports your upper back.
- Cervical Contour maintains the natural curve of your neck.
- Center Cavity cradles head for optimal support and comfort.
- Raised Side Sections accommodate shoulder height.
- Contoured Head Rests keep your head and neck level.
- Side Cavities provide flexible cushioning, ensuring jaw comfort, essential for TMJ sufferers.

**THERAPEUTICA PILLOW MEASURING GUIDE**

<table>
<thead>
<tr>
<th>Size</th>
<th>Therapeutica Pillow: Child</th>
<th>Therapeutica Pillow: Petite</th>
<th>Therapeutica Pillow: Average</th>
<th>Therapeutica Pillow: Large</th>
<th>Therapeutica Pillow: X-Large</th>
<th>Therapeutica Pillowcase (all sizes)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$75.49</td>
<td>$79.41</td>
<td>$83.59</td>
<td>$91.96</td>
<td>$102.42</td>
<td>$16.71</td>
</tr>
<tr>
<td>Small/Small</td>
<td>*ICI100</td>
<td>*ICI101MED</td>
<td>*ICI101REG</td>
<td>*ICI101LRG</td>
<td>*ICI105XLG</td>
<td>*ICI104</td>
</tr>
<tr>
<td>Petite</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>X-Large</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Core AB Contour Pillow**

The AB Contour Pillow is designed to provide comfortable support for an aching neck and shoulders. The unique contour shape can support your neck in its most natural position, helping to relieve cervical strain, tension headaches.

- Using this compact, comfortable cushion while sitting also helps relieve low back strain. It also can be used as a headrest on hard surfaces.
- Provides comfort for your neck and shoulders.
- Helps support your neck in its most natural position. Helps relieve cervical strain.
- Also provides low back support.
- Satin cover is gentle on your skin and hair.

**Contoured Construction:** This contoured pillow is constructed with high-quality, precision-cut foam to ensure years of comfort and use. It is covered with a luxurious satin cover that is gentle on your face and hair. The compact size of the AB Contour Pillow makes it a convenient traveling companion.

**Natural Pain Relief:** Tension headaches, pain from neck injuries and arthritis are a few of the conditions that can be helped by the proper sleeping posture attained from the AB Contour Pillow. Airway blockage, a major cause of snoring, also can be helped. Dry cleaning recommended. 14" x 9 1/2" (36cm x 24cm).

**Core AB Contour Pillow:**

- White *COR555WHT, Blue *COR555BL, Burgundy *COR555BUR

**Core Spinal Relief Pillow**

Created to provide relief from back pain by helping keep your spine straight while sleeping. The shaped lobes and articulated center provide maximum comfort and performance. Ideal for knee, spine and nerve problems.

- Great for pregnancy, athletes, the elderly and others. The bottom pad rests between your calves to ensure proper leg placement. Straps hold it in place.

- Removable cover is washable. 15" x 6" (38cm x 15cm) Top Pad: 2" x 6" x 6" (5cm x 15cm x 15cm)
  Bottom Pad: 4" x 6" x 6" (10cm x 15cm x 15cm)

**Core Spinal Relief Pillow**

*COR522

**$34.16**
Foam Donut Pillow

Those suffering from tailbone pain, rectal pain and or hemorrhoids appreciate the soft molded foam that our donut pillow provides. Available in three sizes to fit a variety of frames, the hole in the center of this tailbone pillow greatly reduces pressure in the coccyx and tailbone region.

This coccyx cushion helps to evenly distribute weight when you are seated making it ideal for recovery from a fractured coccyx/tailbone, hemorrhoids, prostate surgery or rectal pain. You will be able to sit more comfortably and safely. One-piece construction of puncture proof molded foam provides excellent durability. Removable polyester/cotton navy or plaid cover is 100% washable.

- Specially designed ring-shaped foam pillow relieves pressure on sensitive areas.
- Ideal for more comfortable sitting for those who are pregnant.
- Sitting relief for those experiencing hemorrhoid pain, hip bursitis, prostate inflammation, coccyx fracture, coccyx pain, tailbone fracture, tailbone pain or anal pain.
- Foam donut pillows enhance the comfort of any seating surface - in your care, your home or your office chair.
- Available in small (14”), medium (16”) or large (18”)
- Ring shape comfortably conforms to body contours.
- Available in Navy or plaid.

<table>
<thead>
<tr>
<th>Foam Donut Pillow:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Navy</td>
<td>$9.78</td>
<td>$10.90</td>
</tr>
<tr>
<td>Small Plaid</td>
<td>$10.68</td>
<td>$11.92</td>
</tr>
<tr>
<td>Medium Navy</td>
<td>$12.00</td>
<td>$13.12</td>
</tr>
<tr>
<td>Medium Plaid</td>
<td>$13.12</td>
<td>$14.34</td>
</tr>
<tr>
<td>Large Navy</td>
<td>$14.34</td>
<td>$15.56</td>
</tr>
<tr>
<td>Large Plaid</td>
<td>$15.56</td>
<td>$16.78</td>
</tr>
</tbody>
</table>

Inflatable Vinyl Donut Pillow:

- Available in Navy or Plaid.

<table>
<thead>
<tr>
<th>Inflatable Vinyl Donut Pillow:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small, 16”</td>
</tr>
<tr>
<td>$10.38</td>
</tr>
<tr>
<td>$17.44</td>
</tr>
</tbody>
</table>

Foam Rolls

Use these rolls for a wide variety of comfort and support applications. Their small profile makes it easy to achieve proper neck or back support without adding extra bulk. You can also use them to support your back or behind your knees.

The Cervical Roll (COR272) easily fits inside your pillowcase to help restore your cervical (neck) curve. Precision-cut foam in a cotton/poly cover.

<table>
<thead>
<tr>
<th>Foam Rolls:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Roll, 12”x2.5”, Blue</td>
<td>$16.16</td>
</tr>
<tr>
<td>Foam Rolls: 20”x3.5”, Blue</td>
<td>$22.46</td>
</tr>
</tbody>
</table>

Flat Rate Ground Shipping $8.50
Orders over $125 Ship Free!

Travel Zzz’s Pillow

The foam travel pillow designed for people on the go.

Get the support of a contour foam pillow in half the size with this easy to carry neck travel pillow. Two different density contour foam lobes provide greater support then you would expect from a contour travel pillow. Sleeping away from home will be a dream when you pack your Travel Zzz’s travel pillow.

Grey foam core provides a choice of standard or medium support. 16” x 11”

<table>
<thead>
<tr>
<th>Travel Zzz’s Pillow:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>COR130</td>
<td>$23.07</td>
</tr>
</tbody>
</table>

Leg Spacer Pillow

Relieve pressure on your lower back, knees and ankles with our Leg Spacer Pillow. Made of durable foam, our Leg Spacer ensures proper hip alignment, helping you sleep without back pain. The unique hourglass shape of this leg pillow holds it in place without the need for uncomfortable straps. Thanks to its small, lightweight size, you can take your contour leg pillow with you wherever you travel and enjoy relief from back pain with a sleep aid that actually works!

Pregnant women love the improvement they notice in low back pain while sleeping, in addition to the ability to use the Leg Spacer to elevate their legs at the knee, calf or ankle.

Choose either our Covered Regular Leg Spacer (COR127 – for those taller than 5’3”) or Covered Petite Leg Spacer Pillow (COR140 – for those 5’3” and less). Save money with our Economy Regular Leg Spacer (COR502), which is the same foam as a Covered Regular Leg Spacer without the cover (loose fitting cover available separately – COR499BL) or get luxurious comfort from our Covered Regular Leg Spacer with Sherpa Cover (CORE1105), which has a removable soft Sherpa cover in addition to a blue cloud fitted cover. Leg Spacers are made in the USA.

<table>
<thead>
<tr>
<th>Leg Spacer Pillow:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Covered Regular</td>
<td>$31.46</td>
</tr>
<tr>
<td>Petite</td>
<td>$36.67</td>
</tr>
<tr>
<td>Standard, w/Sherpa Cover</td>
<td>$11.66</td>
</tr>
<tr>
<td>Economy, Standard</td>
<td>$9.86</td>
</tr>
</tbody>
</table>

Orders over $125 Ship Free!
AirPack Backpacks
Gear for Students of All Ages!

Students are carrying more weight in their backpack than ever before. More and more, back pain and backpacks are going hand in hand due to the strain that a heavy school backpack puts on these young, developing spines.

The AirPacks backpack revolutionizes the backpack by shifting the weight of this ergonomic backpack to the stronger low back muscles, allowing this college backpack to be carried in a straighter, more upright posture, thanks to the unique positioning of air bladders in the lower portion of the book bag and the shoulder straps.

All AirPacks Feature:
* "S" shaped shoulder straps and air-filled lumbar cushion
* Shoulder strap anchor enables ergonomic support whether the pack is carried on one shoulder or two
* Front organizer for pens, pencils, and cell phone
* Daisy chain with clip & key fob
* Large interior compartment(s)
* CD player compartment
* Cinch strap, padded haul straps

Therapeutica Spinal Support & Auto Support
Therapeutica is known for providing the highest quality products to support your spine and improve your health. Chiropractors love Therapeutica Supports because they are designed to properly support the contours of the entire spine when you sit. Whether you use the Spinal Support in your executive or general office chair at work or wheelchair or your favorite chair at home, or the Auto Support in your vehicle or commercial truck, you will get the support you need in the lower back, middle and upper back.

With three different sizes available of each model, you can get the fit that you need instead of trying to fit yourself to your backrest. The included strap allows you to fasten it to your chair to hold it in place while the side supports help to cradle your kidney area comfortably and provide lateral support.

* Provides therapy while you sit and therapy while you work.
* Reduces back pain and fatigue - promoting greater comfort.
* Unique but simple fastening system allows easy fastening to any kind of seating.
* Use in your home, office or vehicle.
* 100% Satisfaction Guarantee
* 5-year warranty to retain shape and resilience.
* Patented in the US Des 420,841. Worldwide patents are pending. Therapeutica Spine Support is the ideal partner to an effective back care program!

Therapeutica Spinal Support

<table>
<thead>
<tr>
<th>Size</th>
<th>Material</th>
<th>Colors</th>
<th>Dimensions</th>
<th>Volume (cu in.)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short</td>
<td>600D polyester</td>
<td>Blue/Royal</td>
<td>11.5&quot;x18&quot;x5.5&quot;</td>
<td>1650</td>
<td>$51.30</td>
</tr>
<tr>
<td>Average</td>
<td>600D polyester</td>
<td>Black/Gray</td>
<td>11.5&quot;x18&quot;x5.5&quot;</td>
<td>1650</td>
<td>$53.96</td>
</tr>
<tr>
<td>Tall</td>
<td>600D polyester</td>
<td>Maroon/Dark Gray</td>
<td>11.5&quot;x18&quot;x5.5&quot;</td>
<td>1650</td>
<td>$58.61</td>
</tr>
</tbody>
</table>

Therapeutica Auto Support

<table>
<thead>
<tr>
<th>Size</th>
<th>Material</th>
<th>Colors</th>
<th>Dimensions</th>
<th>Volume (cu in.)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petite</td>
<td>600D polyester</td>
<td>Black/Gray</td>
<td>11.5&quot;x18&quot;x5.5&quot;</td>
<td>1650</td>
<td>$138.13</td>
</tr>
<tr>
<td>Average</td>
<td>600D polyester</td>
<td>Orange/Black</td>
<td>11.5&quot;x18&quot;x5.5&quot;</td>
<td>1650</td>
<td>$131.72</td>
</tr>
<tr>
<td>Tall</td>
<td>600D polyester</td>
<td>Pink/Black</td>
<td>11.5&quot;x18&quot;x5.5&quot;</td>
<td>1650</td>
<td>$144.27</td>
</tr>
</tbody>
</table>

* Made of fiberglass surrounded by soft molded foam.
* Designed to conform to the natural contours of your spine.
* Anatomically designed to support your spine properly, leaving your shoulder blades free for unrestricted movement.
* Auto Support features an elevated neck and headrest to protect whiplash injury common to front or rear vehicle collisions.
Correct back support for expectant moms and new moms to help recover from the stress on their low back and pelvis. With Sitback Rest side-support wings, you feel as if the support was designed just for your body. The lumbar cushion promotes proper posture in any chair while providing firm support and comfort for your lower back. Use your Sitback Rest at home, office or in the car.

Works in a variety of different chairs including office, home and automobiles. Also available in Deluxe version (COR175) which includes strap to hold it in place so you get just the lumbar support you need exactly where you need it, every time. Health & Wellness Club Approved.

Our popular Sitback Rest back cushion has earned the Health & Wellness Seal of Approval from the National Health & Wellness Club for ease of use, design and performance. It is also recommended by Chiropractors across the country!

You simply won’t find a better lumbar cushion. Your journey to better health starts here, so order your Sitback Rest back cushion today! 13”x14" Standard or deluxe available in blue, black or gray.

**Sitback Rest: Standard, Blue**
*COR106BL, Black COR106BLK, Gray COR106GRY*  $31.46

**Sitback Rest: Deluxe, Blue**
*COR175BL, Black COR175BLK, Gray COR175GRY*  $35.96

**Bucketseat Sitback Rest**
This version of our popular Sitback Rest is shaped to fit snugly against bucket seats to maximize comfort and support while driving. Covered with a durable fabric cover. Deluxe version (COR228) comes with a positioning belt. Firm support.

Standard available in blue, black, burgundy or gray. Deluxe available in blue, brown or gray. 13’’x14’’ (33cm x 36cm)

**Bucketseat Sitback Rest: Standard, Blue**
*COR176BL, Black COR176BLK, Gray COR176GRY*  $31.46

**Bucketseat Sitback Rest: Deluxe, Blue**
*COR228BL, Black COR228BLK, Gray COR228GRY*  $35.96

**Inflatable Backrest**
From a wheelchair to an automobile seat, this inflatable backrest will give you just the right amount of low back support exactly where you need it. With a simple squeeze of the hand pump, you can adjust the level of back pillow support to give you a more comfortable car ride or less discomfort while at work. The included positioning belt allows you to strap your backrest to any chair in which adjustable lumbar support is needed.

Thanks to a durable air bladder encased in a breathable foam pad cover this lumbar pillow can stand up to repeated use at work. Thanks to Core Product’s Satisfaction Guarantee it will be your favorite back pillow for many years to come.

At 7’’x11’’, this back pillow support is just the right size to help relieve your low back pain while the navy blue cover will help it to look good in any chair.

**Inflatable Backrest: Navy**
*COR470BL*  $32.36

**Need More Information?** Check us out on the web at www.wisdomandhealth.com or call us at (715) 287-5282
Jeanie Rub Single Speed Massager

Enjoy comfortable, deep-penetrating massage with the Jeanie Rub Massager.

The Jeanie Rub Massager provides soothing, oscillating massage that safely relaxes tight muscles and stimulates circulation on all body types and sizes. There's no pounding or jabbing of rotating "fingers" as seen with other massagers.

Use the Jeanie Rub as a full body massager—or use it simply as a muscle massager or leg massager— for both therapy and relaxation. Use for improving blood circulation, reducing stress, alleviating chronic pain and relieving muscle spasms.

The Jeanie Rub™ Standard Single Speed is a practical, economical, multi-use massage therapy tool with a heavy-duty 3240 rpm motor. The Jeanie Rub is convenient, easy-to-handle and weighs just over six pounds. Add even more to your massage with one of our Jeanie Rub accessories (see below).

Practical and economical, the Jeanie Rub Single Speed massager is equipped with a standard shaded-pole motor that delivers a consistent massage at 3240 rpm with just a flip of the toggle switch.

* For single or two-person use
* Safe to use anywhere on the body
* Therapeutic and pleasurable effects
* Comfortable, deep-penetrating massage delivered via a premium cushioned vinyl pad. No painful pounding!
* Four point, orbital, oscillating massage therapy action
* All die-cast aluminum components with a powder coated finish, 11-foot power supply cord and permanently lubricated ball bearings which can last 10 to 20 years without any additional lubrication
* C.S.A. (Canadian standards Association) electrical certification for all of North America
* Individually hand-built and tested by American craftsmen
* Features a shaded pole motor providing oscillations at 3240 rpm controlled by the flip of a toggle on/off switch
* 20 gauge steel chrome plate
* Comprehensive Owner’s Manual included
* One-year warranty
* 6.2 pounds/2.8 kilograms

All of the massagers are handcrafted in the USA for superior quality and come with a standard one year warranty.

Jeanie Rub Single Speed Massager w/Accessory Posts *MRF100JR $179.96
Accessory Kit *MRF106 $63.59
Fleece Pad Cover *MRF108 $13.19

Also check out our Variable Speed Jeanie Rub Massager!

Jeanie Rub Single Speed Massager

Enjoy a custom, deep-penetrating back massage for the ultimate comfort with the Jeanie Rub Variable Speed Massager.

Thanks to its easily adjustable rheostat, the Jeanie Rub Massager provides soothing, oscillating massage at speeds from 1400 to 4600 rpm that safely relaxes tight muscles and stimulates circulation on all body types and sizes. There's no pounding or jabbing of rotating "fingers" as seen with other massagers.

With the Jeanie Rub Variable Speed Portable Massager you are in control—whether you use it as a full body massager or simply as a muscle massager or leg massager—to achieve both therapy and relaxation. Use it for improving blood circulation, reducing stress, alleviating chronic pain and relieving muscle spasms. It has a heavy-duty 3240 rpm motor, making it convenient and easy-to-handle at just over six pounds.

Our Jeanie Rub Variable Speed Unit comes equipped with the additional functionality of Accessory Posts. When you add the optional Accessory Kit (see below), you will be able to massage those pin-point specialized areas, converting your Jeanie Rub into a neck massager, knee massager and so much more.

This massager is handcrafted in the USA for superior quality and comes with a standard 1-year warranty.

Jeanie Rub Massager Variable Speed w/Accessory Posts *MRF103 $205.55

Three accessories for the Jeanie Rub Variable Speed with Accessory Post massager deliver precise, close-control, trigger-point and pressure-point massage. Great for extremities, such as spine, neck and feet.

Accessory Kit *MRF106 $83.59

Jacknобber® II Massage Tool

The shape and smooth feel of the Original Jacknобber II® allows the user to give a most pleasant and relaxing back massage over clothing or with massage oil directly on the skin. Its unique design makes the Original Jacknобber II® a multi-purpose deep muscle massage tool.

Helpful in applying precise pressure to soft tissue trigger points, while being as safe and effective as massaging sore muscles with your thumbs or knuckles. Excellent for home use. Available in Sapphire Blue, Gold, Green, Purple or Red.

Jacknобber II Massage Tool, Sapphire Blue *PPC100BL $9.18
Gold *PPC100GLD, Green *PPC100GRN, Purple *PPC100PRP, Red *PPC100RD

www.wisdomandhealth.com · (715) 287-5282
**Backnobber® II Massage Tool**

The Original Backnobber® II is the latest self care deep muscle massage tool of The Pressure Positive Company. When it is used as intended, the Backnobber can relieve the muscular pain that comes from physical and occupational stress, injuries, and chronic conditions such as arthritis and bursitis.

This deep-muscle massage tool allows people to manage chronic muscular pain both on their own and in conjunction with professional chiropractic and/or medical treatment and therapy. The Original Backnobber® II is made of a highly durable, polymer composite, molded in the shape of an "S". It is designed to be hooked over the shoulder or under the arm so that one of the two ends can be pressed into any of the muscles of the upper or lower back or neck. Its natural shape and dimension allow the user to apply as much pain releasing pressure for as long as required to achieve its remarkable effects.

The Original Backnobber® II is designed to be used comfortably by both large and smaller persons. It is also equipped with a locking mechanism that allows it to be taken apart for convenient storage or travel. It will easily fit into a normal size briefcase or overnight bag. It is ideal for travelers, sports enthusiasts, and others on the go.

**CAUTION:** Our products contain no mysterious power, but they do work in a way that can give one a new control over one’s own health and well being. There are many conditions that will not respond to conservative, non-invasive treatment. Individuals with serious, underlying injuries or illness should not postpone proper health care treatment in such conditions. If pain persists, if other symptoms appear and when in doubt, consult your health care provider.

**Index Knobber® II Massager**

The Index Knobber® II massager has one focused massage knob that allows you to concentrate a massage in one muscle area, offering relief and relaxation where you need it most. This is especially beneficial for those who have specific problem areas that require targeted attention.

The Index Knobber’s unique, ergonomic design allows its use over clothing or with massage oil directly on the skin. The advanced grip on the Index Knobber® II massager makes it comfortable to hold. Deliver an effective massage without having to readjust your positioning or having your wrist cramp up. Available in Blue, Clear, Green, Purple or Red.

**Prossage Heat Massage Ointment**

Developed by Professionals For Professionals

100% natural therapeutic warming ointment for myofascial release, deep tissue work and trigger point therapy.

Prossage Heat was developed specifically to produce gentle penetrating heat to the skin, fascia, muscles & other soft tissue structures. As tissues soften, more blood and oxygen penetrates congested areas reducing the ischemia responsible for many chronic pain syndromes, orthopedic conditions and common sports injuries. By applying palmar friction techniques, the soft tissues warm, access to deep painful connective tissue adhesions can be faster, more effective, and pain free.

Prossage Heat is an area specific warming ointment, not an all over bodywork and massage oil.

- All natural
- No methyl salicylates
- No petroleum products
- Needs only 2-3 drops in the therapists hand - rub briskly into hands - then begin sports or therapeutic massage to affected area
- Ideal for sports injuries - soft tissue modalities - orthopedic and deep tissue massage
- Botanical ingredients create smooth glide
- Produces gentle, penetrating heat

**Healthy Hands DVD**

Learn solid, proven and comprehensive techniques that stem from Martin Gray’s incredible understanding of the function of the forearms and hands. Relieve pain and stiffness, build strength and dexterity, and find out how to prep your hands for a day’s work and pamper them afterwards!

Everything is easy to do and once you find your favorites, you can do them while watching TV in only a few minutes a day. Don’t wait for hand-related syndromes to get in your way. Order Healthy Hands, Wrists and Forearms today!

**Healthy Hands DVD**

**Backnobber® II Massage Tool**

* | Backnobber II Massage Tool, Blue | *PPC104BL | **$36.18**

* | Black *PPC104BLK, Green *PPC104GRN, Purple *PPC104PRP

**Index Knobber® II Massager**

* | Index Knobber II Massage Tool, Blue | *PPC101BL | **$9.18**

* | Clear *PPC101CLR, Green *PPC101GRN, Purple *PPC101PRP, Red *PPC101RD

**Prossage Heat Massage Ointment**

* | 3 oz. bottle | *PER202-3OZ | **$11.82**

* | 8 oz. bottle | *PER202-8OZ | **$26.53**

* | 32 oz. bottle | *PER202-32OZ | **$88.24**

**Prossage Heat Massage Ointment**

* | 3 oz. bottle | *PER202-3OZ | **$11.82**

* | 8 oz. bottle | *PER202-8OZ | **$26.53**

* | 32 oz. bottle | *PER202-32OZ | **$88.24**

**Healthy Hands DVD**

* | Healthy Hands DVD | *RJTV100 | **$20.27**
Dyna-Flex Gyro Wrist Exercisers

Avid golfers love the benefits of the wrist exercise that the Dyna-Flex line of Gyro Wrist Exercisers provide. Providing upwards of 32 to 35 pounds of torque, these grip strengtheners are the only wrist exercise equipment you will ever need! Computer users and carpal tunnel syndrome sufferers also receive relief from wrist strengthening exercise.

Gyro Wrist Exercisers are effective in hand and wrist exercise, even for those who need exercise after wrist fracture or injury. Their user-friendly design and hand-wrist exercise ergonomics makes them the ultimate forearm exercise equipment!

The Dyna-Flex PowerBall gyroscope has brought forearm exercise to the next level by including an onboard generator which activates LED lights within the gyro exerciser that become brighter as the wrist exerciser spins faster (no batteries necessary). Gaining proficiency allows you to light up your wrist exerciser spins faster (no batteries necessary).

The Dyna-Flex Gyro Wrist Exercisers are effective in hand and wrist exercise, even for those who need exercise after wrist fracture or injury. Their user-friendly design and hand-wrist exercise ergonomics makes them the ultimate forearm exercise equipment!

The Dyna-Flex Pro Plus Gyroscope provides upwards of 38 pounds of torque at 10,000 RPM, yet starts with the pull of the included string or a slide of your hand. Remove the top cap and you can add the optional digital Speed Meter.

The Dyna-Flex Pro Gyro Exerciser is our most economical grip strengthener, housed in polycarbonate plastic for protection.

All three exercisers are small enough to take with you to use at work, while riding in the car or while relaxing in the evening.

Dyna-Flex Gyro Wrist Exercisers

<table>
<thead>
<tr>
<th>Model</th>
<th>Color</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PowerBall</td>
<td>Amber</td>
<td>$34.45</td>
</tr>
<tr>
<td></td>
<td>Blue</td>
<td>$36.61</td>
</tr>
<tr>
<td>Pro Plus</td>
<td></td>
<td>$24.50</td>
</tr>
<tr>
<td>Pro</td>
<td></td>
<td>$17.82</td>
</tr>
</tbody>
</table>

Dyna-Flex Speed Meter

*DFI107  $26.61

Eggsercizer™ Hand Exerciser

The Eggsercizer hand exerciser features a comfortable oval shape and is useful for strengthening the hand and wrist. Arthritis sufferers, computer users and Carpal Tunnel Syndrome sufferers love their Eggsercizers! This "workout machine" helps strengthen grip, increases dexterity, and improves mobility of the wrist. The Eggsercizer is made of polyethylene and can be boiled or frozen for hot or cold therapy treatments to relieve discomfort.

Eggsercizer Hand Exerciser There are four color-coded resistance levels to give you a range of strength resistance. Available in the following resistance levels:

- Extra Soft- Orange
- Soft- Green
- Medium- Blue
- Firm- Plum

**$8.87**

Thera-Band® Hand Exerciser

Thera-Band® Hand Exercisers are specially formulated exercisers provided in a progressive sequence of five translucent colors and in two sizes. They’re used for hand, finger and forearm strengthening, as well as hot and cold therapy.

The softer yellow and red models fill the gap between putty and spring devices and they’re not as messy as putty. Progressive resistance in different levels of compression allow each exercise to be geared to the patient. Use the standard size hand exerciser for smaller hands and the extra large size for larger hands or for people who have limited hand mobility. Place a Hand Exerciser into the microwave or refrigerator for hot or cold use.

**$10.10**

**$13.89**

Flat Rate Ground Shipping $8.50

Orders over $125 Ship Free!
**Valeo Body Ball**

Includes a high volume Air Pump and Wall Chart of step-by-step instructions for a Complete Body Workout Program.

* Develops strength & flexibility for all fitness levels
* Improves balance & coordination
* Promotes a healthier posture
* Recommend by top Fitness Trainers and Physical Therapists
* Fun for all ages and abilities

**White Ball** (55 cm) for people 5’0” to 5’3”

**Blue Ball** (65 cm) for people 5’4” to 6’0”

**Red Ball** (75 cm) for people 6’1” to 6’9”

Pressure tested to 1000 lbs. Model: BFEX Sizes: 55cm (White), 65cm (Blue) & 75cm (Red)

**Red FlexBar, Light** $14.11

**Green FlexBar, Medium** $17.61

**Blue FlexBar, Heavy** $21.17

**Valeo Body Ball w/Pump**

**White, 55cm** $14.26

**Blue, 65cm** $17.06

**Red, 75cm**

**Valle Body Ball**

**Burst Resistant, White** $14.26

**Valle Body Ball**

**Burst Resistant, White 55cm** $17.06

**Blue, 65cm**

**Red, 75cm**

**Thera-Band FlexBar**

Thera-Band® FlexBar with a “waffle” surface is used for wrist, forearm, and hand rehabilitation, upper extremity stabilization, neuromuscular re-education, massage therapy, martial arts, and sports grip strengthening. The Thera-Band® FlexBar is made from natural rubber and is available in 3 levels of resistance.

The Red FlexBar takes 10 lbs. of force to bend to a u-shape. Green takes 15 lbs., and blue takes 25 lbs. Diameters: Light Red 1 1/2”, Medium Green 1 3/4”, Heavy Blue 2”

**Red FlexBar, Light** $14.11

**Green FlexBar, Medium** $17.61

**Blue FlexBar, Heavy** $21.17

**Hot & Cold Comfort Packs**

Whether you need cold therapy to help with a recent injury or heat to soothe aching muscles after a hard workout, these durable Hot and Cold Comfort Packs are great to have on hand! Simply put in the freezer for cold therapy or put in the microwave for heat therapy and you will be ready for almost anything.

* Convenience Freezer or Microwave
* Multiple variety of uses.
* Reusable cold pack, washable, easily disinfected
* Cold packs have a user-friendly surface and are frost-free
* Eliminates shock to skin and becomes softer with use
* Specially Formulated Softouch Gel
* Remains pliable when cold
* Non-toxic, Biodegradable
* Reusable cold pack / hot pack does not crystallize, separate, or slump

**Hot packs / cold packs have multiple uses**

Including: Pain Management, Post-Operative, Inflammation, Swelling, Headaches/Migraines, Stress/Tension, Traumatic Injuries.

**Extra-Small and Small Hot and Cold Comfort Packs** are convenient all around sizes great for many uses including:

* Sprained wrists
* Headaches/migraines
* Elbows
* Carpal tunnel syndrome
* Insect bites
* Improved! 60% More Gel!

**Cervical Hot and Cold Comfort Pack** was specifically designed for use on the neck and shoulder area, also works great as a wrist or ankle wrap.

**Comfort Hot and Cold Packs:**

**Extra Small, 3” x 5”** $8.05

**Small, 6” x 10”** $8.96

**Cervical, 6” x 20”** $12.56

**Large, 10” x 13”** $13.46

**Soccer Ball Cold Pack**

Soccer ball shaped Sport-Pacs should be part of every home and team first aid kit. When stored in a freezer, they’re ready to provide up to 30 minutes of cold therapy for acute pain due to strains, sprains and bruises. Keep them in the team cooler for on-the-side-lines use. Royal Blue

**Soccer Ball Youth Cold Pack**

**Soccer Ball Cold Pack** $9.06

**Hot & Cold Comfort Packs**

Whether you need cold therapy to help with a recent injury or heat to soothe aching muscles after a hard workout, these durable Hot and Cold Comfort Packs are great to have on hand! Simply put in the freezer for cold therapy or put in the microwave for heat therapy and you will be ready for almost anything.

* Convenience Freezer or Microwave
* Multiple variety of uses.
* Reusable cold pack, washable, easily disinfected
* Cold packs have a user-friendly surface and are frost-free
* Eliminates shock to skin and becomes softer with use
* Specially Formulated Softouch Gel
* Remains pliable when cold
* Non-toxic, Biodegradable
* Reusable cold pack / hot pack does not crystallize, separate, or slump

**Hot packs / cold packs have multiple uses**

Including: Pain Management, Post-Operative, Inflammation, Swelling, Headaches/Migraines, Stress/Tension, Traumatic Injuries.

**Extra-Small and Small Hot and Cold Comfort Packs** are convenient all around sizes great for many uses including:

* Sprained wrists
* Headaches/migraines
* Elbows
* Carpal tunnel syndrome
* Insect bites
* Improved! 60% More Gel!

**Cervical Hot and Cold Comfort Pack** was specifically designed for use on the neck and shoulder area, also works great as a wrist or ankle wrap.

**Comfort Hot and Cold Packs:**

**Extra Small, 3” x 5”** $8.05

**Small, 6” x 10”** $8.96

**Cervical, 6” x 20”** $12.56

**Large, 10” x 13”** $13.46

**Soccer Ball Cold Pack**

Soccer ball shaped Sport-Pacs should be part of every home and team first aid kit. When stored in a freezer, they’re ready to provide up to 30 minutes of cold therapy for acute pain due to strains, sprains and bruises. Keep them in the team cooler for on-the-side-lines use. Royal Blue

**Soccer Ball Youth Cold Pack**

**Soccer Ball Cold Pack** $9.06
**Billing Address:** (Please print)

Name  
Address  
City    State    Zip  
Phone    Fax  
E-Mail Address 

**Shipping Address:** □ Same  □ As Follows

Name  
Company  
Address  
City    State    Zip  
Phone    Fax  

**Your Order:**

<table>
<thead>
<tr>
<th>Product Name &amp; Description</th>
<th>Code</th>
<th>Quantity</th>
<th>Price</th>
<th>Total Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Method of Payment:**

- Visa  - MasterCard  - Discover  - American Express  - Check/Money Order Enclosed

Card Number _______________________________    Exp. Date ______/____

Security Code* ____________________________    Name on Card __________________

*3-Digit number found on back of V and MC in signature panel, on front of card on AMEX

Signature ____________________________________

**Terms and Conditions**

**Pricing:** Prices are subject to change and do not reflect shipping charges or sales tax where applicable. As a full service company, our prices reflect costs at publication time. Your purchase will always be at the best price currently offered, regardless of the listed price. Prices are subject to change without notice.

**UPS Shipment:** In-stock items will be shipped by the end of the next business day. We ship UPS Ground whenever possible, but will substitute US Mail when necessary. 3 Day Select, 2nd Day Air and Next Day Air service available at additional cost.

**Lost or Damaged Merchandise:** We take great care in filling, checking and packing your order. On rare occasions, a package may be damaged or lost in transit. The carrier is responsible for merchandise after it leaves our warehouse. For your protection, please follow these procedures: Before signing a delivery receipt 1) Carefully inspect each carton for damage. 2) Check shipment against delivery to make sure you receive all cartons listed. 3) Have the driver note shortages or damages, even if slight on the delivery receipt. Immediately after delivery, open all cartons and inspect for concealed damage. If you find damage don’t discard the carton or package material. If you find damage or have any questions, please email Customer Service at Wisdom and Health at sales@wisdomandhealth.com and we will provide any assistance we can.

**FAX/MAIL ORDER FORM**

Fax: 425-944-1329  (24 hrs. a day/7 days a week)

Order Desk: 715-287-5282

(Please photocopy as needed)
ColPaC Blue Vinyl Cold Packs
Seven different sizes of blue vinyl ColPaCs ensure effective cold therapy regardless of body area or shape. These durable cold packs will provide consistant, dependable cold therapy use after use. Vinyl covering makes them easy to clean and resistant to puncture and damage. For even heavier use, be sure to check out our heavy duty black polyurethane ColPaCs.

AVAILABLE IN 7 CONVENIENT SIZES:

- **Quarter Size** 5.5" x 7.5" (14 cm x 19 cm)
  - Great for use on elbows, wrists, foreheads and children.
  - 
  - Eye Pack
  - Half Size 7.5" x 11" (19 cm x 28 cm)
    - Great for use on elbows, wrists, foreheads and children.
    - 
  - Standard 11" x 14" (28 cm x 36 cm)
    - Great for shoulders, upper back, knees and hips
  - Cervical
  - Oversize 11" x 21" (28 cm x 53 cm)
    - Great for upper and low back, knees and hips

ColPaC Blue Vinyl Cold Packs:
- Quarter Size, 5.5" x 7.5"  
  - 
  - "CHT100QTR $9.42
  - Throat, 3" x 11" 
    - 
    - "CHT100THR $9.64
  - Eye Pack 
    - 
    - "CHT100EYE $10.56
  - Half Size, 7.5" x 11"
    - 
    - "CHT100HF $11.48
  - Standard, 11"x14"
    - 
    - "CHT100STD $18.89
  - Cervical
  - Oversize, 11"x21"
    - 
    - "CHT100OS $33.26

Ice Kold Instant Cold Packs
- Remains cold approximately 30 minutes
- Long shelf life
- Made for one-time use only

*Two sizes available:
- Standard (DMI559) - 6" x 8.25"
- Junior (DMI566) - 5" x 6.75"

Ice Kold Instant Cold Packs:
- Junior - 5" x 6.75" *DMI566 $0.69/ea or 12/$8.00
- Standard - 6" x 8.25" *DMI559 $0.80/ea or 12/$8.64

ColPaC Heavy Duty Black Cold Packs
These heavy-duty cold packs are used by thousands of doctors and therapists across the country because they provide up to 30 minutes of therapeutic cold therapy while they are cost effective, providing hundreds of treatments from one pack.

- Four sizes designed to fit every body contour.
- Easy-to-use, and extremely durable.

AVAILABLE IN FOUR SIZES:
- Half Size Black Polyurethane ColPaC 6.5" x 11" (17 cm x 28 cm)
  - Black Polyurethane Standard Size
  - Black Polyurethane Neck Contour
  - Oversize Black Polyurethane ColPaC 12.5" x 18.5" (32 cm x 47 cm)

ColPaC Heavy Duty Black Cold Packs:
- Half Size, 6.5" x 11"  
  - "CHT358HF $12.17
  - Standard, 10"x13"  
    - "CHT358STD $19.45
  - Neck Contour, 21" Long  
    - "CHT358NK $20.61
  - Oversize, 12.5"x18.5"  
    - "CHT358OS $33.22

Boo Boo Pac Child Cold Packs
Teddy bear-shaped especially for kids. Filled with a non-toxic silica gel that delivers up to 30 minutes of soothing relief of acute pain, swelling and fever. Boo-Boo Pacs are the best way to assure you'll be able to make pain more bearable.

Reusuable Cold Therapy Just for Kids
Teddy bear-shaped especially for kids. These Boo-Boo Pacs are filled with a non-toxic silica gel that delivers up to 30 minutes of soothing relief of acute pain, swelling and fever. Keeping a supply of Boo-Boo Pacs is the best way to assure you'll be able to make pain a little more "bearable".

Boo Boo Pac Child Cold Pack:
- Royal Blue *CHT100BOO $7.63
- Green *CHT683GRN

Questions???
Please feel free to email us at sales@wisdomandhealth.com or call us at (715) 287-5282 with any questions or concerns. We greatly appreciate the opportunity to serve you and we wish you and yours the best of health and fullness of life.