



## **Buckwheat**

Buckwheat is used in sleeping pillows due to the various benefits associated with it. These pillows are like regular pillows made of buckwheat hulls instead of foam or feathers. The hulls are parts of the plants, which cover the kernels and seeds.

Buckwheat is actually a fruit, which is commonly mistaken as seed. The pillows are stuffed with hulls, which are roasted to remove any dust particles, allergens and germs caught inside. Unlike the expensive petroleum based foam, it is natural, renewable and inexpensive which are making these pillows more popular.

## **Benefits**

The pillow supports the head and neck properly while sleeping. Wake up fresh without having any kind of stiff or sore neck. Health professionals because of their contour often recommend the pillows. People suffering from neck pain, migraine and snoring can benefit from using it.

Unlike fiber or down, the buckwheat hulls used to fill these pillows don't collapse beneath the weight of your head. A buckwheat pillow maintains its shape throughout the night to support your neck and head. Buckwheat hulls also don't retain heat, so the pillow stays cooler as you sleep.

## **Long-Term Savings**

Buckwheat pillows can last up to 10 years compared with the alternatives that only last two to three years. A buckwheat pillow lasts three to five times longer than fill or feather pillows.

## **Care and Cleaning**

You cannot wash buckwheat pillows or expose them to water, because it ruins them.

Purchase your pillow at [www.AllIntention.com](http://www.AllIntention.com) See Store

Nashua NH 603-438-7924