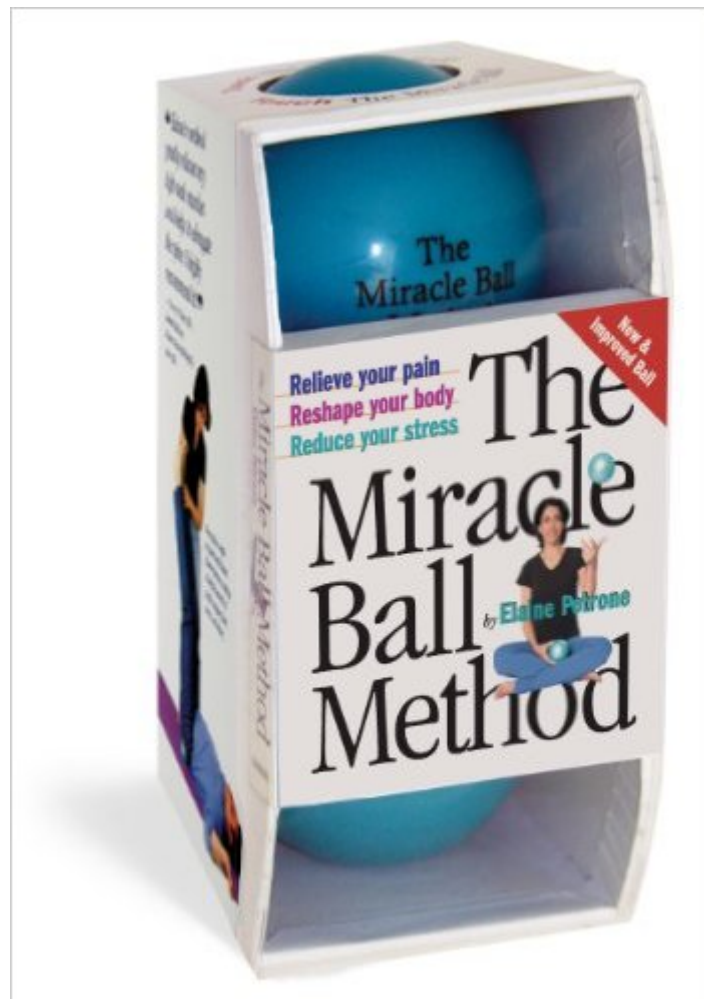


The book was found

The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included]



Synopsis

Take two—they're small. And they perform miracles. Suffering a career-ending, potentially crippling injury to her back and right leg, a young dancer named Elaine Petrone tried everything from orthopedists to yogis to turn her pain and prognosis around. Nothing worked—until she healed herself through a unique program of therapy and exercise based around the use of two small, squishy balls. From there she turned her passion into a mission that is helping the thousands of people who visit her classes conquer pain, stress, and injury. Now, for relief for sufferers everywhere, comes *The Miracle Ball Method*, a healing kit containing two miracle balls and a fully illustrated book, all packaged together in an attention-getting clear plastic cylinder. The work itself is simple. Take a sore back: By resting your aching back on the grapefruit-sized balls and letting your body sink into them, you're unworking the muscles that hurt. Pain and tension drain out of the body. Petrone shows how proper breathing (which she demonstrates) works in conjunction with a range of unexercises that call for placing the balls under the back, head, knees, hip, elbow—wherever there's pain—and then resting, rolling, or rotating on them. She points out that relief can come in surprising ways: Lower back pain may be helped by placing the ball under your neck, or a bad knee might be helped by hip work. It's a revolutionary program of relief, from head to toe.

Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (798 customer reviews)

Best Sellers Rank: #4,360 in Books (See Top 100 in Books) [#3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) [#9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) [#10 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

Customer Reviews

I have to say that I was skeptical about what this product could do for me, but I read some good things in blogs and at under \$15, I had to try it out. MY STORY: I had surgery on my lower spine in

high school for ruptured discs, but never had any pain relief from the sciatica until I found a fantastic chiropractor who took me from walking with a cane to being pain free in about 2 years. Gradually the visits trailed off to once or twice a year as needed. Recently, I added 3 days of walking to my exercise routine and I developed a lot of nagging low back and hip pain, which was much different from the unbearable shooting pain of sciatica. I was constantly going to the chiropractor to get my back adjusted, but then it would tighten right up again after a few days of exercise, so I was going for adjustments sometimes twice a week. ABOUT THE EXERCISE: This is not a quick exercise - plan to spend at least 30 minutes to an hour each session for it to be effective. It's more like yoga where you concentrate on your breathing and relaxation. If laying still for an hour sounds like torture, this is not a good choice for you. Also, I can only attest to the product's effect on my low back and hip pain. The balls don't seem to effect my periferal joints like knees, but I also don't have problems there. The first time I used the Miracle Balls and I felt my spine "adjust" itself, I was amazed and a little frightened. I know enough to tell someone how to crack my upper spine for tightness between my shoulder blades, but I have never been able to do anything for my low back. It is a mess from the surgery, and usually very tight and inflamed.

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The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain
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