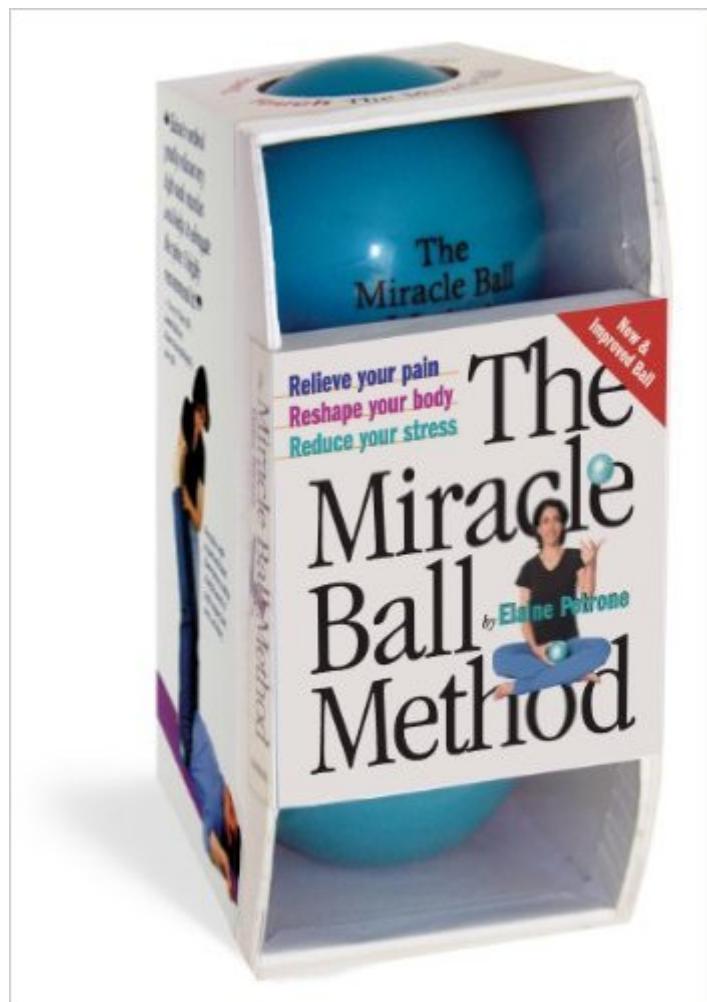


The book was found

# 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 everyone 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

Paperback: 296 pages

Publisher: Workman Publishing Company; Book and Access edition (December 10, 2003)

Language: English

ISBN-10: 0761128689

ISBN-13: 978-0761128687

Product Dimensions: 5.1 x 4.2 x 8.4 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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.

[Download to continue reading...](#)

The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] Wool Dryer Balls: 100 % Organic New Zealand Wool Dryer Balls (Wool Dryer Balls, Dryer Balls, Fabric Softener, Organic Fabric Softener, No Fillers, Wool Balls) Beginner's Guide To Practice Reflexology: How To Reduce Pain, Relieve Stress & Anxiety, Lose Weight, Detoxify & Improve Your Sex Life Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for Good Virginia Hill - Mafia Molls - Beautiful Broads With Brass Balls: Volume 3 (Mob Molls - Beautiful Broads With Brass Balls) MAFIA MOLLS - Beautiful Broads with Brass Balls - Volume 2 (Mob Molls - Beautiful Broads With Brass Balls) Pick up Some Balls - A Beginner's Guide to Juggling Balls, Clubs and Rings What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New

York Pain Treatment Program at Lenox Hill Hospital Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Back to Health by Choice: How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Three Ball Digest: All You'll Ever Need to Know About Juggling Three Balls Plus Mastering the Headroll Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)

[Dmca](#)