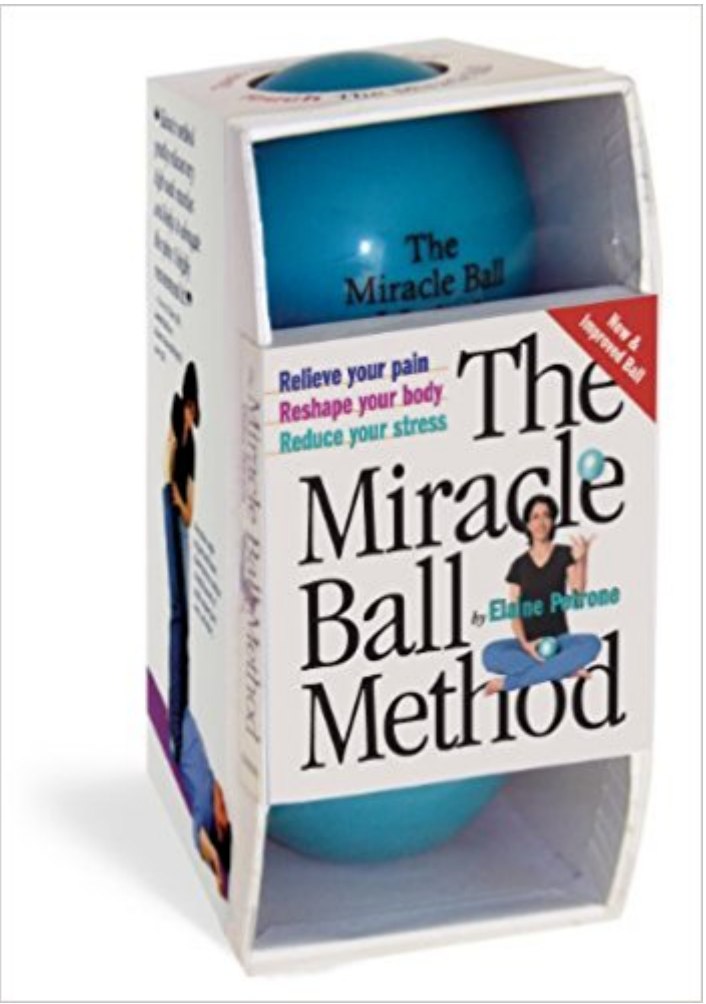
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The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included]



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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, comesÃ Â The Miracle Ball Method, a healing kit containing two miracle balls (each should be around 4-1/2 to 4-1/4" in diameter) 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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Customer Reviews

Ã¢â ¬Å“This is the book that could change your body and the way you live your lifeÃ¢â ¬Â¦Go get

this book and start enjoying your life!Ã¢â ¬Â•Ã¢â ¬â •Fit MagazineÃ¢â ¬Å“Place the deceptively simple Miracle Ball under a trouble spot and sink intoÃ¢â ¬â •aches actually melt away.Ã¢â ¬Â•Ã¢â ¬â •Self Ã¢â ¬Å“Offers a no-impact routine.Ã¢â ¬Â•Ã¢â ¬â •Parade Ã¢â ¬Å“YouÃ¢â ¬â„¢ll ease the pain and tension of injuries and alleviate soreness and stiffness in muscles and joints.Ã¢â ¬Â•Ã¢â ¬â •FitnessÃ Â Ã¢â ¬Å“ElaineÃ¢â ¬â„¢s method greatly relaxes my tight neck muscles and helps to elongate the spine. I highly recommend it.Ã¢â ¬Â• Ã¢â ¬â œChristine M. Metz, M.D., Internal Medicine, Gilmore Memorial Hospital, Armory, MSÃ¢â ¬Å“My patients have seen great results. I love it myself; I gave the balls to my husband, and he has finally stopped complaining about his back pain.Ã¢â ¬Â•Ã Â Ã¢â ¬â œSally Garhart, M.D., Occupational and Internal Medicine, Bedford Occupational and Acute Care, Bedford, NHÃ¢â ¬Å“After taking just one of ElaineÃ¢â ¬â„¢s ball therapy classes, I was asymptomatic for the first time in 15 years. I now recommend it to all of my patients.Ã¢â ¬Â•Ã Â Ã¢â ¬â œ Fred Jones, D.C., Sunshine Chiropractic and Wellness, Merrick, nYÃ¢â ¬Å“I highly recommend ElaineÃ¢â ¬â„¢s method to relieve back pain caused by stress and tension. My patients find it very helpful for self-management of their symptoms.Ã¢â ¬Â•Ã Â Ã¢â ¬â œJanet Freedman, M.D., Physical Medicine and Rehabilitation, The Rehabilitation Center of Southwestern Connecticut at Stamford Hospital, Stamford, CTÃ¢â ¬Å“After suffering a back injury while playing high-school sports, I spent the next 20 years experiencing episodes of severe back pain. Then I tried ElaineÃ¢â ¬â„¢s method, and I am happy to report I am free of pain.Ã Â Ã¢â ¬â œElliot Zelevansky, Ph.D., Licensed psychologist, private practice, New Canaan, CTÃ Â Ã¢â ¬Å“This is the book that could change your body and the way you live your lifeÃ¢â ¬Â|Go get this book and start enjoying your life!Ã¢â ¬Â• Ã¢â ¬â ¢Fit Magazine Ã¢â ¬Å“Place the deceptively simple Miracle Ball under a trouble spot and sink intoÃ¢â ¬â ¢aches actually melt away.Ã¢â ¬Â• Ã¢â ¬â ¢Self Ã¢â ¬Å“Offers a no-impact routine.Ã¢â ¬Â• Ã¢â ¬â ¢Parade Ã¢â ¬Å“YouÃ¢â ¬â„¢ll ease the pain and tension of injuries and alleviate soreness and stiffness in muscles and joints.Ã¢â ¬Â• Ã¢â ¬â ¢FitnessÃ Â

Elaine Petrone developed her Miracle Ball method out of her own experiences with chronic pain. In addition to her books, sheÃ¢â ¬â„¢s written for and been featured in Fitness, Vogue, WomanÃ¢â ¬â„¢s Day, Glamour, Redbook, Self, Elle, Town & Country, and HarperÃ¢â ¬â„¢s Bazaar.Ã Â She has consulted Fortune 500 companies in stress and pain management as well as appeared on nationally syndicated television shows for Fox News, Lifetime, NBC and ABC news. Ã Â With over 30 years of experience, ElaineÃ Â teaches regularly at Stamford Hospital in

Connecticut, and trains students at hospitals and healing centers across the country. She lives in southern Connecticut. Her website is www.elainepetrone.com.Ã Â Ã Â Ã Â

4 years ago, when I was 49, I had a total hip replacement (left hip) -- before surgery, no cartilage remained in multiple places, bone spurs shaped like indian heads pierced my psoas muscle ever time I stood up. My surgeon could not believe I was able to walk for 10 minutes without passing out from pain, and I nearly ended up hospitalized before the surgery because my hip would lock and I couldn't move.The surgery was a success. But I've been in varying degrees of moderate to severely crippling pain - can't get out of bed pain - ever since. Imagine giving birth without an epidural for every hour of every day of the rest of your life. My PT explained I'm hyper-mobile and my SI joint frequently dysfunctions (as in the left side of my lower back hikes up between 2-4" higher than my right). I tried physical therapy, chiropractors, massage therapy, and yoga. PT and yoga helped, but both were expensive and offered only temporary relief. Chiropractor and deep tissue massage created more pain and were completely ineffective in reducing the pain I had. I could have gotten a script for Norco, but my work demands a clear mind and I wasn't interested in being "disabled" for the rest of my life.I stumbled across the Miracle Ball Method "surfing" . I initially hesitated, thinking how unlikely it would be that this little kit could do what all the other physician recommended treatments had failed to do. However, when I compared the price of this to the time and money I had spent on "recommended" treatments, the risk of trying this method was non-existent.Elaine Petrone and the Miracle Ball Method saved me. The instruction book is easy to follow. The balls are comfortable. And I've found a good combination of poses for me that not only permit me to realign my SI joint when it dysfunctions, they taught me which muscles are causing my pain and how to relieve it. My yoga instructor properly diagnosed the muscles that had atrophied before and during my recovery from my hip replacement, but none of the experts - MDs, DCs, yogis, and massage therapists -- devised a treatment method that offered me long-term relief for the weakness in the many muscles that had atrophied, which were leading to my pain. My hips were so tight that my body relied on the wrong parts to carry me upright and walk me forward.Following Elaine Petrone's method is fixing me, reducing my pain, strengthening my muscles and returning me to normal. I am grateful everyday Elaine Petrone and her simple, inexpensive, do it at-home method. I'm getting my life back and I love it! I am trying to do my bodywork on the balls for 30 minutes every week day (longer on weekends), but it is so relaxing I could and would love to spend hours on these movements every day. My schedule doesn't permit that. :-(I have never before had a reason to recommend any product as highly as I recommend this. And I am not affiliated in any way with

Elaine Petrone or The Miracle Ball Method.

This is my second purchase. My cat popped the first set, so be aware of that problem. I store them in the container when not in use now. I am able to relieve the majority of joint pain through 5-10 minutes using the balls. The instructions are clear and easy to follow. With a little use on a regular basis, the instructions aren't needed; you remember what to do next.

Excellent! This was recommended to my by an occupational therapist who has used Miracle Balls for five years. I ordered a set and the book a couple months ago and they have helped my back and neck so much. I love the pain free, gentle approach.for me,it's more effective than the hard therapy balls. My 80 yr old mother in law has begun using them too. Took them with me to Europe and they were worth the space in my luggage! To those who had a strange experience with them turning black, did you contact the company? It may have been a bad batch. I was wary but mine are still like new. Highly recommend this product!

This really helped me after I hurt my back in a car accident a few years ago. I've recommended this product to many people over the years and bought many as gifts for people for work-related injuries and your average back/neck/shoulder pain. It allows you to work your aches and pains out easily and at your own pace.

This is the third time I buy this product, is fantastic for back pain, neck pain. Best prop for traveling, I take them with me even in the airplane.I keep giving them as presents to friends for alleviate their pain and they are always greatful.The book is marvelous with a lot of information, very easy to follow.I am a yoga teacher with 2 collapsed disks on my lower back and this is what I recommend to my students of every age.You cannot go wrong with them. Even my 5 year old daughter loves them!

My Pilates instructor nudged me to make this purchase and the Miracle Balls have helped me immensely with loosening my lower back muscles. There are so many options within the book - hips, back, shoulders - you name it. A great purchase!

I added placing the Miracle Ball under my hips during a quiet meditative transition inmy Lee Holden Qigong "Flow" dvd for healthy backs. I have reduced painand the need for a chiropractor to zero, as long as I am consistent, for the past 5 years.When I am not consistent, my pain returns in about a

week. The combination of theMiracle Balls and the DVD mentioned about have been the best gift to my back. Simple.Miracle. Aptly named. Thank you, Elaine!

These miracle balls are amazing for back pain. I was experiencing intense lower back pain as a result of marathon training and did not want to spend a small fortune at the chiropractor, and heard from a friend about the miracle ball method.I worked through the applicable exercises included in the booklet that comes with the balls, and felt immediate relief. I continue to use these balls weekly and have felt much less lower back pain. I highly recommend these balls and the overall method involved.

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