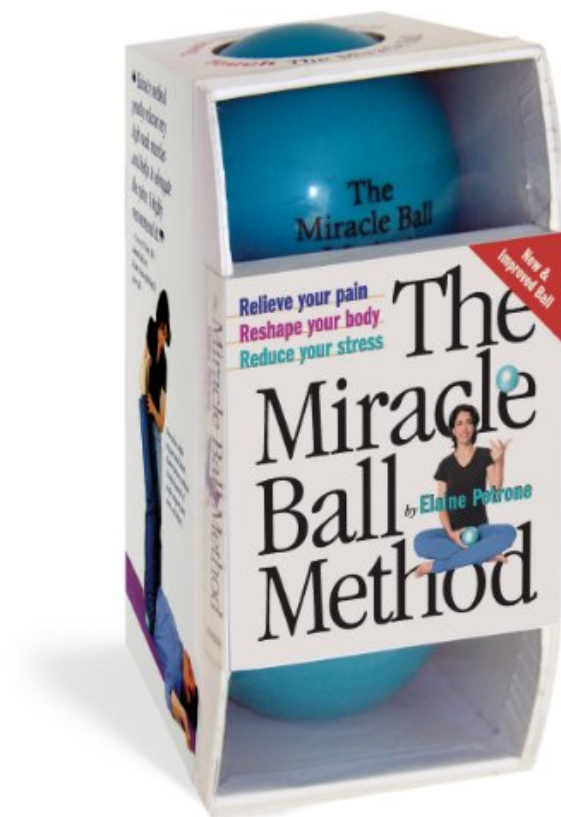
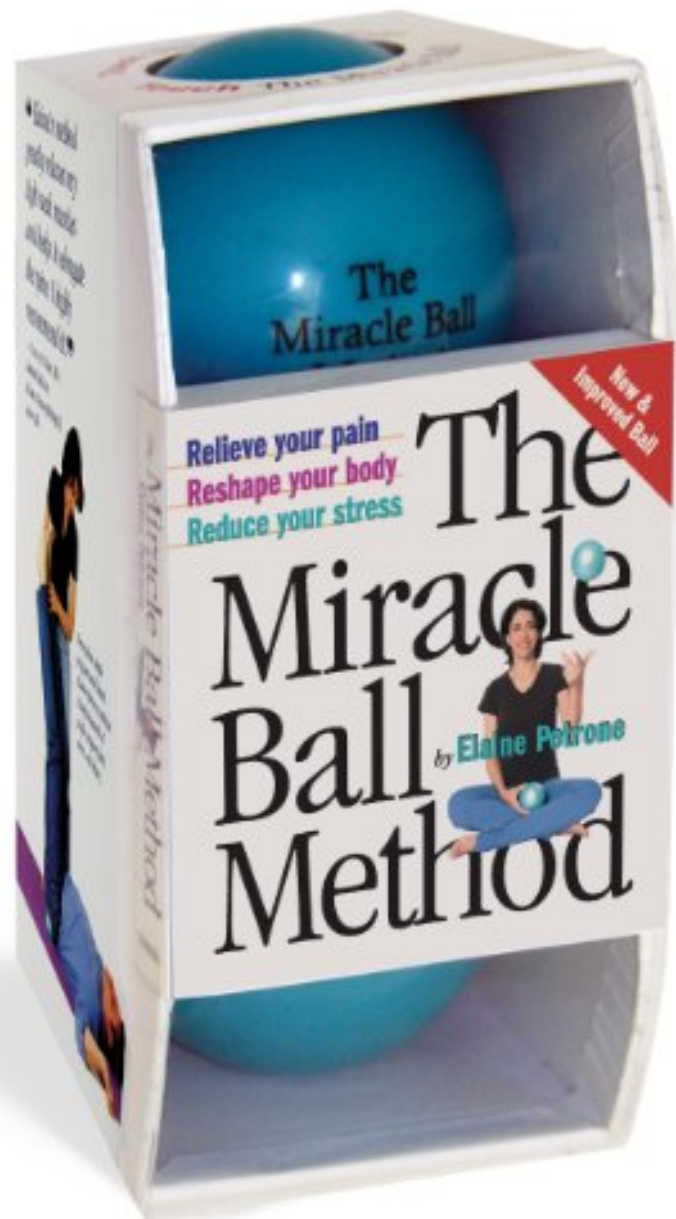


**THE MIRACLE BALL METHOD: RELIEVE  
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REDUCE YOUR STRESS [2 MIRACLE BALLS  
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# **THE MIRACLE BALL METHOD: RELIEVE YOUR PAIN, RESHAPE YOUR BODY, REDUCE YOUR STRESS [2 MIRACLE BALLS INCLUDED] BY ELAINE PETRONE PDF**

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.

- Sales Rank: #2764 in Books
- Brand: Brand: Workman Publishing Company
- Model: 1676698
- Published on: 2003-12-10
- Original language: English
- Number of items: 1
- Dimensions: 8.38" h x 4.25" w x 5.13" l, 1.20 pounds
- Binding: Paperback
- 296 pages

## Features

- Great product!

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## Most helpful customer reviews

132 of 139 people found the following review helpful.

Having Pain? Get On the Ball!

By Cheryl

The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] is a method of pain relief developed by Elaine Petrone after struggling with her own terrible back pain. The key for her, and no doubt many, proved to be proper breathing and decreased muscle tension. Soooo...

The Goal: reduce muscle tension that's causing the pain

The Formula: Weight + Breathing = Release of Tension

How Accomplished: Lay on one or more of the balls in a specified spot

(although the book encourages you to experiment),

breathe properly, and relax. The ball is just a tool to

help you feel the weight of your body.

Don't be turned off by the fact that the book is over 200 pages long- after a brief introduction and a short section on breathing, the vast majority of the book is made up of pictures showing you exactly how to do the exercises. Additionally, its a tiny book and therefore has short paragraphs on each page.

I would have to say that this book will likely benefit many people with chronic pain. Muscle tension is either the major cause of a lot of pain, or at least present due to another cause. Either way, treating muscle tension and learning how to relax will take a big bite out of your pain. Readers with back pain may also be interested in Treat Your Own Spinal Stenosis. Good luck!

50 of 51 people found the following review helpful.

I loved it, but something has gone wrong with the balls!

By J. C.

UPDATE! Something is wrong with my Miracle Balls! Shortly after I bought the balls, a weird black sticky spot appeared on each ball. I wiped them off, and it didn't get in the way of me using them, so I just ignored it. Now after not using them for a little while, they have developed large black sticky spots, like something is oozing out from the inside of the balls. I have always had them stored either on my carpet or on a wooden shelf, so the black sticky stuff isn't coming from anything else, but from INSIDE the ball. The latest spots are large and STICKY and very hard to clean off. I don't think I can use them anymore. Has anyone else had this problem?? If the balls are defective, can I get new ones? I bought them a long time ago, so my window for return has long been closed.

Here is my previous review, before the black spots became a problem:

The title is true, these balls are a miracle! Read the book and follow the instructions, and you will feel amazing! i use them often, and really notice a difference when I am done the stretches. I highly recommend this to anyone who has problem areas, or just needs a good stretch.

17 of 17 people found the following review helpful.

Toxic?

By Diane

My very old set of these were oozing something from the air holes so a few weeks ago I ordered new ones. They arrived half full and covered with a white powder. Assuming the powder was just to keep the latex from sticking I washed them off and have been using them. I left them on a tabletop fo a few days and they melted the finish where they were sitting. Not so sure I want these on my skin.

[See all 802 customer reviews...](#)

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