



The Miracle Ball

Relieve your pain
Reshape your body
Reduce your stress

NEW!
2014 EDITION

The Miracle Ball Method



by Elaine Pearson

Elaine Petrone

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



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Take two-they're little. She points out that relief will come in surprising methods: Lower back pain could be helped by putting the ball under your neck, or a poor knee might be helped by hip work. Suffering a career-ending, possibly crippling problems for her back and best leg, a young dancer named Elaine Petrone attempted everyone from orthopedists to yogis to carefully turn her pain and prognosis around. From there she turned her passion right into a mission that's helping the thousands of people who visit her classes conquer pain, stress, and injury. Nothing worked-until she healed herself through a unique system of therapy and work out based around the use of two small, squishy balls. The Miracle Ball Method, a healing kit containing two miracle balls (each ought to be around 4-1/2 to 4-1/4" in diameter) and a completely illustrated book, all packaged together in an attention-getting very clear plastic cylinder. Today, for relief for sufferers all over the place, comes The task itself is simple. Take a sore back: By resting your aching back on the grapefruit-sized balls and allowing your body sink into them, you're unworking the muscle tissue that hurt. Pain and tension drain out of the body. It's a groundbreaking program of alleviation, from check out toe. And they carry out miracles. Petrone shows how appropriate breathing (which she demonstrates) works together with a variety of unexercised that demand placing the balls under the back, mind, knees, hip, elbow-wherever there's pain-and then resting, rolling, or rotating on them.



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Shockingly More Effective than PT, chiropractors, yoga, and massage combined. Chiropractor and deep tissue therapeutic massage created more pain and were totally ineffective in reducing the discomfort I had. My surgeon cannot believe I could walk for ten minutes without passing out from discomfort, and I nearly finished up hospitalized before the medical procedures because my hip would lock and I couldn't move. The medical procedures was a success. But I've been in varying degrees of moderate to severely crippling discomfort - can't get out of bed pain - ever since. No pain or tightness to my throat or back. A friend purchased these for me YEARS ago! Don't suffer from years of hesitation like I did so. PT and yoga helped, but both were expensive and offered only temporary relief. 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. And I am not really affiliated at all with Elaine Petrone or The Miracle Ball Technique. I found the Miracle Ball Method "surfing" Amazon. Very easy to use and works well about releasing the gluts! My mom had a set years back and I remembered the balls had been best for cracking my back again and that was about any of it. Elaine Petrone and the Miracle Ball Method saved me. Not so sure I want these on my epidermis.. And There is a good combination of poses for me that not only permit me to realign my SI joint when it dysfunctions, they trained me which muscle tissue are causing my pain and how to alleviate it. The chronic pressure to my trapezius muscle tissue is loosened quite a bit, usually my top shoulders feel very difficult with next to no provide and that's not the case today. My hips had been so tight that my own body relied on the wrong parts to transport me upright and walk me forward. I need to spend more time using, but that's on me. I've combined some of the moves such as elbow on the ball with neck on the ball or a ball mid back again to relax my issue trapezius muscles. I'm getting my life back and I love it! Been through every type of treatment brief of surgery even though several doctors suggested it. My schedule doesn't permit that. :(I have never before had a reason to recommend any item as extremely as I would recommend this. I could possess gotten a script for Norco, but my work demands a very clear mind and I wasn't interested in becoming "disabled" for the others of my life. Truly a Miracle. Day time 3: woke up feeling amazing. I am attempting to do my bodywork on the balls for 30 minutes weekly day (longer on weekends), but it is so soothing I could and would like to spend hours on these movements each day. My shoulders are still in a good alignment without the conscious work on my part, yesterday I could roll it back to the older alignment for evaluation but today I cannot even work out how it was rolled. I purchased the package on Amazon which came with a DVD and the balls rather than the book. Phyl p This works! Out of total desperation 2 summers ago I required a series of 6 classes with Elaine in Stamford Ct. and my life totally changed. Ordered for my pal and she actually is RAVING. I've eliminated from having trouble strolling distances to jumping on a trampoline. You've got to try this. Probably it isn't for everyone, nonetheless it is for an incredible number of sufferers of all kinds of pain. They are a lifesaver! And do it. I tried physical therapy, chiropractors, massage therapy, and yoga.. You do not even need to take much time out of your entire day to complete a few simple movements. I'm 27, but a few injuries and huge breasts have mixed into an uncomfortable (and frequently painful) neck, back again, shoulders, and pelvic area. I turn on a podcast and lie on the floor and move the balls around, 20-30 a few minutes later on, my podcast is done and Personally i think so far better. I left them on a tabletop fo a few days and they melted the finish where they were sitting. The instruction book is simple to follow. Simply amazing I bought this little package with next to no expectations. Nevertheless, when I compared the cost of this to the time and money I had allocated to "recommended" treatments, the risk of trying this technique was nonexistent. Personally i think like I've slept effectively. They arrived half complete and covered with a white powder. Day 1: I acquired them in the mail around lunch time, did a few basic exercises before work, felt excellent but work got stressful and I came across my right shoulder got painfully tense (not unusual when I'm obtaining a migraine). I think part of the problem was rebound stress from tension after finally comforting some muscles which have been tight for a long time. After

work I used the balls again before I went to bed, concentrating on my right shoulder and my neck. Day 2: We used the balls soon after finding up for the day, took the dog for a walk and realized the the chronically rolled forward/hunch to my right shoulder was gone and my usual stress mid shoulder was less noticeable. Cured my sons back again pain Ideal for tight muscles Works As described LOVE these! I used the balls one more time before work, then for a long session after I got home that evening. My neck and low back also experienced better. I'm not really creaking and cracking as much when I move. I Now Have a New Life I had sciatic pain for approximately 15 years before using The Miracle Ball Method. Imagine having a baby without an epidural for each hour of every day of the rest of your life. Now I've been reading through the book and checking out the technique and it has been basically amazing. Out of desperation about 5 years back I went through my files to find articles about this technique and Elaine Petrone that I'd saved since 1997! Small tightness to my low back again as I acquired up but usually I felt awesome. Used the balls immediately, walked your dog, did some washing, and now I'm sitting typing this and feeling excellent all over. My yoga instructor correctly diagnosed the muscle groups that got atrophied before and within my recovery from my hip alternative, but none of the experts - MDs, DCs, yogis, and massage therapists -- devised a treatment technique that offered me long-term relief for the weakness in the countless muscles that had atrophied, which were leading to my pain. I don't feel just like low back again and pelvic areas are pinching or sliding out as I walk. I'm not really wishing for a massage or thinking I have to see a chiropractor soon.. If all they fixed was my shoulder, I'd be in flying however they do so much more. I am grateful everyday Elaine Petrone and her simple, inexpensive, perform it at-home method. My very old set of these were oozing something from the air holes so a couple weeks ago I ordered fresh ones. Assuming the powder was just to keep carefully the latex from sticking I washed them off and have been using them. non-e of the moves have been painful, you mostly just lie right now there and breathe. Relaxing and easy to use. ?????? I use it just about any day. Just find time. Toxic?.I've only used these for 3 days and it's really been astounding what they have done for me. The balls are comfy..Following Elaine Petrone's technique is fixing myself, reducing my pain, strengthening my muscle tissue and returning me to normal. Pleased with the relief they provide. Love it! These balls actually helped me walk without hip discomfort. I didn't believe they might but I was wrong. I half-heartedly attempted the DVD but didn't possess the patience to accomplish exercises that required stillness and relaxing. We use this to help w/discomfort and knots from a herniated disco in neck and lower back. It really works w/ consistent make use of every day Love it. I originally hesitated, considering how unlikely it could be that this little package could do what the rest of the physician recommended treatments had failed to perform.! The arm rolls after elbow on the ball felt pretty restricted but good. My PT explained I'm hyper-mobile and my SI joint frequently dysfunctions (as in the remaining aspect of my lower back again hikes up between 2-4" greater than my right). Was thrilled to find on Amazon when another friend pointed out having lower back again pain that nothing at all would help. Perform it. With the classes (you will get much of the benefit of her classes with her YouTube video clips) and the book which I bought, and doing the exercises daily, I have virtually no pain.



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