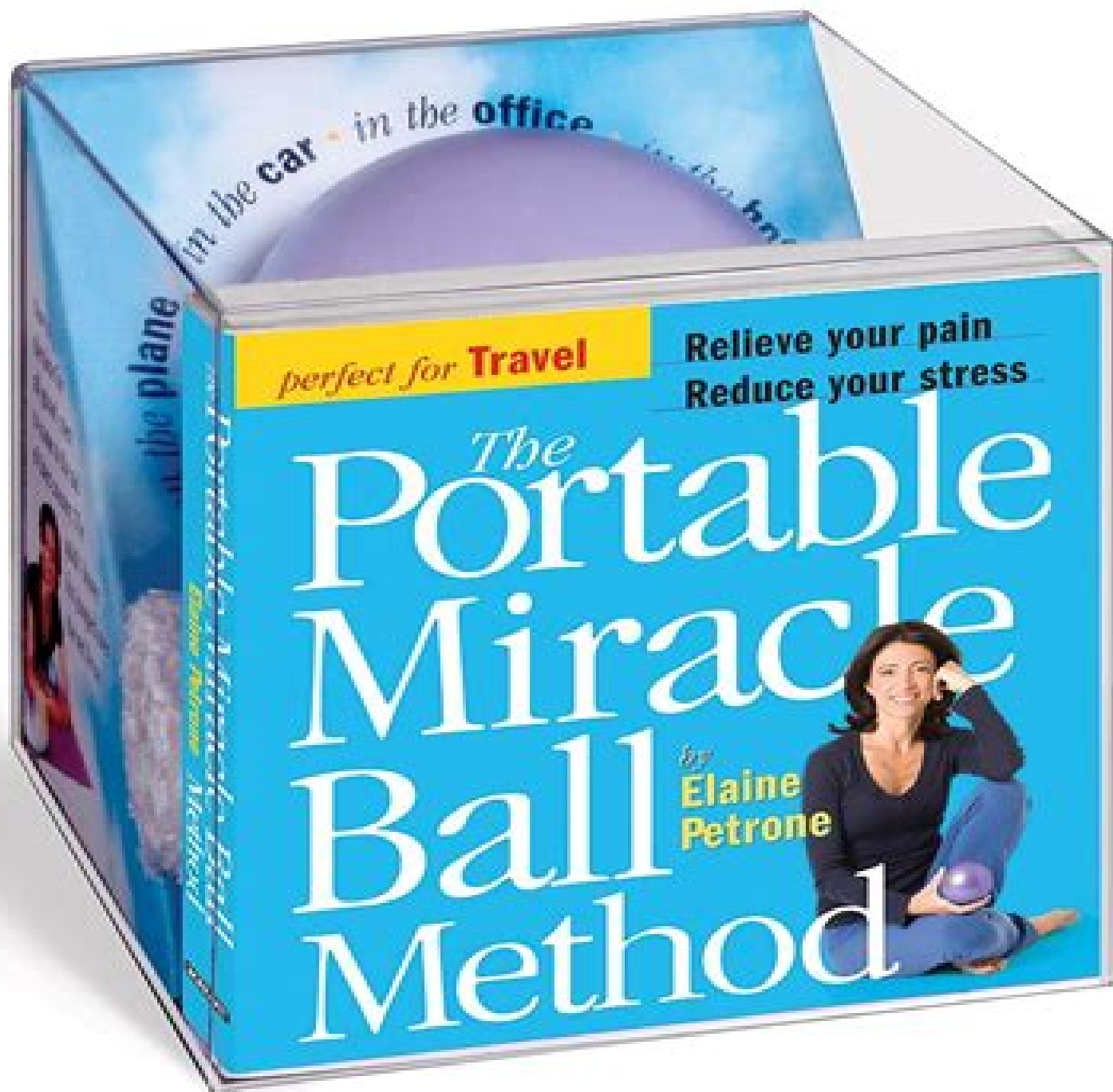




# The Portable Miracle Ball Method

**Ensheng Dong**



## **The Portable Miracle Ball Method:**

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**The Miracle Ball Method** Elaine Petrone, 2003-12-03 Pain relief from head to toe The Miracle Ball Method book offers proven effective healing in a fully illustrated book of exercises and techniques for pain and stress relief using inflatable Miracle Balls sold separately The Method This revolutionary program uses controlled breathing two squishy balls and simple exercises of rolling and rotating to heal everything from a bad knee to a stressed out back The key is to let gravity do all the work The Balls Take two they're small Made out of a durable yielding nontoxic PVC the balls are sized to tuck under strategic parts of your body including back neck head knees hip and elbow Like magnets they draw out pain and tension Elaine Petrone After suffering a career ending potentially crippling injury to her back and right leg a young dancer named Elaine Petrone turned to everyone from orthopedists to yogis to heal her injuries Nothing worked until she developed her own program of therapy Elaine's simple program and the classes she teaches in the Miracle Ball Method have helped thousands of people conquer pain stress and

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