

THE MIRACLE BALL

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[The Miracle Ball Method: Relieve Your Pain, Reshape Your ...](#)

The Miracle Ball Method is a proven, effective healing kit, including two balls and a fully illustrated book of exercises and techniques for pain and stress relief. 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 Miracle Ball Method by Elaine Petrone](#)

The Miracle Ball Method relieves this excess muscle tension and you will find you have more freedom of movement and improved circulation. Your muscles become more supple, you will feel more parts of your body, breathing improves and your body's innate sense of balance to realign is realized. Stress and pain is then lifted from your body.

[The Miracle Ball Method Reviews - Too Good to be True?](#)

The Miracle Ball Method is a series of training videos that teach the listener how to use balls on various parts of the body in order to relieve pain. Does not work EXACTLY

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The Miracle Ball Method Book \$21.95 \$14.95. The Miracle Ball Method book, published by Workman Publishing, is Elaine's bestselling book and has over a million and a half books in print worldwide.

[The Miracle Ball Method Product Review - ThoughtCo](#)

The Miracle Ball Method is a method of stretching and realigning your spine using a couple of softly inflated, four inch vinyl balls. By laying down on these balls and adjusting their positions you can alleviate stress, improve your alignment, and stretch hard to stretch areas.

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The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] [Elaine Petrone] on Amazon.com. *FREE* shipping on qualifying offers. Take two—they're small. And they perform miracles. Suffering a career-ending, potentially crippling injury to her back and right leg

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