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Ball

by **Elaine Petrone**

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The Miracle Ball Method, Revised Edition Elaine Petrone, 2020-09-01 Break the cycle of pain with the Miracle Ball Method After taking just one of Elaine's ball therapy classes I was asymptomatic for the first time in 15 years I now recommend it to all of my patients Fred Jones D C Sunshine Chiropractic and Wellness Merrick NY The Miracle Ball Method is a revolutionary program designed to help relieve your pain reshape your body and reduce your stress Using controlled breathing two squishy balls and simple exercises of rolling and rotating you can learn to heal everything from a bad knee to a stressed out back Made out of nontoxic PVC vinyl the balls are sized to tuck under strategic parts of your body Like magnets they actually draw out pain and tension Includes Two durable Miracle Balls 176 page illustrated book with 30 exercises Features routines for pain relief reduced anxiety and better sleep *The Portable Miracle Ball Method* Elaine Petrone, 2006-01-01 This take it anywhere and everywhere kit is ideal for business travelers and commuters or anyone who spends long hours away from home The fully illustrated book is filled with simple exercises that stretch muscles and reduce tension **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 injury The Portable Miracle Ball Method Elaine Petrone, 2006-12-30 Note A Miracle Ball is not included with ebook edition To purchase a Miracle Ball please purchase a print edition of The Miracle Ball Method or visit www.elainepetrone.com to purchase a ball separately The Portable Miracle Ball is a book of simple exercises for pain and stress relief with an inflatable Miracle Ball Ideal for business travelers and commuters or anyone who spends long hours away from home these exercises require only one ball which packs easily and is discreet to use in public and can be done anywhere and everywhere The fully illustrated book is filled with simple exercises that work miracles the minute you settle into your hotel room or board a plane Stuck in a long line at the bank Here are techniques to stretch the muscles and reduce tension right on the spot and now you won't look silly Feet worn out after a day at the museum The author's soothing exercises targeting the insteps and legs will have you up and moving again in no time And for anyone who experiences discomfort when sitting for long periods the book features exercises to be performed at your desk on a plane or even in a restaurant A

chapter on Emergency Measures provides quick relief for back spasms waking up with extreme stiffness and other acute problems The author discusses proper breathing technique ball placement and the importance of listening to one's own body when performing the movements

Managing Every Day Activities With A Repetitive Stress Or Cervical Spine Injury Karen Diemer,2016-04-20 Manual for managing everyday living activities with a repetitive strain injury or cervical spine issues

Understanding Pain Naheed Ali,Moshe Lewis,2015-04-01 Pain is informally defined as the body's way of uncovering a problem Whether due to an injury infection or something else pain alerts a person that something is not right Sometimes pain goes along with inflammation and swelling and when it does the problem is more evident Oftentimes pain is more generalized to the entire body signaling a viral infection such as a flu virus Still other times there is no apparent root cause for a person's pain Yet millions of people suffer from some form of pain on a daily basis *Understanding Pain* walks readers through the various types of pain the causes and symptoms as well as the methods of treatment currently available From prescription medication to acupuncture and massage therapy various approaches may work for some but not for others But handling pain is essential for living well and functioning on a daily basis Here the authors provide a comprehensive introduction to the subject covering self care as well as caring for others in pain and addressing alternative as well as traditional methods of pain management

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shaped our concept of narrative history thereby founding Western culture Elle ,2004 **The History of the Origins of Christianity - Book I: The Life of Jesus** Joseph Ernest Renan,2016-12-29 This work had a large hand in shaping modern Biblical criticism Using the German form of criticism in his own day Renan goes through the Gospels and examines the miracles and other aspects of the life of Jesus Although the work denies the divinity of Christ this documents role in shaping how we work with the Bible is significant **Popular Science** ,1942-05 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Success Magazine** ,1908

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