



"These techniques provide a gentle and effective way of alleviating aches and pains during pregnancy through the postpartum period and beyond."

—Lance R. Bruck, M.D.
Chairman, Department of Obstetrics & Gynecology, Stanford Hospital



The Miracle Ball Method for Pregnancy

The Miracle Ball Method for Pregnancy

by Elaine Petrone

Foreword by Lance R. Bruck, M.D.
Chairman, Department of Obstetrics & Gynecology, Stanford Hospital



The Miracle Ball Method For Pregnancy

Barry Flanagan



The Miracle Ball Method For Pregnancy:

The Miracle Ball Method for Pregnancy Elaine Petrone, 2011-04-15 Every year four million women experience the joy of pregnancy along with backaches indigestion sore feet and difficulty sleeping And after baby arrives that persistent postpartum belly Now proven relief is here From Elaine Petrone author of The Miracle Ball Method with over 1 1 million copies in print comes The Miracle Ball Method for Pregnancy a program designed to help women deal with the pains stress and physical changes of pregnancy and then help them regain a flat belly afterward Elaine Petrone a former dancer who created the original Miracle Ball Method to heal herself after suffering a career ending injury developed The Miracle Ball Method for Pregnancy after her own high risk pregnancy with twins A complete kit containing two squishy miracle balls and a fully illustrated instruction book the Miracle Ball Method works because it s the un exercise muscles relax and become supple enough to allow the body to realign and reshape The program starts with how to breathe properly and why focusing on exhalation strengthens the diaphragm and relieves anxiety and fatigue There are movements for specific problem areas Neck on the Ball the Rib Cage Side Stretch and whole body moves like Standing Body Hang Over There are also variations to use in later months when it s no longer advised to lie flat on your back The final exercises help reshape the body after birth plus address labor breastfeeding and carrying a new baby around now on the outside [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 Miracle Ball Method](#) Elaine Petrone, 2003-12-10 Pain relief from head to toe 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 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

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