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The Miracle Ball Method For Pregnancy: Relieve Back Pain, Ease Labor, Reduce Stress, Regain A Flat Belly



Synopsis

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.

Book Information

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Customer Reviews

Elaine Petrone developed her Miracle Ball method out of her own experiences with chronic pain. In addition to her books, she's written for and been featured in Fitness, Vogue, Woman's Day, Glamour, Redbook, Self, Elle, Town & Country, and Harper's Bazaar. She has consulted Fortune 500 companies in stress and pain management as well as appeared on nationally syndicated television shows for Fox News, Lifetime, NBC and ABC news. With over 30 years of experience, Elaine teaches regularly at Stamford Hospital in Connecticut, and trains students at hospitals and healing centers across the country. She lives in southern Connecticut. Her website is www.elainepetrone.com.

I bought the purple balls because i love the color over the blue balls.I have used these for years and given away many of them.A great helper to releasing pain and tension.

Still learning how to use these, need to use them more. I am 7 months pregnant and using them for sore spots and knots possibly even during labor if I am given the chance

This is a great product and if used according to the instructions it really helps with all aches and pains. Thank you Elaine Petrone!

Annoying it just came with the book

At first it was awkward to use, but after a few minutes my body adjusted and it felt great. I am in my third trimester so laying down for more than a few minutes is exceedingly uncomfortable, but the hip relief that the balls provide is totally worth it.

This is my second set. My first finally gave up after years of use. These save me a lot of pain and a lot of trips to the chiropractor. Have given them as gifts. Can't speak highly enough of them. I ordered these so I could have the pregnancy book should I need it down the line. They function the same as the originals.

This item is not as pictured. I received only the book, no balls were included.

These truly are a Miracle. I have two set that I use regularly. I bought these after my last pregnancy, but I wanted the purple. I now pair them with my Traction Blocks. I had a nasty car accident 6

months ago. I was rear ended at 55 mph. I was sitting still. These balls have helped me recover. Even my kids use them!

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