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become more supple, you will  
feel more parts of your  
body, breathing improves and  
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then lifted from your body.

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program uses controlled  
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of rolling and rotating to  
heal everything from a bad  
knee to a stressed-out back.  
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and adjusting their  
positions you can alleviate  
stress, improve your  
alignment, and stretch hard  
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named Elaine Petrone after  
suffering a career-ending,  
potentially crippling injury  
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allow the body to realign  
and reshape.

*Miracle Ball Method for  
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Pain . . .*

As Elaine Petrone (founder)  
explains in this interview,

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“reduces the excess muscle  
tension in your body and as  
a result your body begins to  
self align”. As I’ve  
mentioned several times in  
this blog, my Sciatica can  
become crippling at times.

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Centered around the gluteus maximus, the pain radiates down my left leg into the ankle.

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steady breathing and  
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*What it is and Why it Works*

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takes the tension down in

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the muscles, or, in other words, loosens some of these knots so you can begin to move differently and create the shape you want. The tightest areas of our body tend to work the hardest, and that prevents other

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areas like the waist from  
getting the chance to move  
freely and then slim down.

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how to use the balls to  
align parts of the body that  
are causing pain. She has  
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the parts of the body in  
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the Miracle Ball Method By - an innovative approach to movement created by Elaine Petrone, whereby the excess tension in our muscles gets relieved, allowing our body's own alignment system to work.

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it needs to be removed daily  
from the tissues of your  
body. Otherwise, you may  
need "the root canal" of ...

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