

MIRACLE BALL METHOD EXERCISES



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Has anyone used the Miracle Ball Method for exercise

That pain which used to cause me to cripple over is now just a pinch. New sciatic nerve has moved to my hand and arm going numb when I wake up. Working on this now, but each session does relieve the sensation. Don't forget to do the breathing exercise with the ball movements! It is a miracle ball!

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The Miracle Ball Method Relieve Your Pain Reshape Your

Now, for relief for sufferers everywhere, comes The Miracle Ball Method, a healing kit containing two miracle balls (each should be around 4-1/2 to 4-1/4" in diameter) and a fully illustrated book, all packaged together in an attention-getting clear plastic cylinder. The work itself is simple.

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ABOUT The Miracle Ball Method

The Miracle Ball Method is a self-help process designed to decrease the excess tension in our muscles, creating relief from chronic conditions such as lower back pain, neck and shoulder ache, anxiety and much more.

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