

**PLEASE TRY OUR OTHER QUALITY PRODUCTS**  
They are all part of our amazing self-healing & relaxation family:

Dr. Cohen's  
**acuBack™**  
Heatable



**Outperforms any foam roller.** Great for legs, shins & calves. Amazing for your lower, mid back & neck and a wonderful posture tool enabling you to sit upright almost effortlessly. Also works wonders for cranial release.

Dr. Cohen's  
**acuBall mini™**  
Heatable



Great for the **smaller muscle groups** - feet, hands, shoulders, upper back, forearm, outer leg & sacrum - also a **wonderful massage tool!**

Dr. Cohen's  
**acuPad™**  
Heatable



Incredible for **relaxation & release.** Comes as a set of 2 so you can use them under different areas of your body or spine at the same time. Sit straighter by placing one under each buttock. Truly soothing, it enhances deeper sleep. You will **never use a hot water bottle again!**

### Meet the designer **Dr. Michael A. Cohen**

25 years of clinical experience & studying native healing techniques first-hand in many different countries convinced me that we have significantly under-estimated our body's innate healing capability. These tools empower you to help yourself and tune into your body in a whole new way. I sincerely hope you enjoy your acuBall. A lot went into making it! Please feel free to reach me at **acuBall.com** I'd love to hear from you.



*Dr. M. A. Cohen*

**1-866-444-BALL(2255) acuBall.com**

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Dr. Cohen's  
**acuBall®**  
Heatable



## EASY START GUIDE

### CONGRATULATIONS ON YOUR WISE PURCHASE.

You've made an intelligent, healthy choice that will **empower you to help yourself.** 10 years of development went into the acuBall.

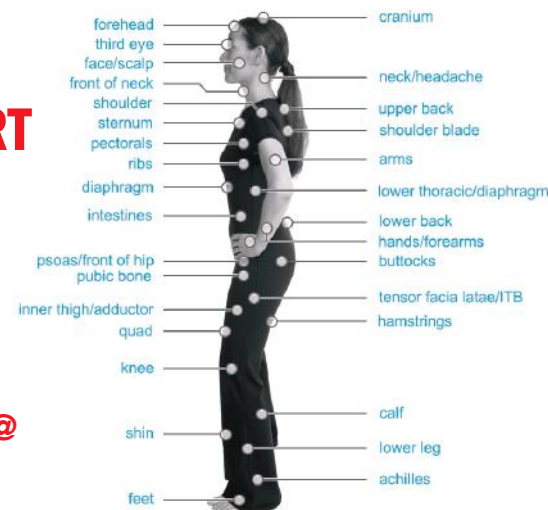
Health professionals, hospitals, rehabilitation clinics, pro athletes/dancers and Yoga/Pilates teachers are all big fans of the acuBall - and you will be too!

This easy start guide will show you how to acuBall a few of the many spots you'll soon be working on. Get ready to discover your body in a whole new way!

## CLICK WHERE YOU HURT



**FREE**  
**APP & ONLINE TRAINING @**  
**acuBall.com**



# 3 Great Ways To Use Your acuBall:

Dr. Cohen's acuBall **relieves pain & stiffness 100% naturally** using clinically proven **acupressure & heat**, allowing you to tap into your body's built in healing power. Think of it as your **personal self-healing tool**.

The acuBall also works on a much deeper level, by bringing your mind's focus back into your body. Daily life stressors disconnect us from our body: **acuBalling reconnects us** helping to restore our balance and **wellness** in the process.



**1) Neck & Low Back:** lying down in bed/ carpeted floor/mat, **use both hands** to center the **Spine Align Belt**® directly under your spine. It will take a few seconds to find the sensitive spot your body wants you to work on. Take the time to find the right spot.

**Spine Align Belt**  
Vertebrae fit perfectly into the Spine Align Belt, releasing tight spinal muscles & joints in 3 min. from body weight alone.

**The heatable Acuball in action!**

When working on your low back **bend your knees** - this creates more downward pressure and allows the joints to open more easily.

**If you've had a problem for many months or years expect it to be sore when you first begin.**

As muscles, connective tissue & joints begin to reorganize & realign, the initial discomfort will subside in 30-60 seconds.

Take it slow and easy doing a little at a time, releasing tight layers one by one. Think of it like peeling off layers of an onion – each day peel off another layer.

## IMPORTANT:

Be a responsible self-healer. When you have pain see a qualified health professional to assess it. Your health is the single most important thing you have, honour it!

Do not acuBall if you have advanced osteoporosis or bruise easily. Never acuBall inflamed, bruised, cut or infected areas. The acuBall is designed to open tight areas that have contracted over time.

Never use it on recently traumatized areas. Wait until all swelling and discoloration have completely disappeared before you acuBall.

Let yourself relax deeper and deeper into the wonderful sensation of your muscles and spine opening as you continue to deep breathe. You'll notice you feel very relaxed.

After 3 minutes - when you feel like your work is done on that spot, move to another one. AcuBall as long as you feel you need to. Most people do 20-30 minute sessions.

**2) Sternum:** use both hands to center the acuBall underneath your sternum searching for the most sensitive spot. Once you've found it let your forehead relax down onto the back of your hands. This will allow your neck to completely relax. Deep breathe for a full 3 minutes allowing your sternum to release. Improved upright chest and neck posture will result.



**3) Gluts:** with your knees bent place your acuBall underneath one glut. Let your knee fall out to the side exposing the front of your hip. Keep your other knee bent. Roll up or down on the acuBall until you've found the area of maximum tenderness - it will hurt. Deep breathe for a full 3 minutes allowing this area to completely release. Repeat on the opposite side to stay balanced.

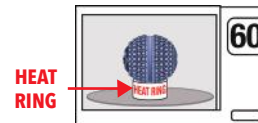
## 2 ways to HEAT your acuBall:

**1) Microwave:** elevate acuBall **OFF** glass microwave plate.

Place acuBall on **HEAT RING** (included) on glass microwave plate.

**OR**

Place acuBall on **dinner plate** on top of glass microwave plate.

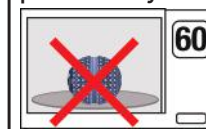


**It won't feel hot when you first take it out - give it a minute.**



**Microwave Times:**  
1200 + watts **45 sec.**  
1000 + watts **55 sec.**  
800 + watts **65 sec.**  
600 + watts **75 sec.**

**DO NOT** put acuBall directly on glass microwave plate, it may melt.



**NEVER exceed recommended heat times!**  
Microwaving anything for too long will cause it to ignite so use caution.

**Only you are responsible for microwaving safely.**

**2) Boil:** immerse in boiling water for 12 minutes & towel dry.

Your acuBall will notably soften once it's heated.