

Dr. Cohen's
acuBall[®]
mini



Heatable

Foot & Hand Pain
Plantar Fasciitis
Shoulder Pain
Arm Pain
Leg Pain
Upper Back Pain
Carpal Tunnel



EASY START GUIDE

CONGRATULATIONS ON YOUR WISE PURCHASE.

You've made an intelligent, healthy choice that will **empower you to help yourself**. The Acuball-Mini is **easy to use**, provides effective pain relief anytime and enhances athletic performance **100% naturally**. It also makes a great massage tool.



PORTABLE

HEATABLE

LOVABLE

Home, office, travel, gym, anywhere!

Immerse in boiling water for 10 minutes.

Acuball-Mini users become very attached!

Stand, lie or lean on your Acuball-Mini using just enough weight to feel tight spots. A carpeted floor or wall works well. Use common sense. Don't press too hard, it doesn't help you to heal any faster. 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.)

Most people do 5-20 min. sessions. **Listen to your body**, it will tell you where to go. Once you've found the right spot, take 5 deep, full relaxing breaths to release the area.

Most people use their Acuball-Mini at room temperature. **To heat, boil for 10 min.**

*** Never microwave your mini! It will melt! ***

Be a responsible self healer. Get an accurate diagnosis from a qualified health professional whom you trust. Never Acuball any swollen, bruised or infected areas.

PLEASE TRY OUR OTHER QUALITY PRODUCTS

They are all part of our amazing self-healing & relaxation family:

Dr. Cohen's
acuBall[®]



The revolutionary self-healing tool that launched our company. Dr. Oz called it an "Alternative Health **Must Have for Back & Neck Pain**". Incredible for **spinal & muscle release** almost anywhere in your body. Use it alone or in combination with our other products. A must have!

Dr. Cohen's
acuBack[®]



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
acuPad[®]



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

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