

HOW TO USE YOUR ACUBALL-MINI

1. 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.
2. Stand, lie or lean on your Acuball-Mini using just enough weight to feel tight spots. A carpeted floor or wall works well.
3. 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.
4. Listen to your body, it will tell you where to go. Once you've found the right spot, take 5 deep, full relaxing breaths.
5. Most people use their Acuball-Mini at room temperature. To heat, **boil** for 10 min. **Never microwave your mini! It will melt!**



Congratulations on your Acuball purchase! You've made an intelligent, healthy choice that empowers you to help yourself.



Dr. Cohen's
acuball®
mini
acuball.com

- Foot & Hand pain
- Plantar fasciitis
- Shoulder pain
- Arm pain
- Leg pain
- Upper back pain
- Carpal tunnel

LIKE THE MINI? YOU'LL LOVE THE ACUBALL KIT!

The Acuball Kit empowers you with the knowledge, tools and inspiration you need to relieve pain, enhance performance and re-connect with the incredible body you have 100% naturally. It's simple to use, incredibly effective and fascinating because you start to feel your body in a whole new way – the way you were meant to!



Order yours at acuball.com



Your Acuball Kit includes:

- ① Easy Start Guide: Get's you healing right away
- ② **Heatable** Acuball &
- ③ Acuball-mini
- ④ Dr. Cohen's empowering 190 page book *Feel It? Heal It!*
- ⑤ 60 minute instructional DVD



PAYS FOR ITSELF THE FIRST TIME YOU USE IT!

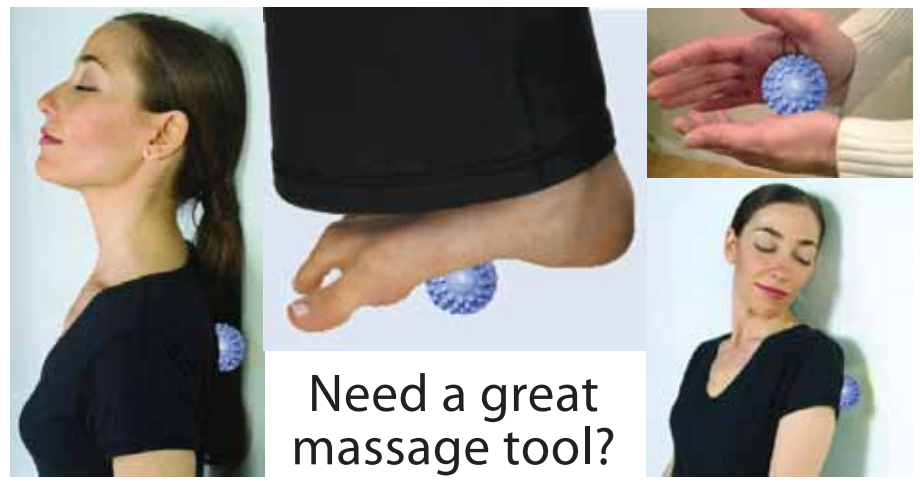
"I'm a man on a mission. Traveling around the world studying various native healing cultures, I realized that we had disregarded our body's own built-in healing powers. As I started teaching my patients to heal themselves, it became obvious that we all have this ability but had never been shown how to use it – a vast untapped healing resource, just waiting to be used."



Dr. Michael A. Cohen

Free training videos at acuball.com

Easy to use, effective pain relief anytime.
Enhances athletic performance 100% naturally.



Need a great massage tool?

Try using it on your friends' shoulders and back.

- **Portable** Home, office, travel, gym, anywhere!
- **Heatable** Immerse in boiling water for 10 minutes
- **Lovable** Acuball-Mini users become very attached!

1-866-444-BALL(2255)

Workplace Health Services Inc.
619 Lawrence Ave. West
Toronto, Canada, M6A 1A8

acuball.com

Feel It? Heal It!, Acuball, Acuball-Mini and Spine Align Belt are all registered trademarks of Dr. Michael A. Cohen. © 2013 by Michael A. Cohen, D.C. All rights reserved.