

QUICK REFERENCE GUIDE TO
ANTI-INFLAMMATORY
INGREDIENT SWAPS



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Kaselj, Rick

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Suite #2289 - 3151 Lakeshore Rd
Kelowna, BC V1W 3S9
Canada

E-mail: support@ExercisesForInjuries.com

Webpage: ExercisesForInjuries.com

Help Center: ExercisesForInjuries.com/Help

Phone: (888) 291-2430 (toll free in the USA and Canada)

SMS #: 1-888 229-4992

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Quick Reference Guide to Anti-Inflammatory Ingredient Swaps is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass This Book on

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Quick Reference Guide to Anti-Inflammatory Ingredient Swaps

Chronic inflammation is a common health condition that is tied to almost all of the most dangerous diseases that affect humans today. From gut issues to heart disease, autoimmune disorders to diabetes, and mood swings to dementia, inflammation plays a role.

One of the best things you can do for your health is to start swapping foods in your kitchen known to trigger or worsen inflammation with those foods known to reduce it. By regularly choosing anti-inflammatory over inflammatory foods and ingredients, you can turn your body into an inflammation-fighting machine that's working for you rather than against you.

Try it for a couple of weeks and you'll see the results. You may notice weight loss, increased energy, better sleep, clearer thinking, and easier digestion.

1. Swap Sugar for Honey

Several animal studies have shown that a diet high in added sugar leads to chronic inflammation. Human studies have also found that added sugar can lead to an increase in inflammatory markers in the blood.

Instead: Use honey. It will still add sweetness (and calories) to your food, but it has healthy components in it that can help reduce inflammation. First, it contains powerful antioxidants that fight off damaging free radicals. It also contains chemicals from the flowers the bees use that help reduce inflammation.



Another good sugar substitute is cinnamon. It's a sweet spice that helps reduce inflammation. Just a quarter teaspoon a day is enough to enjoy the benefits.

2. Swap Cooking Oils

Oils are comprised of a variety of fatty acids in different amounts. They are typically classified based on the predominant fat in them:

- **Monounsaturated:** Olive, avocado, canola, almond, and peanut oils
- **Saturated:** Coconut and palm oils
- **Omega-3 polyunsaturated:** Flaxseed oil
- **Omega-6 polyunsaturated:** Corn, soybean, grapeseed, safflower, sunflower, hemp, walnut, and cottonseed oils

To reduce inflammation, you want to choose oils that are higher in monounsaturated fat or omega-3 polyunsaturated fat.

Instead: Use olive, avocado, and flaxseed oil as often as you can. Olive oil has a great reputation for helping to reduce inflammation and protect against heart disease. Flaxseed oil is rich in omega-3 fats, which have also been found to reduce inflammation. There aren't as many studies on avocado oil, but it has a high level of monounsaturated fat, which indicates it may have similar benefits.

3. Swap White Rice for Whole-Grain Rice

White rice has been stripped of its original components, so it has less fiber and other nutrients than rice in its original form.



Specifically, refiners take out the husk, bran, and germ, which alters the flavor, texture, and appearance of the rice and helps prevent spoilage and extend the shelf-life.

As a low-fiber food, white rice can spike blood sugar levels, which can lead to inflammation. Whole-grain rice, on the other hand, has more nutrients and has been

linked with reduced inflammation. In a 2014 study of overweight or obese individuals, those who ate brown rice lost more weight and had lower levels of inflammatory markers in their blood than those who ate white rice.

Instead: Choose whole-grain rice rather than white rice.

4. Swap Commercially Prepared Peanut Butter for Natural Peanut Butter

Commercially made peanut butter is often altered so that the oil doesn't separate and spreads evenly. That means the products may contain partially hydrogenated oil or vegetable shortening. These contain unhealthy fats that may increase inflammation.

Instead: Look for natural peanut butter. Read the label and go for the ones that contain peanuts and maybe a little salt and nothing else. You may have to stir it before using it, but then you'll be consuming a truly healthy food that will be good for your body.

5. Swap Deli Meats for Canned Salmon and Tuna

Deli meats are highly processed to make them safe to eat and to help them stay fresh on the shelves. They contain chemicals that can be highly inflammatory. Though eating them occasionally is unlikely to hurt you, eating them regularly is not a good idea. Studies have linked frequent consumption with a higher risk of heart disease, chronic obstructive pulmonary disease (COPD), and bowel and stomach cancer.

Instead: Choose canned salmon and tuna for your lunch sandwiches. They are both high in healthy fatty acids that have been linked to reducing inflammation, plus they lack the dangerous chemicals that are found in deli meats.

6. Swap Diet Soda for Green Tea

Artificial sweeteners like aspartame and sucralose were supposed to help people lose weight. But recent research has found that they feed inflammatory gut bacteria.

In a 2021 study, researchers found that regular consumption of these sweeteners could inspire pro-inflammatory changes in gut bacteria and gut wall immune reactivity, which could be particularly dangerous in those who already have chronic inflammatory conditions or who are susceptible to them.

Instead: It's best to skip the diet soda entirely. It's just not good for you. Not only may it increase inflammation, but some studies have linked it to weight gain, type 2 diabetes, high blood pressure, and an increased risk of stroke. Instead, drink tea. Green tea, in particular, is a powerful anti-inflammatory.



7. Swap Alcohol for Kombucha

Though a glass of wine or cocktail now and then won't hurt you, consuming high amounts of alcohol can contribute to increased inflammation levels in the body. Studies show that alcohol can induce intestinal inflammation in particular and that this can lead to inflammation and organ dysfunction throughout the body, particularly in the liver and brain.

Instead: Try kombucha. A fermented tea, it makes a great tasty alternative to alcohol and one that is good instead of bad for your gut. It has a distinct but delicious taste often described as slightly acidic, a little like wine. Manufacturers make many flavors of it now that you can pair with different meals, and you can also mix it up in a mocktail if you like.

8. Swap Refined Grains for Whole Grains

As mentioned above with white rice, white flour, white bread, and white pasta and noodles have been thoroughly processed to remove original components like the bran, germ, or endosperm. This removes the fiber content too, which allows these foods to spike blood sugar levels, increasing inflammation.



Instead: Choose whole-grain products. Read the labels and look for “whole grain” on the ingredient list. You can find bread, pasta, rice, and more all made with whole grains rather than refined grains. You’ll notice that the fiber content is higher in these foods.

9. Swap Salad Dressing for Oil and Vinegar

Most salad dressings are high in sugar, salt, additives, and sometimes, even high fructose corn syrup. All of these ingredients can exacerbate inflammation. Most are also made with safflower, sunflower, and vegetable oils that—though not bad for you in moderation—can spike inflammation when combined with other foods high in omega-6 fatty acids (like chips, fast foods, cakes, and cookies).

Instead: Use inflammation-fighting olive oil with a dash of vinegar on your salad. You can also try balsamic vinegar for a different flavor.

10. Swap Mayonnaise for Smashed Avocado

Mayonnaise is usually made from oil, egg yolks, lemon juice or vinegar, and a touch of mustard. Because of the oil content, it can be a high-fat, calorie-dense condiment, which isn’t great if you’re trying to lose weight. Most commercial mayonnaise in the U.S. is made with soybean oil, which again, isn’t necessarily bad for you, but it’s high in omega-6 fatty acids, which we already get a lot of. Too many can increase inflammation.

Instead: Use a smashed fresh avocado on your sandwich instead of mayonnaise. It has healthy monounsaturated fats in it that are linked to lower levels of cholesterol and inflammation. You can also look for store-bought mayonnaise made with avocado oil.

11. Swap Salt for Turmeric and Other Healthy Spices

Americans eat too much salt in general. According to the Centers for Disease Control and Prevention (CDC), we eat an average of 3,400 milligrams of sodium each day. Yet the 2020-2025 Dietary Guidelines for Americans recommend that we consume less than 2,300 mg per day.

The American Heart Association (AHA) notes that a high-sodium diet can increase your risk for high blood pressure, kidney stones, stroke, headaches, and more. Animal studies have also found a connection between a high-sodium diet and more pro-inflammatory cells in the blood.

Instead: Use turmeric, a powerful anti-inflammatory spice, along with other healthy spices like oregano, sweet basil, chili powder, ginger, and cinnamon. All of these have been shown to help reduce inflammation and to balance blood sugar levels.

12. Swap Processed Snacks for Fresh Fruit and Nuts

All processed foods—those that come in packages and boxes—can cause inflammation. They have been greatly altered from their original form, and other ingredients have been added that can alter the bacteria that live in the gut. That alteration, in turn, can interact with the immune system and eventually lead to chronic inflammation.

Snacking, in general, may also increase levels of inflammation in your body. Whereas time-restricted eating or intermittent fasting lowers inflammation, more consistent eating patterns have been linked with higher levels of inflammatory markers.

Snacks that you buy at the store, like potato chips, sugary fruit snacks, cookies, candy, sugary granola bars, beef jerky, and microwave popcorn can all trigger inflammation. They may contain high levels of sugar, hydrogenated fats, and additives which all inspire an inflammatory response in the body.

Instead: Choose fresh or dried fruit and nuts for a snack. Cut up the fresh fruit and combine it with some Greek yogurt if you like or make your own trail mix with dried fruit and nuts.



13. Add More Veggies to Your Pasta and Rice

Vegetables are anti-inflammatory by their very nature. That means the more you get into your diet, the less likely you are to suffer from chronic inflammation.

Instead: Start thinking about your plate differently. Instead of piling on the pasta, grains, potatoes, or rice, keep those servings small and increase the vegetables to be the biggest portion on your plate. Fiber-rich options like broccoli, Brussels sprouts, asparagus, beets, cauliflower, and peas will fill you up while taming inflammation.

14. Swap the Bagel with Cream Cheese for Whole-Grain Toast and Olive Oil

A regular bagel with cream cheese may be high in carbohydrates and fat. The majority of the flour in



most bagels is white, refined flour, which provides no fiber and very few nutrients. That means it will spike your blood sugar levels and likely your inflammation levels too.

It will help to choose a whole-grain bagel. Better yet, make another choice.

Instead: Choose instead a lower-calorie slice of whole-grain toast drizzled with anti-inflammatory olive oil. You won't ruin your waistline and you'll be fighting off inflammation at the same time. Plus, you'll be less likely to see weight gain if you

avoid the bagels.

15. Swap Steak for Fish

Having a piece of lean, grass-fed beef now and then isn't going to hurt you, and might just be good for you. But if you eat red meat frequently, you may be putting yourself at risk for chronic inflammation, particularly if you're already overweight, or if you're eating charred meat.

So far, evidence is limited on whether high meat consumption might play a role in promoting low-grade systemic inflammation. It seems to be dependent on the person. In a 2021 study, for example, researchers found that those with a higher body mass index or waist circumference were more likely to experience an increase in inflammation related to meat consumption.

Instead: At least once a week (twice is better), swap your red meat entrée for fish. Fatty fish like salmon, mackerel, anchovies, and sardines are high in omega-3 fatty acids that can help reduce inflammation. Eating a 3- to 6-ounce serving of these types of fish a few times a week can help lower inflammation and protect heart health.

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16. Swap Packaged Lunch Meat for Home-Roasted Chicken

As mentioned above, processed and cured meats like those you find pre-sliced and pre-packaged, are often high in saturated fats and preservatives. Regular consumption has been linked with several inflammation-related diseases like heart disease, stroke, cancer, and diabetes.

Instead: Get a roasted chicken or make one yourself and slice it up for your lunchtime sandwiches. Home-roasted turkey is another good option.



17. Swap Croutons for Walnuts

Croutons can add a crispy texture that's enjoyable on salads. But most are made with white bread and oil and may include other additives like preservatives and salt. Unless they're made from whole grains, they don't add any beneficial nutrients to your salad.

Instead: Use nuts to add crunch to your salads. Walnuts work great, as they have powerful anti-inflammatory properties. In one recent study, those who consumed walnuts had a significant reduction in inflammation, reducing their inflammatory markers by 11.5 percent. Other good options include almonds, pecans, pine nuts, pistachios, and cashews.

18. Swap Starbucks for Regular Coffee

Many of the fancy coffee drinks that you can order at Starbucks are very unhealthy. They're high in sugar, salt, and saturated fat, and often add a lot of calories to your daily diet. One salted caramel mocha, for instance, can give you 470 calories—a quarter of your daily intake if you're an average woman. A pumpkin spice Frappuccino packs 450 calories, 15 grams of fat, and 73 grams of sugar in a grande.

Instead: Choose a cup of regular coffee. It has been linked to a lower risk of type 2 diabetes, dementia, depression, heart disease, and Parkinson's disease. Studies have also indicated that it may lower inflammation levels. In one 2019 review, researchers found that coffee had a predominantly anti-inflammatory action.

19. Swap Squishy Bread for More Substantial Bread

The first thing to do when shopping for bread is to look for “whole grain” as the first ingredient in the ingredient list. “Enriched grain” means the grains have been refined and lost their nutritious components.



Some whole-grain bread, however, can still spike your blood sugar levels which can contribute to inflammation. You can tell which ones these are by applying the “squeeze test.” If your bread doesn't have much to it and you can easily roll it into a ball, it's mostly flour and doesn't contain the intact grains you need.

Instead: Shop for more substantial bread that resists the squish. These have intact, whole grains and seeds in each slice—you should be able to see them. That

means the bread has more fiber and will help control blood sugar levels.

20. Swap Your Breakfast Cereal for Oatmeal

Most store-bought breakfast cereals are high in sugar and low in nutrients. They're made with refined grains that will spike blood sugar levels and contribute to inflammation. They're highly processed and often include additional additives and preservatives.

Reading the ingredient list will help. If you choose those cereals with at least 3 grams of fiber per serving, that have little to no sugar added, and contain whole-grain ingredients that are familiar, they will be better than those sugary options.

Instead: If you skip the boxed cereal entirely and go for whole-grain oats, you'll be doing your body a favor. Oats can prevent diabetes and lower cholesterol levels. It's high in fiber, as well, which helps keep blood sugar levels stable and keep you full for hours. Some studies have indicated that oats may have anti-inflammatory effects as well.

This is because oats contain phytochemicals that help fight free radical damage and may, at the same time, slow the inflammatory response in the body. Studies are mixed and we need more to know for sure, but meanwhile, you can bet that oatmeal—particularly if you top it with fresh fruit and cinnamon—is a much healthier option for breakfast.

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About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI), we recognize that traditional exercise and treatment programs often do not produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity and hands-on testing. Our methods successfully determine what works to heal injuries and eliminate pain *without expensive appointments, addictive prescriptions or risk-laden surgery*.

Often recognized as the “Trainer to the Trainers” and the “Expert to the Experts,” company founder Rick Kaselj has been featured in major publications such as Livestrong.com, Men’s Health magazine, the San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his groundbreaking programs available to as many people as possible so that they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness and personal well-being.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at ExercisesForInjuries.com

About Rick Kaselj

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more ... so they can go back to living a full, active, healthy life.

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent six years at university studying Kinesiology, corrective exercise and therapeutic exercise and got my master's degree in exercise science.
- I have 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists and healthcare providers.
- I have personally conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given more than 260 presentations to more than 6,000 fitness professionals across Canada and the U.S.



I USE RESEARCH, STUDY AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN

I'm all about finding what works ... and, unfortunately, much of the advice out there, even from trained professionals and reputable sources ... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are *counterintuitive* — they required extensive research, testing and *creativity* to discover.

People get the best results when they follow a program that's been *designed properly*. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them and instructions for what the right amount of rest is and when to take it.

What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

— **Shelley Watson, Carmel, California**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah! Thanks so much for a simple answer to a problem I have been dealing with for months."

— **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain but, eventually, it all got better with continued attention."

— **Cher Anderson, Athens, Tennessee**

"Thank you, Rick. You saved my career!"

— **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

— **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now, I am able to take walks with my husband, pain-free."

— **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, Washington**

"I have suffered with plantar fasciitis for over a year, with no relief, no matter what I tried. One week into your program, and I'm able to do exercises that I have been unable to perform for some time now."

— **Dave Elder, CFT, Infinite Fitness, Fort Wayne, Indiana**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

— **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!*

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker," and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like — techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to:

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel from day to day.



We have limited supplies right now ... so
 get your FREE copy of "The Pain Hacker" DVD
 before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best-selling Exercise Programs

#1: The Whole Enchilada

The “Whole Enchilada” is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:



- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solves*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*

When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada.**

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.

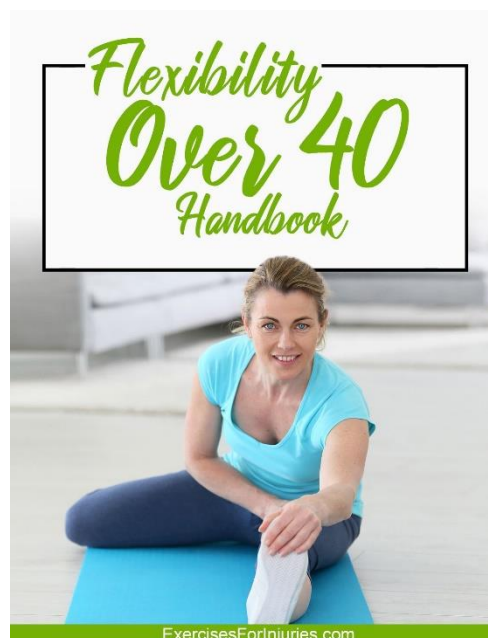
Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Flexibility Over 40 Handbook.**



#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...

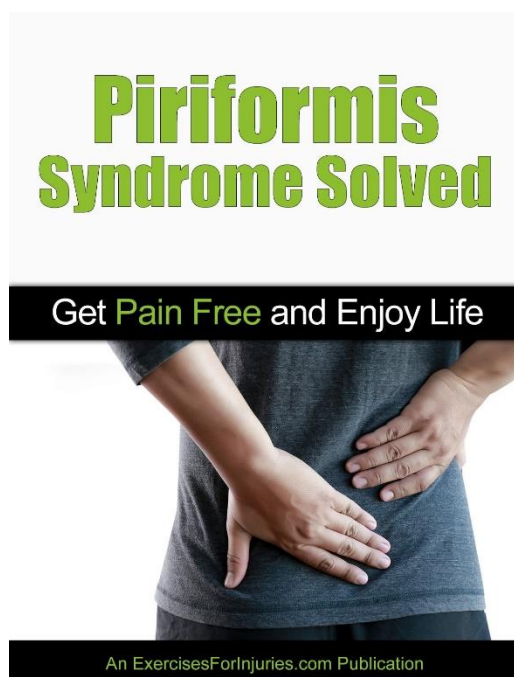
The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved.**



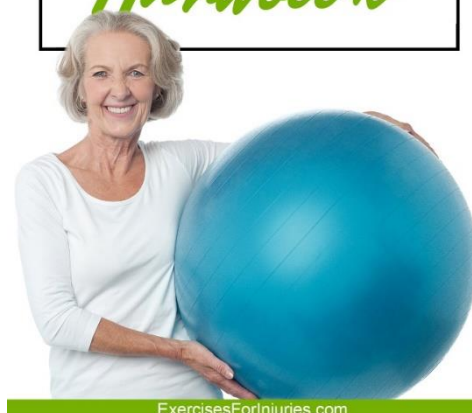
#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.

Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don't have to depend on or burden other people!



ExercisesForInjuries.com

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
- It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain

So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**



GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises for Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL & ANKLE PAIN

- Plantar Fasciitis Relief in 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Arthritis Handbook (joint pain)
- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

ExercisesForInjuries.com/Shop