



SUMMER HARVEST COOKBOOK

15 FABULOUS FARMER'S
MARKET INSPIRED RECIPES

An ExercisesForInjuries.com Publication

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Summer Harvest Cookbook
15 Fabulous Farmer's Market Inspired Recipes

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Disclaimer

Summer Harvest Cookbook 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.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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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.

Guarantee

My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

A handwritten signature in black ink that reads 'Rick Kasey'.

Soups and Stews

Roasted Tomato Soup

INGREDIENTS

2 lbs. fresh tomatoes
 2 red bell peppers
 4-5 garlic cloves
 1 yellow onion
 1 carrot
 1/3 cup celeriac
 1 parsnip
 2 tbsp olive oil
 1/2 tsp ginger powder
 1 tsp turmeric powder
 4 cups water
 Salt & pepper to taste
 Fresh basil leaves to serve



DIRECTIONS

Line a baking tray with parchment paper. Place the tomatoes inside. If they are too big, cut them in halves.

Cut the bell peppers in halves and remove the core. Also place on the baking tray.

Roast for 30-40 minutes at 400 F until the skin gets slightly charred. Remove from the oven and place in paper bags for 10 minutes. This will make it easier to peel them.

While the tomatoes and bell peppers are roasting, roughly chop the garlic, onion, carrot, celeriac, and parsnip.

Heat the olive oil in a large pot and sauté the onion for 4-5 minutes. Stir in the garlic and cook for 1 more minute.

Add the remaining veggies to the pot and pour the water.

Bring everything to a simmer and cook for 20-25 minutes.

Remove from the stove and let cool a little bit.

Add the peeled tomatoes and bell peppers to the pot and use an immersion blender to puree the soup. If it is too thick, bring some water to a boil and add it to the pot.

Season with salt, pepper, turmeric, and ginger.

Top with fresh basil leaves to serve.

SERVES 4

NUTRITION INFORMATION: Calories: 157 Fat: 8g Carbs: 22g Protein: 3.6g

Irish Stew

INGREDIENTS

2 tbsp olive oil
 2 tbsp coconut oil
 2 lbs. beef, cut into small pieces
 4 cups beef broth
 1/4 cup coconut flour
 4 large potatoes, cut into small pieces
 1 onion, diced
 3 coriander or celery stalks
 3 carrots, cut into small pieces
 6 garlic cloves, minced
 2 tbsp tomato paste
 1 cup lemon juice
 1 tbsp honey
 1 tbsp dried thyme
 1 tbsp water
 Salt & pepper to taste



DIRECTIONS

In a large skillet, heat the olive oil on medium.

Season the beef with salt and pepper and dust with coconut flour.

Fry the beef for almost 6 minutes, until browned on all sides. Remove from the skillet and keep aside.

In the same skillet, add potatoes, coriander/celery stalks, onion, and carrots and cook until lightly browned. Remove from the skillet and keep aside.

Add coconut oil to skillet. Add garlic and fry for 1 minute until fragrant.

Deglaze the pan with lemon juice, beef stock, tomato paste, honey, water, and thyme. Mix well and let the mixture simmer for 1 minute.

Add beef and vegetables to the skillet, cover, and transfer to oven to bake for 2 hours at 350 F until beef and veggies are cooked.

Season with salt and pepper. Serve hot.

SERVES 8

NUTRITION INFORMATION: Calories: 310 Fat: 7g Carbs: 35g Protein: 28g

Lemon Chicken Soup

INGREDIENTS

3 organic chicken thighs, skin on
 1 large carrot
 1 small zucchini
 1 large yellow onion
 1 parsnip
 4 cups of water
 2 tbsp dried or fresh lovage leaves
 2 organic eggs
 1 tsp sea salt
 1 tsp lemon juice
 2 hot chilies (optional)



DIRECTIONS

Remove the meat from the bones and cut into cubes.

Pour the water into a large pot, add the meat and the bones, and bring to a boil. Lower the heat and simmer for 60-90 minutes. Check if the meat is done, noting that organic chicken may take longer to cook through. If the liquid evaporates, feel free to add some boiling water from time to time.

Slice the carrot and the parsnip, dice the onion, and cube the zucchini.

Add the veggies to the soup, bring to a boil again, and simmer for 15 minutes.

Separate the yolks from the whites. Slightly beat the whites with a fork and add to the soup. Stir with a wooden spoon to break the scramble.

Slowly add the yolks to the soup, one by one.

Add the lovage leaves, the lemon juice, and salt. Stir again and cook for 5 minutes more.

Serve with hot chilies.

SERVES 4

NUTRITION INFORMATION: Calories: 171 Fat: 6.2g Carbs: 9.4g Protein: 19g

Opo Squash with Mutton

INGREDIENTS

3/4 cup coconut oil
 1/2 kg mutton, cut into cubes
 2 onions, diced
 3 tomatoes, chopped
 1 opo squash, cut into chunks
 1/2 tsp chili powder
 1/2 tsp turmeric powder
 1 tbsp coriander powder
 1 tsp cumin seeds
 1 tbsp ginger garlic paste
 Salt to taste



DIRECTIONS

Heat the oil in a pot and fry onions until golden.

Add meat and cumin seeds and fry well.

As the color of meat changes, add ginger garlic paste and a little water. Fry well.

Add tomatoes and fry until tomatoes are soft. Add chili powder, turmeric powder, salt, and coriander powder. Fry evenly.

Add 2 cups of water, cover, and cook over medium heat until meat is soft.

Now add opo squash, cover, and cook over low heat until squash is tender.

Garnish with chopped coriander and serve.

SERVES 4

NUTRITION INFORMATION: Calories: 103 Fat: 4g Carbs: 7g Protein: 8g

Spicy Broccoli Soup

INGREDIENTS

1 head broccoli
 5 garlic cloves
 1 large onion
 1 large potato
 2 cups boiling water
 1/2 tsp cayenne pepper
 1-2 small, dried chilies (optional)
 1 tbsp butter
 Salt & pepper to taste



DIRECTIONS

Rinse the potato well, keeping the peel on. Bring a small pot of water to a boil and add the potato. Boil for about 30 minutes, until cooked through. The peel of the potatoes contains significant amounts of vitamin C, therefore it is better to cook them whole, and remove the peel afterwards.

While the potato is cooking, rinse the broccoli and cut into florets. Roughly chop the onion and garlic.

Melt the butter in a pot and add the garlic and onion. Cook for 5-7 minutes.

Add the broccoli and give it a stir. Cook for 3-4 additional minutes.

Pour the boiling water, reduce the heat, and simmer for 15 minutes.

Remove from heat and let cool for 10 minutes.

Transfer the pot contents to a food processor and add the boiled potato.

Season with salt, pepper, and cayenne.

Blend until smooth.

Serve with chopped dried chilies if desired.

SERVES 2

NUTRITION INFORMATION: Calories: 267 Fat: 6.4g Carbs: 48g Protein: 7.7g

African Black-Eyed Peas Stew

INGREDIENTS

1 lb. dried beans
1/2 cup coconut oil
1 red onion, chopped
2 green onions, chopped
2 tomatoes, chopped
1 tbsp ginger, minced
1/2 tbsp garlic, minced
1 tbsp paprika
2 cups water
Salt & pepper to taste



DIRECTIONS

Rinse the beans and add them to a large pot with 1 ½ cups water. Cover and let sit 6 to 8 hours.

After 6 to 8 hours, drain the beans and cook for almost 60 minutes or until cooked.

Drain the cooked beans and keep aside.

In a large pan, heat the oil and fry red onions until lightly browned.

Add tomatoes, garlic, ginger, and paprika. Cook for 60 seconds, stirring frequently.

Add ¼ cup water and let it simmer for almost 5 minutes, mixing frequently.

Finally, add beans, green onions, and the remaining water and bring to a boil. Simmer for 10 minutes and add the salt and pepper.

Adjust the consistency with water and serve.

SERVES 6

NUTRITION INFORMATION: Calories: 269 Fat: 7g Carbs: 42g Protein: 12g

Hearty Entress & Sides

Sesame Stuffed Eggplants

INGREDIENTS

1 large eggplant
12 oz. ground chicken meat
2 garlic cloves, minced
2 tbsp olive oil
5 tbsp sesame seeds
Salt & pepper to taste
Fresh parsley for garnish

DIRECTIONS

Cut the eggplant lengthwise.

Prick the flesh with a fork.

Brush with one tablespoon olive oil.

Line a baking tray with parchment paper and bake eggplant for 30-40 minutes until tender.

Remove from the oven and let cool a little bit.

Scoop out the flesh making sure you don't break the skin.

Use a hand mixer to blend the flesh.

Combine with the meat, garlic, and 4 tablespoons sesame seeds and stir well.

Season with salt and pepper.

Fill the eggplant skins with the mixture and sprinkle the remaining seeds on top.

Drizzle with one tablespoon olive oil.

Bake for 40-45 minutes at 400 F.

Top with fresh parsley to serve.



SERVES 2

NUTRITION INFORMATION: Calories: 534 Fat: 30.5g Carbs: 20g Protein: 48g

Vegetable Fritters

INGREDIENTS

Coconut oil
 3/4 cup chickpea flour
 3/4 cup corn
 1/2 cup water
 1/4 cup red onion, sliced
 3/4 cup red pepper, sliced
 1 small tomato, chopped
 1 green chili, chopped
 2 tbsp parsley or coriander, chopped
 1 tsp cumin
 1/4 tsp cayenne pepper
 1/4 tsp paprika
 1/4 tsp turmeric powder
 Sea salt to taste



DIRECTIONS

In a bowl, mix dry ingredients and add water. Whisk until all the clumps are gone.

Fold the veggies into the batter and heat a pan over medium heat. Add coconut oil to cover the pan.

Spoon some of the batter into the pan, fitting as many fritters as you can in the pan.

Cook until browned, then flip and cook the other side.

Repeat the process with the remaining batter, adding more oil as needed.

Serve hot with your favorite dressing.

SERVES 2

NUTRITION INFORMATION: **Calories:** 160 **Fat:** 6g **Carbs:** 23g **Protein:** 7g

Ratatouille with Goat Cheese and Bacon

INGREDIENTS

1 large eggplant
1 large zucchini
2 large tomatoes
3 tbsp olive oil
1/2 cup tomato puree
1 tsp dried oregano
1 tsp dried thyme
4 garlic cloves
1 yellow onion
2 tbsp goat cheese
4 slices organic bacon
Salt & pepper to taste

DIRECTIONS

Slice the eggplant, zucchini, and tomatoes. Mince the garlic and dice the onion.

In a bowl, combine the onion, garlic, 1 tablespoon olive oil, tomato puree and dried thyme.

Stir well and spread the sauce on the bottom of a baking dish.

Arrange the veggie slices in a spiral. Sprinkle salt and pepper, dried oregano, and drizzle with the remaining olive oil.

Bake for 50-60 minutes at 430 F.

Remove from the oven and top with crumbled cheese and small bacon slices.

Cook for 10 minutes more.



SERVES 4

NUTRITION INFORMATION: Calories: 312 Fat: 21.7g Carbs: 20g Protein: 13.3g

Okra Tomato Curry

INGREDIENTS

4 tbsp olive oil
 1/2 lb. okra, trimmed and sliced
 into 1-inch pieces
 1 onion, sliced
 1 tsp ginger garlic paste
 2 tomatoes, diced
 1 lemon, juiced
 2 tsp chili powder
 1/2 tsp turmeric powder
 Sea salt to taste
 1/4 cup water

DIRECTIONS

In a pan, heat the oil over medium heat. Fry onions until lightly brown.

Add in the ginger garlic paste and cook until fragrant. Add the okra to the pan and mix well. Cook for 10 minutes. You can add a little bit of water if gets dry.

Add tomatoes and all the spices. Cook until tomatoes become soft. Mix in the water and let it simmer for 5 minutes until curry thickens.

Remove the curry from the heat and squeeze in lemon juice. Serve the okra curry with your favorite wheat-free bread.



SERVES 3

NUTRITION INFORMATION: Calories: 31 Fat: 2g Carbs: 4g Protein: 1g

Warm Quinoa Salad Adzuki Beans & Roasted Veggies

INGREDIENTS

1/2 cup uncooked quinoa
 1/3 cup uncooked adzuki beans
 2 carrots
 1 small zucchini
 1 small eggplant
 1 parsnip
 2 large mushrooms
 1 tsp cumin seeds
 1/2 tsp dried oregano
 2 tbsp extra-virgin olive oil
 1 tsp balsamic vinegar
 Salt & pepper to taste
 Small bunch of fresh parsley



DIRECTIONS

Cover the beans with 1 cup of water and soak overnight. In the morning, rinse with clear water and drain.

Place in a small pot and add 1 ½ cups of water. Bring to a boil, decrease the heat, and simmer for 60-75 minutes or until cooked through. Remove from the pot, drain, and set aside.

Wash the quinoa for a couple of minutes under running water.

Transfer to a small pot, cover with 1 ½ cups of water. Bring to a boil and cook for 20 minutes. If there is any liquid left, place the quinoa in a sieve.

Chop the veggies and slice the mushrooms.

Line a baking tray with parchment paper.

Place the carrots, parsnip, eggplant, and zucchini on the tray.

Drizzle with one teaspoon olive oil, sprinkle the cumin seeds and oregano, and season with salt and pepper.

Bake for 20 minutes at 400 F. Take the tray from the oven and add the mushroom slices. Drizzle with the remaining oil and bake for 10-15 additional minutes.

Place the quinoa in a bowl and add the beans and the veggies. Add the balsamic vinegar and give a good stir. Add some more salt if needed. Top with fresh chopped parsley leaves and serve warm.

SERVES 2+

NUTRITION INFORMATION: Calories: 456 Fat: 8.5g Carbs: 82.8g Protein: 17.7g

Snacks, Treats, & Drinks

Super Moist Coconut Peach Pie

INGREDIENTS

4 eggs
4 oz. coconut sugar or xylitol
3 oz. coconut flour
5 oz. liquid coconut oil
1 tbsp vanilla extract
1 tsp baking powder
2 peaches
Pinch of salt

DIRECTIONS

Preheat the oven to 350 F.
Line a baking dish (about 11x7 inches) with parchment paper.
Combine the flour and baking powder and set aside.
Separate the yolks from the whites.
Mix the whites with the salt until stiff peaks form.
Gradually add the sugar and mix at medium speed.
Stir in the yolks one by one.
Add the oil and vanilla extract and keep mixing.
Add the flour little by little.
Pour the batter into the baking pan.
Set aside for 10 minutes so the flour absorbs some liquid.
Slice the peaches and top the pie.
Bake for about 30 minutes or until a toothpick comes out clean.
Leave in the oven for 5 more minutes with the door open.
Remove from the pan and place on a wire rack to cool before cutting.



SERVES 12

NUTRITION INFORMATION: Calories: 366 Fat: 26.4g Carbs: 32g Protein: 4g

Strawberry Ice Cream

INGREDIENTS

2 1/2 cups fresh strawberries
2 cans of coconut milk, keep
12 hours in the fridge
2 tsp shredded coconut
2 tsp vanilla
1/3 cup raw honey

DIRECTIONS

In a food processor, add strawberries, coconut milk, vanilla, and honey and puree.

Transfer this mixture to an ice cream maker and freeze for 25 to 30 minutes.

Serve and enjoy!



SERVES 4

NUTRITION INFORMATION: Calories: 145 Fat: 5g Carbs: 25g Protein: 1g

Armenian Tourshi (Pickled Vegetables)

INGREDIENTS

7 cups white vinegar
9 cups water
1/2 cup Kosher salt or any other non-iodized salt
Hot dried chilies
Green chilies
Whole garlic cloves
Cucumbers
Lemons, sliced
Cabbage, cored and quartered
Carrots, cut into 2-inch lengths
Celery or coriander stalks
White onions, sliced



DIRECTIONS

Prepare the veggies and arrange in a jar.

Pour the liquids and spices over the veggies and cover the jar. Stir the veggies occasionally until 3 weeks when pickles are ready to eat.

Serve chilled.

SERVES 6

NUTRITION INFORMATION: **Calories:** 154 **Fat:** 0.3g **Carbs:** 29g **Protein:** 6g

Pineapple Cleansing Juice

INGREDIENTS

6 cups pineapple, peeled
4 inches fresh ginger root, peeled
2 limes, peeled
Coconut water as needed

DIRECTIONS

In a good quality juicer, juice the ginger root, pineapple, and limes.

Pour $\frac{1}{4}$ glass full of juice, $\frac{1}{4}$ glass full of crushed ice, and fill the rest of the glass with coconut water.

Garnish with pineapple slices and enjoy.



SERVES 6

NUTRITION INFORMATION: Calories: 71 Fat: 0.5g Carbs: 20g Protein: 0.8g

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 really 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, 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 ground-breaking programs available to as many people as possible, so 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 wellbeing.

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 6 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 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 over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



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, a lot 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 *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on 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, CA**

"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 it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"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, WA**

"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, Ft. Wayne, IN**

"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, 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 Solved
- 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...

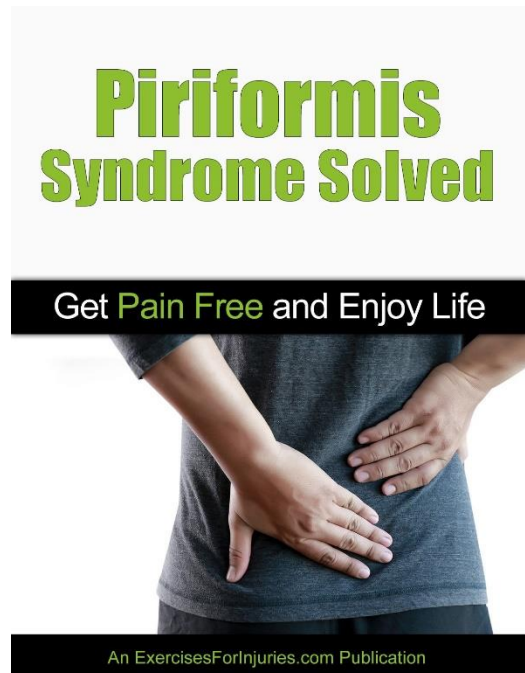
The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

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.

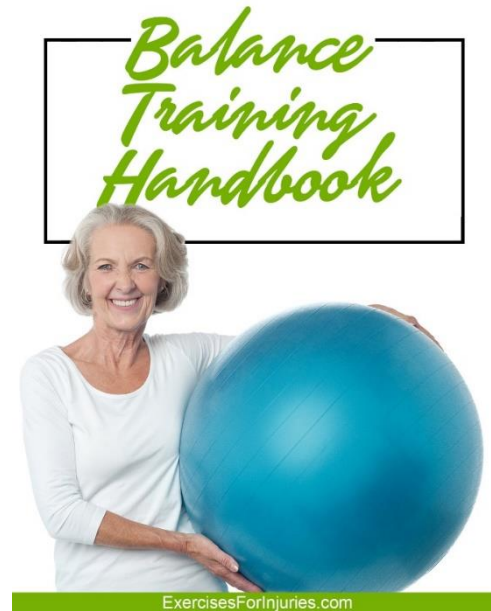
This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

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!

Visit: ExercisesForInjuries.com/Shop

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

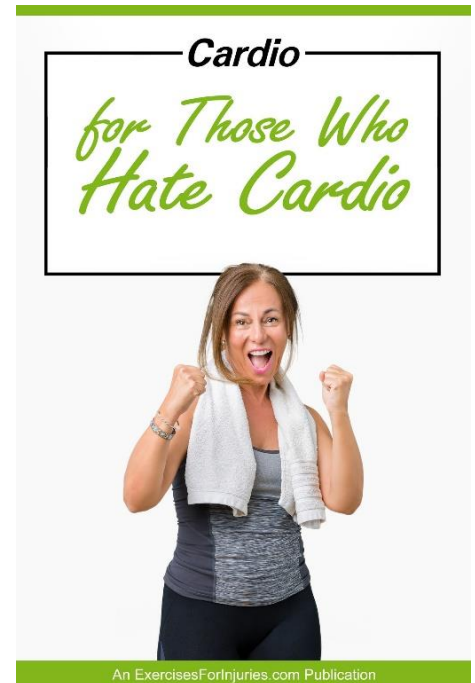


#5: Cardio for Those Who Hate Cardio

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

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