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**DEADLY**

WAYS TO PROTECT  
BODY & MIND FROM

**CHRONIC  
INFLAMMATION**

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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.

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*Rick Kasey*

## 17 Ways to Protect Body & Mind from Deadly Chronic Inflammation

Cancer. Heart disease. Stroke. Alzheimer's. Diabetes. Arthritis. Irritable bowel syndrome (IBS). Allergies.

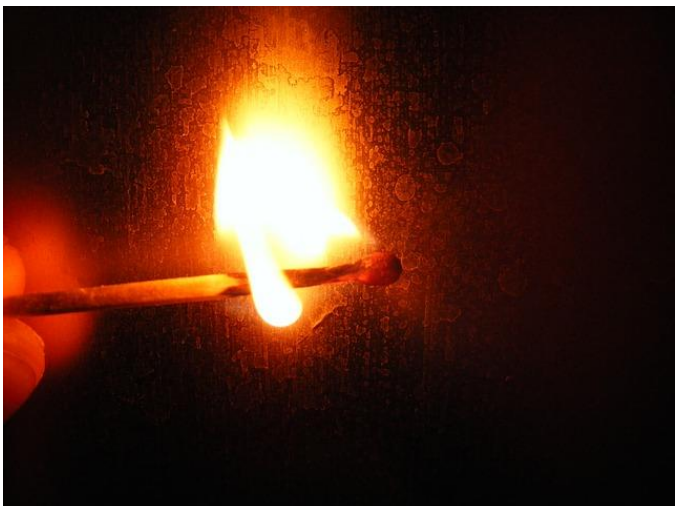
What do they all have in common? One thing: chronic inflammation.

The silent killer. The biggest threat. The hidden time bomb. It's been called these things and more, including the body's "best friend and worst enemy."

Inflammation is nothing new, but then again, it is. We know that the body creates inflammation to help heal wounds, infections, and illnesses, and for years, we didn't think much more about it. But over the past several decades, scientists have found that inflammation can become dangerous under certain circumstances—specifically, when it becomes chronic.

Suddenly, we found a side of inflammation we weren't as familiar with—this potentially destructive, disease-causing side that can be very bad for our health. Though this is still a fairly new area of research, we do understand some things we can use in our battle to live long, healthy lives.

If you want to feel as good as you can for as long as you can—or if you'd like to ease chronic pain—you owe it to yourself and your family to reduce your risk of chronic inflammation. We've got 17 ways you can do that.



### What is Inflammation?

Inflammation is a natural immune response to an injury. If you cut yourself, the body's defense systems, which include chemicals and immune cells, go to work marshalling other forces to create swelling and heat that protect the damaged area. Over time, these forces gradually heal the wound.

You can think of inflammation as being your self-protection, military defense, and clean-up crew. It is the body's response to an injury, disease, foreign invader, or even just a

pimple on your face. That redness and puffiness is the immune system doing its job.

Similar processes go to work when bacteria, viruses, or other invaders attack your body. This is why you can get over the common cold or flu, recover from pneumonia, or even battle a tooth infection. The immune system swings into action and quickly goes to work in a process

called “acute inflammation.” Once the job is done, immune cells relax and allows all goes back to normal.

This is the “best friend” side of inflammation. The problem occurs when the immune system fails to chill out. Because of some ongoing injury or other issue, it mistakenly continues to create inflammation, though often at a low level. Imagine a wound that instead of healing, continues to remain red and swollen for weeks and months at a time.

This is “chronic” inflammation, and is the bad side of an otherwise helpful immune reaction. Scientists and doctors have become even more interested in this condition lately because of new research that has connected it to many of our modern-day diseases, and because inflammatory disorders like inflammatory bowel disease and rheumatoid arthritis are increasing.

Chronic inflammation is so serious, in fact, that it may shorten your life. In a 2015 study, researchers examined medical data from over 160,000 patients who had given a blood sample between 2000 and 2008. They checked that blood sample for markers of inflammation, including C-reactive protein, and gave each patient an “inflammation score.”

They found that those who had the highest scores, reflecting high levels of inflammation, were the most likely to die of any cause. High inflammation scores also predicted those patients who would die of cancer or cardiovascular disease.

A more recent 2017 study found similar results. Researchers analyzed data from over 6,500 men and women aged 45-69. They collected blood samples in 1997-1999, then followed up with the participants through June 2015. High levels of C-reactive protein (CRP) predicted cardiovascular mortality. High levels of interleukin-6 (IL-6), a chemical active in inflammation, predicted all-cause mortality and cancer-related mortality.

## **The Danger of Chronic Inflammation**

Chronic inflammation is a long-term type of inflammation that can last for several months and even years, slowly creating damage in the body that can have a cumulative effect. It’s been linked to all the diseases mentioned above, as well as to asthma, chronic peptic ulcers, rheumatoid arthritis, ulcerative colitis and Crohn’s disease, chronic sinusitis, and even depression.

Many describe this type of inflammation as “low-level” inflammation or “the slow burn.” Since inflammation is associated with heat in the body, words like “fire” and “burning” are often used to describe it. And like a fire, it can gradually damage cells and tissues, and break down arteries and organs.

This type of inflammation can be caused by a number of things, including bacteria and viruses, an overactive immune system, exposure to toxic agents (like heavy metals or air pollutants), automimmune diseases (like lupus, multiple sclerosis, and rheumatoid arthritis), obesity, poor diet, artherlosclerosis, and even insomnia.



We still have a lot to learn. As Michelle Petri, a rheumatologist and a director of the Johns Hopkins Lupus Center, says, “Basic science hasn’t yet answered the major questions about inflammation.” What we do know, however, is that basic lifestyle choices can affect inflammation, and either improve or worsen its potential to cause damage.

## **Do You Have Chronic Inflammation?**

You can ask your doctor about this. A blood test that checks specifically for inflammatory markers can help determine whether or not you have chronic inflammation. Doctors look for things like C-reactive protein, TNF-alpha, and other components in the blood that tell them the immune system is overreacting.

In simplest terms, if you have inflammation inside the body, these types of proteins and other substances are often released into the blood. They are by-products of the inflammatory process, sort of like road signs that signal the presence of inflammation. Doctors usually use these types of tests to diagnose disease, but you can also ask for them if you are feeling ill or if you are concerned that you may have chronic inflammation.

You can also review the following list of risk factors. All of these things can increase risk of chronic inflammation:

- Overweight or obese
- Sedentary (lack of exercise)
- Autoimmune diseases like rheumatoid arthritis and lupus
- Age (risk for chronic inflammation increases as you get older)
- Poor diet
- Smoking
- Periodontal disease
- Sleep disorders
- Chronic stress

## **17 Ways to Tame Internal Inflammation**

Chronic inflammation can create a vicious circle of fire. Something triggers the inflammation to begin in the first place. It creates damage. The body recognizes that damage and marshals the immune system to fight it, which creates more inflammation. In other words, the body’s natural response perpetuates the problem.

The other part of the issue is that we don’t want to tame the immune system so much that it can no longer do its job. If you have chronic inflammation, you want to calm it down, but you don’t want to slow it up so much that the next time you develop an illness you’re not able to fight it.

Scientists are still figuring out how to deal with these difficulties, particularly with cardiovascular disease and arthritis. Currently, we have no medications that can specifically target chronic



inflammation. We have over-the-counter drugs like aspirin and ibuprofen that provide temporary relief of acute inflammation, but they aren't designed for long-term use.

As researchers continue to learn more, you can reduce your risk of chronic inflammation—and if you already have it, reduce its affects on your body—with the following 17 steps. These are all things you can do that will protect you against too much inflammation, but that will still allow your immune system to work properly.

## 1. Get enough sleep.

You may have heard that it's important to get 7-8 hours of sleep per night if you want to stay healthy. It's true, as lack of sleep can increase your risk of many diseases, and even shorten your life.

Part of the reason insomnia causes these problems may be related to the fact that it increases inflammation. In a 2010 study, researchers surveyed 525 middle-age people, asking about how long they slept each night and about the quality of that sleep.



They found that individuals who reported sleeping for six hours or less had higher levels of three inflammatory markers, including C-reactive protein and IL-6. C-reactive protein levels in particular were about 25 percent higher in those getting little sleep compared to those getting between 6-9 hours a night.

Do your best to get the recommended 7-8 hours by getting up and going to bed at the same time each day, keeping all technological gadgets out of the bedroom, keeping your room dark and cool, and engaging in relaxing activities like reading, stretching, or taking a warm bath before bed.

## 2. Enjoy your morning coffee.

Researchers have found that caffeine can help lower inflammation. They studied data from 100 participants in a multi-year study, and concluded not only that 90 percent of all non-infectious diseases were associated with chronic inflammation, but that coffee could protect against these conditions.

The scientists acknowledged that inflammation is associated with aging, but found that older participants who drank more caffeinated beverages had less inflammation in their bodies. Subsequent laboratory tests showed that it was the caffeine that was protecting them.

“What we've shown,” said senior author Mark Davis, professor of microbiology and immunology and the director of the Stanford Institute for Immunity, Transplantation and Infection, “is a correlation between caffeine consumption and longevity.”

### 3. Keep your weight under control.

Scientists have found that overweight and obese people are more at risk for chronic inflammation. According to Kimberly Gudzone, a physician at Johns Hopkins and an obesity researcher, “For a long time, we had the idea that inflammation was involved in certain autoimmune diseases, but now we’re seeing this lower level of inflammation in people who are obese and people who are sedentary.”

Studies in the laboratory have shown that fat cells actually trigger the release of immune cells involved in the inflammatory process. These immune cells, instead of fighting off invaders like they’re supposed to, go after healthy nerves, tissues, and organs. The more weight you gain, the more immune cells are triggered, and the worse the inflammation becomes.

Fortunately, losing weight can help. According to a 2008 study, participants who lost weight showed improvements in inflammatory markers in the blood, with the greatest improvements seen in patients achieving a weight loss of at least 10 percent.

“Losing weight can have profound effects on lowering inflammation,” Todd Brown, an endocrinologist who researches inflammation, told Johns Hopkins.

### 4. Get more exercise.

You already know that exercise is good for your health, but several studies have also indicated that it can have a direct effect on inflammation.

Just 20 minutes of exercise can have anti-inflammatory effects, researchers reported in 2017. They had participants walk on a treadmill for 20 minutes, and took blood samples both before and after the sessions.



They found that the exercise, even though it lasted only a short time and was at a moderate level, resulted in a five percent decrease in the number of cells producing TNF, which is another type of inflammatory marker. They added that exercise need not be intense to be effective.

In other research, scientists discovered that while low-grade inflammation is an important contributor to age-related muscle loss and disability in older adults, regular exercise “could be effective for reducing chronic inflammation in this age group.”

### 5. Adopt a daily stress-relieving activity.

Do you have a regular yoga or tai chi practice? Do you meditate, or spend time with a treasured pet?

These activities all help relieve stress, which is another cause of inflammation. You already know that a lot of stress isn't good for your health. Some scientists think that part of the reason is that stress contributes to the slow burn. Researchers from Carnegie Mellon University put 276 adults through an intensive stress interview, and then exposed them to a virus that causes the common cold.

They found that when people experienced a prolonged stressful event, their immune cells didn't respond like they should to hormone signals that normally regulate inflammation. As a result, they were more likely to develop colds.

"When under stress," said lead author Sheldon Cohen, "cells of the immune system are unable to respond to hormonal control, and consequently, produce levels of inflammation that promote disease. Because inflammation plays a role in many diseases such as cardiovascular, asthma and autoimmune disorders, this model suggests why stress impacts them as well."

We all experience stress most every day, so try to incorporate a daily activity that works as a release valve. Exercise of any kind is a great option, but you can also listen to relaxing music, get a massage, spend some time with a good friend, take a walk, or enjoy some time in nature.

## **6. Avoid high-sugar, highly processed foods.**

Some foods that are common in the modern Western diet actually promote inflammation in the body. Eating a diet high in sugar and saturated fats, for example, was connected to higher inflammation levels and risk of premature death from any cause, according to a 2013 study. "Studies have shown that diet can modify inflammation," co-author Susan E. Steck, Ph.D., M.P.H., R.D., USC Associate Professor said, "and inflammation can drive the growth of many cancers, such as colorectal cancer. In previous studies, we found that dietary inflammatory index scores were associated with levels of C-reactive protein, a marker of inflammation." For this study, researchers followed over 10,000 men and women from 1987 and 2003, and found that those consuming the most pro-inflammatory diet had a 53 percent higher risk of mortality during the course of the study, compared to those who had the most anti-inflammatory diet.

Another 2016 study of over 37,000 women found similar results, in that those who ate a more pro-inflammatory diet were more likely to die from cancer, cardiovascular disease, and chronic obstructive pulmonary disease (COPD).

Foods that encourage inflammation include fast food, high-sugar foods, fried foods, foods with trans-fats, refined flour foods like white bread and white pasta, artificial sweeteners, artificial additives, "bad" saturated fats (like those in chips and pizza), and processed meats.

## 7. Eat more healthy fats.

A number of studies have shown that “good” fats, can actually help fight chronic inflammation. We have significant research on omega-3 fatty acids, in particular, showing that they can reduce inflammation in the body.

In fact, these fatty acids are so effective that they work just as well as anti-inflammatory drugs in some cases. Researchers followed 250 patients with neck and back pain for about 75 days. These patients were asked to take 1,200 mg of omega-3 essential fatty acids (EFAs) in a fish oil supplement, and then were asked to fill out a questionnaire after the study period was over.



Results showed that over half (59 percent) of the patients stopped taking the anti-inflammatory drugs they had been taking for pain, 60 percent stated their overall pain had improved, and 60 percent reported their joint pain had improved. Eighty percent said they were satisfied with the results they had experienced, and 88 percent planned to continue taking the supplements. “Our results mirror other controlled studies that compared ibuprofen and omega-3 EFAs demonstrating equivalent effect in reducing arthritic pain,” researchers wrote, adding that these supplements appeared to be a safer treatment for neck or back pain than standard over-the-counter pain pills.

Several other studies have shown similar results, with omega-3s proving effective against inflammation. Some studies have even found them to be effective at soothing inflammatory conditions like Crohn’s disease, ulcerative colitis, psoriasis, lupus, and multiple sclerosis. You can eat more omega-3-rich foods like fatty fish, walnuts, flaxseed, cod liver oil, hemp seeds, egg yolks and anchovies, or use an omega-3 supplement.

## 8. Add more yogurt to your diet.



If you don’t like yogurt, try kefir, sauerkraut, tofu, miso, or any other fermented food, or go for a probiotics supplement. Studies have shown that probiotics can help keep chronic inflammation at bay.

In a 2009 study, for instance, researchers named a number of inflammatory conditions that were improved with probiotics (including lactobacilli and bifidobacteria, the two most commonly found in yogurt and in supplements). They noted that they can help reduce diarrhea in children and lower the risk



of traveler's diarrhea in adults. Supplementation with probiotics has also been found to help reduce the risk and severity of allergies, particularly dermatitis.

Researchers later discovered in an animal study that probiotics improved chronic inflammatory disease by changing the communication between the immune system and the brain. When they gave subjects probiotics, symptoms like fatigue and depression—which are commonly associated with inflammatory diseases like rheumatoid arthritis and inflammatory bowel diseases—subsided.

A more recent 2017 study review provided even more direct evidence that probiotics tame inflammation. Researchers examined data from 20 studies, and found a significant reduction in C-reactive protein measurements following the administration of probiotics.

### **9. Spice up your meals.**

Certain spices have anti-inflammatory properties. If you add these to your meals more often, they can help you keep your immune system working normally. Some good options include:

- Turmeric
- Cayenne
- Cinnamon
- Ginger
- Sage
- Rosemary
- Cloves



### **10. Take care of your teeth and gums.**

You may have heard that gum disease can increase your risk of heart attack and stroke. That's because the bacteria that causes gum disease can travel through the bloodstream to affect other systems in the body, and also because the resulting inflammation can lead to high blood pressure and heart failure.

“People with periodontal disease have elevated levels of systemic inflammatory markers, such as C-reactive protein” researchers wrote in a 2006 study, “and treatment for periodontal disease has been reported to decrease systemic inflammation levels.”

Indeed, when people treated oral inflammation and got their teeth and gums in better shape, they experienced corresponding improvements in measures of systemic inflammation. So if you have bleeding gums, get to the dentist right away, not only for the health of your teeth, but the rest of your body as well!

### **11. Treat high cholesterol.**

If you have high cholesterol levels, it's important to get them under control, as they can increase your risk of chronic inflammation.

Researchers call inflammation LDL "bad" cholesterol's "partner in crime" when it comes to things like heart disease. Without inflammation, high cholesterol wouldn't be nearly as dangerous as it is.

Scientists have found that when cholesterol gets into the arteries, it triggers the body's immune response. The immune system sees it as causing an injury, and so it starts the inflammatory process.

Unfortunately, the presence of inflammation actually speeds up the accumulation of cholesterol in the arteries, leading to artery narrowing and stiffness. Over time, the cholesterol buildup hardens into a plaque, which increases the risk of blood clots, heart attack, and stroke.

On the other hand, HDL "good" cholesterol can help protect against inflammation. Researchers reported in 2013 that HDL cholesterol has anti-inflammatory effects on immune cells. This is another good reason to exercise, as exercise helps increase HDL good cholesterol levels. If you have high cholesterol, make sure you're doing what you need to do to keep it under control. If you do, you'll have less inflammation to worry about.

## **12. Avoid exposure to heavy metals.**

Mercury (found in some large fish), diesel exhaust, cigarette smoke, and other similar toxins are seen as the immune system as invaders, and spark an inflammatory response. The body actually has to detoxify itself to get rid of these invaders, and over time, especially if you are exposed at high levels, the immune system can start to overreact.

Learn everything you can about your exposure at work and at home. Some occupations, buildings, and cities are more likely to expose you to dangerous toxins than others. Take the following steps to reduce your everyday exposure:

- Always follow safety protocols when working around dangerous chemicals and heavy metals.
- Get a water filter for your tap water that filters out heavy metals and other toxins.
- Regularly dust and vacuum your house.
- Leave shoes at the door.
- Avoid exercising in heavy-traffic areas.
- Try to stay indoors during times of high pollution.
- Regularly ventilate your home by opening a window and using an air purifier.
- Choose household products that are low in toxins.

## **13. Get enough vitamin D.**

Vitamin D, especially when combined with weight loss, may be important in the fight against chronic inflammation.

Researchers conducted a trial with 218 overweight, postmenopausal women who started out with less than optimal levels of vitamin D. The women participated in a 12-month diet and exercise program. Half of them took 2,000 IU of vitamin D daily, and the other half received a placebo. Researchers followed their progress, and took blood samples to test for inflammation at the beginning and end of the study.



They found that at the end of the study, all participants had reduced their levels of inflammation, highlighting the importance of diet, exercise, and weight loss. But those who saw the most significant decline were those who took the vitamin D and lost 5-10 percent of their weight.

“We were quite surprised to see that vitamin D had an effect on inflammation biomarker only among women who lost at least 5 percent of their baseline weight,” said lead author Catherine Duggan, Ph.D. “That suggests vitamin D can augment the effect of weight loss on inflammation.”

Other studies have indicated that vitamin D can help tame inflammation, but you have to be sure you’re getting enough, as just a little won’t do. In 2012 for example, researchers reported that cells incubated with no vitamin D, and then put into a solution containing 15 ng/ml of the nutrient, produced high levels of inflammatory markers, whereas cells incubated in 30 ng/ml vitamin D and above inhibited the inflammatory reaction.

You can ask your doctor for a blood test to determine if you’re short on vitamin D. In addition, get at least 15 minutes of exposure to the sun per day (minus sunscreen), or take vitamin D supplements.

#### **14. Try herbs.**

Several herbs have been found to have anti-inflammatory properties. If you are suffering from inflammation, always check with your doctor first. Some herbs can interact dangerously with medications, so you want to be careful. But many herbs can be taken safely and may help you lower the inflammation that may be going on inside you. These include:

- Devil’s claw
- Hyssop
- Bromelain
- White willow bark
- Boswelia



## 15. Control food allergies.

If you are allergic or even sensitive to certain foods, they can spark an inflammatory reaction in the body. Common causes include gluten, dairy proteins, and wheat. If you have sensitivities to any of these or to other foods, it's important to avoid them to keep inflammation from taking over.

Allergies are an immune problem anyway, right? The immune system sees the food as an invader and attacks unnecessarily. That's what causes symptoms like hives, swelling, and anaphylaxis. The problem occurs when you don't realize that you may have a food allergy or sensitivity. It could be that the food affects you at a low level, so the symptoms aren't as dramatic, but they can lead to long-term inflammation.

If you continue to eat these foods without being aware of their effects, you may be causing inflammation in the gut, which can spread to other tissues. To zero in on what may be causing symptoms like digestive illness and excessive fatigue, check with your doctor. He or she can rule out celiac disease (caused by an intolerance of gluten), and can also test for various food extracts and additives that may be bothering you.

The Alcat Test, for example, allows the doctor to test individual food items to determine the immune response. These sorts of tests, along with a daily diary of what you eat and drink and how it affects you, can all help you to determine any foods that may be causing inflammation.

## 16. Eat more tart cherries.

These healthy fruits have been found to be powerful inflammation fighters. Research has focused on them specifically for those with arthritis, but their effects can be helpful for anyone. In 2012, scientists reported that women aged 40-70 with inflammatory osteoarthritis who drank tart cherry juice two times per day for three weeks significantly lowered their inflammation markers. The treatment was especially helpful for those who started out with the highest levels of inflammation.

Lead author Kerry Kuehl stated, "With millions of Americans looking for ways to naturally manage pain, it's promising that tart cherries can help, without the possible side effects often associated with arthritis medications. I'm intrigued by the potential for a real food to offer such a powerful anti-inflammatory benefit—especially for active adults."

An earlier study also reported that tart cherry juice helped relieve muscle pain during running. Muscle pain is typically caused by inflammation. Researchers noted that long-distance running "causes acute muscle damage resulting in inflammation," and that athletes typically take non-steroidal anti-inflammatory drugs like aspirin and ibuprofen to prevent or reduce pain.

So they gave runners cherry juice or a placebo to drink twice daily for 7 days prior to the race. The cherry juice group reported significantly less pain than the placebo group. "Tart cherries," the researchers wrote, "rich in antioxidant and anti-inflammatory properties, may have a protective effect to reduce muscle damage and pain during strenuous exercise."



## 17. Drink more green tea.

Studies have found that green tea has powerful anti-inflammatory properties, particularly in postmenopausal women. In one study, for instance, researchers found that women who regularly drank green tea had healthier bones and lower inflammation than those who didn't.

Black tea will work too, as both types contain a nutrient called "epigallocatechin gallate (EGCG)" that has anti-inflammatory properties. Green tea was found to be more

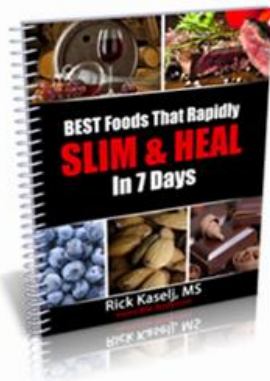
active in one study, though, possibly because it has more healthy compounds called "flavonoids."

If you're not a fan of tea, green tea supplements may work. In a 2017 study, researchers found that supplementation of green tea reduced inflammation markers, and also improved blood pressure.

*If you are looking for ways to bring back your natural vitality while relieving chronic inflammation and boosting the natural fat burning hormones in your body, then [check out Best Foods that Rapidly Slim & Heal in 7 Days.](#)*

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## About Rick Kaselj, Founder of ExercisesForInjuries.com

**Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES**

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries and eliminate pain, so they can go back to living a full, active, healthy life. I've always been a fitness and exercise enthusiast, so starting in 1994, I decided to make this my career also. I started as a personal trainer, exercise therapist and kinesiologist, but quickly discovered that many of the traditional exercise and treatment programs weren't producing the results I wanted for my clients...

...so I took it upon myself to get the right knowledge, scour the medical research, and do hands-on testing, so I could ACTUALLY help my clients get better.



With the advent of the Internet, I saw a terrific opportunity to offer and deliver my programs to many more people, so they too could finally get relief from pain, heal their injuries, and get back to the lives they enjoy.

**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... and they required diligent 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 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. Not doing all the steps, or performing them in the wrong order, or taking too little rest, or too much, can throw you off course, and sometimes even make things worse!

**I've learned** that understanding the CAUSE of injuries and painful conditions can help heal and prevent them. For example, most people don't realize that they're doing certain things every day that put stress and tension on certain muscles, tendons, tissues and joints, and over time, this creates chronic pain and injury. Simply becoming aware, and then making tiny adjustments, can actually result in a much higher quality of life for many people.

**All of my injury and exercise programs were developed as a result of my research, study and years of hands-on testing and training:**

- I've been in the fitness and rehab industry 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 16 years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I've conducted thousands of personal training sessions.
- I've carefully scrutinized hundreds of relevant medical research papers.
- I'm also an author and speaker and I've given over 260 presentations to more than 5,000 fitness professionals across Canada and USA.



## 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 used the 90 second pain relief alone and it helped relieve the pain right away and after playing sports I feel better and the pain is not as intense. I thought I would just have to retire due to the foot pain, but I now see there is hope with your program it has helped me a lot.”

*Audal Acosta*

## Free DVD Offer

### I Have a Free Gift for You... That Will Start Decreasing Your Pain Now!

Before we go any further, I want to send you some of my very best stuff FOR FREE!

It's my introductory gift to you. (I like to give value first, and be as helpful as I can upfront.)

My newest DVD is called "The Pain Hacker" and **I want you to have it for free.**

What is it? It's an extensive collection of 90-second pain fixes that you can do to start reducing the pain you have right now. On the video, I go through each technique slowly and carefully to show you exactly how to do them, so you can start reducing your pain and get back to a healthy, more active life.

I don't want to give away too much here, but...

- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- 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.
- My unconventional "Pain Fixes" in your free DVD have been featured and talked about in these publications (and more).



Get your FREE DVD at:

[www.ThePainHacker.com/free-DVD-2](http://www.ThePainHacker.com/free-DVD-2)

## Other Products from Rick

### Heal Rotator Cuff Injuries FAST

This comprehensive toolbox of 57 rotator cuff- specific exercises is EVERYTHING you need to help your clients decrease pain, improve range of motion, and increase strength in their rotator cuffs. Here are just a few of the things you'll discover:

- Why exercises that strengthen rotator cuffs do not necessarily decrease pain and increase range of motion in your clients' shoulders
- Why you shouldn't give the same exercises to every client with rotator cuff problems
- How to PROPERLY design an exercise program for the rotator cuff (I spent an entire year researching this at university, and wrote and published a paper on it in the Canadian Journal of Kinesiology)

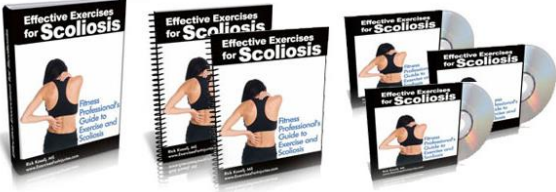


Learn more at: [www.EffectiveRotatorCuffExercises.com](http://www.EffectiveRotatorCuffExercises.com)

### Scoliosis Secrets

In just a few weeks, your Scoliosis patients will be thanking you! This program delivers the knowledge and exercises you need to safely and effectively train or heal anyone with Scoliosis. Here are just a few samples of what you'll learn and get in this program:

- The Three 'O' medical treatments for Scoliosis, and step-by-step instructions on how to do them
- The 7 different types of Scoliosis... how to diagnose your clients... and which exercises to prescribe for each
- CLIENT HANDOUTS that you can copy and give to your clients, completely DONE FOR YOU!

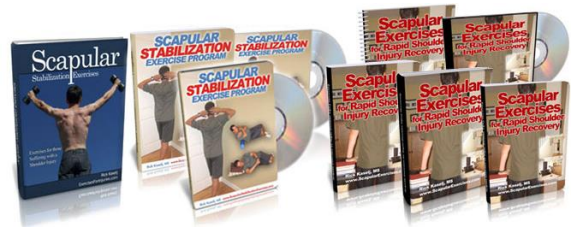


Learn more at: [www.EffectiveExercisesForScoliosis.com](http://www.EffectiveExercisesForScoliosis.com)

## Scapular Stabilization Secrets

This is the RESEARCH- BACKED exercise program that will finally help your clients decrease pain, improve range of motion, and increase shoulder stability. What will you learn?

- My secret weapon for healing shoulder injuries
- Why most trainers and therapists focus on the rotator cuff in a shoulder injury, when they should focus on improving the activation, endurance, and strength of the scapular muscles
- Why your Scapular Stabilization exercise program is a waste of time... unless it includes all 5 of these components



Learn more at: [www.ScapularStabilizationExercises.com](http://www.ScapularStabilizationExercises.com)

## Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)

Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis ONCE AND FOR ALL. You'll be back to hiking, walking and running before you know it. Here's a small sampling of what you'll learn in the program:

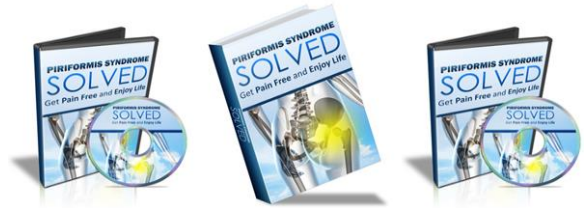


- QUICK START (non-exercise) techniques you can use to start melting your calf pain away RIGHT NOW
- ALL the exercises you need to eliminate your calf pain... AND I'll tell you the exercises that are commonly prescribed, but you don't need to worry about
- How to do each exercise, with slow, step-by-step instructions... the correct order you should follow... and how much rest you should take... to get the best and fastest results

Learn more at: [www.AchillesTendinitisExercises.com](http://www.AchillesTendinitisExercises.com)

## Eliminate Piriformis Syndrome

The step-by-step exercise program that ANYONE can do... that heals your Piriformis Syndrome, and allows you to: take long walks again, watch entire movies without getting up, easily lift your child... all without any pain. Here are just a few samples of what you'll learn and get in this program:



- Why you need to do more than just strengthen your core to eliminate your Piriformis Syndrome
- How to start decreasing your pain IMMEDIATELY, WITHOUT ANY EXERCISE
- These stretches and exercises are making your Piriformis Syndrome WORSE

Learn more at: [www.PiriformisSyndromeSolution.com/end-piriformis-pain](http://www.PiriformisSyndromeSolution.com/end-piriformis-pain)

## Fixing Tight Hip Flexors

This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling of what you'll learn in the program:

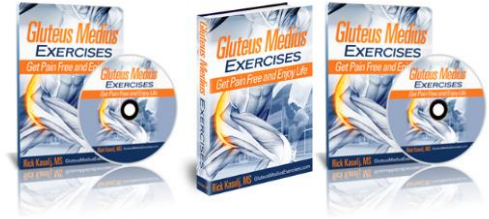


- THE SINGLE MOST IMPORTANT movement you need to do in order to overcome your Tight Hip Flexors (it's Component #8 in the program)
- Why it's important to decrease stress and tension in your knee, in order to fix your tight hip flexors... and how to do it properly
- The 8 CRITICAL COMPONENTS that must be included in any effective program for fixing Tight Hip Flexors (these components come from 16 years of hands-on experience and careful scrutiny of 30 separate medical research papers)

Learn more at: [www.FixingTightHipFlexors.com](http://www.FixingTightHipFlexors.com)

## Heal Back Pain (Gluteus Medius Strength Program)

This exercise program **ELIMINATES BACK PAIN** by strengthening your Gluteus Medius. The Gluteus Medius is often ignored, but when properly exercised and strengthened, it can stabilize your pelvis and decrease stress on your back, which eliminates back pain. In this program, you'll learn these things (and much more):



- How to eliminate your back pain as quickly as possible (HINT: you must do the exercises in the right order so they build on each other and your progress is multiplied!)
- What most trainers and physical therapists don't know about back pain and the Gluteus Medius
- Why exercises that target your knees and hips also strengthen the Gluteus Medius and help with back pain

Learn more at: [www.GluteusMediusExercises.com](http://www.GluteusMediusExercises.com)

## Best Gluteus Maximus Exercises

This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn in the program:



- Stretches and exercises that actually make your Gluteus Maximus **WORSE**
- Common mistakes people make doing Gluteus Maximus exercises
- The correct form for all of the exercises, shown step-by-step on easy-to-follow videos

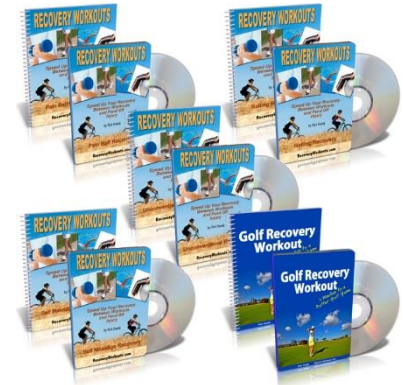
Learn more at: [www.BestGluteusMaximusExercises.com](http://www.BestGluteusMaximusExercises.com)



## How To Speed Up Recovery Between Workouts

Do you want to get better results from your workouts? Experience fewer aches, pains and injuries between workouts? Spend less time and money at the massage therapist? This comprehensive video program is going to help you achieve all that and more. Here are just a few of the things you'll be learning:

- What you should NEVER do if you have aches and pains between workouts
- 3 techniques and unconventional tools that RAPIDLY speed recovery between workouts
- How to get the powerful recovery effects of massage, WITHOUT SPENDING A CENT!

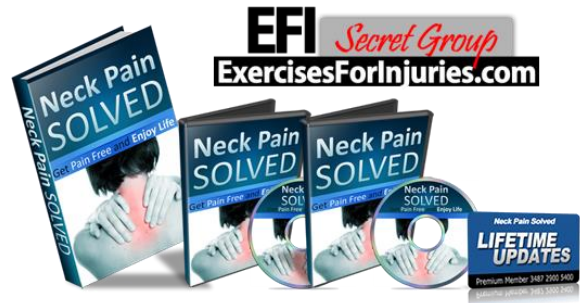


Learn more at: [www.RecoveryWorkouts.com](http://www.RecoveryWorkouts.com)

## No More Neck Pain

What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
- How to get lasting, long- term relief for your neck... not just a temporary fix
- What I learned working with hundreds of clients with neck pain that most other professionals will never know



Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)



## Erase Foot & Heel Pain (Plantar Fasciitis)

How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12-week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here's a small sampling of what you'll learn:

- Why trying to strengthen your plantar fascia is a common mistake, and only makes your heel pain WORSE (hint: the plantar fascia is not a muscle!)
- One simple technique that anyone can do... that will get rid of your Plantar Fasciitis MUCH FASTER
- How to match the right exercise routine to where you are in your recovery, so you get the best results, in the least amount of time

Learn more at: [www.PlantarFasciitisReliefIn7Days.com/home11](http://www.PlantarFasciitisReliefIn7Days.com/home11)



## Eliminate Thoracic Outlet Syndrome

FINALLY...a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you'll learn in my program:

- A strange exercise I discovered using a SMALL BALL... that erased hand numbness in LESS THAN ONE MINUTE
- How to properly adjust the intensity of each exercise you do, so you can recover as quickly as possible, but also make sure you don't re-injure yourself
- The exercises you should NEVER do if you have Thoracic Outlet Syndrome

Learn more at: [www.ThoracicOutletSyndromeSolved.com](http://www.ThoracicOutletSyndromeSolved.com)



## Eliminate Pain After Your Knee Replacement

This program is perfect for getting back to a pain-free life after Knee Replacement surgery. My videos and guides give you a step-by-step program that's easy and fun to follow. You'll be back to your active and enjoyable life in just a few weeks' time. Here's a small sample of what you'll learn:



- Why my program has 9 components... and why leaving any one of them out makes it much more difficult to recover and eliminate pain
- 10 different ways you can speed up your recovery after your Knee Replacement
- Why doing exercises you find on the Internet could actually RE-INJURE YOUR KNEE

Learn more at: [www.KneeReplacementHandbook.com](http://www.KneeReplacementHandbook.com)

## Overcome Your Hamstring Injury

Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises and routines THAT WORK. Here's a small sampling of what you'll learn:

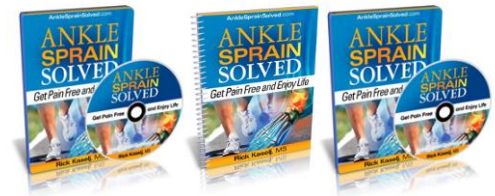


- Why massage isn't really helpful for Hamstring Injuries... and what is
- How to start decreasing your Hamstring pain in JUST MINUTES
- How to prevent future Hamstring Injuries

Learn more at: [www.HamstringInjurySolution.com](http://www.HamstringInjurySolution.com)

## Ankle Sprain Solved

Ankle sprains are common, and mostly a minor injury. But if they aren't properly rehabilitated, they can lead to more and greater injuries. My Ankle Sprain Solved program eliminates pain and properly heals your Ankle Sprain, so you can get back to an active and engaging life. Here are a few of the things you'll learn in the program:



- How decreasing stress and tension in your knees helps heal your Ankle Sprain
- What you need to do to PERMANENTLY heal your ankle... not just get a temporary fix
- The SINGLE most important exercise you can do to heal your Ankle Sprain

Learn more at: [www.AnkleSprainSolved.com](http://www.AnkleSprainSolved.com)

## Fix Your Frozen Shoulder

Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your Frozen Shoulder. Here are just a few of the things you'll learn:



- The 3 most common mistakes people (and professionals) make treating Frozen Shoulder... which AGGRAVATES the condition instead of improving it
- Why stretching is an important part of fixing your Frozen Shoulder... but it's only 1 of 7 critical components in my treatment program. In my experience, the best results come when ALL 7 components are used.
- How my program is designed to provide lasting, long- term relief from Frozen Shoulder... not just a temporary fix

Learn more at: [www.FrozenShoulderSolution.com](http://www.FrozenShoulderSolution.com)

## Iliotibial Band (IT Band) Syndrome Solution

IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- A complete program THAT ACTUALLY WORKS – it has all the exercises you need, and none that you don't
- Pain- relief techniques you can start using IMMEDIATELY
- A comprehensive explanation of how IT Band Injuries occur, and what you can do to prevent them in the future

Learn more at: [www.IliotibialBandSyndromeSolution.com](http://www.IliotibialBandSyndromeSolution.com)



## Eliminate Tennis Elbow

My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

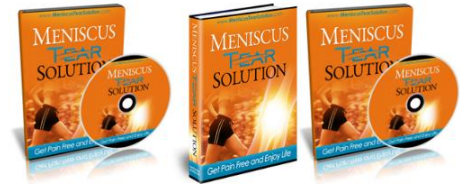
- How to diagnose yourself and make sure you definitely have Tennis Elbow
- Why you need to follow a specific plan, with a specific progression of exercises (in 3 different stages) to fully eliminate your Tennis Elbow
- How lengthening the muscles in your forearm is an important aspect of fixing your Tennis Elbow... and exactly how to do it

Learn more at: [www.TennisElbowPainSolution.com](http://www.TennisElbowPainSolution.com)



## Mend Your Meniscus Tear

A Meniscus Tear is a nasty, painful injury... but my simple, step-by-step videos and guide will help you overcome it FAST, so you can get back to walking, running and having the active lifestyle you want. Here are just a few examples of what you'll learn in the program:



- Why a specific course of exercises and techniques is necessary to overcome your Meniscus Tear... and why you should NEVER just cobble together a random combination of exercises
- Why my program has 13 specific components, and why none of them should be left out
- The single most important movement you can do to heal your Meniscus and eliminate pain ASAP

Learn more at: [www.MeniscusTearSolution.com](http://www.MeniscusTearSolution.com)

## Lumbar Spinal Fusion Recovery Program

Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY -EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered QUICKLY, and give you the opportunity to earn Continuing Education Credits. Here's a tiny sampling of what you'll learn and get in the program:



- The most effective exercises for recovery from Lumbar Spinal Fusion (NOTE: most of these exercises ARE NOT taught in Personal Training Certifying Courses)
- The 5 most common reasons Lumbar Spinal Fusion surgery occurs
- A full- color HANDOUT of the EXACT Lumbar Spinal Fusion Exercise Program I give to my clients (you can print this out and give it to all your clients)

Learn more at: [www.LumbarFusionExercises.com](http://www.LumbarFusionExercises.com)



## Eliminate Sacroiliac (SI) Joint Pain FAST

This simple, step-by-step guide will finally end your SI Joint Pain. It's a safe and effective program that most health and fitness professionals don't know about, or are doing wrong. Here are just a few of the things you'll learn:



- How Sacroiliac pain is different from regular back pain... and what to do differently to treat it
- Why doing SI Joint Pain exercises in a certain order is crucial, and what the correct order is
- The ONE movement you MUST do in order to overcome your SI Joint Pain

Learn more at: [www.SacroiliacPainSolution.com/end-si-joint-pain](http://www.SacroiliacPainSolution.com/end-si-joint-pain)

## Eliminate Stubborn Knee Pain (Patellofemoral Syndrome)

Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience treating thousands of people with knee pain. Here are just a few of the things you'll learn in my program:



- Why stretching DOESN'T fix Patellofemoral Syndrome
- How you can use common household items to perform all the exercises you need to ELIMINATE YOUR KNEE PAIN and get rid of Patellofemoral Syndrome FOR GOOD
- Why the order in which you do the exercises is important for success

Learn more at: [www.PatellofemoralSyndromeSolution.com](http://www.PatellofemoralSyndromeSolution.com)

## Shin Splints Solved

Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This program is HIGHLY -EFFECTIVE at eliminating Shin Splints and shin pain. You WILL be running again – without pain – before you know it! Here’s just a small sample of what you’ll learn in my program:



- Why ice and stretching are only temporary fixes for Shin Splints... and what to do instead to get long-lasting relief
- Why most trainers and therapists take a shotgun approach to prescribing more and more exercises, while I ask you to focus ONLY on the exercises you absolutely need (those that are most effective at eliminating Shin Splints)
- Why most health and fitness professionals don’t have you strengthen your ankles... and why you MUST if you want to erase shin pain

Learn more at: [www.ShinSplintsSolved.com](http://www.ShinSplintsSolved.com)

## Jumper’s Knee Solution

Do your knees hurt when you run or jump, especially while playing sports like basketball or volleyball? My Jumper’s Knee Solution program is for you! It’s a video- based exercise program that will get you back to your sports in as little as 7 days. What will you learn?



- The specific exercises that will make your pain go away FOR GOOD
- Which exercises you should NEVER do if you have Jumper’s Knee
- The 10 simple steps you need to follow – IN THE CORRECT ORDER – to eliminate Jumper’s Knee

Learn more at: [www.JumpersKneeSolution.com](http://www.JumpersKneeSolution.com)