



**EXERCISES**  
FOR INJURIES

YOUR TRUSTED RESOURCE FOR PAIN-FREE LIVING



**HEALTHIER ALTERNATIVES** <sup>TO</sup>  
**WHITE SUGAR**

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**Authors:**

Kaselj, Rick

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

E-mail: [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com)

Webpage: [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)

Phone: (888) 291-2430

Fax: (888) 291-2430

## Disclaimer

*Healthier Alternatives to White Sugar* 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.

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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](mailto: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](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.

*Rick Kasey*

## Healthier Alternatives to White Sugar

With our newfound understanding that fat does not make us fat, we are now piling our plates with heart-healthy meats, fishes and oils which can help keep us satiated and slim. But if the avocados aren't the culprit, what is?

Sugar. As with all things processed and modified, refined sugar is the nemesis of your waistline. Aside from an obesity pandemic, refined sugar is attributed to all manners of health conditions, from diabetes to candida and even cancer.

But ditching the refined sugar doesn't mean all the treats must disappear from your diet. There is a plethora of sweet alternatives readily available to help you stay trim while still allowing for the odd indulgence.

It is worth noting that all sugars, refined or otherwise, are still sugars. Over consumption of these is never advisable, however by making a few sensible swaps and enjoying these alternative sugar replacements in moderation, they can form part of a balanced diet.

The following natural alternatives make for great refined sugar substitutes and can be utilized in all manner of dishes, from sweet to savory.



**Coconut sugar** – Coconut sugar is a popular paleo baking choice and is a great option when looking for a replacement for granulated sugar. Containing small amounts of crucial vitamins and minerals, coconut sugar is a must in your healthy baking pantry.

Good for – Cakes, biscuits, muffins, cookies, sauces, pastries, crumbles.

Tips – If you are looking to create cookies with a bit of bite, coconut sugar creates the perfect crunchy consistency.

Ratios – Coconut sugar can be used in recipes in place of regular granulated sugar. Use  $\frac{3}{4}$  coconut sugar to the recommended amount of granulated sugar.

**Maple syrup** – An unrefined natural sugar alternative, it may surprise you to know maple syrup actually provides some nutritional benefits! From vitamins and minerals to fighting inflammation, maple syrup is one of the healthier natural alternatives to sugar. It is important to opt for pure grade 'A' or grade 'B' maple syrup that is free from additional additives.



Good for – cookies, biscuits, pastries, sauces, marinades, pancakes, cakes and muffins, granola.

Tips – Try adding a little maple syrup to a spiced tomato sauce to create your own sugar-free ketchup!

Ratios – Maple syrup works very well in most baked goods by using  $\frac{3}{4}$  maple syrup to the required amount of sugar. You can replace maple syrup 1:1 in some recipes but you will need to adjust your other liquids accordingly to ensure the right consistency.

**Molasses** – Undoubtedly the most nutritious and guilt-free sugar on this list, blackstrap molasses possesses a phenomenal array of health benefits. This nutrient dense syrup is rich in cancer fighting antioxidants, can help to stabilize blood sugars and soothes joint pain and inflammation.



Good for – Puddings, sauces, marinades, cookies, spreading.

Tips – Add to savory dishes to add sweetness to meat marinades.

Ratios – Use two tablespoons of molasses to replace  $\frac{1}{2}$  cup of sugar in a recipe. This works best in cookies and small bakes.

**Dried fruit and jam** – All the flavor and sweetness of natural fruit, but intensified! Dried fruit and sugar-free jams not only provide additional sweetness to a recipe, but also can contribute a valuable dose of nutrition. High in fiber, vitamins and minerals, fruits can be used to add sweetness and texture to both sweet and savory dishes.

Good for – muffins, cakes, sauces, no bake bars, cookies, caramels, snacking, energy balls, soups and stews.

Tips – Fruits and fruit jams are excellent at binding ingredients, particularly in 'no bake' treats. Dried figs and dates can be blended simply with oats and nut butters to create a satisfyingly sweet and simple energy boost. Soaking and blending your dried fruits first will give you a thick sugary paste which you can stir into cookie dough to create deliciously chewy cookies.

Ratios – Add a tablespoon of jam to sauces and gravies for extra flavor and to help thicken. Swap dried fruit for up to half the required amount of sugar in cookies and no bake treats.

**Stevia** – A plant-based sweetener, stevia has gained popularity in recent years becoming a mainstream refined sugar substitute. Take care when selecting your stevia as many brands offer a highly processed version which can include additional unhealthy additives.

Good for – cookies, biscuits, in tea and coffee, marinades and sauces.

Tips – Stevia is intensely sweet so use sparingly and taste as you go. It works best in small bakes and sauces which may only require up to one teaspoon of stevia per recipe.

Ratios – Around 2.5 tablespoons of stevia will give a recipe the equivalent sweetness of 1 cup of regular sugar.



**Cinnamon** – Cinnamon is a naturally sweet ingredient as well as being a powerhouse of nutrition. Packed with anti-oxidant and anti-inflammatory properties, this warming spice is also purported to ward off infections and protect against allergies.

Good for – all baking, adding to hot drinks, granola, adding to spiced savory dishes, soups and stews.

Tips – While you wouldn't want to replace the entire amount of sugar with cinnamon in a recipe, cinnamon is a great addition to recipes that you wish to keep low in sugar as it adds a subtle sweetness that won't spike your blood sugars.

Ratios – Simply add 1 -2 teaspoons in your healthy recipes to add an additional warmth and sweetness.

**Carob** – Carob is the chocolate alternative that dreams are made of. Incredibly sweet, fruity and a little bitter, carob is intensely rich and makes the perfect sugar-free chocolate substitute. With such an intense flavor profile, you may find you don't need to add any additional sweeteners to your recipe.

Good for – Drinking chocolate, ice cream, brownies, cakes, cookies, fudge, frosting, sauce.

Tips – Heating carob is an art, as it has a tendency to separate and clump together unlike melted chocolate. However, blending it at room temperature with a little coconut oil and nut milk will give you a silky smooth 'chocolate' sauce – without the hassle of a double boiler!

Ratios – Use as you would cocoa powder in baking or drinking chocolate. You may wish to use slightly less as the flavor is intensely rich.



To crush those chocolate cravings why not whip up a batch of sugar-free cupcakes with a chocolatey carob frosting. So simple to make, all you need is  $\frac{1}{2}$  cup of carob powder,  $\frac{3}{4}$  cup of coconut oil, a tablespoon of maple syrup and a good pinch of sea salt. Simply blitz on high speed in a food processor to create a fabulous pipe-able frosting.

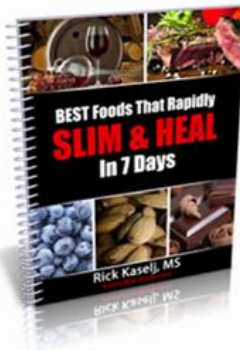


Better still, add 2 tablespoons of dairy-free milk of your choice to the frosting, and blend again to create an indulgent sugar free chocolate sauce. Perfect for pouring over ice cream!

*If you want to know what foods will help you restore your natural vitality, get slim and stay slim, then **check out the Best Foods That Rapidly Slim & Heal In 7 Days program.***

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Are you ready for your  
**SLIMMER, TIGHTER, PAIN-FREE** body?



The Best Foods that Rapidly Slim & Heal in 7 Days is THE definitive answer to melting pain and fat from your body - **naturally, easily and permanently.**

[CLICK HERE TO LEARN MORE](#)

## 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: [www.ExercisesForInjuries.com](http://www.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 over 20+ 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 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 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, 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:

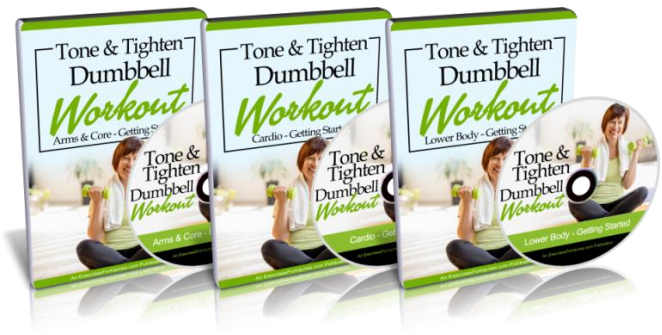
[www.ThePainHacker.com/Free-DVD-2](http://www.ThePainHacker.com/Free-DVD-2)



## Our TOP 5 Best Selling Exercise Programs

### #1: TONE & TIGHTEN DUMBBELL WORKOUT

*FINALLY...* an easy-to-do, low-impact, exercise routine designed for women and men between 45 and 75 that can help you lose weight, increase your energy, feel better throughout the day, be more attractive, reduce your risk of disease, and lots more...



- You can do this whole program in 12 minutes or less each day
- This program is designed specifically for women and men between 45 and 75
- This workout is based on conclusions from scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Learn more at: [www.Invincible-Body.com/Tone-Tighten](http://www.Invincible-Body.com/Tone-Tighten)

### #2: BEST GLUTEUS MAXIMUS EXERCISES

Most doctors have NO IDEA what really causes low back, hip and knee pain. Your "butt" muscle - the Gluteus Maximus, is the key. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally get back to your normal, pain-free life!



- This amazing pain-relieving program only takes 15 minutes a day
- You're finally going to be addressing the real cause of your pain
- This program isn't just *made up* - it's based on scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

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

### #3: BEST GLUTEUS MEDIUS EXERCISES

*THE SURPRISING TRUTH ABOUT BACK AND HIP PAIN:* Most people (and doctors!) don't know it, but the Gluteus Medius muscle single-handedly keeps millions of people stuck and struggling with chronic back and hip pain. This simple video exercise program shows you how to heal your Gluteus Medius muscle, so you can reduce and eliminate your back and hip pain, FAST!

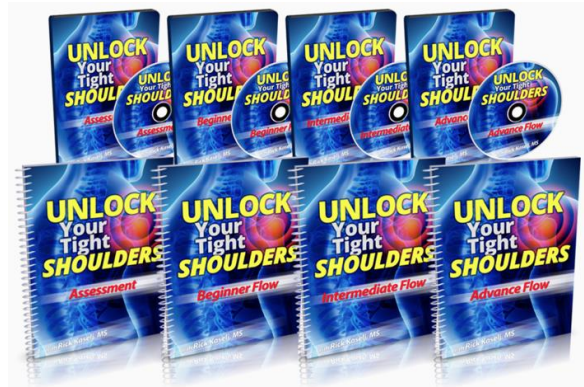


- Within just 7 days you should feel a significant decrease in your back and hip pain
- Imagine your life without low back and hip pain - many of my clients have achieved this!
- This program is based on conclusions from scientific research and medical studies
- These exercises are gentle, easy-to-learn, and easy-to-do... but highly-effective!

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

### #4: UNLOCK YOUR TIGHT SHOULDERS

*This REVOLUTIONARY 8-Point Reshape Method HEALS shoulder pain!* In less than 9 minutes a day you can release decades of trapped muscle and irritating joint pain, and PAIN-PROOF your body's most vulnerable joint - the shoulder.



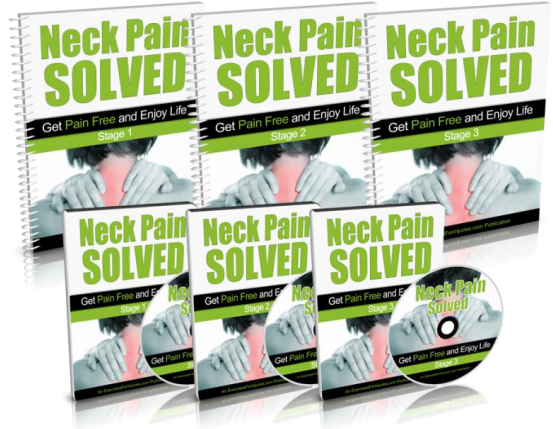
- Based on real scientific research
- Do it all yourself, in the comfort of your own home, with this simple video program
- Most "experts" give you one or two ways to loosen your shoulders, this program gives you 8 layers of shoulder relief and protection!

Learn more at: [www.Invincible-Body.com/Tight-Shoulders](http://www.Invincible-Body.com/Tight-Shoulders)

## #5: NECK PAIN SOLVED

*Do you have persistent NECK PAIN? Migraines? Headaches?*  
Give me JUST 9 MINUTES a day, for JUST 28 DAYS, and I  
GUARANTEE your neck pain, headaches and migraines will  
be gone for good...

- Reduce and eliminate your neck pain, headaches, and migraines NATURALLY... without expensive surgery, without time-consuming physical therapy appointments, without pain pills, without invasive treatments
- This program gives you 7 DIFFERENT approaches to fixing your neck pain - most others don't even give you 3!
- This program is based on scientific research, data and studies related to neck pain
- This is the most comprehensive neck pain exercise program you'll find, but ALSO the easiest to do - it only takes 9 minutes each day!



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

## GOT PAIN? We Have a Program for You

If you've got a specific pain or injury you need help with... *you're in the right place*. For more than 23 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. **These 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)

### FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (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)

### 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)

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

[www.ExercisesForInjuries.com/Shop](http://www.ExercisesForInjuries.com/Shop)