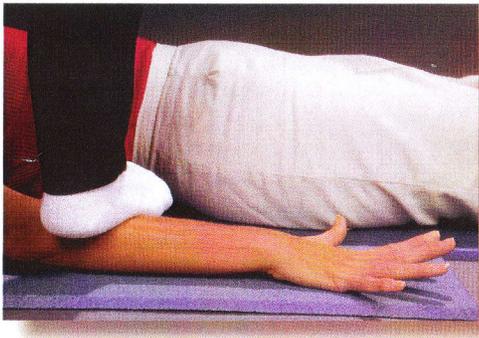


Powerful Levels Built Right into the System.

The Rossiter System has 10 levels of pain-relieving stretches, each built on knowledge of the previous level. As you learn more levels, your results are quicker and more powerful!



"...I can't say enough about the stretches. They work so well. I got my mobility back. I'm pain-free. They have really given me my life back. They make so much sense, when you think about it. There are so many other options besides cutting and drugging."

Jane W., Retail clerk

Comparing, the Key to Rossiter Success

The best way to tell if The Rossiter System makes a difference in your body is to compare. Compare the stretches to other treatments and approaches for pain and on your own body. In fact, the first time you undergo a workout, stretch only one side of your body and then compare the "stretched" side to the "unstretched" side. How does it move and feel? Is it looser? More relaxed? Has the pain moved? Do you like what you feel? You'll know...

"These are incredible tools that help relieve chronic pain... Because of chronic foot pain, I haven't been able to go hiking like I used to. But now my own feet are so much better after learning The Rossiter techniques. I'm excited because now I know I can hike up mountains better than I could before."

Vickie C., soccer player, mountain-hiker

Where did Rossiter Workouts come from?

Certified Advanced Rolfer Richard Rossiter created the Rossiter System® to help American factories successfully reduce workers' compensation costs, cut medical claims, and keep employees on the job.

Now his breakthrough stretches are being made available to everyone who is looking for a new, effective, powerful and natural way to keep their bodies supple, functional and out of pain.

Call:

Michele Ruppert
Therapeutic Massage-Bodywork
<http://www.MicheleRuppert.com/>
(619) 890-0111
micheleruppert@earthlink.net

...for your appointment.



Approved by National Strength and Conditioning Association. (NSCA), NASM and NATA.

Rossiter & Associates, Inc. • www.rossiter.com • surgeriesucks.com • 1.800.264.8100 • 1501 Teakwood Ave., email: rhr@rossiter.com • Cincinnati, OH 45224

THE ROSSITER system® Workouts

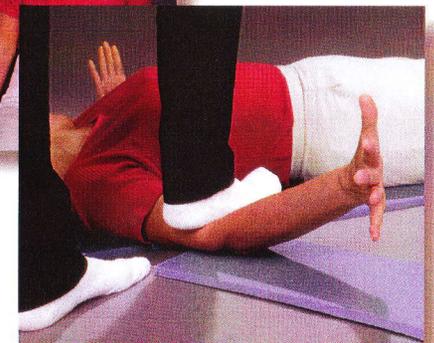
Be A Part Of Your Own Recovery!!!

Pain-busting manipulation techniques for carpal tunnel, back pain, sciatica, stiff neck, headaches, and more!



No drugs.
No splints. No shots.
No risky surgeries.

The Rossiter System keeps your body healthy, supple and pain-free...naturally!



If you're ready to take care of your body in a whole new way, The Rossiter System's breakthrough stretches are for you! Prevent and relieve pain. Regain and build range of motion. Enhance performance. Take charge...today!

What is Locking and Why Do It?

Connective tissue is the key to all types of structural pain. In fact, if you wiggle your fingers (or toes) while gently holding the bridge of your nose between your thumb and forefinger, you can feel the thread-like wiggling movement on your nose. Try it! Locking lengthens tissue throughout the body while you focus on specific stretches elsewhere. Locking adds power to the Rossiter workout. Without locking, Rossiter loses its power.

How often should I do a Rossiter Workout?

It all depends on how long you've been in pain and how hard you work. If your pain is new, a workout every month or so may be fine. Deeper, longer-lasting pain may need more frequent workouts. In the Rossiter System, stretching and working hard produce quicker results.

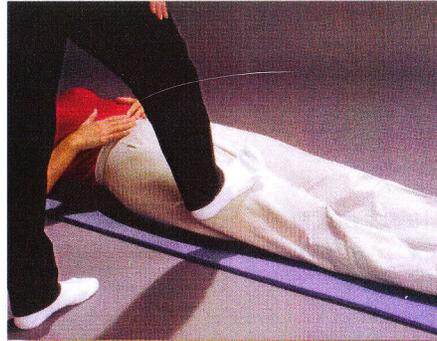


When should I do a Rossiter Workout?

Ideally, you should do Rossiter workouts to keep your body supple and pain-free, but you can stretch any time — at the first signs of tingling/tightness or to combat chronic pain.

"I had carpal tunnel syndrome and was wearing a cast 24 hours a day. My doctor was ready to start injections and then maybe surgery. These (stretches) completely cured my problem with no medical treatment needed."

Amazon.com review



How do these techniques work?

Unlike muscle stretches, The Rossiter System targets your body's connective tissue, a head-to-toe network of ligaments, tendons and fascia that holds everything together. Connective tissue tightens and shortens when it becomes over-worked or injured. These techniques use weight and active stretching to loosen and lengthen the entire network of tissue to its natural state. When the tissue is "normal" again, pain goes away.



How is this different than other approaches?

Unlike traditional medical "treatments," the Rossiter system involves two people — a trained Rossiter Coach and you, the PIC (Person in Charge) — who work as a team get the PIC out of pain. No drugs, splints, shots or risky surgery. It's novel and even strange-looking, but it works!

Why use the Foot as part of these stretches?

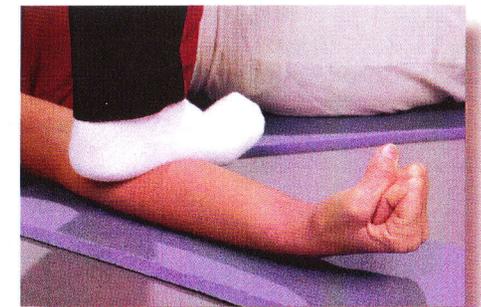
During a workout, a Coach uses his or her foot to add weight to the PIC's body. The warmth and weight of the foot loosen tissue and make it pliable for even deeper results. The foot is a powerful "tool" that adds smooth, consistent weight without making the PIC feel a need to push back or "resist."



"It sure beats medication and surgery. Relief is immediate and the motor function in my arm was restored...Now I control my own recovery."

N. W.

office worker



How quickly before I notice results?

Some people get immediate relief that lasts for days, weeks, even months. Some have deeper pain that's been around a while, and it may take longer for the body to return to a normal, natural, pain-free state. But you should feel better after your first workout.