

Rebound: Cleanse Your Cardiovascular & Lymphatic Systems

There is a most efficient and enjoyable way to boost your immunity to viruses and to ward off all sorts of illnesses naturally, without using more supplements or drugs, and keep your lymphatic system healthy. What is the lymphatic system?

The lymphatic system, as Dr. Morton Walker refers to it in his book *Jumping for Health*, is the "metabolic garbage can of the body. It rids you of toxins, such as dead and cancerous cells, nitrogenous wastes, fat, infectious viruses, heavy metals, and other material cast off by the cells." The lymphatic fluid is a clear liquid that contains the body's T- and B-cells, or cells that help the immune system ward off disease. CJ Puotinen outlined how lack of exercise and even restrictive clothing (bras) lead to constriction of the lymph system or allow it to lag and become clogged. ("Lymphatic Immune Support," May/June 2000 issue of *Well Being Journal*.)

When you rebound, you are helping your cells metabolize, cleanse and renew, and you are helping your lymph system to pump and drain out the body's waste. The cardiovascular hydraulics benefit too. Linda Brooks, author of *Rebounding for Health*: "Lymph is moved like a hydraulic pressure system....

The lymph tubes are filled with one-way valves that only open up, or allow drainage toward the center of the body. When pressure below the valve is greater than above (as when you are moving downward on the rebounder) the valves are forced open so the fluid can flow." There are only three ways for the lymph system to "pump" and cleanse: exercise, which helps muscular contraction; massage (via movement) of the musculature or tissues it serves to get it to pump back into the pulmonary circulation; and gravitational pressure with its resultant internal massage. Rebounding, remarkably, provides all three ways of removing waste from the cells.

Rebounding flushes the lymph, the toxic substances that the body is always rounding up from its normal processes, such as food wastes and environmental pollutants, before they can form new waste by-products. Dr. Walker sums it up: "[During rebounding] arterial blood enters the capillaries in order to furnish the cells with fresh tissue fluid containing food and oxygen. The bouncing motion moves and recycles the lymph and the entire blood supply through the circulatory system many times during the course of the rebounding session."

The feature of rebounding that sets it apart from all other exercises is that half of the time you do it you are not opposing gravity! When you are bounced upward by the springs and mat of the quality rebounder, your body is not being pulled by gravity. Because of this action each cell in the body and brain receives a positive stress. And the joy of it is that you don't have to exert yourself to get these benefits. The eldest of the elderly can do this, as well as the handicapped person, and the arthritic, by doing a very gentle, two-three-minute "health bounce." What is the "health bounce"?

HEALTH BOUNCE

Essentially the "health bounce" is a 2-3 minute session on a rebounder in which you bounce gently. Your feet do not need to leave the mat. You simply bounce, and the gentle bounce

alone is enough to stimulate your immune and cardiovascular systems. Linda Brooks, who studied with Al Carter, the "Father of Reboundology," writes about clients in her rebounding workshops who healed from cancerous tumors by adding rebounding sessions of 2-3 minutes of each hour in the day. These clients also changed their diets by using many vegetables and fruits, which helped purify the lymph system, and healthy fats; they drank only pure water, which helped flush the toxins; and they had a positive attitude.

Why health bounce for 2-3 minutes of each hour? Because the white blood cell count triples in number during the bounce, removing toxins and wastes from the body. Within an hour the white blood cell count returns to normal, so "health bouncing every waking hour," says Brooks, "keeps the white blood cell count optimal in the body, and it keeps the lymph moving."

Vision therapists have long used quality rebounders to help clients strengthen eye muscles. Arthritis, osteoporosis, cardiovascular disease and many other illnesses have been reversed by the use of rebounding exercise. (See online articles "The Health Bounce" and "Reversing Heart Disease" for more information about rebounding at: www.wellbeingjournal.com)

Where can you find a quality rebounder, one based on the design of Al Carter? Marie Miczak, D.Sc., author of *Age Reversal for Body and Mind*, says, "The Needak® is the standard of rebounders...it is the only one I recommend in my books' exercise sections." —SM

Needak® Rebounder

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The Needak® Rebounder includes a carrying case, lifetime frame warranty, 5-year mat warranty and 2-year spring warranty. Made in the U.S.A. All orders also include the "Immune System" DVD and Morton Walker, D.P.M.'s book *Jumping for Health*.

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