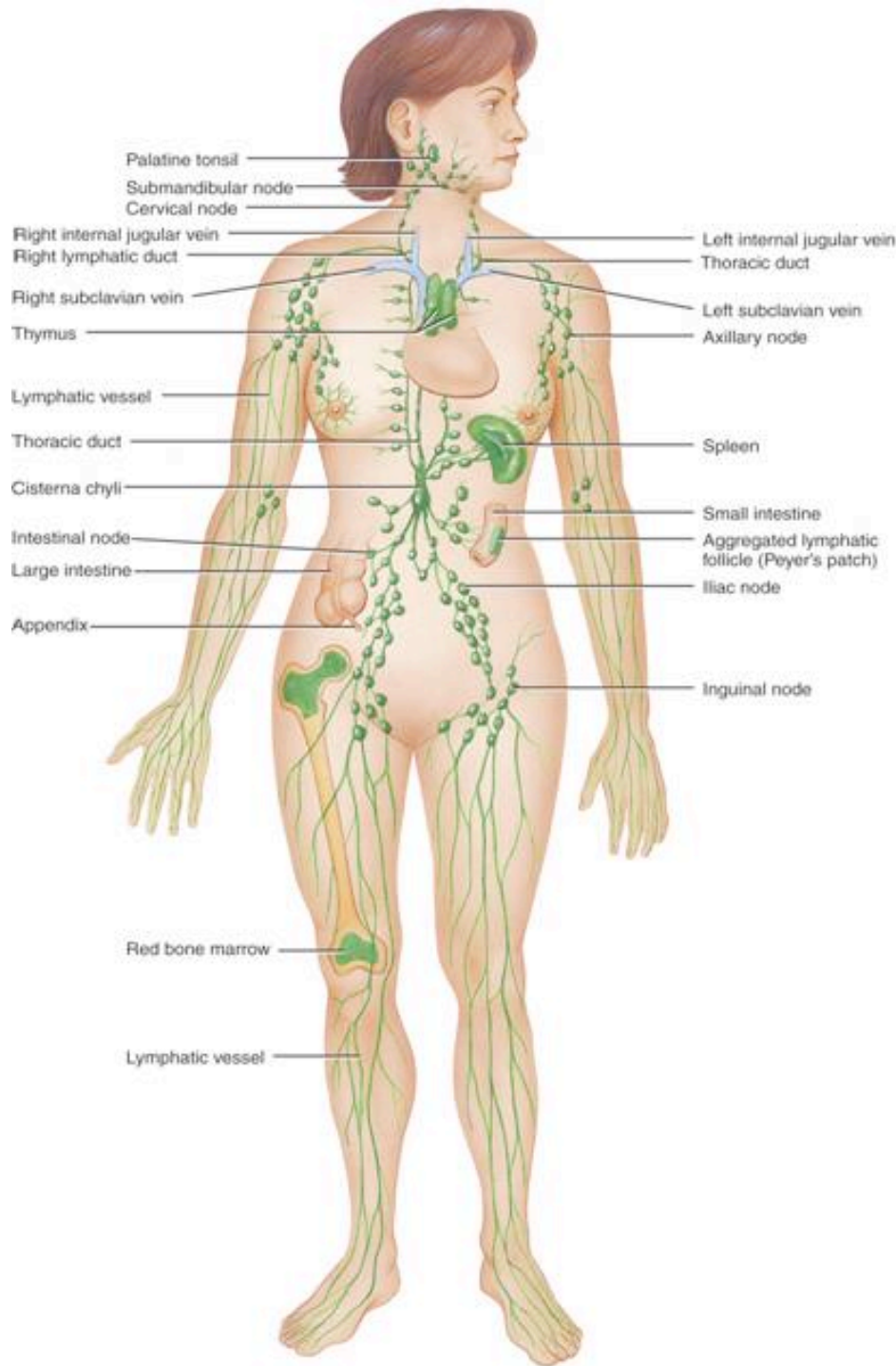


# The Lifesaving Lymphatic System



(a) Anterior view of principal components of lymphatic system



(b) Areas drained by right lymphatic and thoracic ducts

Orange: Area drained by right lymphatic duct  
 Green: Area drained by thoracic duct



## **Rebounding for Optimum Health**

By: Rebecca Harder

Without a doubt, rebounding is the most important form of exercise known to man. It is in a class by itself and no other form of exercise can compare. Every home should have a rebounder where every person that physically can bounce, should bounce to their tolerance.

### **What is so important about Rebounding?**

The short answer is your lymphatic system needs it. What is the lymphatic system? It is the undertaker in the body and you would be dead in 2 days if it stopped working. Your lymphatic system takes out the trash clearing out the dead red blood cells and the toxins in the tissues. It flows through your body like a shadow to your blood and you have two to three times more lymph fluid than blood in your body. Unlike your blood circulation, it does not have a heart to pump it. It was not supposed to need one. We weren't supposed to be so toxic and we weren't supposed to be so sedentary and shallow breathers. Our exercise programs also close the lymph valves. And then there are the lymph nodes - all 600 of them that act like a sewage system neutralizing the microbes with antibodies. They are usually overflowing and could use someone to take out the trash. Hence, why we need to care for our lymphatic system by rebounding. Many people come in thinking the problem is their colon. Their colon is working beautifully, just overburdened by the lymphatic congestion. Open up the detox pathways with colonics and get the lymph moving with rebounding and their constipation often clears up.

**Why should every home have a Rebounder? Below are 9 Excellent Reasons to Rebound for Health though I saw one site that listed 151 reasons backed by case studies:**

### **1. Increase Lymphatic Flow**

Rebounding increases lymphatic circulation better than any other exercise. Lymphatic fluid is responsible for immune function, so stimulating this flow has the effect of boosting white blood cells that eliminate bacteria, viruses, parasites, fungi, and cancer cells. It takes just two minutes of rebounding to flush the entire lymphatic system, while strengthening and cleansing all of your cells. Rebounding increases lymph flow by as much as 15 times.

### **2. Detoxify the Body**

In conjunction with stimulating lymphatic flow, rebounding also initiates detoxification of the body. The process stimulates a pumping action in the body that draws waste out of the cells and pushes oxygen and nutrition in.

### **3. Increase Cardiovascular Health**

Rebounding gets the heart pumping and the blood flowing, increasing cellular respiration which

safely improves cardiovascular health. Rebounding decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic edema. Rebounding causes core muscles and large muscle groups to contract, resulting in the rhythmic compression of the veins and arteries, which more effectively moves fluids, both blood and lymphatic, through the body and back to the heart, lowering peripheral blood pressure and lightening the heart's load. Rebounding lowers circulating cholesterol and triglyceride levels naturally by increasing oxygenation and dilating the blood vessels for smoother and easier blood flow. Rebounding lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease. Rebounding can reverse, prevent, or reduce the hardening of the arteries.

#### **4. Improve Cellular Health**

You live and die at the cellular level - all 75 trillion of them. Rebounding is a cellular exercise that helps strengthen the cells of the organs, glands, and tissues. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells. A Major Benefit To Fight All Disease And Illness: During rebounding, the white blood cells of the immune system triple their production and this huge elevation in activity lasts for about an hour. One hour after rebounding for two minutes, white blood cell activity returns to normal.

#### **5. Boost Metabolism**

Regular exercise has the effect of increasing metabolism and burning additional calories to support weight control.

#### **6. Improve Digestion**

The constant push and pull of rebounding enhances the digestive process and helps in the elimination of cellular waste. Promotes regular elimination preventing constipation. Start your day bouncing on a rebounder and you are likely to want to go poop right after. Kinda like "walking the dog".

#### **7. Reduce Body Fat and Cellulite**

The muscle sculpting practice of rebounding helps eliminate fat and build muscle (and who doesn't want that). You can add bone density and add lean muscle by rebounding on a mini trampoline.

#### **8. Improve Breast Health**

"Save the Ta Ta's, Bounce for the Boobies!" Just 5 minutes a day of lymph bouncing drains the lymphatic highways in the breast. It is my belief that breast cancer is primarily caused by lymphatic congestion that could be greatly helped if women lymph bounced just 5 minutes every day. Get your bra off, wear loose fitting clothing and gently bounce so your feet stay on the rebounder.

#### **9. Gentler, Safer Exercise**

Rebounding protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces. Rebounding can be enjoyed by people of all ages and health conditions with excellent results almost immediately. You will feel better from the first few bounces. Rebounding offers a "lymph" bounce to an all out "cardio" workout. Those limited by balance issues benefit greatly because rebounding improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance. Using a balance bar while rebounding makes it incredibly safe even for those with Parkinson's. The only exercise that improves the body's

lymphatic circulation toxic waste disposal by stimulating the gravity induced valves in the system. We have three times the lymph fluid as we do blood to remove toxins from the body. How do you get your skin cells to do a pushup to make the skin stronger and younger? ... By rebounding! The body has about 75 trillion cells and every cell is flexed around 100 times per minute while rebounding.

**Health Bounce:** This exercise is the easiest, so you'll want to start with it. The health bounce is a gentle bounce for your health that anyone can do. Stand on the mat with your feet shoulder width apart. Lightly bounce up and down, making sure your toes do not even come close to leaving the mat. This is a small and relaxing bounce. Do this for two minutes a few times a day to fully flush your lymphatic system and energize your immune system. If you are fighting a disease, try to do it for two minutes every hour you are awake to maximize the benefits to your immune system.

**Exercise Bounce.** Bounce so that your feet leave the rebounder. The rebounder mat absorbs as much as 87% of the shock of exercising on a hard surface so it is VERY LOW IMPACT. An optimal exercise method for pregnant women to stay in shape without incurring musculoskeletal trauma.

5 minutes jumping on a rebounder is like running for a mile with less effort and low impact to the joints. Helps with recovery from working out or over worked muscles because rebounding has a natural analgesic effect on the body, relieving pain in the neck, back, and head by increasing circulation and oxygen flow

Rebounding is a superior exercise for those that are immune compromised including cancer and MS. Rebounding stimulates healing and cleansing. Rebound author and lecturer Linda Brooks notes rebounding 2 minutes every hour "is the ideal protocol for defense against cancer. In just two minutes the entire lymphatic system is flushed," and white blood cell count nearly triples, providing a greater defense system to destroy cancer cells.

### **How Rebounding is different than a Vibration Machine.**

For \$5000 you can own a Vibration Machine to stand upon and it jiggles your lymphatic, muscular, skeletal and nervous system with precision. Touted in studies to improve balance better than a rebounder, yet you don't have to do anything. Just stand on it and hold on while it vibrates. Our clinic sells the vibration machines yet I highly recommend every home have a high quality Rebounder instead. I am familiar with the studies showing Vibration Machines give slightly better improvement with balance. However, between the two, I recommend a Rebounder for two reasons. One is cost. The Rebounder is far more affordable at a few hundred dollars verses several thousand dollars. But the second reason is the most important. A rebounder gives you a benefit you can not acquire by having a device do something for you. Rebounding has been shown to increase mental and emotional wellbeing because rebounding gives the user a complete sense of control which can result in improved self image. With Rebounding, YOU direct the body to bounce and by doing so, stimulate mental processes to transmit nerve impulses to and from the brain and muscle fibers. By engaging the brain with the exercise, there is strengthening of the neural pathways. Along with great physical benefits, there is a sense of accomplishment that is not attained with using a vibration machine that does all the work for you. Vibration machines may be necessary for some conditions, but if a person has the energy to bounce, the mental and emotional benefits of doing so make it a better option. So why do we offer the vibration machines? Because there are a few individuals that it is better for them and

some individuals who just refuse to exercise or they just want the coolest technology on the market. For those individuals, the vibration machine is likely the best way to improve their health.

### **How is Rebounding better for your health than jumping on a trampoline?**

Jumping on a trampoline like the ones you had as a kid in your backyard is exhilarating, but have a jarring affect which does not stimulate lymphatic release and can be hard on the joints. Yes, jumping on the big trampoline is great exercise, but does not produce the lymphatic results from the health bounce that a high quality mini trampoline / rebounder offers. Also, try putting a trampoline inside your house so you can do it in the cold, rain or snow. Rebounders fit in anyones home. We live in a two room cabin and have a sauna and rebounder in our bedroom. It all comes down to priorities. Physical Health is second to our spiritual health.

### **That brings us to "not all Rebounders are created equal".**

I strongly suggest you do not buy a cheap one. They do not give you the lymph bounce, are not fun, can hurt your body and often break or do not last more than a year. They can be so uncomfortable to bounce on that you will not do it. In fact the bounce can be hard almost like bouncing on the ground.

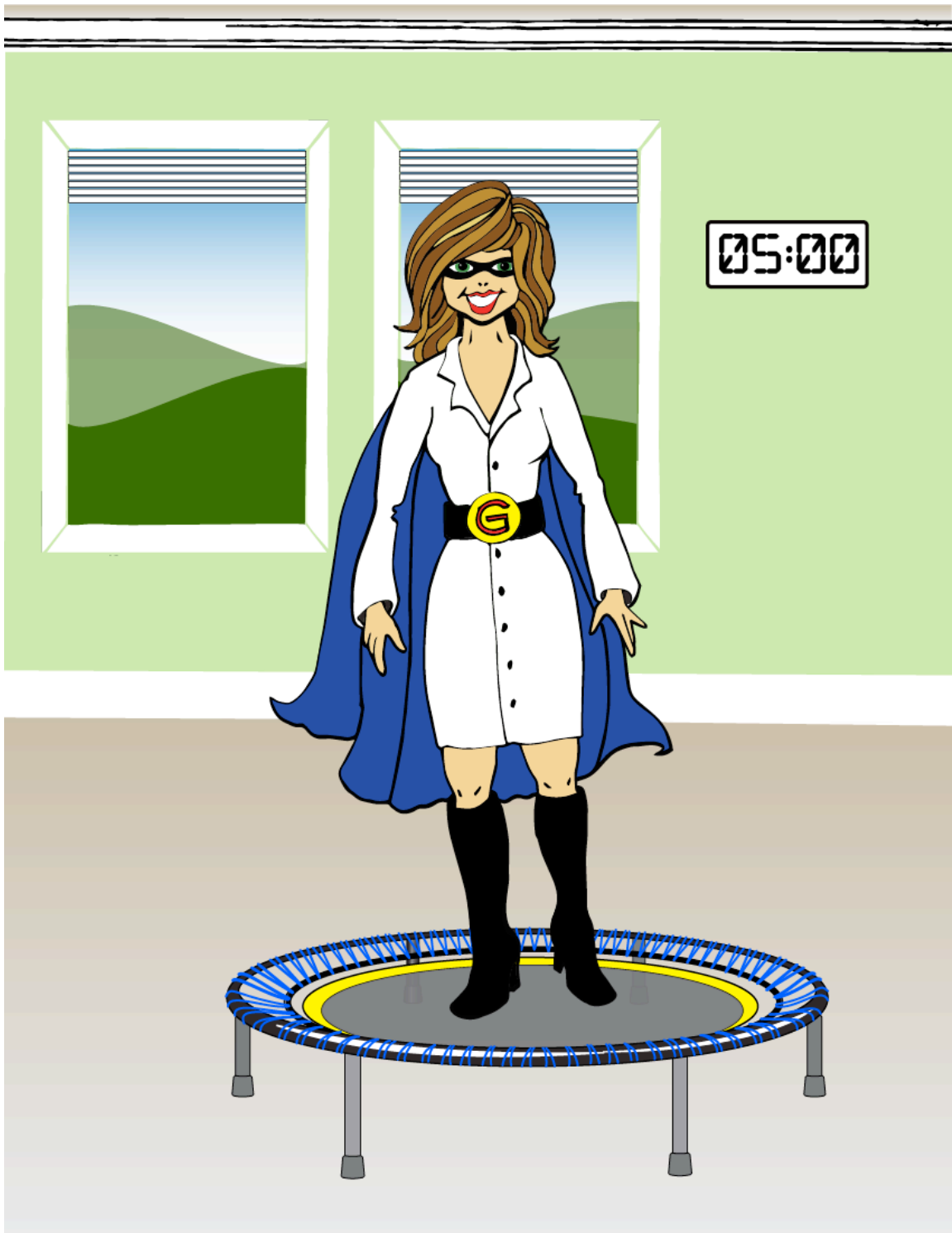
### **Which Rebounder Do I Recommend?**

I have used, recommended, sold and researched rebounders for 18 years. Of the three top rebounders on the market in 2019, the Cellerciser Trifold with Bar Rebounders are my favorite. The other two most popular high quality rebounders are the Needak and the Bellicon. Having owned 3 Needak's, I greatly appreciate that the Needak is made in America but is not as high of quality nor gives the same health effect on the body as the Cellerciser. Needak will do the job well. Just not as well as the Cellerciser. Of all the rebounders, I found Cellerciser to give you the best of all aspects needed for rebounding. As a health center, I needed one rebounder where people from 100 lbs to 300 lbs could safely and effectively lymph and exercise bounce upon. If you were to use the Bellicon bungee rebounder at almost twice the price, you would have to buy at least TWO of the Bellicons with one for a woman and one for a man. In my research on Bellicons, (and for many years I recommended them, but do not now), I found that they do cause pronation and harm to the body when bouncing on them over time. At first you might not notice it and the first bouncing session you do on one is so different than others and gives you exhilaration because you bounce so high and it is so soft. But bouncing high does not do anything for your health. Over time, the Bellicon may hurt your joints and the bungees will break down, the bounce will change because the bungees stretch out, they will start to squeak very loudly when sweated upon and need replacing within a year of daily use. To judge the quality and effect of a rebounder, you need to compare them after a year of use. That is where the Cellerciser pulls ahead in the race because the others do not hold their bounce, health effect on the body and workmanship like the Cellerciser does. David Hall the founder of Cellerciser has a Cellerciser in his backyard for 16 years with zero degradation or change in health/ exercise bounce. (Rebounders are so portable you can carry it outside and bounce in the sunshine on a nice day.) When comparing rebounders, consider not only how the rebounder "holds up" but compare a year of bouncing on each one with health benefits. Which one gives you better health a year after rebounding on it? That is the best test of all and if its not fun to do everyday, you won't do it. The bounce is an indicator of its safety, effectiveness and "fun factor". On the trifold Cellerciser, you can bounce near the edge of the rebounder and it does not throw you into the center. This is so important for safety with balance and for your joints. Why get the bar since the cellerciser does not throw you? You get the bar to do more advanced exercise on

the Cellerciser and to build your balance and confidence while you are working out. The other rebounders will throw you because of their spring/bungee construction. The Cellerciser unique spring gives you a stable soft bounce depending on your level of energy so that it stretches out just enough for your needs. Lymph bounces just uses one tier of the tri-adaptive spring and full heavy bouncing would use all three tiers of the tai-adaptive spring. No other rebounder does this. Furthermore, in addition to being safe and effective, the Cellerciser is fun so that you will likely enjoy this rebounder the most. When trying rebounders notice how your joints feel on and later after the session. And, like most things, the best things cost more with a general price of \$565 for the trifold with bar Cellerciser. But the Cellerciser is not the most expensive rebounder. This is one of the many exceptions to the rule that the most expensive is the best. In rebounders it is not. The Cellerciser is the 4th most expensive which threw me off when doing research. I was so sure the top two contenders in price would net out to be worth the extra money but they did not. The most expensive rebounder is the Bellicon which is between \$800 to \$1200 depending on your weight and needs which is individual based on what you are doing the rebounder for and your weight. This means a household may need a rebounder for each person in it where one Cellerciser could benefit all the people in the household for both lymph and exercise. And for a little side note, when I called to order my first Cellerciser, I was surprised when Gerry says to me, hold on a minute "sunshine" and puts David Hall on the phone to say hello. That was a real nice touch you won't get from the other companies. I appreciated the warm friendly customer service and attention to customer care. David Hall truly has a heart for helping people and sharing the health message which is a rare thing these days.

In closing out this article, here are 4 more interesting tidbits about rebounding:

1. It has been said that rebounding was "The most efficient and effective exercise yet devised by man" and was "68% more efficient than jogging".
2. Medical journalist Dr. Morton Walker notes in regards to rebounding, when you move and exercise, you engage every brain and body cell. This has a profound and positive impact on stimulating neural activity.
3. The father of modern aerobics exercise, Dr. Kenneth Cooper, discovered that alternating aerobic exercise with weight training actually increased strength. His Institute of Aerobic Research documented the strength gains from resistive rebounding in 1981.
4. Used by the rich and famous: Exercise guru Jack LaLanne often demonstrated rebounding on his popular T.V. exercise program. Comedian Bob Hope once noted "I keep my rebounder at the foot of my bed and use it daily." Morning talk show host Regis enjoyed a rebounding session during one of his interviews with fitness expert and nutritionist to the stars, Rheo Blair, on his 1970's "A.M. Los Angeles" television program. A rebounder even found its way into the White House during the Reagan administration!



**Gastra Girl's Top Pick is a Cellerciser Rebounder.  
"Save the Ta-Ta's, Bounce for the Boobies!"  
5 minutes a day for lymphatic release to protect breast health!**