

# **The Ultimate Easy Exercise Programme**

## **For the Lymphatic System and General Good Health**



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## Rebounding

I have been using a rebounder since 1996 and find it encouraging that so many people have now discovered rebounding as a form of exercise and have this compact universal piece of equipment in their houses, some people even have them in their offices. Some think that rebounding is the best possible form of exercise, certainly NASA think so, they quote it as 'the most efficient and effective exercise devised by man', but what exactly is 'rebounding' and why is it so beneficial?

A rebounder is a mini trampoline but unlike the traditional trampoline, the aim of which is to bounce as high as possible and perform a host of skilful actions, the purpose of a rebounder is to perform small, controlled movements. Rebounding is a zero impact form of exercise which safely affects every joint and cell in the body unlike jogging, which puts extreme stress and pressure on certain joints such as the knees and ankles, eventually causing permanent damage.

Rebounding can be fun for all the family and use is not restricted to any particular age group. Most people can at least bounce up and down for a few minutes a day, either on their feet or their bottom, the benefits are just the same. Stabilizing bars can also be attached which may help the elderly or physically disabled and the activity can be done whilst listening to the radio, a motivational CD or watching the telly. It has the added advantage that it can be done in all weathers, and you don't need a dog.



## Rebounding and the Lymphatic System

A fully functioning lymphatic system is crucial in maintaining excellent health. It is the refuse system of the body. It interacts with every organ in the body and is directly related to the immune function of your body. The lymphatic system is the toxic waste elimination system of the body. It is a defensive mechanism fighting off infections, viruses, bacteria, fungi and disease. This system is one of the hardest working and important systems but it requires physical exercise to move it around the body.

There are 3 important ways that lymph fluid circulates around the body, external massage, muscle activity and vigorous exercise. Anything that can stimulate the movement of lymph fluid is healthy but by far the most effective way to do this is rebounding. The up and down bouncing motion causes the one way valves mentioned earlier to open and close simultaneously increasing lymph fluid flow as much as 15 times. This can only be extremely good news for the immune system.

Lymph fluid moves through channels that have one-way valves, moving up the arms and the legs towards the main trunk of the body. The movement of bouncing up and down helps the effective pumping of the lymph fluid around the body. Without physical movement the cells stew in their own waste products, starved of nutrients, a situation which contributes to cancer, as well as other degenerative diseases.

## **A Congested Lymphatic System**

The lymphatic system plays a crucial role in preventing illness yet so many people have a congested lymphatic system and don't even know it. It is the most over looked system of the human body.

Lymph cancer is on the increase. Non-Hodgkin's Lymphoma is now one of the most rapidly increasing cancers in the US having doubled since the 1970's. The American Cancer Society is predicting that one third of the people who develop lymphoma in 2006 will die from it. That is approx 22,500 people.

How perverse this is when it is the lymphatic system that is responsible for protecting our bodies from the cells that are now overwhelming it and causing the high mortality rate.

## **What does it do?**

Simply put, the lymphatic system filters all the foreign organisms. It is a network of tubes throughout the body that drains the fluid (called lymph) from the tissues and empties it back into the bloodstream.

A sedentary lifestyle can cause a stagnant lymph system which contributes to obesity (now epidemic) but also the onset of cancer, likewise now also epidemic in first world countries.

## Additional Benefits of Rebounding

Not only is rebounding the best form of exercise for the lymphatic system there are also many other benefits.

### 42 Ways the Body Responds to Rebounding

By Dr. Morton Walker and Albert E. Carter

The study of the human body is *fairly* interesting. The moment it becomes no less than amazing is when we understand what happens as the body is placed under the demands of movement and resistance we call exercise. Rebounding is an effective exercise that reduces your body fat; firms your arms, legs, thighs, abdomen, and hips; increases your agility; strengthens your muscles overall; provides an aerobic effect for your cardiopulmonary systems; rejuvenates your body when it's tired, and generally puts you in a state of mental and physical wellness. In fact, there are at least 42 fascinating ways the body responds to regular rebounding, detailed below:

1. Rebounding provides an increased G-force (gravitational load), which strengthens the musculoskeletal systems.
2. Rebounding protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
3. Rebounding helps manage body composition and improves muscle-to-fat ratio. Rebounding diminishes body fat, improves muscle tone, improves the efficiency with which the body burns carbohydrate, and lowers pulse rate and blood pressure.
4. Rebounding aids lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. Your lymphatic system acts as your body's internal vacuum cleaner.
5. Rebounding circulates more oxygen to the tissues- and where there is oxygen there cannot be disease.
6. Rebounding establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
7. Rebounding increases capacity for respiration.
8. Rebounding tends to reduce the height to which the arterial pressures rise during exertion.

9. Rebounding lessens the time during which blood pressure remains abnormal after severe activity.
10. Rebounding assists in the rehabilitation of a heart problem.
11. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells.
12. Rebounding improves resting metabolic rate so that more calories are burned for hours after exercise.
13. Rebounding helps fluid move easily within the body, thus helping muscle performance and lightening the load required of the heart.
14. Rebounding decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic edema.
15. Rebounding improves circulation. It encourages collateral circulation (the formation of new branch blood vessels that distribute blood to the heart) by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.
16. Rebounding strengthens the heart and other muscles in the body so that they work more efficiently.
17. Rebounding allows the resting heart to beat less often. Each beat becomes more powerful and sends out a greater surge of blood around the body to nourish its 60 trillion cells.
18. Rebounding lowers circulating cholesterol and triglyceride levels.
19. Rebounding lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease.
20. Rebounding promotes tissue repair.
21. Rebounding for longer than 20 minutes at a moderate intensity increases the mitochondria count within the muscle cells, essential for endurance.
22. Rebounding adds to the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
23. Rebounding improves coordination between the proprioceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibers.

24. Rebounding improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
25. Rebounding offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
26. Rebounding enhances digestion and elimination processes.
27. Rebounding allows for deeper and easier relaxation and sleep.
28. Rebounding results in better mental performance, with keener learning processes.
29. Rebounding curtails fatigue and menstrual discomfort for women.
30. Rebounding minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
31. Rebounding tends to slow down atrophy in the aging process: Rebounding can actually reverse, prevent or diminish the hardening of the arteries. By conquering this ultimate pathology, you will keep your mind alert, skin smooth, skeleton flexible, libido intact, kidneys functioning, blood circulating, liver detoxifying, enzyme systems alive, hold memory intact, and avoid all systems of the aging process.
32. Rebounding is an effective modality by which the user gains a sense of control and an improved self-image.
33. Rebounding supplies a reserve of bodily strength and physical efficiency.
34. Rebounding helps the body attain peak cell function through chemical function.
35. Rebounding expands the capacity for fuel storage, resulting in extra endurance.
36. Rebounding stimulates metabolism. Rebounding provides for a better absorption.
37. Rebounding promotes body growth. Growth of the long bones is especially stimulated by rebounding due to the stimulating effect of the pituitary gland, which produces growth hormone.
38. Rebounding increases the capacity for respiration. Breathing is controlled by changes in the volume of the chest cavity brought about mainly by muscular movements of the diaphragm, Repeated rebounding exercise

accomplishes more muscle movements of the diaphragm with the consequent chest expansion.

39. Rebounding boosts red blood cells. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells. The red blood cells carry oxygen and nutrients to the tissues of the body and also help remove carbon dioxide from them.

40. Rebounding helps fight fatigue. Rebounding tones the glandular system to increase the output of the thyroid gland, the pituitary gland and the adrenals-which all help to restore energy.

41. Rebounding exercises every part of your body.

42. Rebounding is enjoyable!

## How Do I Get Started?

The first step naturally is to purchase a rebounder, These are easily available from suppliers you can find on the internet.

How much do you do? As with any exercise, begin with just a few minutes a day, with your feet in continuous contact with the rebounder. If you are not used to regular exercise, or your health is particularly compromised at the moment, do as much as you can and increase as you start to feel better. There are also many videos and manuals available if you feel you need some guidance or an exercise programme. [www.amazon.com](http://www.amazon.com)

There are those with folding legs or detachable legs and they will take different body weights so choose one that suits you and/or your family best. Some of the more inexpensive models can be quite stiff and don't offer appropriate support so invest in a quality product and it should last you for years. Mine has lasted 10 years with some very rigorous use but now needs replacing as the springs are giving way. Not a bad investment for around \$150.

When it comes to exercise and the lymphatic system, to take the slogan from Nike – “Just do it” and rebounding is the easiest form of exercise there is. You can do it standing or sitting, just bounce up and down a few minutes a couple of times a day and you will be doing wonders for your health.

Happy bouncing!  
Happy bouncing!