



THE WORLD'S ULTIMATE
EXERCISE
FOR CELLULAR CLEANSING

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Introduction

During my 20s, while completing my studies at University, I spent a great deal of time sitting behind desks and tables. Sitting there, I sometimes wondered why I needed a body at all. After all most of what I was doing, outside of taking notes or writing, was 100% mental. Perhaps, I used to think, the next species of human won't even have a body.



And yet, I did have a body and the one thing it cried for me to do during those years more than ever was to move. At that time I lived near the mountains, so I went hiking, rode my mountain bike or skied whenever I could. Sometimes I overdid it, but nothing really kept me from keeping my body moving.

In my opinion movement equals life. And movement is what our monkey bodies are designed for. Near my house in Bali, is a park with about 300 monkeys in it. When you go there, the one thing you notice is that these guys move all day long. I'm always amazed to see their fluid movements as they jump from tree to tree. And I'm also always amazed to see how strong and flexible they are.

I sometimes have fun comparing the monkeys to those of us humans who sit around and watch them. As a species, in general, we must look slow moving, weak and inflexible to most of this clan.

Simply put **radiant health without exercise is impossible.**

Study after study tells us that the one of the most important things in staying vibrant is to keep (or get) the body moving.

For example:

Investigators at Harvard studied 72,000 female nurses aged 40 to 65 years over an eight-year period and found that sedentary women had substantially higher rates of coronary events (death and nonfatal heart attacks) than women who were active.

An article published in 1996 in Scientific American estimated that only about two percent of cancer deaths in the United States are caused by pollution - and that more cancer is caused by lack of exercise.

In my experience, when it comes to staying active to maintain and improve health, the **simplest activities are the most powerful.**

1.

First there is **walking**, which is one of the most beneficial exercises we can do on a daily basis.

Consider that researchers have found that walking three to four hours a week reduced the risk of coronary events by 30 to 40 percent!!! It's so simple and easy and can be done anywhere, even in your living room if you have a treadmill.



2.

Another simple exercise is something that I love - **yoga**. The thing about yoga is that you don't need any special equipment to stretch and strengthen every muscle of your body.

Plus a good yoga practice will take you through a wide variety of physical motions that **increase your flexibility and resistance to injury**. This is not to mention the mental, psychological and spiritual benefits that come from practicing his ancient art.

I could go on and on about yoga and the way it makes you feel, look and act more like one of those flexible, strong monkeys at my local monkey park, but in the rest of this report I want to write about what some people call the world's ultimate exercise: rebounding.

The World's ultimate exercise: Rebounding

Rebounding or jumping on a mini trampoline is an exercise that

- **reduces** your **body fat**
- **firms** your legs, thighs, abdomen, arms, and hips
- increases your **agility**
- improves your sense of **balance**
- **strengthens** your muscles over all



- provides an **aerobic effect** for your **heart**
- **rejuvenates** your body when it's tired, and
- generally puts you in a state of **health and fitness**

Albert E. Carter writes that

“Rebound exercise is the most efficient, effective form of exercise yet devised by man.”

The Miracles of Rebound Exercise, Albert E. Carter

Proponent of rebounding and author of “Jumping for Health,” Dr. Morton Walker agrees:

“Jumping on the mini-trampoline is the ultimate aerobic exercise able to be performed anywhere, even in hotel rooms with a carryon, foldable-type rebounding device.”

And N.A.S.A. uses rebounding in its astronaut training programs because it gets results:

“...for similar levels of heart rate and oxygen consumption, the magnitude of the biomechanical stimuli is greater with jumping on a rebounder trampoline than with running...”

N.A.S.A., Journal of Applied Physiology 49(5): 881-887

Rebounding is a superior form of exercise for creating and maintaining health for 5 key reasons:

1. The rebounding motion
 - stimulates all **internal organs**
 - moves the **cerebral-spinal fluid**
 - aqueous fluid within the **eyes** (many people claim improved eyesight)
 - and does wonders for the **intestines**

Many immune cells such as T-lymphocytes and macrophages are self-propelled by amebic action. These cells contain molecules identical to those in muscle tissue.

All cells in the body become stronger in response to the increased G force during rebounding, and this cellular exercise results in the self-propelled **immune cells being up to 5 times more active.**



In simple terms, Rebounding aerobics is working with **gravity to cleanse your tissue cells and act as an oxygenator**, which, in turn, lightens the load on the heart.

2. Rebounding is a **zero-impact aerobic exercise** which

- improves **blood circulation** and
- increases the capacity of both the **heart and lungs**

With regular rebounding the resting heart rate can decline 10 beats per minute, which means 5,000 fewer heartbeats in a single night's sleep.

3. The rebounder subjects the body to **gravitational pulls** ranging from zero at the top of each bounce to 2 - 3 times the force of gravity at the bottom.

- By working against constant gravitational pressure while bouncing, you resist the Earth's pull. Your resistance is subtle, but it **builds cellular strength**.
- Rebounding's alternating weightlessness and double gravity produce a pumping action which **pulls out waste products from the cells and forces into them, oxygen and nutrition** from the bloodstream.
- Plus your **bones and muscles** can become **up to 100% stronger**.

4. The bouncing motion effectively

- **moves** and **recycles the lymph**
- and the **entire blood supply** through the circulatory system many times during the course of the rebounding session.

The lymphatic system 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 assorted junk cast off by the cells.

The movement performed in **rebounding provides the stimulus for a free-flowing system that drains away these potential poisons.**

5. Rebounding is a blast!

It's a great way to **reduce stress** and can put you into a trance like state that **boosts your endorphin** levels and **makes you feel good.**

I personally love rebounding and have had one with me now for four years. It has traveled with me from the US to Austria to New Zealand and now to Bali and has giving me hours of jumping pleasure. It's so easy to do and even when I feel tired, jumping restores my energy and elevates my mood.



Here are a few tips when you begin your rebounding practice

1. Make sure you find a **good quality rebounder**. A quality rebounder will have strong, long-lasting springs and a durable mat.

I recommend a brand called "Needak". [Click here to view](#)

2. **Start slow**, just **lightly** bouncing on the mat (no space between your feet and the mat).
3. Begin with **10 minutes** intervals once or twice a day
4. **Work toward** rebounding **for 45 minutes** 4-5 times per week

Rebounding Safety

- ⇒ If you have not been exercising regularly **start gently**
- ⇒ When you've **had enough or are tired, STOP**
Do not try to "burn" the muscles
- ⇒ Always **start and finish with simple stretching** exercises.

- ⇒ If you have **any health concerns**, please **consult your doctor** before beginning to rebound

Rebounding Benefits in a nutshell

- ⇒ Rebounding is 68% **more efficient than jogging** (as noted by NASA in a study published in the Journal of Applied Physiology)
- ⇒ **Improves digestion and elimination** of cellular waste
- ⇒ Accelerates metabolism to **burn calories** for weight control
- ⇒ **Increases oxygen uptake** and promotes detoxification via the lungs, skin, and lymph
- ⇒ Has a natural analgesic effect on the body, **relieving pain** in the neck, back, and head by increasing circulation and oxygen flow
- ⇒ **Lowers blood pressure, triglycerides, and cholesterol** naturally by increasing oxygenation and dilating the blood vessels for smoother and easier blood flow
- ⇒ **Improves circulatory disorders** by increasing cellular respiration
- ⇒ Promotes regular elimination. Exercise is known to increase metabolism and **relieve constipation**

- ⇒ Has a stabilizing effect on the nervous system thereby **reducing stress**.
- ⇒ Rebound exercising **increases endorphin** output, thereby **promoting the relaxation** response.
- ⇒ An **excellent precursor to sports training**, including golf, tennis, skiing, skating, mountain climbing, etc. "without" incurring joint trauma
- ⇒ Provides "no impact" aerobics, especially **helpful for those** that are handicapped, arthritic, elderly, or immune compromised **with limited mobility**
- ⇒ An **optimal** exercise method **for pregnant women** to stay in shape without incurring musculoskeletal trauma
- ⇒ An ideal method **for teaching youngsters coordination and balance** while encouraging physical fitness.
- ⇒ 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.

⇒ Rebounding will not incur repetitive motion injuries

⇒ **Excellent for toddlers:**

It affects balance and has a positive affect on **stabilizing right and left hemispheric brain balance.**

⇒ Has positive implications for **improving the mind/body connection, especially for Learning Disabled Children** exhibiting a poor sense of rhythm, coordination, and balance.

Medical journalist Dr. Morton Walker notes, “when you move and exercise, you engage every brain and body cell. This has a profound and positive impact on **stimulating neural activity.**”

Some Fun Rebounding Exercises:



Jumping



Leg extensions



Jogging



Abdominals



Dancing



Twisting



Aerobics



Walking



Bouncing with support



Stepping



Lifting weights



Bouncing and lifting weights



Jumping jacks

The Newest Way To Rebound:

I just discovered these amazing new rebounding shoes called Kangoo Jumps. Originally designed for runners, they are being used by all sorts of people to get fun, low impact rebound exercise. See more information on www.kangoojumps.com



Rebounding Resources

Books:

The New Miracles of Rebound Exercise
By Albert E. Carter.

Rebound Exercise - The Ultimate Exercise for the New
Millennium by Albert E. Carter.

The Cancer Answer
By Albert E. Carter.

Jumping for Health: A Guide to Rebounding Aerobics by Morton
Walker.

Harry and Sarah Sneider's Olympic Trainer: Fitness Excellence
through Resistive Rebounding by Harry Sneider and Sarah
Sneider.

Rebounding to Better Health: A Practical Guide to the Ultimate Exercise by Linda Brooks.

Websites:

www.rebound-exercise.com

www.reboundair.com

www.freedomspring.com

www.starbounding.com

www.ultimate-rebound.com

www.kangoojumps.com

Again [Click here to view](#) the rebounder I recommend.

Happy Jumping!



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