



Rebound to You

Each of us lives full days. As a Holistic Realtor and Lifestyle Consultant, I can testify to this. As we are waking from our night's slumber, our mind, body and spirit needs activation. Without this activation, we move through our morning not feeling fully awake. A simple way to create this activation is through Rebounding. Throughout my busy life as a momma, partner, daughter, sister, friend, Holistic Realtor and Lifestyle Consultant, I have utilized my go-to movement and time with self through Rebounding on my small, mini-trampoline.

By working against constant gravitational pressure while bouncing, you resist Earth's pull. Your resistance is subtle, but it builds cellular strength. Rebounding's alternating weightlessness and double gravity produce a pumping action that pulls out waste products from the cells and forces into them oxygen and nutrition from the bloodstream.

Jumping on a rebounder is remarkably gentle on the joints. There's no solid ground to suddenly stop the bouncing of your feet. Your movements are perfectly safe, and they make the effect of gravity beneficial.

Rebounding For Immune System Benefits:

The rebounding motion stimulates all internal organs, moves the cerebral-spinal fluid and the aqueous fluid within the eyes (many people claim improved eyesight), and does wonders for the intestines and the immune system. Immune cells such as T-lymphocytes and macrophages are self-propelled by amoebic action. These cells contain molecules identical to those in muscle tissue and engulf and eliminate viral, bacterial and cancer cells. As such, the 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 five times more active.

The Detoxification Effect of Rebounding:

As we age, our body may become more toxic due to the pollutants in our foods and environment. Our cellular structure becomes compromised, and our cells are being robbed of the correct oxygen, mineral and nutrient compounds that they need to stay healthy.

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The lymphatic system is the metabolic garbage can of the body. It rids you of toxins such as dead and cancerous cells, nitrogenous wastes, infectious viruses, heavy metals, and other assorted junk cast off by the cells. Our lymph system bathes our cells, carrying nutrients to the cell and waste products away. Yet the lymph is totally dependent on physical exercise to move. The lymph fluid moves through channels called “vessels” that are filled with one-way valves, so it always moves in the same direction. The main lymph vessels run up the legs, up the arms and up the torso. Without adequate movement, the cells are left stewing in their own waste products and starving for nutrients, a situation that contributes to arthritis, cancer and other degenerative diseases. The movement performed in rebounding provides the stimulus for a free-flowing system that drains away these potential poisons.

Unlike the arterial system, the lymphatic system does not have its own pump. It has no heart muscle to move the fluid around through its lymph vessels. There are just three ways to activate the flow of lymph away from the tissues it serves and back into the main pulmonary circulation. Lymphatic flow requires muscular contraction from exercise and movement, gravitational pressure, and internal massage to the valves of lymph ducts. Rebounding supplies all three methods of removing waste products from the cells and from the body. Vigorous exercise such as rebounding [jumping on a therapeutic mini-trampoline] is reported to increase lymph flow by 15 to 30 times.

The Muscular Effect of Rebounding:

As we all know, our bones and muscles become stronger with exercise. Vertical motion workouts such as rebounding are much different and much more beneficial and efficient than horizontal motion workouts, such as jogging or running.

James White, Ph.D., director of research and rehabilitation in the physical education department at the University of California at San Diego (UCSD), has explained how jumping for health offers a true physical strengthening effect to the muscles. “Rebounding allows the muscles to go through the full range of motion at equal force. It helps people learn to shift their weight properly and to be aware of body positions and balance,” says White. An advocate of rebounding for athletic conditioning, White uses the rebounder in his rehabilitation program at UCSD. “When you jump, jog, and twist on this [jumping] device, you can exercise for hours without getting tired. It’s great practice for skiing, it improves your tennis stroke, and it’s a good way to burn off calories and lose weight,” says White. White adds that jumping for health is more effective for fitness and weight loss than cycling, running or jogging, and it has the added advantage of producing fewer injuries. 20 minutes of rebounding benefits our cardiovascular system and equals 1 hour of running.

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Digestive Benefits of Rebounding:

As we mentioned before, the rebounding motion stimulates all internal organs, to include the digestive system. The steady bounce sets up a pulsating rhythm transmitted by the nervous system to the brain area responsible for regulating the intestinal system, which reestablishes one's rhythmical bowel activity. The gentle bounce of rebounding is effective in returning natural, regular bowel movements to chronically constipated persons.

In summary, rebounding with proper dietary considerations reduces our body fat; firms our legs, thighs, abdomen, arms, and hips; increases your agility; and improves your sense of balance. Rebounding strengthens our muscles overall, provides an aerobic effect for your heart, rejuvenates our body when it's tired, and generally puts us in a state of health and fitness. Try it today and you may find that Rebounding becomes a life-long habit.

Namaste, *Lorraine*

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