

Why Rebounding Is So Beneficial

My favorite form of exercise is rebounding on the mini-trampoline. I can rebound several times a day while I'm listening to podcasts on my ipod or watching television.

The typical rebound mini-trampoline is about 3' in diameter and 9" high. It is safe, easy to use, and effective. Research has led some scientists to conclude that jumping on a mini-trampoline is possibly the most effective exercise yet devised by man, especially because of the effect rebounding has [on the lymph in the body](#).



Most importantly, rebounding is FUN, so we stick to it! Have you ever noticed how children naturally enjoy jumping on a bed? Just as the astronauts experience while floating in space, your body is in a state of weightlessness at the top of the bounce.

The mini-trampoline 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, depending on how high the person is rebounding. Unlike jogging on hard surfaces which puts extreme stress on certain joints such as the ankles and knees eventually damaging them, rebounding affects every joint and cell in the body equally. Plus, there are no cars, dogs, and bad weather to worry about.

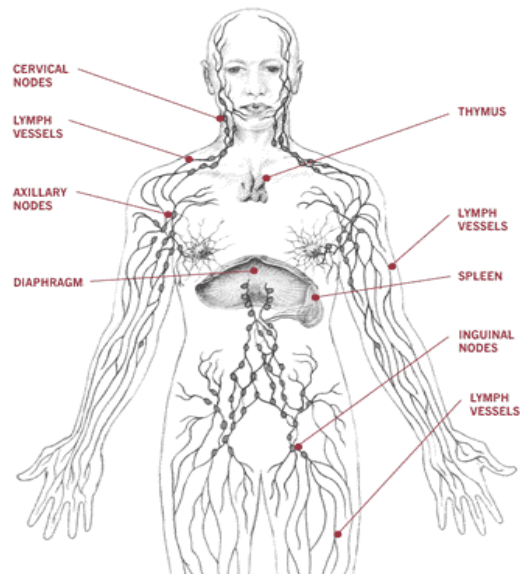
Rebounding may be used effectively in conjunction with niacin use to help [detoxify fatty tissues](#).

Mini-Trampoline Exercise Good For Lymphatic System

The human body needs to move. The [lymph system](#) bathes every cell, carrying nutrients to the cell and waste products away. Contrary to blood which is pumped by the [heart](#), the lymph is totally dependent on physical exercise to move. Without adequate movement, the cells are left stewing in their own waste products and starving for nutrients, a situation which contributes to [arthritis](#), [cancer](#) and other degenerative diseases as well as aging. Vigorous exercise such as rebounding is reported to [increase lymph flow by 15 to 30 times](#).

The lymph fluid moves through channels called "vessels" that are filled with one way valves, so the lymph always moves in the same direction.

The main lymph vessels run up the legs, up the arms and up the torso. This is why the vertical up and down movement of rebounding is so effective to pump the lymph.



Restrictive clothing prevents the flow of both blood and lymph. Wearing a bra to prevent sagging [breasts](#) actually weakens the muscles and connective tissue which helps to create sagging [breasts](#). The free movement of the breasts during walking and exercise helps to pump the lymph through the breast tissue.

Hours in a Bra Per Day*	Chance of Breast Cancer *
24	75.00% (3 out of 4)
>12 (but not while sleeping)	14.28% (1 out of 7)
<12	00.66%(1 out of 152)
0 (or rarely)	00.60% (1 out of 168)

*Singer and Grismaijer, 1995.

Rebounding For Detoxification And Immune System Benefits

The rebounding motion stimulates all internal organs, moves the cerebral-spinal fluid, and is beneficial for the intestines. Many [immune cells](#) such as T-lymphocytes and macrophages are self-propelled through 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. These immune cells are responsible for eating viruses, bacteria and even [cancer](#) cells, so it is good that they be active. Jumping on a mini-trampoline directly strengthens the [immune system](#), so it's a big deal!



When the outer coating of [cancer](#) cells has been dissolved by the enzymes [trypsin](#) and chymotrypsin, the immune cells attack the cancer cells. Therefore, supplementing one's [healing diet](#) with enzymes, combined with rebound exercise are a useful way to combat cancer.

The Mini-Trampoline and Safety

Everyone should start with the gentle "health bounce" which means your feet remain IN CONTACT with the mat while the body moves up and down. The health bounce is sufficient to obtain all the benefits of rebounding while gently strengthening the entire body. The health bounce can be done while talking on the phone, listening to podcasts on your ipod or watching TV. It is recommended that you do your rebounding with bare feet so you do not slip.



Adults can start with 5 minutes of rebounding and increase their time as their fitness level improves. Seniors can start with 2 minutes several times

per day, with at least 30 minutes between rebounding sessions. It's necessary for older people to start gradually in order to give the connective tissue holding the internal organs in place time to strengthen. This prevents the possibility of "prolapsed organs" - the only contraindication to rebounding reported in the medical literature. Therefore increase your rebounding time gradually.

Inactive seniors find that gently jumping on a mini-trampoline gives them renewed vigor and zest for life. Hyperactive children are reported to calm down after a few days of rebounding. Rebounding is for everyone and people can use the rebound mini-trampoline whenever they have a few minutes during the day.

The Many Benefits of Rebounding

Rebounding is an exercise that reduces your body fat - which is highly beneficial for [diabetes](#) and a host of [other diseases](#), provides an aerobic effect for your [heart](#), and gives your body energy when it's tired. I jump on my mini-trampoline when I NEED energy, not just when I HAVE energy!

You can easily jump on your mini-trampoline in your living room, your office, or in your backyard. The traveler may wish to carry a portable rebounder around so they can rebound in their hotel room. Rebounding is the most convenient form of exercise around.



Daily Rebounding Offers Numerous Specific Health Benefits:

1. It increases the capacity for breathing.
2. It circulates more oxygen to the tissues.
3. It helps combat depression.
4. It helps normalize your blood pressure.
5. It helps prevent cardiovascular disease.
6. It increases the activity of the red bone marrow in the production of red blood cells.

7. It aids lymphatic circulation, as well as blood flow in the veins of the circulatory system.
8. It lowers elevated cholesterol and triglyceride levels.
9. It stimulates the metabolism, thereby reducing the likelihood of obesity.
10. It tones up the glandular system, especially the thyroid to increase its output.
11. It improves coordination throughout the body.
12. It promotes increased muscle fiber tone.
13. It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise.
14. It enhances digestion and elimination processes.
15. It allows for easier relaxation and sleep.
16. It results in a better mental performance, with sharper learning processes.
17. It relieves fatigue and menstrual discomfort for women.
18. It minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
19. It tends to slow down aging.

People who jump on a mini-trampoline a few times a day for a minimum of 10 minutes each time find they're able to work longer, sleep better, and feel less tense. The effect is not just psychological, because the action of bouncing up and down against gravity is one of the most beneficial aerobic exercises ever developed.

Rebounding's Oxygenating Effect

If you have a resting heart rate of less than 60 beats a minute, don't smoke, don't have chest pain, eat a [healing diet](#), and engage in rebounding for 40 minutes or more daily, at least 5 days/week, theoretically it's not likely that you'll ever develop a [heart problem](#) if you have none now. Every day that you rebound for 40 minutes on a rebounder helps you to attain your heart rate target zone.

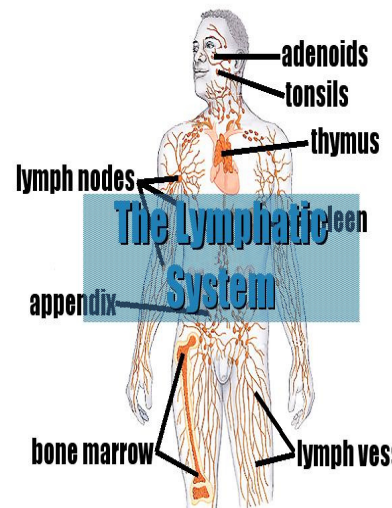
Jumping on a mini-trampoline offers the ideal low-impact aerobic effect because it qualifies as an oxygenating exercise. Rebounding might be considered a precursor exercise for better achieving [the oxygen therapies](#).

The Detoxification Effect of Rebounding

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.

Rebounding is a [lymphatic exercise](#). As stated earlier, rebounding has the same effect on your body as jumping rope, but without any jarring effect to the ankles, knees, and lower back that comes from hitting the ground.

Arterial blood enters the capillaries in order to supply the cells with fresh fluid containing food and oxygen. Rebounding's bouncing motion effectively moves and recycles the lymph and the entire blood supply through the body many times during the course of the rebounding session.



Rebounding's Stabilizing Effect on the Nervous System

Jumping on a mini-trampoline - along with [yoga](#) and [deep breathing](#) - is an excellent way to reduce stress. It can put the bouncing person into a trance-like state and provide wonderful relaxation. Jumping for health and fitness not only stabilizes the nervous system during the exercise session, but continues to help maintain a relaxed disposition even after one steps off the trampoline. The result is increased resistance to [environmental](#), physical, and emotional stress. This is kind of thing which helps a person avoid psychosomatic disease and [depression](#).

Rebounding and Children

Children instinctively enjoy jumping around. They take to mini-trampolines like fish to water. One of the best things you can do to help instill the love of exercise in your child is buying a mini-trampoline, which sits around in the house and is always available for family members to use. Jumping on a mini-trampoline is one small step we can take toward solving our national epidemic of [diabetes](#) and [obesity among children](#).