LYMPHATICS

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.

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. Bouncing on a mini-trampoline offers many benefits to one’s lymphatic system and overall health. Let’s examine those.

Why is rebounding so beneficial? Rebounding on a mini-trampoline affects every organ and is directly related to the efficiency of the lymphatic system and the immune function. The lymphatic system is a defense mechanism against infection, viruses, bacteria and disease. It is comprised of fluid, vessels and ducts. Provided the lymphatic system is functioning at its peak, it clears toxins we absorb from our environment, wastes and infection from all tissues of the body through proper flow and drainage.

Mention the cardiovascular system and most people have a pretty good idea of what it is and how it functions. But although the lymphatic system is vitally important to our health, most people don’t understand it or even know what it is…

The cardiovascular system delivers life-giving oxygen and nutrients to all of the body’s cells and is connected up to a very strong pump – the heart. Similarly, **the lymphatic system is also connected to every organ in the body, but its function is completely different from that of the cardiovascular system.** The lymphatic system is the “garbage collector”, sucking up metabolic garbage, and toxins from the extracellular fluid of every organ. If this flow is impaired, the fluid becomes thick and toxic The cells which rely on the lymphatic system for

elimination become less efficient and sluggish as they fill with their own waste. The lymphatic system – which in a healthy person is a life-sustaining system – now becomes a breeding ground for infection. When the fluid enters the bloodstream, which is part of the normal process, infection can now spread to any organ in the body. Many viruses, bacteria and parasites stay locked within the lymphatic system when it is in a sluggish state. The result: degenerative disease and an increase in the rate of aging.
The lymphatic system is not connected to the heart, therefore it has to rely on some other activity to create the necessary "pumping action" it needs to circulate. The most important ways of increasing lymphatic circulation are:

- massage
- vigorous exercise

The lymphatic system is filled with millions of one-way valves, which allows the lymph fluid to flow in only one direction – usually upward away from gravity. Almost anything which can stimulate the movement of lymph fluid inside the lymph vessels is beneficial, but the most efficient way to stimulate the flow of lymph fluid is by REBOUNDING on a mini-trampoline. The up and down rhythmic bouncing causes all of the one-way valves to open and close simultaneously, increasing lymph flow as much as 15 times. Rebounding is a highly beneficial form of exercise.

Let's talk about the eliminative organs, such as the bowels, kidneys, lungs, lymph system, or skin, for example. When a foreign substance is present, the body's first reflex is to expel or eliminate it. When this elimination is suppressed by any means such as taking pharmaceutical drugs, for example, some of the foreign matter gets pushed back into the system. As elimination is blocked, the very substances the body is trying to eliminate become stored within the body, causing any number of disease symptoms. the body then becomes toxic. When this happens, the degenerative disease process begins.

Many people have badly congested lymphatics and don't even know it. At this time in our country the lymphatic system is the most over-looked system of the human body. In Europe stimulation of the lymph flow is the fourth most commonly prescribed medical treatment. Most U. S. healthcare practitioners seldom consider the lymphatic system's critical role in preventing illness or its importance to the over all healing process. Some of the organs that are part of the lymphatic system are lymph nodes and lymph veins, the tonsils, adenoids, appendix and the spleen and you know what happens to those parts of the body whenever surgeons get close to them. Swollen glands, with which most of us are familiar, are symptomatic of blocked lymph nodes, which indicate a breakdown in the mechanical functioning of the lymphatic system. This may not be observed if one's tonsils and/or adenoids have been removed.

<u>Other examples of congested lymphatics are:</u>

- Allergies
- Prostatitis
- Chronic Sinusitis
- Heart disease
- Eczema and other skin conditions
- Loss of Energy
- Fibrocystic disease
- Chronic fatigue
- Repetitive parasitic infections
- Multiple Sclerosis
- Edema
- Lupus
- Inflammation
- High blood pressure
- Viral infections
- Bacterial infections
- Low back pain
- Cancer
- Arthritis
- Headaches
- Excessive sweating
- Obesity