

## **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.

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. Then arterial blood enters the capillaries in order to furnish the cells with fresh tissue fluid containing food and oxygen. 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.

Rebounding is a lymphatic exercise. As stated earlier, it 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. Better than rope jumping, however, the lymphatic channels get put under hydraulic pressure to move fluids containing waste products of metabolism around and out of the body through the left subclavian vein.

## **Benefits of Rebounding**

Some are calling rebounding the "best all around exercise" and there are good reasons for this claim.

It circulates more oxygen to the tissues.

- It increases the capacity for respiration.
- It establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
- It causes muscles to perform work in moving fluids through the body to lighten the heart's load.
- It tends to reduce the height to which the arterial pressures rise during exertion.
- It lessens the time during which blood pressure remains abnormal after severe activity.
- It holds off the incidence of cardiovascular disease.
- It increases the functional activity of the red bone marrow in the production of red blood cells.
- It aids lymphatic circulation, as well as the flow in the veins of the circulatory system.
- It encourages collateral circulation.
- It stimulates your body's metabolism.
- It strengthens the heart and other muscles in the body so that they work more efficiently.
- It allows the resting heart to beat less often.
- It lowers elevated cholesterol and triglyceride levels.

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