



Wisdom for Healthy Living

REBOUNDING – The Miracle Exercise and BALANCING ACT



Why is it important to daily move and exercise?

Due to our new modern unnatural, stationary, stressed, time constraint and busy schedules with mostly sitting and passive work environments that most of us are exposed to, meaning that we became slowly but surely, unfit, weaker and sadly congested and loaded with toxins. Modern man does not realize the full importance of movement and the consequences for the lack of it.

On the contrary, two hundred years ago, people were much more active and movement and natural exercise was part of one's daily activities. For example to gather food, today most city dwellers do not walk nearly the same distances as our predecessors in the search for food. Since the invention of the wheel and later on automobiles we drive everywhere. It is now so easy, as we need limited to no physical effort, we either; buy online while sitting, or drive your automobile while again sitting to collect our food supply. Not so long ago, it was completely different, there was always work, movement and labour involved to put a meal on the table.

WHY - WE NEED MOVEMENT?

1. To develop and maintain strong and fit muscles to support our skeletal structure.
2. To activate one of our primary cleansing systems, called the LYMPHATIC SYSTEM.



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Your lymphatic system = Your cell dish-washing system

Skin-deep there is an invisible system that helps cleansing and detoxifying the body. The lymphatic system consists of a network of tubes with one-way valves filled with transparent lymphatic fluid. Their job is to continuously bathe and cleanse your trillions of cells. They then continuously carry away the toxins and wastes to special filters called lymph nodes where they can be processed or detoxified. Unlike the blood in our bodies that has a pump to keep it moving, the circulation of the lymphatic fluid depends on movement and gravity.

Movement is ESSENTIAL for an optimal functioning lymphatic system.

The less movement, the more stagnant the lymph system becomes. Toxins build up and accumulate resulting in the body becoming more toxic, 'dis-eased', immune compromised and lethargic. Many people have sluggish lymphatic systems and don't even realise it. Swollen lymph glands are one obvious sign of this.

Some other common complaints that are possibly linked to blocked or congested lymphatic system are allergies, chronic sinusitis, high blood pressure, lack of energy, arthritis, and headaches.

GO NATURAL'S SUGGESTIONS

For a proper detox and cleanse implement the GO NATURAL Recovery Protocol, implementing a clean true food diet and lifestyle and in parallel start moving in order to kick-start the lymphatic system so that it can wash and cleanse the dirty cells.

Get into the discipline of exercising and remember – "success is not an event it is a habit".

If you simply do not have 30 minutes-1hour per day for movement, running, cycling or your favorite exercise then we offer you a wonderful, efficient and sustainable alternative called REBOUNDING.

Rebounding is a 3 in 1 EXERCISE – Movement – Lymphatic drainage - Balance

Rebounding, is arguably the MOST effective way to do a full body workout in 5 - 10 minutes but in parallel it helps your lymphatic system to flush out toxins, boost immunity and energy levels.

While rebounding, the **whole body** exercise where **EVERY SINGLE CELL** is rejuvenated and oxygenated, in your muscles, bones, eyes, heart, lungs, kidneys, ears, glands - everything!

Albert E Carter, Olympic athlete, journalist and lifelong rebound researcher has claimed that rebounding to be "THE MOST EFFECTIVE EXERCISE YET DEvised BY MAN".

In just 2 minutes of rebounding – the entire lymphatic system is flushed out and the white blood cell count nearly triples, providing a greater defense system to destroy cancer cells. Linda Brooks – Certified Reboundologist, Authority on Rebound Exercise and author of many Health and Rebounding Books, including "Rebounding to Better Health".



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Other BENEFITS OF REBOUNDING

1. A complete full body workout
2. Cost effective
3. Time saving, you only need 5- 10 minutes per day
4. It strengthen your core
5. Help with balance
6. Soft on your joints, low impact exercise
7. Boost immunity by activating your white blood cells
8. Helps cancer patients to detox and recover
9. Weight loss program in parallel with Go Natural's RECOVERY PROTOCOL.

A rebounder is the best, most effective and affordable way to get the lymphatic fluid flowing. Besides this it is an effective exercise in that it also helps you to sweat so that your skin can eliminate toxins. My experience is that exercising on the rebounder also improved my balance and coordination. There is much more to be said about a rebounder and lymphatic drainage. I would seriously recommend investing in a rebounder. There are many rebounders on the market, a word of advice; go and test some of them, but rest assured you will always revert back to a professional one, as they are far more comfortable on the joints and won't injure you and as a bonus they last longer. It is compact and an effective exercise apparatus with numerous other health benefits.

God Bless

Johan