

LYMPHACISING

Lymphatic stimulation exercise - By Mike Flavell and Margaret Read

Most people are familiar with rebounding, which is jumping up and down on a mini trampoline. Lymphacising, on the other hand, although almost the same in outward appearance to rebounding is actually a science that benefits the health of your body, mind and spirit and is facilitated by the action of rebounding.

The father of lymphacising, Dr Samuel C West, and author of the Golden Seven Plus One, defines lymphacising "as a new science that reveals the mental, nutritional and physical laws of health which man must obey to keep the blood proteins circulating via the lymphatic system".

One of Dr West's major influences was Dr Arthur C Guyton, a lymphologist who wrote in the second edition of his medical text, *The Textbook of Medical Physiology*, *that all of the chronic (long lasting) pain and suffering that comes as the result of an accident, as well as the pain, suffering and death from disease, is caused from a lack of oxygen in the cells.*

The physical activity associated with lymphacising is the rhythmic moving of the body up and down on a specially designed circular sprung mat. This, together with exhaling and inhaling in tune to the vertical movement of your body, creates an electromagnetic energy field around your body. The main thing that activates your lymphatic system is the rhythmic breathing: exhalations eliminate the waste and toxins, while breathing in takes the lymph fluid to the subclavian veins.

The Lymphatic System

The lymphatic system is the system that removes the dead cells, poisons and toxic wastes from your body. If the lymphatic system does not function efficiently, the dead cells and other toxins stay in your body. Unlike the fluid that flows through your arteries and veins, your lymphatic system does not have the heart to pump its fluid around the body, therefore it relies on movement and deep breathing to maintain the flow. For the mechanically minded, the lymphatic system is like a series of by-pass filters and when one section gets blocked up, the next one has to take over. Many diseased cells, therefore, find their first home in the lymphatic system.

How Do You Lymphacise?

Facing either north or south depending on where the best view is, start with both feet in the middle of the mat about 10cms apart and commence moving vertically - sufficiently to feel the heels just leaving the mat so that you are in a comfortable rhythm.

The lymphatic breathing is achieved by eight breaths out through the mouth, followed by four breaths in through the nose. When you get fitter, you can increase this to 20 out and 10 in breaths. Breaths out and in are performed at the bottom of the stroke. Why more breaths out than in? What you want to achieve is a sub-atmospheric (vacuum) condition in your system, which assists in pulling the toxins from the areas where they build up and develop into diseased cells.

When first starting the lymphacising process, you may feel a little giddy. This is the result of more oxygen moving throughout your body. Older people should hold onto a chair, mantle or something of an appropriate height for added stability. You will feel the difference within a few days.

The Effects of Lymphacising

Improved flow of energy through the body.

You face north or south in order to align yourself with the earth's magnetic field. By moving vertically, you are creating your own energy field, which enhances the flow of energy throughout your body's meridians. Each healthy cell in your body has a minute sodium/potassium battery pump which, if in balance, will keep the cells in good health. In an unhealthy cell, the sodium/potassium ratio is out of balance and, if allowed to accumulate, will result in disease and eventually death. The electromagnetic energy flow from the resultant energy field will help maintain the electrical energy at cell level, which may explain the regenerative effects that are often reported by people with diseases, after following a regular lymphacising routine.

Provides cardiovascular exercise

Lymphacising puts the cardiovascular system under some pressure by gently lifting the heart rate, which means that lymphacising is a mild form of aerobic exercise like jogging on your mat, then revert back to lymphacising to help drain that lactic acid build-up.

Increases movement of lymphatic fluids through the body

The gentle rhythmic motion, coupled with correct breathing, moves body fluids through the lymphatic system more effectively than any other of movement. An important feature of the lymphatic system is the existence of the one-way valves that open and shut. These are made more effective with the gentle and rhythmic

vertical movement of lymphacising. On the up bounce, body fluids are forced down under gravity, closing the valves, while on the down bounce, valves open as body fluids move upward. This, together with lymphatic breathing, enhances the movement of fluids through the lymphatic system.

Maintains flow of oxygen in the bloodstream

Maintaining a good flow of oxygen into the bloodstream is greatly enhanced by lymphatic breathing. It is common knowledge that asthmatics experience difficulty breathing out in order to make room for a breath in. It makes sense that if the body is trained and becomes accustomed to breathing out before breathing in, the potential for the onset of an asthma attack is going to be reduced. This is no different to a sports person training for an event whose body reacts instinctively to the demands of the sport. The breathing out also relaxes the muscles and reduces tension - which is great for relieving anxiety and tension around the neck and shoulders.

Improves posture and releases stress

Lymphacising, along with massage, improves posture thus allowing energy to flow through the body, which has the effect of reducing pain associated with poor posture and body alignment.

Regular lymphacising results in gradual posture improvement without resorting to chiropractic alignment methods which, if not performed regularly and skillfully, result in minimal change to stress-related posture problems. When stress occurs, we experience an ever-so-slight muscle tensioning that can lead to hip-height differences, arched backs and strained neck muscles giving the typical head forward stoop. (Try doing some crowd watching and observe the number of people with poor posture - you will be amazed!) The writers of this article both experienced height measurement increases of one centimetre as a direct result of posture improvement after about six months of lymphacising.

Reduces toxic build-up in the muscles

Lactic acid resulting from adrenalins induced by excessive exertion or high emotion will settle in muscle tissue leading to muscle pain. Toxins that settle in joints cause erosion and will also eventually lead to pain. Lymphacising reduces the amount of toxic build-up by keeping the toxins flowing, eventually passing them as waste. Massaging while lymphacising will normalise the muscle tissue, allowing correct posture to be regained. Your body is a self-regulating organism eternally seeking balance and harmony. Any pain is lack of oxygen at the cell level and is the body's way of telling you that there is an imbalance, which requires attention. As you

stand more erect, it makes sense that proper communication between all the organs, muscles, nerves, etc can be re-established.

Strengthens the pelvic area and stomach muscles

Lymphacising strengthens the pelvic floor area and stomach muscles, promotes healthy skin and helps to improve your shape. It can be done during and post pregnancy but keep it gentle. Babies love lymphacising!

Provides low impact exercise for all ages

The gentle rhythmic motion of lymphacising is a great way for people of all ages to exercise without jarring joints, which is particularly important for people with any arthritic condition.

For the incapacitated or those confined to a wheel chair, just sit or lie on the mat of the rebounder/lymphaciser and gently thrust your back and hips, making sure to incorporate the breathing at the same time. If a person or a baby cannot generate their own momentum off the mat, then some one can stand over them and gently - bounce above them.

People who lymphacise report increased energy, better body shape, improved sleep, regular bowel movements and fewer illnesses. There are documented cases of sustained relief from many diseases, particularly when combined with proper fluid intake, whole food nutrition, some meditation and an exercise program which many involve no more than walking.

Ideal time of day to lymphacise

A great time to lymphacise is first thing in the morning for 10 to 20 minutes. This has the added advantage of getting the bowels moving at a regular time. Some people report improved sleep by lymphacising for five minutes just before going to bed, particularly if the next day has plenty of activity which may keep you awake with worry.

So why look after the lymphatic system?

Along with some of the features mentioned previously, the lymphatic system performs three basic functions, Firstly, it helps maintain fluid balance in the tissues. Approximately 30 litres of fluid pass from the blood capillaries into the interstitial spaces back into the blood capillaries.

The lymphatic system also absorbs fats and other substances from the digestive tract and is part of the body's defense system. The lymph nodes filter lymph (a

thin, milky fluid) and the spleen filters the blood, removing microorganisms and other foreign substances.

Like any other activity associated with health, only looking after one of our lifestyle habits will not solve all health problems. There needs to be attention given to other areas such as nutrition, sleep, relationships and unresolved matters that may be contributing to some health issues. Lymphacising will, however certainly enhance your health when performed regularly in a pleasant environment.

So bring the old rebounder out of the shed, get it back from the person you lent it to, or go and buy a new one. There are several rebounders on the market varying in price from \$60 for a cheap import to \$650 for the best lymphaciser.

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