

**Of all the types of exercise available, I have concluded that the very best form of exercise is rebounding or using a small mini-trampoline, called a rebounder. -Dr. Gus. J Plesh. Jr. M.D.**

This form of exercise is different from other physical activities because it puts gravity to work in your favor. It has many advantages over "regular" exercise. By subjecting each of the sixty trillion cells in your body to greater gravitation pull, waste products are squeezed out and nutritional elements and oxygen are drawn into the cells. The cells function more efficiently, the metabolism increases to its maximum. With this form of exercise, the membranes around each cell become stronger as they demand more protein from the body. These thicker membranes are better able to fight off foreign invaders like germs, toxins, poisons, and other pollutants more effectively. Here, everything improves: the blood, the brain, the lungs, the muscles, all the internal organs, those of the senses, and even more.

Rebounding exercise will increase the vital capacity (can handle more oxygen) of your lungs and more oxygen will be delivered to the body tissues and better absorption of oxygen will result — There appears to be a faster gaseous exchange within the lungs. The red blood cell count, as well as more blood, is pushed through these vessels. The heart muscles work more efficiently and collateral circulation improves. The result is that more oxygen is carried to the heart muscle. Elevated blood cholesterol and triglyceride levels tend to come down, and the good cholesterol levels increase.

Rebounding also strengthens the adrenal glands so that more severe stresses may be handled by the body. Your metabolism is enhanced and there is better absorption or nutrients from food intake. Digestion, appetite and elimination all get better. This type of exercise also tends to decrease any tendency for blood clotting or coagulation in the blood vessels. Many scientists believe that a prime cause or contributing factor of cancer is lack of oxygenation of the cells, and exercise is the main way to bring oxygen into the blood with which to bathe the cells.

**I feel the most important benefit of rebounding is its effect on the lymph system.**

## THE LYMPH SYSTEM

The lymph system is another circulatory system within the body and it is the system that drains and removes toxins, poisons, and waste products from between each individual cell and delivers these waste products to the lymph nodes and that part of the immune system that destroys and eliminates toxins, bacteria, poisons, and other products that get in your body. In one sense, the lymph system is the metabolic garbage can of the body. It gets rid of toxins, dead cells, cancer cells, waste products, trapped proteins, pathogenic bacteria, and viruses, heavy metals, and assorted junk products that the cells need to get rid of.

Your circulatory system (heart, blood vessels, and blood) delivers food and oxygen to your cells, and the products of cell metabolic breakdown must be drained away with its load of waste through the lymph vessels. Now, unlike the artery system, the lymphatics do not have their own pump. There are only three ways to activate the speed up of the flow of lymph away from the tissues it serves and back into the main circulation. Lymphatic flow requires muscular contractions from exercise and movement gravitational pressure and internal messages to the one-way valves that are present in these lymph vessels.

During exercise, the rate of lymph flow can increase to as high as three to fourteen times normal because of increased activity. An increase in tissue fluid protein increases the rate of lymph flow and this washes the proteins out of the tissue spaces, automatically returning the protein concentration to its normal low level. If it were not for this continual removal of proteins, the dynamics of the capillaries would become so abnormal within only a few hours, that life could no longer continue. There is certainly no other function of the lymphatics that can even approach this importance.

### HOW DOES A REBOUNDER HELP THE LYMPH?

As the lymphatic vessels have one-way valves in them, and the lymph flow only one way (towards the heart) when one jumps up on the rebounder, the lymph is thrown up also and cannot go back down the vessels because of the one way valves. This acts as a suction pump to pull out and suck out the lymph with accumulated toxins between the cells and return it back to the circulation where it is supposed to be.

## IS THE HEALTH CIRCULATOR FOR YOU?

**Arthritis?** ...."I was having arthritic trouble with my right knee.....taking cortisone...couldn't straighten out my knee completely. After bring introduced to the Health Circulator..." I've need any cortisone and my right knee is no longer stiff. ...My doctor thought it was fine...."

Mr. J. W. Wichita Falls, (age 72 years)

**High Blood Pressure?**....." I had high blood pressure about two years ago---really dangerously high---A friend introduced me to the Health Circulator....Sure enough, my blood pressure did start to go down.....I had much more energy too...."

Mrs. N.M...Dallas , Tx.

**Migraine?**....." I haven't had a migraine since I started using my Health Circulator!"

Mrs. R.M....Calvert.

**Rehabilitation?**..." Following my knee injuries and surgery, Dr. Pat Evans (Dallas Cowboys Team Physician) recommended rehab work on the Health circulator, and I felt immediate success. Dr. Evans said if I did any running it had to be on the Health Circulator's specially engineered softer surface".

Ms. J.A.W.....Wichita Falls...tennis pro.

**Diabetes?** ...." I was diagnosed diabetic over 14 years ago. Eight years ago I had to start using insulin by injection. Two months ago I started using the Health Circulator, and now I'm off insulin".

Mrs. A.W. ...Ryan, Okla. USA.

**Weight Control?**...." In the first 11 days use, doing nothing more than the gentle bounce in the morning and two minutes in the evening, I have lost 11 pounds and approximately 2 inches around the waist. I also feel better than I have in months, and am sleeping better at night".

Mr. H.F....Mineral Wells, USA.

**QRA?**..the Health Circulator is the only one that gives a positive QRA every time!".....

Dr. David Cohen. New York

**Quality?**... I purchased many Health Circulators. I use it for my patients. It is an amazing therapeutic masterpiece. I am a Shiatsu Reflexologist & Kenesiologist, balancing brain chemistry, etc. I highly recommend this circulator I purchased from the Health Circulator Corp. There are many different circulators that I purchased. They are not working as this one works.

Evelyn B. Schwarzman, Lakewood, N. J. USA.



# STEP UP TO THE LIFE ZONE





# HEALTH circulator

Easy...Enjoyable...  
Economical...Effective  
...That's exercise on the Health Circulator

exercise all the muscles of the body by causing them to stretch, after stretching the muscles automatically contract

prevent bone & cartilage, muscle & connective tissue from compressional stress that is associated with some forms of exercise

increase the movement of the skin & tissue throughout the body by natural massage. This firms the skin & body tissue

promote cleansing of the arteries & cardiovascular system by increasing blood circulation

increase lung capacity and oxygen utilization throughout the entire body.

help reduce & control proper body weight

increase the digestive & eliminative functions of the body system through stimulation of the vital organs

prevent adrenal shock generally associated with other forms of exercise & sport

enhance & maintain good health & physique

## MUCH MORE THAN EXERCISE

The Health Circulator is a major breakthrough in physical therapy. It provides a way to use all of the body muscles and tissue at the same time. The great volume of muscle movement creates a natural demand for oxygen. Just a few minutes on the Health Circulator helps to develop and sustain a greater lung capacity.

The Health Circulator is the BEST... provides the most effective exercise

[www.healthcirculator.com](http://www.healthcirculator.com)