



Spring into the New Year...

JUST MOVE!

Marlenea La Shomb, N.D., LMT,
Certified Reboundologist & Movement Specialist

Did you know, statistically speaking, that lack of movement is now being considered our number-one cause of disease? Your mitochondria are the key workers in your cells. They need oxygen to do their chores, and they *multiply* with movement and use. Dr. Jerry Tennant, MD, ND, reminds us that moving the arms activates energy for the lungs and heart. Moving the legs activates and massages all the organs located from the diaphragm and below.

Studies and research have proven that children learn better on their feet and when moving. Getting out and moving in nature, with fresh air and sunshine, is even more beneficial. So get away from that desk and *just move!*

I was at a seminar last week where the thought was presented that sitting is the new addiction. (Just picture most kids and their devices.) Albert Einstein won his only Nobel Peace Prize with his discovery that acceleration, deceleration and gravity are three separate forces of nature, impacting simultaneously every cell and system in the body. Albert E. Carter took this information and applied it to the action of a trampoline, creating the indoor-size rebounder and the Health Bounce method. This puts all three of these forces in the same plane as gravity. The Health Bounce is a low-impact bouncing system in which your feet stay on the rebounder's surface. No matter how strong your bones and muscles are, if you don't have balance, coordination, rhythm and timing—all strengthened with the Health Bounce—you *will* fall down!

The Health Bounce is well researched by NASA as the most efficient cellular exercise known to

humans. Astronauts' bones become brittle, since they are lacking these three forces in outer space. So, yes, the Health Bounce is excellent for stopping and reversing osteopenia and osteoporosis, just as it rebuilds the bones in our astronauts. (Go to Rebound-Air.com for more information.) **There are at least 33 fascinating ways the body benefits from rebound exercise:**

- 1) Rebounding provides an increased G-force (gravitational load), which benefits the body by strengthening the musculoskeletal systems.
- 2) Rebounding protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
- 3) Rebounding helps manage body composition and improves muscle-to-fat ratio. Rebound Exercise benefits you by giving you more control over these.
- 4) Rebounding benefits lymphatic circulation by stimulating the

millions of one-way valves in the lymphatic system. This benefits the body's immune capacity to fight current disease, destroy cancer cells, eliminate antigens, and prevent future illness.

5) Rebounding circulates more oxygen to the tissues.

6) Rebounding establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.

7) Rebounding increases capacity for respiration.

8) Rebounding tends to reduce the height to which the arterial pressures rise during exertion.

9) Rebounding lessens the time during which blood pressure remains abnormal after severe activity.

10) Rebounding assists in the rehabilitation of existing heart problems. Rebound Exercise also benefits recovery from heart procedures, providing gentle, low impact circulation.

11) Rebounding increases the



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functional activity of the red bone marrow in the production of red blood cells.

12) Rebounding gradually improves resting metabolic rate, so that more calories are burned for hours after exercise. Related: Rebound Exercise benefits the post-exercise "Glycogen Replenishment" process.

13) Rebounding causes core muscles and large muscle groups to contract. This results in the rhythmic compression of the veins and arteries, which more effectively moves fluids, both blood and lymphatic, through the body and back to the heart. It also lowers peripheral blood pressure and lightens the heart's load.

14) Rebounding decreases the volume of blood pooling in the veins of the cardiovascular system, preventing chronic edema.

15) Rebounding encourages collateral circulation by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.

16) Rebounding strengthens the heart and other muscles, so that they work more efficiently.

17) Rebounding gradually allows the resting heart to beat less often. Regular Rebound Exercise has been shown to benefit the heart rate, resulting in favorable decreases in resting heart rate.

18) Rebounding lowers circulating cholesterol and triglyceride levels.

19) Rebounding lowers low-density lipoprotein (bad

cholesterol) in the blood and increases high-density lipoprotein (good cholesterol), holding off coronary artery disease.

20) Rebounding promotes tissue repair.

21) Rebounding for longer than 20 minutes at a moderate intensity at least 3x per week increases the mitochondria count within the muscle cells, benefiting overall endurance. Perhaps you will easily skip those naps.

22) Rebounding benefits the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.

23) Rebounding improves coordination between the proprioceptors in the joints: the transmission of nerve impulses to and from the brain and the transmission of nerve impulses and responsiveness of the muscle fibers.

24) Rebounding improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.

25) Rebounding offers relief from neck and back pains, headaches, and other pain caused by lack of exercise. Rebound Exercise has been shown to benefit body alignment and posture.

26) Rebounding enhances digestion and elimination processes.

27) Rebounding allows for deeper and easier relaxation and sleep.

28) Rebounding results in better mental performance, with keener learning processes.

29) Rebounding curtails fatigue for all, and for women, menstrual dis-

comfort.

30) Rebounding minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.

31) Rebounding tends to slow down atrophy in the aging process.

32) Rebounding is an effective modality by which the user gains a sense of control and an improved self-image.

33) Rebounding is FUN! ■

Come jump-start your health with one-on-one personalized training, or in small classes, with Health Coach Marlenea, now located in Livingston at 1201 US Hwy 10 W (Point Del Mar, behind Shopko, brown building, #B2 garage). Do you have a rebounder but don't know what to do with it? Clip out the coupon (on page 15) for a free instructional DVD! Don't have a rebounder but want the benefits? Schedule a free evaluation and a week's worth of classes. Put the spring back into your steps in the new year!

Gemstone Essence of the Month



GARNET (JANUARY)—Increases one's ability to inhabit the physical body, especially parts that have been traumatized or disrupted by injury or surgery, so one can draw in the forces to complete healing.



AMETHYST (FEBRUARY)—Helps us create balance between our physical reality, and our spiritual potential. Promotes the lifting of perception from the overly material state, helps us bring the highest aspects of our spirituality into physical form.

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