

BOUNCING FOR YOUR HEALTH – CANCER & BEYOND

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As promised, this week I am going to begin talking about some rather unusual anti-cancer strategies, beginning with bouncing on a mini-trampoline. Sounds ridiculous, doesn't it? I remember ten or so years ago taking a friend with a brain tumor to a lecture advertised as a "natural" approach to "curing" cancer. Imagine my horror when I discovered that bouncing on a mini-trampoline was the topic! Completely embarrassed, I mumbled my apologies to this very ill friend and her husband regarding what seemed to me like nothing more than a cruel sales gimmick; the presenter was also selling these contraptions, right there on the spot. I felt like an idiot.

It was some years later when, for one reason or another, I began to look into the science behind bouncing and health. From my research I learned that a gentle bounce will actually open and close the lymph valves, located in the upper thighs, allowing the lymph fluid to flow freely. How does this apply to cancer? Our lymphatic system is responsible for cleansing and detoxifying our bodies. In persons with cancer, the lymph is characteristically thick and sludge-like due to the presence of an overload of toxins; in healthy people, the lymph is liquified and flows freely, and this is what is necessary in order for it to do its important poison-flushing duties.

Let's consider how we think about cancer for a moment. Last time I talked about the "germ vs. host" debate, set into full swing in the days of Louis Pasteur and Antoine Bechamp. Modern medicine has conditioned us to think of cancer with a focus on tumors or malignant cells as the enemies – the bad guys that just appear out of nowhere and that need to be attacked and destroyed. The holistic view of cancer is that tumors and malignant cells are but one of many possible manifestations of the *root* problem: a weakened immune system. While I and others in my field will use various natural means to attack and destroy tumors, such as proteolytic enzymes and tumor-threatening botanicals, our primary focus is on building the health of the *host* so that the host will be able to overcome the abnormal cell activity and return to a state of vibrant health.

SO... HOW DO WE DO THIS?? For those in good health, jumping five minutes a day is a good policy. I simply end my usual exercise routine with a few minutes of bouncing. For those with cancer, it is recommended that a gentle bounce be done every waking hour for 2-3 minutes. Do you know that white blood cell count actually increases measurably following a bounce; what does that tell you? Of course we all know that white blood cells are a key part of our immune system!

WHAT DO YOU MEAN BY A "GENTLE" BOUNCE? While jumping vigorously is terrific exercise, much more beneficial than jogging – both in the burning of calories and in the toning of every muscle in the body – bouncing so your head hits the ceiling will *not* open the lymph valves. It is the gentle bounce that does the trick when it comes to that. This is good news, because that means even a very sick individual with limited strength can receive the bouncing benefits simply by sitting on the trampoline and having someone else gently bounce behind them. Many mini-trampolines are sold with

attachable handles, as well, making it much safer and easier for someone to maintain balance who might be in a weakened state.

By the way, other signs that may be indicative of lymphatic congestion include prostatitis, chronic sinusitis, heart disease, eczema and other skin conditions, loss of energy, fibrocystic disease, chronic fatigue, repetitive parasitic infections, multiple sclerosis, edema, lupus erythematosus, inflammation, high blood pressure, viral infections, puffy eyes, bacterial infections, low back pain, loss of energy, ear or balance problems, arthritis, headaches, cellulite, excessive sweating, and obesity.

Well this brings me to my topic for next week; another very potent Canadian therapy. This is one that I educate my clients with cancer about and highly recommend. I think I'll hold back and not mention it's name here, but a hint is that Billy Best – the Massachusetts teen with leukemia who ran away back in the '90s because he didn't want to undergo any more of his chemotherapy treatments – credits it as being primarily responsible for his complete recovery. Billy remains in excellent health today, now in his mid-twenties. I bring it up here because it works through the lymphatic system, too, and has been used with a very successful track record for cancers of all kinds and for other degenerative illnesses, such as multiple sclerosis. More on that, on the genius who invented it, and his amazing Somatidian theory next time!