

Want Better Health?

Get Out of that Chair and Start Lymphasizing



Over the past few decades, Americans have become increasingly sedentary. Many of us work 40 hours a week (or more) at a desk job and then come home to watch TV, play video games or surf the web.

Statistics suggest that children and adults alike spend 20-40 hours a week at these sedentary activities. Participation in outdoor activities has diminished. Because of safety concerns, many parents don't let their children play outside and explore anymore. Even state and federal parks are seeing fewer visitors each year as people find all their entertainment inside their homes.

This trend is dangerous to our health. No matter how well we eat or what supplements we take, nutrition alone is not enough to

ensure good health. Physical activity is essential to maintain optimum weight, regulate blood sugar, maintain emotional health, and reduce the risk of degenerative diseases, like heart disease.

So, to be healthy, we need to get out of our chairs and get involved in more physical activities. Yes, we're talking about exercise. We all know we *should* get regular exercise, but how many of us actually do it? Judging by the number of Americans who are out of shape, overweight and depressed, a large percentage of us are not getting the physical activity we need to stay healthy.

For many of us, the thought of exercise is hard to bear. There are many reasons to loath exercising. It might remind you of sweaty high school gym classes. You may feel too busy or too stressed to exercise. Some of us are just too embarrassed by how out of shape we are. You may believe that exercise is all, "no pain, no gain," and has to be difficult and grueling. And some of us have injuries or illnesses that make exercise very difficult. Well, if you shudder at the thought of exercise for any of these (or other) reasons, then...

...Skip the *Strenuous* Exercise and Start *Gently* Lymphasizing

What is lymphasizing? It's a term coined in the early 1980s by Lymphologist Dr. C. Samuel West to describe gently bouncing up and down on a mini-trampoline without having your feet leave the mat. This gentle up and down movement is similar to the motion we make when we bounce a crying baby up and down. This gentle movement does wonders for health because it doesn't take strenuous physical activity and provides most of the health benefits of exercise.

It's called lymphasizing because this type of movement stimulates lymphatic flow. This is important because unlike the circulatory system, the lymphatic system lacks a pump, so lymph flow is largely passive. Gently bouncing up and down on a mini-trampoline greatly increases lymphatic flow, hence "lymphasizing."

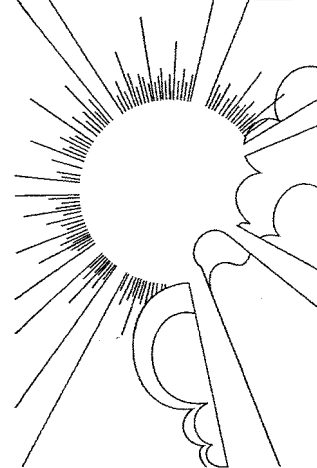
Of course, you don't really need a mini-trampoline to get the benefits of lymphasizing. Any kind of activity that gets you moving and breathing deeply is a form of lymphasizing, including just taking a walk. Yoga and Tai Chi can also be thought of as lymphasizing because they involve non-strenuous movement performed with deep breathing. Any activity that just gets you moving *without stress and pain* while breathing deeply can be considered lymphasizing. Doing this non-stressful activity for just 20-30 minutes a day will make a big difference in your health.

Why is Lymphasizing So Valuable to Our Health?

When cells are damaged due to trauma, toxins or nutritional deficiencies, a process called inflammation is started. We now know that inflammation is the "mother of all diseases," meaning that heart disease, cancer, diabetes, arthritis, asthma, dementia and a host of other chronic and degenerative diseases are all linked to chronic inflammation.

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SUNSHINE SHARING



Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Managing Editor/Writer: Steven Horne
Research/Writing: Paula Perretty
Additional Research: Kimberly Balas
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes

Lymphasizing continued

Part of the inflammatory process is the movement of fluid and protein out of the blood stream and into the tissue spaces. This is the cause of one of the four classic symptoms of inflammation—swelling. The other three are heat, redness and pain. Once you realize that the only way for the fluid and protein causing this swelling to be removed is through the lymphatic system, you understand why lymphasizing, i.e., physical movement and deep breathing, is essential to staying healthy. You cannot reduce inflammation and properly detoxify your cells without it.

When you remove the excess fluid from around your cells, they are able to get more oxygen and nutrients. Your cells' energy production increases, which gives you more energy. The more sedentary you are, the less energy you will have, which will contribute to fatigue and depression.

For someone who is chronically ill or "burned-out" from stress, rigorous exercise can actually be counter-productive because it increases the output of stress hormones and may further damage already weakened tissues. Lymphasizing, on the other hand, will

gradually rebuild health, even if you are seriously ill. The key is to start slowly and build up gradually, but be consistent about it.

If you can only walk or bounce on a mini-trampoline for five minutes the first day without feeling tired or stressed, then do it for five minutes. Then try it for six minutes the next day and seven minutes the day after that. This regular physical movement will gradually detoxify your cells and renew your health and energy. It will also elevate your mood and mental abilities. Have you ever noticed how your head "clears" when you take a walk?

Lymphasizing (gentle movement coupled with deep breathing) is something everyone can do, but if you're well enough to do so, a little resistance training is also beneficial. Lift some weights to strengthen your muscles or participate in a sport or dancing or gardening or anything that gets you using your muscles. This has been proven to help reverse type II diabetes, improve cardiovascular tone, reduce the risk of heart disease and aid in weight reduction by increasing metabolism (muscle burns more energy than fat).

With all these benefits, don't wait to get started. Get out of that chair or off that couch and start lymphasizing today.

Good Nutrition + Lymphasizing = More Energy and Better Health



Athletic trainers know that to develop peak performance in a sport you have to combine athletic performance with good nutrition. The same equation will work for us. If we couple good nutrition with regular physical activity that moves lymphatic flow, we'll not only have more energy and better health, we'll also perform better in everything we do.

Supplements can help this process. The right supplements can improve energy, stamina and endurance, boost athletic performance, help increase our metabolism to build muscle and lose weight faster and help our body heal when we injure ourselves. Here are some great supplements that work hand in hand with exercise to help us feel great, meet the demands of life and look our best.

Helping You Hang in There

It's amazing how many Americans need caffeine or other stimulants to help them get through the day. Coffee, guarana, kola drinks and other sources of caffeine don't really give you energy. They simply stimulate the body to use up more of its energy reserves. Over time, more and more of this stimulation is needed as energy reserves get more and more depleted.

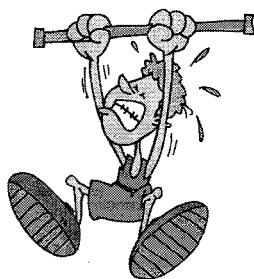
Fortunately, there are ways to increase energy reserves while boosting your energy level for work, exercise or play. One of the supplements that helps here is Target Endurance.

Target Endurance contains copper, potassium and zinc chelated to the amino acids arginine, leucine and glycine. This targets these

minerals into the energy-producing mitochondria in the cells. These targeted minerals were shown to increase endurance in laboratory animals by as much as 480%. In tests, rats were able to swim about 48 times longer when given these specially-targeted minerals.

Target Endurance also contains other nutrients that are involved in cellular energy production, including vitamins B-6, B-12, niacin, choline, pantothenic acid, L-glutamine, calcium, phosphorus and iodine. Herbal ingredients include bee pollen, eleuthero, gotu kola, capsicum, licorice and ginger, all of which work together to enhance energy and stamina. If you can't seem to get through the day without caffeine, or want to safely (and legally) improve your stamina and performance in sports, try Target Endurance.

Cellular Energy is another great supplement that improves energy production at the cellular level. It also contains vitamins and minerals involved in energy production in the mitochondria of the cell such as B Vitamins, zinc, manganese and magnesium.



Additional Help and Information

If you would like more information and help in creating a program of "lymphasizing" and nutrition to improve your energy, mood and overall health, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. They can also help you with supplements to enhance athletic performance and weight loss. You can also consult some of the following sources for more information:

Herbs for Sports Performance, Energy and Recovery by Edmund R. Burke.
Sports Supplement Buyer's Guide by Stephen Adele & Rehan Jalali.
Sports Nutrition for Endurance Athletes by Monique Ryan.
Supplements for Athletes by David Prokop.
Zone Diet by Barry Sears, Ph.D.

L-carnitine, an important amino acid that moves fats into the cell to be burned, is another key ingredient in this blend.

The unique thing about Cellular Energy, however, is that it contains special compounds that are involved in the citric acid cycle—the biochemical process that produces energy from fats and carbohydrates inside the cell also known as the Krebs cycle. These special nutrients include co-enzyme Q10, ferulic acid, alpha lipoic acid and alpha-keto glutaric acid. By enhancing the production of ATP (the “fuel” on which cells run), Cellular Energy reduces fatigue, improves stamina and relieves feelings of weakness from prolonged physical activity. It also aids cellular detoxification, so it works hand in hand with “lymphasizing.”

Give Your Performance a Boost

Research in Russia demonstrated that certain herbs improve the body's ability to cope with stressful situations. These herbs are now known as adaptogens because they help the body adapt to both physical and emotional stress. By reducing the output of stress hormones, these herbs enhance athletic performance, physical endurance, resistance to disease and mental function.

Eleuthero root, the first herb identified as an adaptogen, was shown to help athletes perform better, secretaries make fewer mistakes and office workers to miss fewer days because of illness. It even helped Russian cosmonauts avoid the “space sickness” that plagued astronauts during the early days of US space program.

The Chinese have also recognized the value of adaptagenic herbs in improving athletic and work performance. **Cordyceps**, a fungus that grows on caterpillars, has been used by Chinese Olympic athletes to enhance energy, strength and endurance. As a “balancing” herb that works whether people are in a stressed or weakened condition, it is especially good for enhancing lung function and oxygenation of tissues. If respiratory issues inhibit your ability to get physical activity, this is a good adaptagen to try.

These are just two of the many adaptagens that can improve your physical (and mental) performance. To get the benefits of a variety of these adaptagenic herbs try Adaptamax or Mineral Chi Tonic.

As it's name implies, **AdaptaMax** is a formula based on classic adaptagenic herbs like ginseng, ashwagandha, rhodiola, eleuthero, gymnostemma, suma and astragalus. This blend can help reduce fatigue, enhance immunity, improve athletic performance, reduce stress and increase endurance.

Mineral Chi Tonic is a liquid blend that contains colloidal minerals, which enhance the body's enzyme systems and help the body with energy production, structural repair and general health. Herbs that act as adaptagens and energy balancers are also included in the blend, including gynostemma, lycium, schizandra, eleuthero, astragalus, licorice root, reishi mushroom and ginkgo. Mineral chi tonic enhances tissue healing, improves mood, reduces fatigue and enhances athletic performance.

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Tips to Help You Heal When You Overdo It

Pushing or overdoing a workout routine or any physical activity can cause muscles to become sore. It may also result in actual injuries. What follows are some tips to avoid or reduce muscle soreness and aid the healing of sports related injuries.

It is important to stretch for at least 60 seconds before and after a workout and to take a casual stroll after a workout routine. This helps prevent injuries by preparing muscles for exercise.

Drink plenty of water before, during and after physical activity to keep your body hydrated. Sore muscles are caused by the build up of acid waste in tissues and drinking plenty of water helps flush this waste from the tissues.

Try adding **Liquid Chlorophyll** to the water you drink during physical activity. Chlorophyll supports oxygen carrying capacity of the blood and helps to clean and deodorize the body. It also reduces acidity, improves immune response and increases energy.

If you do wind up with muscle soreness, drink **safflower** tea to help relieve it. Make the tea by pouring a quart of boiling water over the contents of 4-8 capsules of safflower and steeping this for 3-5 minutes. Drink the entire quart over a period of a few hours. Safflower neutralizes the acid waste that causes muscle soreness.

You can also rub **Tei Fu oil or lotion** into areas where muscles are sore. Tei Fu will help back pain, muscle aches and pains, dislocated joints and bones, torn or injured ligaments, sprains, tendonitis and arthritis. Massaged into sore muscles, it will increase blood flow to the area, reducing pain and inflammation and promoting muscle relaxation.

For a stronger analgesic action, try **Deep Relief oil**, an essential oil blend of ginger, nutmeg and clove oils. Applied topically to relieve pain and inflammation, it will help relieve arthritis, bursitis, tendonitis, backache, slipped or bulging disks, torn or injured ligaments, general stiffness and aches and pains.

For any kind of injury that doesn't break the skin but produces pain and swelling of tissues, **Healing AC Cream** can help. This blend contains homeopathic calendula and arnica and can rapidly reduce swelling, relieve pain, prevent bruising and promote healing. Apply it topically over bumps, bruises, strains, pulls, and other injuries where the skin isn't broken.

MSM is an organic sulfur compound found naturally in vegetables, fruits, meats and dairy. It is necessary for tissue repair and helps provide aid for cartilage damage, carpal tunnel, slipped or bulging disks, injuries, muscle pain and arthritis. It can be taken internally and applied topically in the form of **MSM/Glucosamine Cream**.

To speed the healing of injuries like sprains and pulls, torn ligaments and broken bones, try taking **Herbal CA** and **PLS II** internally. These blends of tissue-healing herbs provide nutrients the body needs to heal faster. Talk to the person who gave you this newsletter for additional suggestions.

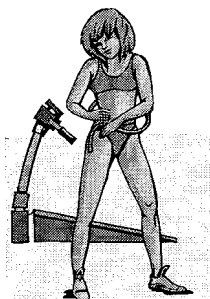
Do you want to...

...have more energy?
...lose weight?
...look and feel younger?
...have a better mood?
...avoid chronic and degenerative
disease?

Then...



Start a program of good nutrition and "lymphasizing" today.
We'll show you how inside this issue of *Sunshine Sharing*.



Build Muscle, Loose Fat

A major factor in aging is the decrease of muscle mass and the increase in body fat. The adaptagens we've just discussed help reverse this tendency by encouraging muscle development and the burning of body fat. Resistance exercise or weight training does the same thing. This is one of the reasons physically active people tend to live longer and stay healthier as they age.

If one of the goals is to lose body fat and build muscle, then a program of lymphasizing and weight training coupled with good nutrition and some of the following supplements will help you achieve your goal. **Nature's Chi** enhances the body's basic energy level, which the Chinese call "jing." Taking two capsules of Nature's Chi between breakfast and lunch helps reduce appetite, increase

energy and burn fat. Taken regularly, Nature's Chi will not only build more stamina, it can improve immunity and basic health.

Metabomax EF is an ephedra free metabolic stimulant that helps to increase the metabolism of fats and balance blood sugar levels. The herbs lotus leaf, green tea, fructus aurantia (bitter orange) and garcinia increase the burning of fat while reducing appetite. The blend also contains the adaptagenic and energy enhancing herbs cordyceps, eleuthero root, bee pollen and spirulina.

A final supplement that can help improve your ability to reduce fat and increase energy and muscle mass is **Garcinia Combination**. This blend of garcinia, chickweed and l-carnitine controls appetite, boosts energy and increases fat metabolism. It also helps reduce LDL cholesterol and triglycerides.

For more suggestions on building good health with nutrition and lymphasizing, talk to the person who gave you this newsletter.