

The #1 Exercise to Kick Acid to the Curb!



If I were to recommend one form of exercise to help you shed excess weight, alkalize, and oxygenate your blood, and GET OFF YOUR ACID, hands down...the rebounder would be it.

If you're not familiar with the rebounder, it's a mini trampoline. NASA did a study and showed that the rebounder is **68% more effective as a cardiovascular exercise and for weight loss than running** (NASA, Journal of Applied Physiology 49(5): 881-887).

There are forms of exercise that alkalize, and then there are forms that actually make your body [more acidic](#), so it's important that you know the difference.

For instance, popular workouts like Soul Cycle and CrossFit and HIIT actually increase acid!

Now, I love these forms of exercise and by no means am I saying don't do them. But what you must know is that they produce ACID that is damaging and corrosive to your body.

If you know this ahead of time and give your body the necessary minerals it needs to neutralize the acid, then you can take full advantage of the workout with no downside! Bring a water bottle to class filled with the [Alkamind Daily Minerals](#), or have it within 15 minutes of class ending to get the full benefit.

With that said, the rebounder is hands down the best investment of your time when it comes to working out. In fact, if I was told I could only do one form of exercise, the rebounder would be it.

Here are a few of the benefits of the rebounder that go above and beyond your typical workout:

- **Boosts the immune system** by circulating lymphatic fluid (more on that below)
- **Strengthens cells** due to an increase in oxygen flow to cells and changes to the gravitational pull on the body during the workout, which were also confirmed by the NASA study
- **Improve heart and lung function** similar to or better than other aerobic activities
- **Easy on the knees and other joints** because of the shock absorption of the trampoline, particularly as we age
- **Detoxifies via lymphatic drainage**

Why It Alkalizes

You have four times more lymph than you do blood, and yet, many people have never even heard of lymph! It's the watery material that makes up the lymphatic system, which is vital to your health and well-being.

Your blood is moved by the pumping mechanism of your heart, but your lymph doesn't have a heart. It relies on movement.

Since the lymphatic system is in charge of getting rid of acids and toxins, if we are too sedentary, the acids begin to accumulate in the body. When acids are not properly removed from your body by lymphasizing, it disrupts the body's capability to maintain a proper pH balance.

Just like when your air conditioner filter gets clogged with dust, it requires so much more energy to maintain the desired room temperature you want, and the air conditioner needs so much more output just to keep up. Sometimes it has to work so hard, it can blow a fuse.

Your body is no different. When you are not moving and lymphasizing, your body and all of its elimination pathways have to work so much harder to get these acids out.

The blood, in an effort to maintain its delicate pH of 7.4, will dump the toxins into the tissues, what I call the 'acid catchers'.



Which tissues you may ask? They will always land in the weakest part of the body, whether that's a muscle, an organ, or a joint. As they accumulate, they begin to acidify those tissues – [Check out my blog on the 5 stages of acidosis.](#)

Not only does this drain your energy, but it can also produce common over-acidic conditions like acid reflux, acne, psoriasis, fatigue, and digestive issues to name a few.

Rebound Routine

If you prefer exercise that really gets you moving, this might be perfect for you.

You can do it in your own at home for the low cost of a rebounder or take a class. Classes on rebounders and at trampoline parks are springing up all over the country, so be on the lookout for jumping fitness options in your area.

Personally, I get on my rebounder every morning after drinking my **Alkamind Daily Greens** for about 15 minutes of exercise. It gets my heart rate up and my blood pumping. In addition, this is one of my favorite ways to detoxify my body.

On a rebounder we can actually do more than just run in place. Here are a few different exercises that you can perform on a rebounder.

1. **Warm-Up:** I recommend you start out with this, no matter what else you do on the trampoline. Just do small micro-bounces without actually having your feet leave the mat. Do this by engaging your core then just using the toes and calves to push the mat down.



2. **Bounce:** Keeping your shoulders back, hands down by your sides, and core engaged, begin making bigger bounces.
3. **Star Jumps:** Now you can begin adding in the arms by reaching them up above your head when you jump up, then putting them back down by your sides when you hit the mat. The motion of the arms is similar to a jumping jack.
4. **Jogging in Place:** It looks like what it sounds like. Just gently jog in place on the rebounder.
5. **Butt Kicks:** To add a little oomph to jogging in place, begin stretching out your quads by trying to touch your heel to the buttocks when your foot comes up from the mat.
6. **Scissor Jumps:** Jump up in the air then try to cross your ankles by engaging your inner thighs then uncrossing them as you come back down to the mat.

Once you finish this routine, follow it up with a light but nourishing breakfast that includes protein, such as my [Cacao Protein Smoothie](#) or the [Lean & Green Protein-Packed Smoothie](#).

In fact, you can add protein to just about any smoothie recipe, as long as you're using a protein powder that is loaded with nutrients instead of chemicals and other junk. **Alkamind Daily Protein** is an organic powder with the best ingredients you can find and a great taste.

It has ZERO grams of sugar, only 110 calories per serving, and 18 grams of protein, which is 36% of the recommended daily value. Plus, it comes in two delicious flavors – Creamy Chocolate and Vanilla Coconut.

[Fitness Magazine](#) called it “a superfood lover’s dream.”

So try **Alkamind Daily Protein** today!

You can buy one jar or [subscribe & save 20%](#).

