

The Miracles Of Rebound Exercise

Albert Earl Carter

The Miracles Of Rebound Exercise:

The Miracles of Rebound Exercise Albert Earl Carter,1980 Miracles of Rebound Exercise Albert E. Carter 1985-06-01 The New Miracles of Rebound Exercise Albert Earl Carter, 1988 Rebound Exercise Albert E. Carter, 2005-11-16 Albert Carter is the pioneer of Rebound Exercise and the founder of Rebound AIR Inc He is currently the Lead Designer of the best built most innovative rebounders on the planet Al attended Oklahoma State University on a full scholarship for wrestling He completed his college work as a full scholarship wrestler at the University of Utah qualifying twice for Olympic competition in wrestling He was all around gymnastic champion in Montana Texas Louisiana Oklahoma and Arkansas In 1974 and 1975 his Gymnastic Fantastic professional trampoline team gave over 500 performances to more than half a million spectators Recognizing that his extraordinary good health and superior strength were connected to his work on the trampoline Carter set out to discover why the human body reacts so positively to rebounding He developed the Dyna Bound a home sized rebound exerciser and published his book The Miracles of Rebound Exercise in 1979 Rebounding was the springboard The Healthy Cell Concept presented in The New Miracles of Rebound Exercise and The Cancer Answer is the result of over a decade of research on all the components necessary to perfect health As a lecturer and educator Carter has appeared on national television in the U S Australia Hong Kong and the Philippines In 1983 by special invitation of the Hong Kong government Carter was retained to teach the 35 000 members of the police and fire departments The Healthy Cell Concept and the benefits of rebounding He has presented his concepts to numerous medical groups worldwide Today Carter is recognized as the world's greatest authority on rebound exercise The pH Miracle for Weight Loss Robert O. Young, Shelley Redford Young, 2024-09-24 A seven step lifestyle program using diet and exercise to balance your body chemistry and achieve your ideal weight Let's start with simple math How many excess pounds do you need to shed to achieve your ideal healthy weight 10 30 100 Whatever your answer multiply it by two You now have the maximum number of days it will take you to reach your goal Despite what you may believe weight loss is not about fat grams carbs or calories It s all about acid Reaching your ideal weight is simply a matter of maintaining the delicate pH balance of the blood In this groundbreaking book renowned microbiologist and nutritionist Dr Robert Young and his wife chef Shelley Redford Young offer a simple 7 step lifestyle program to balance your body chemistry and help you slim down to your ideal body weight naturally and permanently From the science behind the plan to the dietary do s and don ts along with recipes a detailed exercise plan and dozens of dramatic real life before and after photos this program lays the groundwork for long term success Inside you ll discover How drinking water can help you lose weight Why you should ignore the fat phobes and keep plenty of healthy oils in your diet Which common foods make your body more alkaline and which ones make it more acidic How exercise can actually make you fat unless you do it the right way The benefits of having your blood analyzed at the microscopic level How you can build lean muscle and maintain healthy bones without loading up on proteins and dairy And

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