

**Exercise 1: Churning**

*This movement makes the abdomen travel around in a circle while the head and the hips stay exactly in the center of the circle all the time.*

**Position:** *Sit on the edge of a chair or toilet, relaxed, head, face is forward.*

**No. 1.** *Bend spine to the left, raising the right hip. This pulls the belly to the left and the hip tilting reminds one of the Hawaiian Hula. Don't twist the trunk nor move the head out of line. If you were sitting in the middle of a baseball diamond your spine would bend over toward first base. Go over as far as you can.*

**No. 2.** *Push the spine around back and pull in the belly. The spine has got to second base. Keep face forward, head up.*

**No. 3.** *Continue the circle. Push the spine over as far as you can to the right, toward third base, lifting the opposite hip.*

**No. 4.** *Continue circling wide and swing the belly around in front pushing it forward. You are back and ready to go around again. Beginners stop at each place. Is your head still centered? Later you swing slowly around the circle without stopping, making it as big as you can. Do this Slowly, Smoothly, Energetically and Precisely.*

**Effect on the Lymphatic Circulation:** *Not only does the aspiration of the thorax stimulate circulation of the blood, it stimulates the circulation of the lymph as well. The great lymph channels come up from the abdomen and pour into the circulation at the root of the neck. The suction of the chest literally pulls the lymph from the entire multitude of channels throughout the abdominal organs up into the chest and into the circulation. This is a kind of house cleaning, an excellent thing with which, to start the day, as any good housewife will agree.*

**Vacuum Cleaner:** *When the housekeeper wishes to get her house neat and dean she buys a vacuum sweeper, which works on the same principle as the suction apparatus of the chest. If she can afford it she will buy one of the vacuum sweepers that not only suck up the dust, but, by means of a special device, beat the fabric to be cleaned with a multitude of tiny little beatings. This is very much what pumping does to the abdominal organs. The suction takes place when the chest is made big. All the abdominal organs feel the pull and the suction, the liver and stomach rise with the diaphragm as much as two to four inches, and all the intestines that are not fixed follow suit. The rectum, uterus, and bladder also feel the pull during the first six counts of the eight. On the next two counts, seven and eight, the chest is contracted and the abdomen expanded. This reverses the whole procedure, the diaphragm is contracted and it squeezes all the abdominal contents as hard as it can, bulging out the abdominal wall. This compresses each individual organ, a great change from the previous suction. In this way each part of the vital machinery of the body is given a massage treatment, alternately squeezing and suction. It is a perfection of method for cleansing, stimulating and awakening.*

**Exercise 2: Pumping**

*In addition to the push and pull effect of the suction and squeezing of the exercise, the organs are jostled against each other and are stimulated as if by the hand of a masseur. These two exercises are **Pumping and Churning**, are probably the most valuable exercises that are known to man, for although many exercises are necessary to keep the body in health (walking, for instance is one of the most valuable)—these two will come nearer to keeping one in health than any other two. They are not only of tremendous value in keeping good health and developing it in greatest abundance but they have also a most beneficial effect in the cure of many diseases of the abdominal organs. The most important single muscle of the body is the diaphragm, which is a neglected muscle. A powerful diaphragm is worth ten pairs of biceps. This exercise is a direct and complete diaphragm exercise, for the bulging of the abdominal wall, which is caused by the diaphragm alone. Next to the diaphragm the most important muscles of the body are those of the abdominal wall. In addition to the splendid effect of pumping on the circulation and abdominal organs, pumping has the added merit of strengthening and toning the abdominal wall. The muscles of the abdominal wall are so important that certain of the succeeding exercises will be devoted almost entirely to their development. The large intestine, called the colon, is a tube through which the food waste should pass without hindrance. The colon has three flexures, or places at which it bends at right angles. One of these is under the liver up in the right side, the second under the heart, up in the left side, and the third down in the left-hand corner. You know what would happen if you took a rubber tube and bent it at an angle. Try it and see. You will stop the flow of any fluid through it. If the colon gets tightly bent at these points or any other point the food mass is much delayed. Stagnation, constipation and putrefaction take place. This does not ordinarily occur in a healthy man or woman but if you let the transverse colon which goes from the right to the left side of the abdomen, connecting the ascending to the descending colon, droop down and form a V instead of a straight line, you have made two kinks far worse and added another at the angle of the V. This is precisely*

*what occurs when men, women and children let their abdominal walls get weak and bulge. The transverse colon falls down and makes a V. The food waste mass has a treble obstacle to overcome. This is bad enough but if we add the usual accompaniment of a sedentary life, and overeating, we accentuate all the abnormal conditions. All of the other exercises, which strengthen the abdominal wall and lift up the transverse colon, will help to relieve this condition. The Camel, however, serves an additional advantage. This V of the transverse colon falls forward as if it was on two hinges, the right and left side kinks at the head of the ascending and descending colons. Falling forward in this way, it opens these kinks. Churning in this attitude can then massage the colon and stimulate activity unimpeded. The results in some cases are astonishingly prompt and efficient.*

*Of course, not all cases of constipation are due to this kinking of the colon. There are at least twelve causes of constipation, many of which occur together in any one case, and where these kinks form a decided factor in the case the best results may be expected. The record cure in my files is that of a woman of thirty-eight years of age who had had constipation for nineteen years and had to take medicine daily and enemas twice a week. She took this Churning exercise with two others in the series under careful direction and was (apparently) cured in two weeks' time! She has had no return of her trouble for the 15 years she reported annually for her health check up. She says, "Churning is cheaper than cascara and more certain." Every case of constipation, however, will certainly not be cured in the same way, and those who have this trouble (which is, of course, almost everyone) should get a careful annual physical examination by their own health physician, especially one who knows muscles as well as medicine.*

### **Conclusion and Summary**

*Churning is an exercise that should be taught to every civilized man, woman and child, for it is the simplest, most economical and effective method of keeping the abdominal organs stimulated and in tone. The seeker after good health in great abundance may well adopt it for his special enthusiasm. He should do from twenty-four to forty-eight turns a day, dividing them equally between the sun-wise turn and the reverse. The only danger lies in the fact that he may be tempted to do this exercise alone, omitting all others. While it is perhaps the best exercise in the sense that it serves more diverse and valuable purposes than any other, it is by no means a cure-all and should not displace other valuable movements of the series. But how good it is!*