

DRY BRUSHING

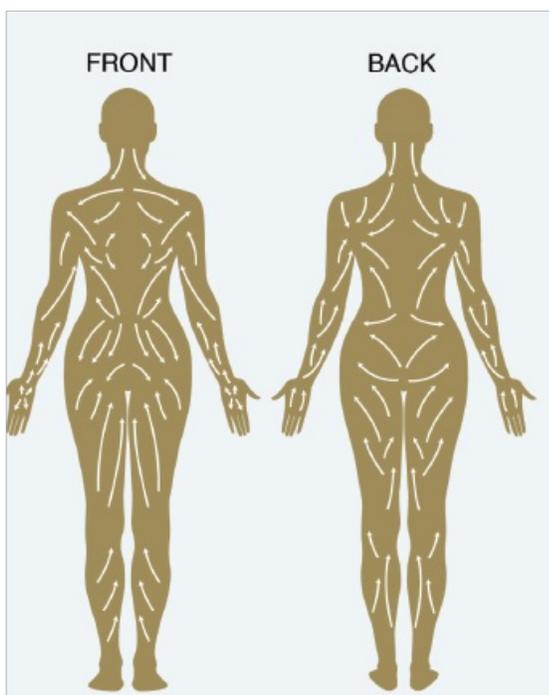
Dry brushing helps us improve the efficiency of the skin to eliminate toxins and other impurities.

Our bodies largest organ, our skin, helps us eliminate up to 1/3 of our bodies toxins. Overtime it becomes more difficult for our bodies to shed the outer layers of skin. This leads to less efficient elimination of toxins, and places extra stress on other organs involved in removing toxins from the body like our liver and kidneys. Dry brushing helps to unclog pores and excrete toxins that become trapped in the skin.

Removing dry and dead skin cells by dry brushing each morning not only helps improve your body's ability to eliminate toxins, but it also improves the function of your sweat and secretion glands, turning your body back into the well oiled machine it should be.

Simple steps :

1. Use a natural (not synthetic) bristle brush with a long handle so can reach all areas of your body.
2. With clothes off, stand in a bathtub or tiled surface to catch the falling skin.
3. Begin brushing by starting proximal of lymph nodes then gain distance as you brush. Always brush toward your heart.
4. Brush several times in each area, overlapping as you go.
5. Take care as you brush over more sensitive areas, like breasts. Your skin will become less sensitive the more you dry brush.
6. Once you've brushed your entire body, jump in the shower. (I like to alternate between the hottest water temperature I can tolerate and the coldest. This stimulates blood circulation, bringing more blood to the top layers of the skin.)
7. After getting out of the shower, pat dry skin and apply a natural oil like jojoba, sesame, brahmi, rose hip or coconut oil.
8. Continue to dry brush your entire body every day. Twice a day is recommended for best results. (Remember to clean your brush with soap and water once a week. Leave to dry in a clean, sunny spot to avoid any mildew accumulation on your brush.)



Some benefits of dry skin brushing:

- Calms our nervous system and reduces stress
- Stimulates the lymphatic system
- Improves immune function by helping us circulate white blood cells
- Rejuvenates cells
- Prevents premature aging
- Exfoliates dead skin.
- Helps to reduce cellulite.

Cellulite is simply toxic materials that have accumulated in your body's fat cells and are trapped, unable to be eliminated from the body- dry skin brushing helps to break down any trapped toxins from within the body and help your body eliminate them through its usual elimination channels.

- Unclogs pores and de-congests skin.