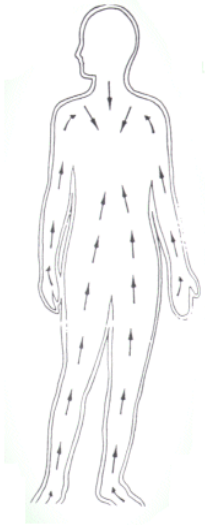




Skin Brushing



The skin is an organ of elimination just like the kidneys and the colon. More than one pound of waste products are discharged through the skin every day.

If the skin becomes inactive with its pores choked with dead cells, then impurities will remain in the body. The other eliminative organs, mainly the kidneys and liver, will have to increase their labour and will eventually become overworked.

If toxins and wastes begin to build up in the tissues because the kidneys and the liver cannot cope with their job, then sooner or later disease will follow. Such is the responsibility to keep a healthy and well functioning skin.

The skin-brushing itself - dry, not in the bath - will change the health of your whole body. Circulation, skin softness and quality, skin infections and irritations, whole body freshness, your level of stimulation, the prevention of colds, and your personal rejuvenation are all areas of improvement you can look for, when you make it to a regular habit.

Benefits: The benefits of dry skin brushing include:

- 1) improved skin texture
- 2) increased blood circulation to skin
- 3) improved lymphatic drainage of the entire body (this improves detoxification)
- 4) reflexive stimulation of the entire body and improved oxygenation

To brush the skin, start at the soles of the feet and work your way up your legs, your front and your back, brushing as vigorously as you feel able. Then do your hands and up your arms. Focus the brush strokes, when doing your chest and upper back, towards your heart.

Don't do your face, but do brush the back of your neck and your scalp.

It is important to brush each surface only once. One stroke for the front of the lower leg, one for the inside, one for the outside and one for the back of the leg. It only takes about four strokes from the foot to the knee, four strokes from the hand to the shoulder. It takes about six strokes for the upper leg.



For hygiene reasons you need to wash the brush itself every few weeks.

Purchase a dry skin brush from a health food store. They generally cost about \$8. The brush is all wooden with a long handle and an oval brush; the bristles are all the same length so the face is flat. The bristles are cream colored and the back of the brush should be stamped with the words: 'All Vegetable Bristles'.

The medical information provided is of a general nature and cannot substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your Naturopathic Doctor or other qualified health provider with any questions you may have regarding a medical condition!