

WHY BOTHER WITH DRY SKIN BRUSHING?

The skin is our body's largest organ and has a vital role in taking in and ridding the body of nutrients and toxins. It is responsible for ¼ of the body's daily detoxification & known as the 3rd kidney. Since it eliminates more than one pound of waste daily, over time it may become overstressed leading to clogged pores & toxins remaining in the body.

12 BENEFITS OF DRY BRUSHING

1. Unclogs our pores and removes dead skin layers
2. Improves circulation, blood flow and oxygen.
3. Cleans toxins from the lymphatic system.
4. Improves digestion.
5. Strengthens the immune system.
6. Improves the nervous system.
7. Makes the skin feel smooth, silky and invigorated.
8. Tightens the skin and helps to prevent cellulite.
9. Tones muscles and lifts the breasts.
10. Stimulates oil-producing glands.
11. Energizing, inexpensive, natural and easy to do daily.
12. Effective in preventing breast cancer & detoxifying when undergoing chemotherapy.

WHAT TYPE OF BRUSH?

The brush should contain natural bristles (not synthetic) and have a long handle. It should be kept dry and not used for bathing.

HOW TO DO DRY BRUSHING?

- Dry brushing is best done first thing in the morning & takes 5 minutes.
- Watch the video below for the most effective way to dry brush and enjoy the exhilarating and invigorating feeling as well as softer skin.

- Start by brushing at the bottom of your feet and move up the leg from back to front one leg at a time and avoiding the groin area.
- Use long sweeping light strokes going upwards towards the heart.
- Next do your arms & hands the same as above, always towards the heart.
- Move to the back of your upper torso and brush upwards.
- In a circular motion brush your abdominal area and continue towards the heart, including both sides of your torso.
- Brush your breasts very lightly in a circular motion inwards & avoid the nipple area. This aides lymphatic flow as they experience no movement.
- Use long, light strokes to brush your neck & chest downward.
- Use a stiff washcloth, dry or with hot water for your face and use short even motions outward towards your hairline.
- When you are done, take your usual shower to rinse off the dead skin cells. As an option, you can alternate between hot and cold water which will help to open up your pores.

It is exciting to see significant improvement on follow-up Thermography reports after doing dry brushing for a few months.

Why not give the gift of a dry brush to an important person in your life?

Whole body dry brushing video:

http://www.youtube.com/watch?v=JoTBP_WJy9E&feature=youtube_gdata_player

Breast Health 2 minute video:

<http://youtu.be/dW2DdPCOZLg>

Yours in Health,

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