

# Dry Skin Brushing

## for Lymphatic Circulation

The lymphatic system is the body's network of fluid-filled nodes, vessels, and glands with the main function of cleansing toxins from the body and protecting against harmful invaders. It is a key detoxification pathway. However, unlike blood, lymph does not have a pumping system and requires the muscle contraction of daily exercise to keep it moving so we can remain healthy.

Since your skin is your largest organ, this simple daily practice can help open pores, stimulate sweat glands, and get rid of dead cells. More importantly, it encourages the movement of lymph and blood, helping to clear built-up toxins. Dry skin brushing may also help soften fat deposits below the skin and diminish the appearance of cellulite.

The only equipment needed is a natural bristle brush, preferably one with a detachable long handle. It is important to keep the brush clean, as it will be removing dead skin and impurities from the body. Every few days, wash the brush with a mild soap, rinse well and towel dry (or dry in the sun). Allow 24 hours for further drying before using it.

### How to Brush the Skin

Start by brushing your feet in small circular movements. Brush one foot at a time, starting on the sole with toes and moving to the top of foot, and then to the ankle. Work up the leg, always brushing towards the heart. Brush from the ankle to thigh, concentrating on the pad at the top of the outer thigh, where cellulite often gathers in women. Cellulite is toxic tissue that collects water and fat in little clumps, making the skin look unhealthy. The appearance of cellulite may be improved by vigorous skin brushing. However, always apply the force of brushing by the way it feels. The aim is to glow and feel a tingling sensation.

After completing the legs and thighs, brush the hands, fingers, and palms, brush up the arms, paying special attention to the elbows, which tend to become rough, discolored, and scaly. Next, brush across the tops of the shoulders and the back of the neck. If a fat pad or hump is developing on the back of the neck, brush in small circles over and around the area. This will reduce local congestion and tension.

Next, brush the torso. Be careful to brush lightly across the chest, as it is a delicate area. Do not brush the breast or nipple, as they are too sensitive for this process. Move down the solar plexus (middle of torso, above the belly button), left to right. Brush in clockwise pattern to stimulate colon activity, as well as to stimulate metabolism of the local fat deposits. Continue brushing around the hips, buttocks, shoulders, and back. Be careful to avoid any moles. After achieving an overall glow, take a bath or shower to wash away the dead skin.

Dry skin brushing is of particular importance during fasting when the body is releasing toxins.

### Benefits of Dry Skin Brushing:

- Removes dead skin and other impurities
- Keeps pores open for better elimination of toxins
- Stimulates and increases lymphatic and blood circulation
- Stimulates oil-producing glands
- Rejuvenates the nervous system by stimulating nerve ending in the skin
- Helps strengthen the immune system
- Makes skin look younger, fresher, and softer