

SKIN BRUSHING



Skin Brushing is a highly effective technique for cleansing the lymphatic system as well as the skin itself. Because the gastrointestinal cleansing softens the hardened mucoid

in the lymphatic system as well as in the intestines, performing skin brushing concurrently with the gastrointestinal cleansing program improves the skin brushing's effectiveness.

When you begin skin brushing, start gently with a soft pressure, building up pressure as to what is comfortable. To do skin brushing, the skin should be dry. Brush every part of the body surface except for the face. Use a small rotary motion over the skin. Start at the feet, go up the legs, then brush the hands and arms, then back, abdomen, chest and neck. You brush up the arms, legs and buttocks. Brush down the neck and trunk. Change the pressure of brushing depending on how sensitive your skin is. The chest, thighs and abdomen are generally sensitive on most people so use a lighter touch. A complete skin brushing usually takes no longer than 4-5 minutes. If you were to use a loofah or a towel it not only would take much longer, but you would not be able to get into the pores to clean them.

Skin brushing can be performed once or twice a day. The best times for skin brushing are upon rising in the morning and again before going to bed. Follow the brushing with a shower or rub down with a sponge or wet towel to wash away dead skin particles. Remember, the skin is one of the largest eliminatory organs of the body. Helping the skin release dead skin cells and toxins will show a benefit in how the skin looks, feels and eliminates.

Other benefits of dry skin brushing include:

- (1) stimulating and increasing blood circulation of all underlying organs and tissues and especially in the small blood capillaries of the skin
- (2) revitalizing and increasing the eliminatory capacity of the skin
- (3) stimulating the hormone and oil-producing glands

(4) rejuvenating the nervous system by stimulating nerve endings in the skin

(5) helping prevent colds, especially when used in combination with hot and cold showers

(6) contributing to muscle tone and a better distribution of fat deposits

(7) rejuvenating the complexion to prevent premature aging and make you look younger

(8) remedying sallow or gray tones, lines, and dark circles under the eyes.

One other benefit is that dry skin brushing feels good. It can help wake you up in the morning and relax you at night.

Here are some important tips when using dry skin brushing that will increase its effectiveness. Your brush will rapidly be filled with impurities and should be washed regularly to keep these toxins from going back into the skin. Every two weeks or so wash your brush with soap and water and dry it in the sun or in a warm place. For hygienic reasons, use separate brushes for each member of the family. Avoid brushing the parts of your skin that are irritated, damaged, or infected. The scalp can be brushed too to stimulate hair growth, increase circulation, and keep the scalp clean of dandruff, stale oils and other impurities. After brushing and taking a shower, rubbing nourishing lotion or oil on the body is an excellent way of improving the quality of the skin and its texture. Make sure the lotion or oil contains natural soothing ingredients. Nature's Sunshine's Herbal Trim Skin Conditioner contains Aloe Vera and other herbs which nourish and soothe the skin and keep it free of toxins.

Source: Skin Brushing and Contrast Showers, Newsletter by Cathy Wong, Your Guide to Alternative Medicine.

<http://altmedicine.about.com/cs/dietarytherapy/a/SkinBrushing.htm>

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