

DRY SKIN BRUSHING

Your skin, aside from being one of your organs of detoxification, is also the 2nd largest organ in your body. Often times, it appears to be the first to show degeneration or imbalances and the last to heal. It weighs almost twice as much as the brain and it receives one third of the circulation of the blood. Its functions include:

- Works as a protective shield to the body structure
- Helps to regulate body temperature
- Works as a respiratory organ
- Performs absorption activities by assimilating oxygen and other nutrients
- Aids in elimination of toxic wastes from the body

As your skin is an important, vital, breathing organ, you should always be careful of what you put on your skin. Although the skin offers us the first protective “coat”, most substances are absorbed to some extent through your skin into your lymphatic and cardiovascular systems. If the substance happens to be a chemical, a toxin, or a poison, your liver and kidneys will have the job of trying to neutralize any adverse effects. Obviously, any prolonged, daily, or chronic exposure to such substances can be very damaging to your health. If your job includes such exposures, you would be well advised to take whatever precautions are necessary to prevent the absorption of such toxins through your lungs or skin.

The skin is the so-called third kidney. It works in conjunction with the kidneys in water regulation. Interestingly, perspiration and urine are chemically very similar, both containing substantial amounts of uric acid, an important waste product of metabolism.

A primary function of the skin occurs through the activities of its pores. Every square inch of the skin contains hundreds of these pores; all of which are made up of tiny muscles that must be exercised to rid toxins from the body.

Each of the organs of detoxification (liver, kidneys, colon, lungs, and skin) must do its part. A weakness exhibited by one organ forces the other organs to carry an increased workload. This can result in exhaustion and further inhibition of the body's ability to rid itself of harmful, toxic waste.

Daily dry skin brushing can help keep your skin healthy, vibrant, and efficient. It can:

- Remove dead skin cells
- Cleanse the pores
- Stimulate the hormone and oil-producing glands in the skin
- Help keep the skin soft, supple, and youthful
- Help improve circulation, thereby aiding the entire body
- Help improve muscle tone
- Have an important influence on the nervous system through stimulation of nerve endings
- Assist the body in removal of toxins
- Help improve health and vitality

Procedure

- Use only a natural sponge, vegetable bristle brush, or loofah sponge.
- Ideally dry brush every day before bed. Other times would be before your shower or sauna.
- Using either short strokes, a circular motion, or figure eight motion, brush very lightly over the entire outer surface of your body.
- Brush from the head, the tips of the fingers, the tips of the toes toward the heart.
- Be sure to include your palms and soles.
- Brush for 45 seconds to 2 minutes.
- Clean the brush every few days with soap and warm water.



This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professional regarding the treatment of their medical problems. Those taking prescription medications should consult with their physicians and not take themselves off of medicines to start supplementation without the proper supervision of a physician familiar with nutritional supplementation.