



## **SKIN BRUSHING**

Your skin, aside from being an organ of detoxification, is also one of the largest organs in your body. Oftentimes, it appears to be the first to show degeneration or imbalances and the last to heal. It weighs almost twice as much as the liver or brain and it receives one third of the circulation of the blood.

### **FUNCTIONS OF THE SKIN:**

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

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 because they both contain substantial amounts of uric acid, which is an important waste product of metabolism. The primary function of the skin occurs through the 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 eliminate toxins from the body.

As your skin is an important, vital, and 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 system. 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 protect the absorption of such toxins through your skin or lungs.

Each of the organs of detoxification—intestines, lungs, kidneys, and skin—must do their part. A weakness exhibited by one of these organ forces the other organs to carry an increased workload. This can result in exhaustion and further inhibition of the body's abilities to rid itself of harmful, toxic waste.

#### **ADVANTAGES OF DAILY DRY SKIN BRUSHING:**

- Assists the body in removal of toxins via stimulation of lymphatic circulation
- Cleanses the pores
- Stimulates the hormone and oil-producing glands in the skin
- Helps keep the skin soft, supple and youthful
- Helps improve circulation (thereby aiding the entire body)
- Helps improve muscle tone
- Influences the nervous system through the stimulation of nerve endings
- Helps improve overall health and vitality

#### **PROCEDURE:**

1. Use only a natural sponge, fiber brush, or loofah sponge.
2. Ideally, dry brush every night before bed.
3. Using short strokes, brush *very lightly* over the entire outer surface of your body.
4. Start brushing from the head, the tips of the fingers, the tips of the toes, always moving progressively towards the heart. Be sure to include your palms and soles.
5. Brush for 45 – 60 seconds, reaching all areas that you can, always brushing toward the heart.
6. Cleanse the brush every few days with soap and warm water.