Dry Skin Brushing

It only takes ten minutes a day, costs nothing, and helps restore your body,from inside and out. Dry skin brushing has a number of health benefits and is so simple to do.

So how does it work?

Dry Brushing according to Dr Berkowsky's Skin Brushing System

Your skin, the largest organ in the human body is an organ of elimination.Its primary functions include: respiration, excretion, blood and lymph circulation, immunity and the conduction of vital Chi(vital life energy) One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins witch can positively impact the entire body.

No other organ is more actively engaged in discharging impurities from the body than the skin;it is a close relative of both the lungs and the kidneys.Like the lungs it absorbs oxygen and expels carbon dioxide and water vapor, and like the kidneys, it excretes organic and saline matter in solution. The surface of the skin is cover with millions of sweat glands which constitute a vast drainage system whereby the blood, via perspiration, purifies its self.It also produces antibacterial substances to protect you from infection and enables your body to produce vitamin D when exposed to the sun. Another crucial role your skin plays is supporting optimal detoxification. But if your skin is overrun with toxins or dead skin cells, it will not be able to eliminate wastes from your body efficiently.

Radical Sexy Self Care

DRY BRUSHING

- Re-energizes your skin by sloughing off dead, dull, lifeless skin cells
- Stimulates natural healing
- Facilitates detoxification
- Increases Circulation
- Stimulates the Lymphatic System
- Exfoliates & Invigorates
- FEELS FANTASTIC!

- Brush skin when it is dry, once or twice a day
- Just prior to a bath or shower is best
- Use long sweeping stokes, starting with your feet
- Always brush towards your heart
- Avoid sensitive areas
- End your shower with 3 cycles of hot/cold
- Add a few drops of essential oil to your shower
- Clean your brush regularly (at least once a week)

Nurture yourself by adding Dry Brushing to your daily self care ritual!

The primary Benefits of Skin Brushing:

Assist Exfoliation:the outermost layer of skin cells which serve to protect the underlying skin layers are not living cells, thus, are continuously shed and replaced via the multiplication and upward movement of living skin cells.

Excites Physiological Activities:Which include lymph and blood circulation, nerve transmission, sweat, oil gland and skin pore functions.

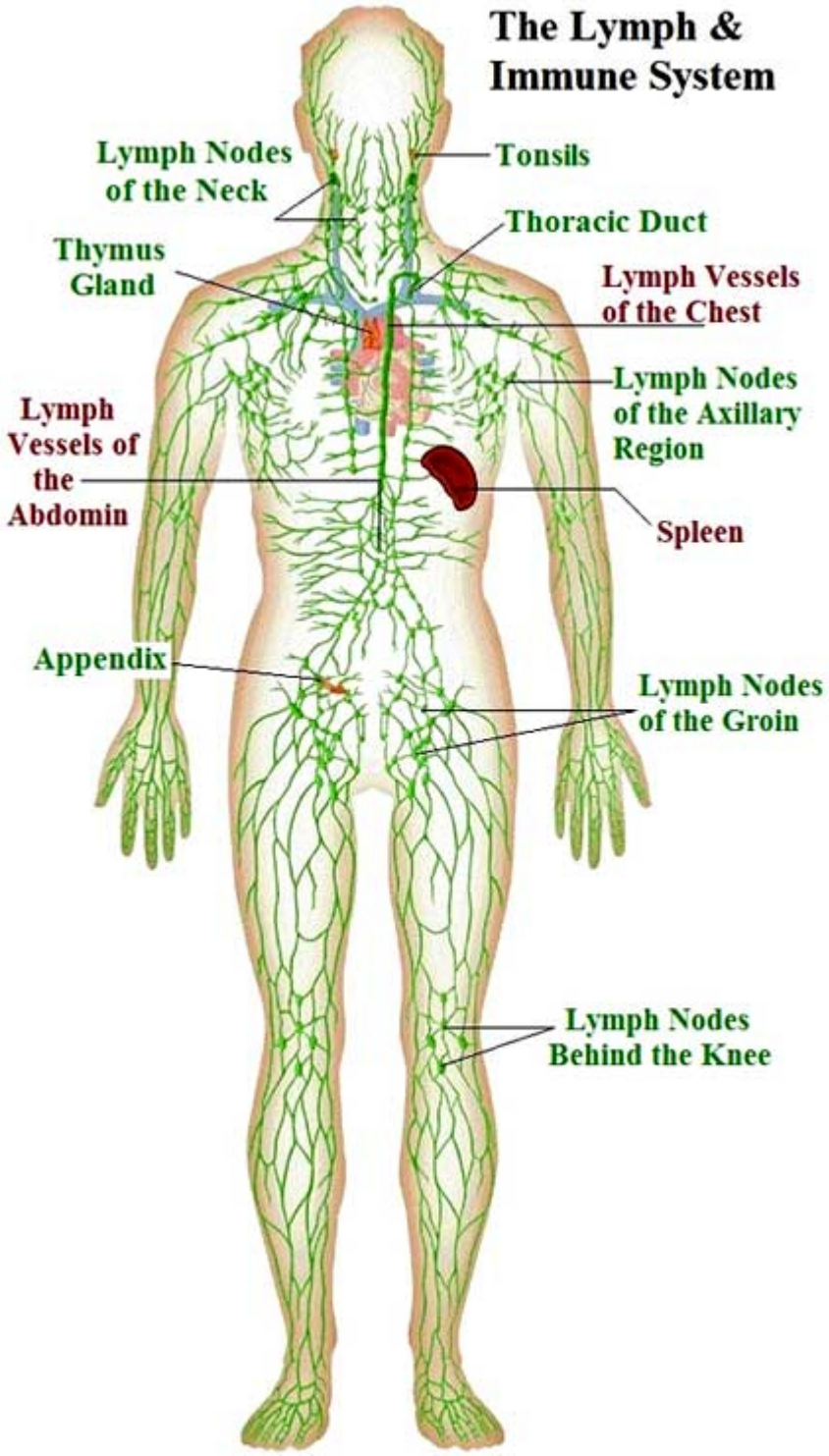
Skin Brushing supports venous and lymphatic drainage of the skin. The lymph stream, unlike the blood stream, is not attached to a pump so its movement is dependent upon movement and contraction of tissues as well as the vitality of the

nerves which control the dilation and constriction of the lymph vessels.It also contributes to the strength of the body’s immune system by producing certain white blood cells and generating antibodies. It also contributes to the strength of the body’s immune system by producing certain white blood cells and generating antibodies.

Skin Brushing accelerates filtration into the Lymph vessels and emptying of the smaller vessels into a larger lymph vessels; also it assist in the flow of lymph through the lymph nodes.

According to http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx Dr. Mercola

The Lymph and Immune System network



Stimulate Your Lymphatic System

In your body, your lymphatic system is the system responsible for eliminating cellular waste products. Hundreds of miles of

lymphatic tubules allow waste to be collected from your tissues and transported to your blood for elimination, a process referred to as lymphatic drainage.

When your lymphatic system is not working properly, waste and toxins can build up and make you sick. Lymphatic congestion is a major factor leading to inflammation and disease. By stimulating your lymphatic system and helping it release toxins, dry skin brushing is a powerful detoxification aid by boosting your immune system and increasing circulation to help detoxify.

Increase Circulation

When you dry brush your skin, it increases circulation to your skin, which encourages the elimination of metabolic waste.

Stress Relief

The act of dry brushing has been described as meditative (especially if you do it in a quiet space) and may reduce muscle tension, calm your mind, and relieve stress. Many compare it to a light whole-body massage.

By increasing your blood flow reduces stressed areas of the body and stimulates nerve endings in your skin which in turn rejuvenates your nervous system.

Reduced cellulite: increasing blood circulation to the skin helps break down and releases toxins that cause cellulite in legs and hips.

Skin Brushing benefits Mature Skin: Decreased sweat and oil gland functions are part of mature skin.Skin Brushing stimulates both the sweat and oil glands,and in this way, contributes to the restoration of moist, supple skin.It also strengthens the skin through which the skin skin is

moisturized and cleansed and oxygen and CO2 are exchanged. Aging and devitalization of the skin often results in pore enlargement and flaccidity due to loss of skin tone and depleted Chi (life force). Harry Benjamin ND says that that through the practice of regular Skin Brushing one is assured of the possession of a healthy skin, as pores are then certain to be active.

Skin Brushing makes a strong impression upon the dermis, the layer that contains an abundance of blood and lymph vessels,nerves, glands, elastin and collagen fibers.The dermis provides nutrients and moisture to all the skin layers and lends contour and flexibility. When the Dermis ages, its connective tissue fibers reduce, rigidify, lose resilience and even break into pieces, causing the skin's support muscles to lose tone and volume and the skin dehydrate and collapse into sags, wrinkles and lines.

Healthy connective tissue and muscles are products of efficient nutrient support and oxygenation, a waste free , optimal water balance and moderate exercise, all of which are promoted by regular skin brushing.

Breaks down Cellulite

Dr Jack Soltanoff notes: Because Dry Brushing also stimulates hormones and oil producing glands, your skin will be rosy, resilient and radiant,He maintains that Skin Brushing in conjunction with proper diet and exercise will tone and tighten the skin and will get rid of troublesome cellulite. Cellulite is a structural disturbance of fat tissue. The fat content of cellulite containing tissue is normal, but fibrous nodules surround the fat cells which gives affected skin areas their typical orange peel appearance. Cellulite formation is related, in part, to local vein and lymph congestion. Skin

Brushing definitely has a big roll in changing this condition.

To get started, follow the simple steps below:

Selecting a Skin Brush

Start off with a natural bristle brush (Skin brushes are preferred) in addition, synthetic bristles do not harmonize with the body’s bioenergy system.All the brushes used in Skin Brushing should have natural wooden handles.Avoid plastic and metal handles.

Main body brush is long handled and has vegetable fiber bristles. The long handle is necessary for reaching behind oneself to brush the entire surface area of the back.

As far as the long handled body brushes goes, boar bristles should be avoided, as their softness will not provide the optimal amount of exfoliation and stimulation of the vital processes of skin.

Cleansing your brushes a very important step There are two basic methods of cleansing skin brushes: dry and wet.

1. Quick dry method hold the brush bristle side down . Rapidly draw a comb back and forth over the bristles. This action flicks the bristles, encouraging accumulated dead dead skin cells to drop out from the brush.
2. Second dry method sharply tap the back of the brush with the comb to exert a similar action as before, the brush should be clean after every use.

Wet method of cleansing the Skin brush

Use the dry method of cleaning the brush first and proceed to plug the drain of your sink add warm water deep enough to cover the brush bristles when facing downward. Add an organic soap and swish the brush around. Rinse well with cool water. Shake well the excess water from the brush and allow to air dry, if it is sunny, place it in the sun bristle side up,the ultraviolet rays will do their antiseptic work.Do no leave your brushes soaking in water, because, even if the wood is not submerged, water will wick up through the bristles and saturate the wood.Over time, this will cause the wood to mildew and otherwise deteriorate.

Tips to find your Skin Brush

These days, the best way to find a Skin brush is by the internet, less running around and a better selection at your fingers. I suggest you use the following search terms: natural bristle body brushes; Tampico fiber body brushes; sisal fiber body brushes; palm fiber body brushes; boar bristle body brushes.

Dry skin brushing should be done daily in the morning,it is without question the best time of the day for best results, or even twice a day if you like. Try incorporating it into your normal daily routine, such as doing your brushing before your morning shower and then again after work (avoid doing it too close to bedtime, as it may leave you feeling energized).

How many minutes?it takes about 10 minutes, I personally think I deserve this for my self most of the days we donate hours to other activities that don’t render us as much benefits.

Use only brush pressure that is individually comfortable,using relatively gentle pressure.

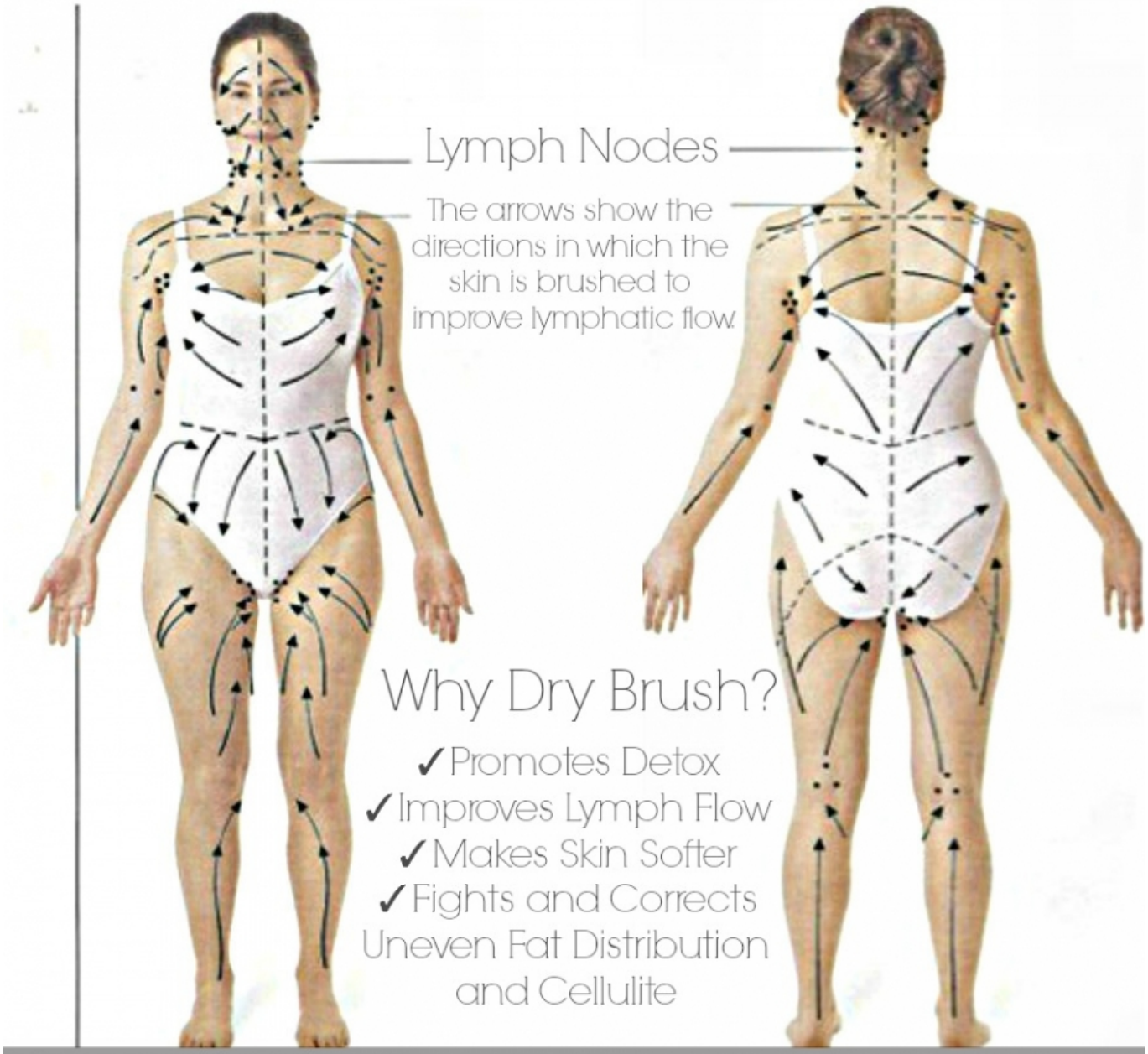
Guide lines and Precautions

Pay attention to the described sequence of brushing

1. The armpit region is first
2. The groin region is after and before chest
3. The neck and head drain into the venous system in the upper chest, and to a small extent, into the axillary nodes, the armpit is brushed before neck and head regions.
4. The upper body is worked BEFORE the LOWER, because the fluids of the latter must course upward to the chest.Hence, it is logical to reduce resistance in the

upper body before attempting to propel against gravity the fluids from the lower body toward the upper torso.

5. Since vital Chi runs very powerfully and close to the surface in the hands and feet, they are brushed BEFORE treating the rest of the limb. This initiates powerful circulation of vital Chi energy in the limb, and so, makes ensuing treatment of limb more effective.
6. Stroke direction always conforms to the route of lymphatic drainage.
7. Never brush areas of active inflammation (like varicose veins, inflamed joints, open wounds, irritations,skin eruptions etc use common sense on this and when in doubt consult your health care provider).
8. Never brush over enlarged or hardened lymph notes.
9. Pregned women, should seek the advice of their physician.
10. The genitalia are never brushed.
11. Do not brush after sunbathing.

Bellow is a chat of the direction and location of the strokes for detail Skin Brushing visit http://naturalhealthscience.com,a great site with all details and many insights, enjoy it in ideal health and happiness.

Guide to Dry Brushing