

Dry Skin Brushing

Dry skin brushing is a great, cheap and easy way to detox. I put it up there with oil pulling - it is one of those little habits that can go a long way and it only takes 5 minutes. Your body has three main detox organs: your liver, kidney and skin. Your skin is your largest eliminative organ.

Dry skin brushing has many benefits: it sweeps away dead skin cells, boosts circulation, and stimulates the lymph nodes. If that is not enough of an incentive for you – it can also improve the appearance of cellulite!!!

Stimulating the lymphatic system is at the core of its benefits. If the lymphatic system is congested, toxins build up causing inflammation and illness. Dry skin brushing stimulates the lymphatic system and gets things moving – besides it feels really good and invigorating.

You can look closely at the iris (colored part of the eyes) in the mirror and tell how well your skin is eliminating. If you can see a darker ring around the very most outer edge of the iris, you have what is called a scurf ring. Seeing a scurf ring always indicates that your skin is not eliminating toxins well, and it is being reflected in the iris of the eye. It is not a disease of the eye but simply a reflex sign of an overload of toxins at the level of the skin. You can observe your eye and watch it improve as you progress with your detox protocol. Dr. Jernigan founder of the Hansa Center

When to Dry Skin Brush

Every day before you hop in the shower, it is also perfect before a sauna or steam.

How to Dry Skin Brush

Brush for 5 minutes. Start at your feet and brush up towards your heart. When you start on your arms, begin at your hands and work upward towards your heart. Do the same for your lower back, moving towards your heart. For the stomach work in a counterclockwise pattern. Use firm small strokes – but don't press too hard.

USE

A natural fiber skin brush with a long handle – cost is about \$15

Can find on amazon or www.theorganicpharmay.com