

Dry Skin Brushing

One of the best ways to cleanse the entire lymphatic system is by brushing the surface of the body with a soft dry brush made of natural vegetable bristles.

If you do a Google search you will find more out there....

<http://healingtools.tripod.com/skinbrush.html>

http://www.hps-online.com/skin_brushing.htm

The **traditional Chinese version** of this method uses the dried fibres of a ground fruit called 'silk squash', known as loofah in the West, but natural-bristle brushes have proven to be far more effective. The brush should have a long handle, soft natural bristles, and always be kept dry.

Dry skin brushing stimulates the lymph canals to drain toxic mucoid matter into the colon, thereby purifying the entire lymphatic system.

This enables lymph to perform its house-cleaning duties by keeping the blood and other vital tissues detoxified.

Most people today today have chronically toxic lymph fluids and swollen lymph nodes, a condition which promotes toxicity throughout the system by robbing lymph of its power to clean the blood and cellular fluids. In addition, skin brushing is highly stimulating to surface circulation of blood and leaves you feeling invigorated.

Skin brushing need be performed only once a day, preferably first thing in the morning, and it takes only a couple of minutes.

If you're feeling sluggish, toxic, or ill, you may want to do it twice a day.

The body should be dry and naked, and the brush should be swept once or twice in the same direction, across every surface of the body except the face.

Do not scrub, massage, or rotate the brush on the body; just sweep it across the skin in long smooth strokes in the direction towards the front of the chest.

Brush up the arms from hands to shoulders, up the legs from feet to hips, up the back and torso, up the buttocks, down the neck, and across the shoulders towards the centre.

After a few days, you may notice a gelatinous mucoid material in your stools; that's toxic lymph which has drained into your colon owing to skin brushing.

For a thorough lymphatic cleansing, perform skin brushing daily for about three months. Thereafter twice a week is sufficient to keep your lymph quite clean, but you should resume daily brushing whenever you get the chance.

Source: *Daniel Ried, Guarding the Three Treasures.*

I prefer the following method from Polarity Therapy notes;

Salt and Bicarb dry skin brushing .

Use a saucer of 1/3 fine salt and 2/3 bicarbonate of soda mixed to form a skinbrushing powder. Fold a facecloth into a pad, damped the facecloth then dab it onto the powder, do long "brush" strokes over the skin towards your chest, as detailed above, then have a bath or shower to remove the loosened skin wax and debris. You can work a bit harder on the

backs of arms, front of legs and the back of buttocks and between toes and fingers. Go gently on the tender places; groin, inside wrists and elbows, armpits, under breasts, under the jaw and the back of ankles and knees.

Do not abrade the skin, work just hard enough to stroke the flesh inside and to scratch the surface a bit.

Be careful about standing with wet feet on the salt/bicarb powder; it can be quite slippery. OK.

Apply your favourite skin oil or lotion. (I use a few drops of olive oil into a wet cupped hand, rub hands together and spread that all over quickly.)

A benefit not mentioned above is that digestion soon becomes much better and skin develops an attractive inner glow.

All best,

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