

SKIN BRUSHING

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IMPORTANT

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Introduction

Like the lungs, liver, kidneys, and the colon, the Skin is an organ of elimination, and more than half a kilogram of waste products are discharged through the skin daily.

If the skin cannot efficiently release toxins, the individual may experience rashes, acne, hives, itchiness, body odour, or even eczema and psoriasis. Dead skin cells, excreted wastes, dirt, and skin care products can build up and clog the pores. Thus, if the skin becomes inactive with the pores choked by millions of dead cells, then toxins and impurities will remain within the body. Consequently, the other eliminative organs, mainly the kidneys and liver, will have to increase their eliminative activity and will eventually become overworked and disease will follow.

A good practise to maintain healthy skin is to regularly carry out "Dry Skin Brushing".

Skin Brushing

Skin brushing not only clears and stimulates the skin, it also promotes movement of the lymphatic system which can become sluggish and toxic - the brushing will invigorate the lymph system and will leave the individual feeling refreshed and revitalised.

It is further believed that skin brushing will change the health of the whole body:

- Stimulates blood and lymph flow - circulation improves
- Stimulates the nervous system, tones the muscles, and tightens the skin



- Removes dead skin cells and stimulates the skin
- Skin becomes softer and smoother
- Skin infections and irritations are reduced
- Stimulates the hormone and oil glands
- The whole body's freshness is enhanced
- Levels of stimulation are dramatically increased
- Strengthens the immune system - It is suggested that even colds can be prevented
- Reduces cellulite (picture - Right)
- Nurtures your body
- The individual feels invigorated - just like it feels after aerobic exercise



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How to Skin Brush

Always brush the skin when dry.

Use a brush that has natural fibre bristles and a long handle so all of the back can be reached. Some brushes have a detachable handle, which makes it easier to brush the arms and legs, and the front of the body.

(Picture right - skin brush with detachable handle)

Initially, the bristles may feel "too firm", but the skin will soon get used to it.

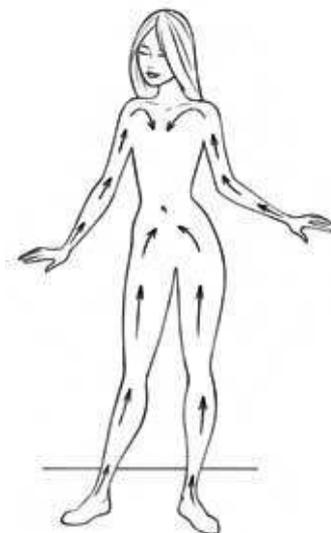
However, if an individual has a very sensitive skin, a softer brush or the use of a dry towel may be considered.



Order of Brushing

Brush the skin from bottom to top, using brisk circular motions or long, even strokes. Always focus the brush strokes towards the heart:

- 1) Start at the soles of the feet
- 2) Work up the legs
- 3) Complete the front areas (stomach and chest/breasts)
- 4) Move to the back - brush as vigorously as is comfortable
- 5) Now do the hands and arms
- 6) Finally, give the back of the neck and the scalp a good brushing - However, Do Not Brush the face or front of the neck
- 7) Finish by taking a shower and, if desired, use cold/hot therapy to further stimulate the lymphatic system and improve circulation
- 8) Dry off vigorously and treat your skin with pure plant oils such as almond, sesame, avocado, coconut, olive, or cocoa butter



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Hygiene

For hygiene reasons it is recommended that a separate brush be used for each family member; and the brush should be washed every couple of weeks.

When not to Skin Brush

An individual should avoid skin brushing if they are constipated. This is because the brushing promotes movement of the lymph which will push toxins through the system to be excreted via the bowel, and if things are not moving the toxins will build up. Consequently, it is recommended that skin brushing be stopped until a normal elimination cycle has resumed.

Additionally, do not skin brush if there are varicose veins, sensitive rashes, or any open wounds or lesions.

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