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DRY BRUSHING



What if I told you there's a simple wellness trick that only takes five minutes a day, costs nothing, and helps cleanse your body, inside and out? Dry skin brushing has a number of health benefits and is so simple to do.

So how does it work?

Your skin, the largest organ in the human body is an organ of elimination. One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins that become trapped in the skin.

To get started, follow the simple steps below:

1. Purchase a natural (not synthetic) bristle brush with a long handle so can reach all areas of your body.
2. Get naked and stand in a bathtub or tiled surface to catch the falling skin. (It's a bit gross, I know.)

3. When brushing, always brush toward your heart, which is best for circulation and your lymphatic system. You can brush your entire body (including the soles of your feet). Start at your feet and work your way up your legs to your arms, chest, back, and stomach. Avoid brushing your face (unless you have a special brush designed for this delicate skin), your genitals, or any areas with irritations or abrasions (including varicose veins).

The pressure you apply while brushing your skin should be firm but not painful (avoid "scrubbing"). Your skin should be pink after a session (not red or irritated) and you can brush for as long (or as little) as you'd like. An average dry brushing session may last between two and 20 minutes.

4. Brush several times in each area, overlapping as you go.

5. Take care as you brush over more sensitive areas, like breasts. Your skin will become less sensitive the more you dry brush.

6. Once you've brushed your entire body, jump in the shower. (I like to alternate between the hottest water temperature I can tolerate and the coldest. This stimulates blood circulation, bringing more blood to the top layers of the skin.)

7. Continue to dry brush your entire body every day. Twice a day is recommended for best results. Remember to clean your brush with soap and water once a week. Leave to dry in a clean, sunny spot to avoid any mildew accumulation on your brush.

Try this for 30 days and see the results for yourself!

Some benefits of dry skin brushing:

1. You'll exfoliate dead skin.

Forget your in-shower loofah and body scrubs, this will ensure you have silky-smooth skin all year round!

2. It stimulates your lymphatic system.

Dry brushing your skin will kick start your lymphatic system, which helps you remove toxins from the body. The stiffer the bristles on the brush, the better the lymphatic stimulation you'll create.

3. Dry brushing helps to reduce cellulite.

Cellulite is simply toxic materials that have accumulated in your body's fat cells and are trapped, unable to be eliminated from the body. Forget lipo, dry skin

brushing helps to break down any trapped toxins from within the body and help your body eliminate them through its usual elimination channels.

4. It unclogs pores and de-congests skin.

Dry skin brushing unclogs your skins pores and helps your skin absorb more nutrients. Daily skin brushing promotes healthy, breathing skin. It's a real treat for the largest organ in our bodies!

5. Increases Circulation.

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

6. Offers Stress Relief

Another benefit of dry brushing is that it's similar to massage in decreasing stress, which is great for your health by eliminating anxiety. A study reported that whole body massage was effective in reducing anxiety and stabilizing vital signs of patients with acute coronary disorders. Dry brushing is similar to massage in helping you to relax, yet is far cheaper since you can do it yourself. Much like a hand massage, dry brushing can provide much needed natural stress relief. When you are less stressed, your body heals much faster from any disease-causing inflammation that it may be have.

Did you know that 75 to 90 percent of all doctors' office visits are related to conditions caused by stress? When you are stressed, it causes changes in the hormones that can increase inflammation and trigger various other problems. If you experience stress over a long period of time, it can be dangerous and is capable of increasing the risk for heart disease, diabetes, weight gain or obesity, mental disorders, autoimmune diseases, digestive disorders and even cancer.

Therefore, finding ways to help eliminate stress is crucial. Dry brushing is an easy way that you can do this for yourself!

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