

Dry Brushing Detox

Dry brushing your skin may be one of the easiest and best ways to detoxify your body on a regular basis. The skin is estimated to eliminate over a pound of waste each day through its pores and through the elimination of dead skin cells from the body. Dry brushing is an effective way to maximize the toxin elimination channels of the skin.

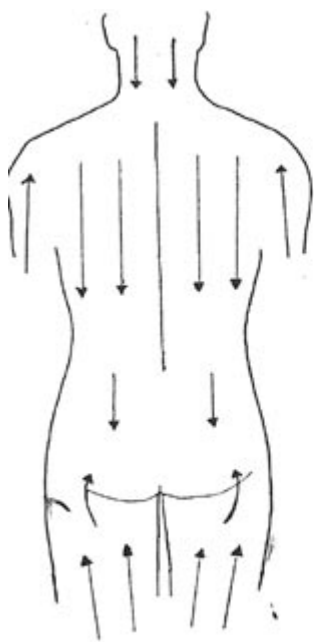
The integumentary system is made up of a network of dead epidermal cells forming the skin, hair, fingernails and toenails. All of these are a form of pulling toxins out of the body. The hair is often used to measure the level of toxic heavy metals in the body. The sweat glands also play an active role in flushing toxins out through perspiration.

Detoxifying through Your Skin Cells

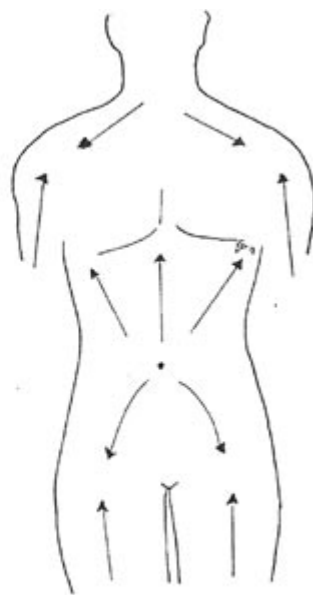
As skin cells get closer and closer to the outer surface of the body they lose their blood supply and die. This is an effective strategy of the body to eliminate wastes in these cells by sloughing off these old dead cells. Every minute we lose over 30,000 dead skin cells which are replaced by new healthy skin cells. Bathing and good personal hygiene practices enhance the normal eliminatory patterns of the skin.

Dry skin brushing helps to improve circulation, stimulates lymphatic drainage and firms the skin. The improvement in circulation improves brain function and gives an individual more energy. By improving lymphatic flow, it can help prevent the formation of unsightly cellulite. Dry brushing also sloughs off old dead skin cells and the toxic debris within them while initiating the development of new healthy skin cells.

How to Dry Brush Correctly



BACK



FRONT

It is important to find a brush with soft natural bristles. Synthetic bristles often contain chemicals that are best to avoid. The brushes are typically available at a local health food store in the price range of six to ten dollars.

It is best to begin with light, gentle brushing and overtime the skin will be able to handle brushing a little deeper. The strokes should move toward the heart to improve lymphatic flow back through the venous system towards the heart. When dry brushing the stomach it is best to go in a clockwise motion as that works with the natural digestive flow.

The Dry Brushing Rules For Success

The skin may be slightly flushed afterwards but should not be red or sore. Be sure to avoid brushing over fresh wounds, burns, and cuts. The skin should be dry but not excessively dry when brushing. One can use coconut oil during the brushing process if the skin is very dry but be sure to clean the brush thoroughly after finishing brushing. Shower after brushing to help remove exfoliated skin cells.

Most individuals notice that they feel refreshed and energized after dry brushing. This is due to the elimination of toxic debris and improved circulation. The skin also glows and feels smoother after the whole body exfoliation experience.

Sources For This Article Include

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